

Feeding the Family

By ZOLA VINCENT
Food Editor

Ala Modern Version Of Historical Bulgur

Ala is a modern version of one of the world's oldest foods, bulgur. It has been processed to fit into the modern trend for speed in cooking and the changing times. It is delicious in casseroles, salads, casseroles, a meat accompaniment... in fact where ever rice is used.

Actually, ala is a processed whole wheat product which retains all the nutritive value of the natural grain, yet unlike other whole wheat products, can be cooked in just fifteen minutes. And as nutrition experts know, it's a valuable food which is rich in both proteins and the B vitamins.

Herbed Ala

Ala is especially good fixed like this and served with chicken or other fowl.

1 cup ala
2 tablespoons butter
2 cups onion soup
1/4 teaspoon salt

Pepper
2 tablespoons fresh chopped parsley
OR 2 teaspoons parsley flakes
1/2 teaspoon marjoram, rosemary or savory

1 2-ounce can mushrooms, optional

Brown ala in melted butter in skillet. Add onion soup (canned onion soup is ideal), seasoning, herbs and mushrooms. Bring to boil, reduce heat to simmer; cover tightly and cook for 15 minutes.

Easy Chili 'n Beans

Chili 'n beans are year-round favorite. We doubt if you'll find a simpler recipe for achieving them, than this.

1 pound ground beef
2 tablespoons onion drippings
1 cup chopped onion
1 teaspoon salt

1/8 teaspoon pepper
1 teaspoon chili powder
1 No. 2 can kidney beans
2 No. 2 cans tomato soup

Brown beef in bacon drippings. Add remaining ingredients and simmer 45 minutes or until thick. Increase amount of chili powder, if you like yours "hotter." Makes six servings.

Baked Fish With Minced Clam Stuffing

A gourmet touch is given any baked white fish when cooked with this minced clam stuffing and dressed up with tomato slices topped with onion slices.

2 to 3 pound fish or baking piece
Juice of 1 lemon
Salt and pepper

1 package stuffing mix (3 cups)
1/8-ounce can minced clams
1/4 cup melted butter
2 tomatoes, sliced

1 medium onion, sliced
1/2 cup (1 stick) butter

Sprinkle fish inside and out with lemon juice, salt and pepper. Combine stuffing mix (or make your own dry stuffing with dry bread cubes and desired seasonings) with undrained minced clams and melted butter. In buttered baking dish arrange fish and stuffing (no need to stuff the fish, just place stuff-

ing around and under). Top with a row of sliced tomatoes topped with onion slices. Dot fish, stuffing and onion slices with the butter. Bake in moderate oven, 250 degrees, 30 to 40 minutes or until fish flakes easily when tested with a fork. Makes four servings.

Southern Spoonbread

Fluffy delectable spoonbread is an ideal substitute for potatoes or other starch.

2 cups milk
1 cup cornmeal
1/2 cup butter
1 teaspoon salt
1 teaspoon sugar
4 eggs, separated

Scald milk in top of double boiler over boiling water. Add cornmeal gradually, then cook, stirring constantly until thickened. Add butter, salt and sugar; stir until butter is melted. Cool slightly. Beat egg yolks and add slowly, stirring constantly. Beat egg whites until stiff, fold into cornmeal mixture. Pour into buttered casserole. Bake in moderate oven, 375 degrees for 30 to 35 minutes or until done.

Serve with lots of good fresh butter. Makes six servings.

Markets Filled with Summer
Salad Makings. Dairy Products

Hot days and cold crisp salads are steady go-togethers. Fortunately practically all our good plentiful summertime vegetables and fruits can happily "end up in a salad" frequently in combination with tops-in-nutrition dairy products. Main dish salads often incorporate additional protein by the addition of Swiss, cheddar, blue or other cheese, grated, crumbled or cut in tiny bite-size pieces and/or julienne strips of economical chicken, turkey, bologna and not so inexpensive salami. Fruits in combination with delicate flavored cottage cheese have been a low-calorie flavor delight for a long time. Many cheeses lend themselves well to tomato aspic and, of course, cheese in salad dressing is very popular. So is sour cream salad dressing.

Vegetable Buy. Potatoes, particularly Long Whites, are in excellent supply for potato salads galore. Cabbage for cole slaws. Encourage children to eat fresh vegetables and take advantage of best buys in vegetables at the same time by fixing a plate of "bunny nibbles." Cut golden, health filled carrots into strips, add a few green onions and radishes, cucumbers cut into finger lengths, some celery stalks, green pepper slices, wedges of tomatoes and lettuce. Set out just before dinner and you'll be amazed at how quickly they'll disappear. Other vegetables in good supply are corn on the cob, summer squash, leaf spinach. Avocados, for guacamole, perhaps, are available at reasonable prices.

Fruit Department. Strawberries are still in good supply, and speaking of salads they certainly are an added attraction to any fruit salad. Watermelons, cantaloup, apricots, cherries, oranges, grapefruit, bananas are

They'll Do It Every Time

By Jimmy Harlo



Idea That 'Penny Saved is a Penny' Earned Gives Way To Modern Slogan

Chicago—A University of Chicago psychologist says Horatio Alger has been supplanted as a national hero by "the affable young man in the gray flannel suit."

And the idea that "a penny saved is a penny earned" has given way to the slogan, "no down payment."

Jacob W. Getzels, associate professor of educational psychol-

ogy, made these observations in a talk to the graduate library school. Values have changed, he said, and librarians are stocking the wrong books for today's younger generation.

"The old puritan concept of absolute morality is giving way to a sort of moral relativism," Getzels said. "Morality has become a statistical rather than an ethical concept."

Quotes From the News

By UNITED PRESS

Atlantic City, N. J.—Vice President Richard M. Nixon, on why the United States should not reduce defense production during disarmament negotiations:

"Our primary objective and motivation in such negotiations must not be to reduce our burden of armaments but to reduce the danger of war."

New York—Evangelist Billy Graham, on moral decay:

"The most tragic wreck is that of the human soul, which is worse than the wreck of Pompeii..."

Boston—Asst. Secretary of State Francis O. Wilcox, on the United Nations:

"It is not a world government. It is not a super-government. It is made up of 81 sovereign, independent nations and can only do what its members are willing to have it do at any given time."

Philadelphia—Mrs. John B. Kelly, mother of Princess Grace of Monaco, on rumors that Grace is expecting another baby:

"I know nothing about it, positively. I should think she would tell me..."

Chicago—Psychologist Stanley Mitchell, on why parents should hypnotize their children and "purr" good thoughts into their ears while they sleep:

"The kids wouldn't hear, but their subconscious minds would, and this would build a solid relationship between parents and child."

Directors of Chamber Tour Creamery Plant

Central Point — The only "blue" or Roquefort-type cheese manufactured in the U.S. west of the Mississippi now is made in the plant of the Rogue River Valley Creamery here.

This was one of the facts learned yesterday by members of the board of directors of the Jackson County Chamber of Commerce during a tour of the big creamery, marking Dairy Month during June. The tour for the directors was arranged through the cooperation of Tom Vella, owner of the creamery and the Jackson County Milk Producers League.

Conducts Tour
Vince Smith, formerly with the creamery, now with Gilman's Dairy, conducted the tour for some 15 members of the board, county commissioners, and others.

The creamery, located on Highway 99 just north of Pine St., spends some \$1,250,000 each year in Jackson county for supplies and payroll, according to Vella, purchasing raw materials from more than 200 suppliers. It is a major factor in the county's \$3 million annual dairy products industry.

The creamery has been manufacturing blue cheese for about two years, and since the Langlois plant on the Oregon coast was destroyed by fire last winter, is the only one in the west making that type of cheese, directors of the chamber learned.

The creamery also makes cheddar and cottage cheese and butter, and markets cream. It has a year-round payroll of 14 or

more men.

Marketing No Problem

Marketing the cheese made here is no problem, the directors were told, for they are quality products, and the demand is greater than can always be met.

The exacting and delicate operations necessary in making cheese were described and demonstrated briefly during the tour.

Blue cheese requires a large number of hand operations, which is one reason for its higher cost. It takes from three to five months to complete the product for market.

Much of the creamery's produce is sold to Borden's, but a

considerable portion is marketed under the firm's own "Oregon" label. All Borden's cottage cheese marketed in the Pacific northwest is made here.

Liquid Residue

One of the products which come out of the plant and is sold, but not further processed here, is whey, the liquid residue left when the curds are separated out in cheesemaking. It used to be a waste material, but a large number of products, from animal foods to plastic buttons, are now manufactured from it.

Following the dairy tour the directors had lunch in Central Point's city park, where they ate a meal composed entirely of dairy products, most of them produced at the creamery.

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Friday, June 28, 1957

MEDFORD (OREGON) MAIL TRIBUNE—THREE

The Family Council

Editor's note: The Family Council consists of a judge, a psychiatrist, three clergymen, a newspaper editor, a women's editor and two writers. Each article is a summary of an actual report. The Family Council does not give advice; it merely reports on problems that have been dealt with by responsible agencies and counselors.

Gladys M. — My husband ignores me at parties.

Howard M. — She's a wet blanket.

Gladys M. — My husband and I are in our 40s and have a family of young teen-agers. We never used to go out or entertain very much because I found that caring for the house and children was more than a full-time job.

Recently, however, we started going out more and I find I am not too happy about the whole thing. When we are out together, my husband completely ignores me. He is very attentive to the other women at the party. I'm not the jealous sort, but it makes me terribly uncomfortable to be left out while my husband is enjoying a laugh or conversation with some other woman or women.

I notice that other men do not behave this way. They usually sit next to their wives, even when talking to others.

Howard M. — I love my dear wife very much and I hate to say the truth — that she is a complete dud and wet blanket at a party.

Is there any excuse for a grown woman to stand off in a corner and stare at her fingernails or give me meaningful looks at a party? She looks and acts like a teen-ager. I have noticed that when other men try to pick up a conversation with her, she blushes like a schoolgirl.

It happens that I enjoy people — men as well as women. I have missed social activities very much. My wife and I spend lots of time together. When we are with other people, I want to mingle with them.

It's true that in our set the men tend to hang on to their own wives at parties, but usually their wives are more social than mine.

The Council: Howard is naturally much more social than his wife and has probably had a good deal of social experience through business, while his wife has been confined to the home. She probably also lacks ready conversation because her interests have been more limited during the child-rearing years.

Howard should be more understanding of these facts and try to give Gladys a hand over the rough spots any amateur partygoer is likely to encounter. He seems to have taken the position that the best policy is to leave her to sink or swim. She is more

likely to sink if he doesn't give her the benefit of a few lessons and a little support.

Gladys should recognize that her husband's easy mingling with others instead of clinging to her is a sign of greater social skill than the other men in her set have. She ought to be pleased with him, instead of resentful, like a child who feels neglected.

Gladys should also realize that her discomfort at parties is no sign something is mysteriously wrong. She simply lacks experience. If she does a little homework for parties, like going

Wilson Would Move Troops From Japan

Washington—Secretary of Defense Charles E. Wilson said Thursday the United States would withdraw 25,000 to 30,000 troops from Japan by Christmas.

He emphasized that the plan to withdraw U.S. ground forces from Japan was "not a sudden decision" but part of a long range program to cut U.S. troop strength there while the Japanese built up their own forces.

over the newspapers, magazines and current books for topics of conversation, she'll find she can talk more readily and forget herself — and her husband.

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Loans and Discounts—Net	323,551,688.59
Stock in Federal Reserve Bank	1,200,000.00
Bank Premises (Including Branches)	12,200,795.71
Customers' Liability on Acceptances	29,020.00
Interest Earned	3,575,937.28
Other Resources	87,425.72
	\$ 790,440,132.99

LIABILITIES

Capital	\$ 20,000,000.00
Surplus	30,000,000.00
Undivided Profits	21,628,823.29
Reserves for Interest, Taxes, etc.	7,391,429.43
Acceptances	29,020.00
Dividends Declared	650,000.00
Deposits	710,721,580.68
Interest Collected Not Earned	4,591,804.81
Other Liabilities	5,427,474.78
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