

Feeding the Family

By ZOLA VINCENT
Food Editor

Apple Round-Up Is Good Idea

Gather up all the apples from buffet and basket... and bake them! There's a wealth of good eating packed in them and you know perfectly well they're likely to stay around too long. They're delicious hot or cold, plain with cream or with soft ice cream.

Care apples without cutting through the blossom end. Pare apples one-third of the way down. Place apples in a baking dish. Sprinkle the holes lightly with salt, and add 1 tablespoon sugar to each apple. Top with butter or margarine and sprinkle with white or brown sugar. Pour enough water in dish to keep apples from sticking. Bake uncovered at 400 degrees, hot oven, about 1 hour or until apples are tender.

For variety. Finish off those bits of holiday hard candies and peppermint sticks, crush and add to butter for filling baked apple centers.

If you've mincemeat you didn't get around to putting into a pie, stuff apples with it and bake. Serve with lemon sauce or cream.

If you've cranberry sauce leftover, mix it with orange marmalade and stuff apples. Or fill centers another time with crushed pineapple. After baking, top apples with marshmallows and return to oven for a few minutes for marshmallows to "puff."

Pear-Nut Salad. Another user-upper for holiday goodies. Wash and dice two fresh ripe pears and sprinkle with one tablespoon lemon juice. Add one cup diced celery, one-half cup any salted nuts, one-fourth cup capers if you like them. Moisten with mayonnaise. Chill and serve in lettuce cups. Four servings.

Fish Fillets—Menu Change
Fish fillets are wonderfully quick and easy, so genuinely good. We should put them in our menus more often. Choose sole, sea bream or rockfish among the westerners or haddock among easterners; all are available fresh and/or frozen.

Put enough oil in shallow baking pan to cover generously. Place in preheated, 500 degree, oven and heat about two minutes. Place breaded fillets in pan, turning once immediately to coat both sides with oil. Bake at 500 degrees for 10 minutes; turn, bake 10 minutes longer. Drain on absorbent paper. Serve with plenty of lemon wedges, generous supply of parsley.

Cranberry Parfait
Company are using up the rest of that cranberry sauce or using the canned whole cranberry sauce which is so low price. Put crushed cranberry sauce and vanilla ice cream in alternate layers in glasses for an attractive parfait. Top with whipped cream and a bit of cranberry sauce.

Beans Lyonnaise
Need lots of green vegetables after all that rich food. Whether you use fresh, frozen or canned green beans, they'll have new flavor interest like this.

Saute two slices of diced bacon in a skillet until brown. Remove bacon and save. To bacon fat remaining in skillet, add one-fourth cup minced onion and saute until tender. Add one-half teaspoon salt, dash of pepper, one teaspoon tarragon vinegar and cooked bacon; pour over four cups hot cooked green beans. Mix lightly. Six servings.

Fine Ham Sauce
For hot or cold baked ham, the family and any other fortunate enough to be around will like this honey-horseradish sauce. Add one-fourth cup honey to one-fourth cup mayonnaise; fold in one-half cup whipping cream that has been whipped. Add three tablespoons horseradish, two teaspoons prepared mustard, one-fourth teaspoon salt moistened with one tablespoon vinegar. Store in refrigerator until needed. Pass in sauce boat.

Braised Celery
Another plentiful seasonal vegetable that is very good cooked as well as being refreshing in relish tray or flavorful in poultry stuffing. Wash equivalent of three bunches of celery hearts and remove top leaves. Cut each celery head lengthwise through middle, making six pieces. Cut in half if necessary to fit casserole.

Arrange one medium onion, sliced and one carrot, sliced, with generous sprigs of parsley in bottom of casserole. Lay celery on top; dot with tablespoon butter; sprinkle with salt and pepper. Add one cup beef bouillon, cover and bake in moderate, 375 degree oven for one hour.

Budgeteers Will Profit By Watching Best Buys

Now, if ever, is the month for making the most of the "best buys" as we balance the budget or at least make a valiant attempt at it. There really are many ways of stretching those January food dollars. In the first place we plan to use up all those fruits, nuts, and other leftovers from the festive holiday season. Check them all out! Make a clean sweep of fruit bowls and of the refrigerator. Surprises and savings galore! In the second place, plan to be a better buyer. Scan this newspaper's grocery advertisements; look for special displays.

Plenty of pork ahead. Looks like more pork, less beef and veal in the new year. All have economy cuts with same high protein values as the fancier steaks and chops, so get better acquainted with meat cuts that are consistently the best buys.

More poultry. We'll be eating more chicken, both broilers and fryers. And there are plenty of bargain priced turkeys in the future. As usual the bigger the turkey the better the buy.

Fish and Shellfish. There's good variety and good value in cod, crabs, fishsticks, halibut, oysters, rockfish, sablefish, shrimp and salmon.

Vegetable Situation. Until Florida recovers from the devastating frosts, California will be shipping far more citrus fruits and fresh vegetables than usual in order to supply demands of other parts of the country. This situation along with unexpected heavy rains in our own fields means less supply, greater demands, higher prices. Our savings are in buying more carefully with less waste, caring for produce more carefully when we get it home and in using it all up. Vegetables in fairly good supply are cauliflower, celery, lettuce, yams and winter squash.

Fruit and Nuts. Delicious Newtown apples are most plentiful. Plenty of Fuerte avocados, Emperor grapes, navel oranges. Some persimmons and tangerines. A wide assortment of nuts in the shell and out of the shell.

Frozen Foods. At this season of the year you'll often find better values in frozen food packages than in the fresh. Check values by number of servings.

Quick Embroidery



by Alice Brooks

Easy embroidery for kitchen towels or for tablecloths. Use two shades of one color or a dark color for the cross-stitch and gay colors for the flowers.

Pattern 7079: Directions; six motifs 5x7 inches; color suggestions. Easy embroidery. SEND THIRTY-FIVE cents (coins) for this pattern—add five cents for each pattern for 1st-class mailing. Send to Medford Mail Tribune Household Arts Dept., P.O. Box 168, Old Chelsea Station, New York 11, N.Y. Print plainly NAME, ADDRESS, and PATTERN NUMBER.

Send TWENTY-FIVE cents more for a copy of our Alice Brooks Needlecraft Catalogue. Two complete patterns are printed right in the book... plus a variety of designs that you will want to order: crochet, knitting, embroidery, huck weaving, quilts, toys, dolls.

They'll Do It Every Time

By Jimmy Hatlo



APPLEGATE VALLEY Group Goes Caroling

By MAUDE ZIEGLER

Applegate Valley—The holiday custom of caroling on Christmas eve and a watch party New Year's eve were observed by young people and adults of the Ruch community church.

More than 20 members of the junior, young people's, and adult classes sang carols as they drove to various homes. At the home of Mr. and Mrs. Louis Jones refreshments were served after they sang around the outdoor Christmas tree. At the New Year's party they attended devotions, played games, and were served refreshments.

After 12 years of operating the Ruch garage, A. E. (Red) Ranney and family left Sunday for Humboldt county, Calif., to live. They will live at Hoopa, east of Eureka, and Ranney will be in charge of heavy road equipment for the county. Their garage here is leased to Lawrence Dunshire, and their home will be occupied by Mr. and Mrs. Bill Bethany. Sharon, daughter of Mr. and Mrs. Ranney, will complete her freshman year in the Hoopa High school. Bill Barker will succeed Ranney as driver of the Ruch school bus on the Upper Applegate route.

Lee Port, area supervisor for the state department of forestry at Salem, was visiting friends in the community Thursday.

Mr. and Mrs. M. W. Couch and daughter, Bonnie, have returned from a vacation trip to Oceanside and other California points where they visited relatives. On Thanksgiving they attended a family reunion at the home of their daughter, Mrs. Robert Smith, at Oceanside.

Mr. and Mrs. Milton Houston were among those entertaining at a family dinner Christmas. Guests were their son and daughter-in-law, Mr. and Mrs. Bill Houston of Yreka, and their son-in-law and daughter, Mr. and Mrs. Ted Quackenbush, of Medford.

Mr. and Mrs. Glenn France spent Christmas at Shady Cove at the home of their daughter, Mrs. Ed Leaming.

Mr. and Mrs. John Eek are spending a few weeks in Portland, where Eek is undergoing treatment for a leg injury.

Mr. and Mrs. Ed Steiger and son of Susanville, Calif., spent a holiday vacation with Mrs. Steiger's parents, Mr. and Mrs. Charles Williams.

Mr. and Mrs. Henry Mapston of Copper were members of a family group spending Christmas at the home of Mrs. Mapston's brother, Louis Jenkins, in Medford.

Mrs. Margaret Nussbaum entertained several local friends at a luncheon at her home New Year's day. On Christmas she had 10 grandchildren as her guests, besides their parents, Mr. and Mrs. William Nussbaum of Eagle Point and Mr. and Mrs. Cliff Day of Lake Creek. Mrs. Jack Fisher also was a guest.

Mr. and Mrs. David Redhead of Klamath Falls spent Christmas here with his parents, Mr. and Mrs. George Redhead.

For Larger Sizes



9136 by Marian Martin

Sewing takes so little time—but you'll find the pleasure of wearing this smart design never ends. Choose a soft crepe or faille for this Printed Pattern that's perfect for right now, and on into spring.

Printed pattern 9136: Women's sizes 36, 38, 40, 42, 44, 46, 48. Size 36 takes 4 yards 39-inch.

Printed directions on each pattern part. Easier, accurate. Send FIFTY cents (coins) for this pattern—add 5 cents for each pattern for 1st-class mailing. Send to Marian Martin, care Medford Mail Tribune, Pattern Dept., 232 West 18th st., New York 11, N.Y. Print plainly NAME, ADDRESS, SIZE and STYLE NUMBER.

Court Records
DISTRICT COURT
Leroy Elliot Winchester, over- load, \$20.
Gayle Elaine Wheeler, improper mufflers, \$15.
Eleanor Lavina Moser, illegally changing lanes, \$15.
Celia Mary Walker, failure to stop at stop sign, \$10.
Max Lowell Brookman, failure to yield right of way, \$15, bail.
William Dody Littlefield, over- load, \$105, bail.
Sharon Ondos Chambers, violation basic rule, \$15.

CIRCUIT COURT
Shirley Jean Thornton vs. Virgil Clay Thornton, divorce complaint.
Margaret Anne Stough vs. Jafus C. Stough, divorce decree.

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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.

Mrs. T. S. — Clifford can't get over his broken heart.
Clifford S. — I can't face life without her.

Mrs. T. S. — My son is a fine young man of 23 and he is suffering so much from a broken heart that I am getting almost frightened about what he will do.
He was going with a girl for four years and a year ago they became engaged. His father and I approved very much of the match. But at the last moment, the girl walked out on him and married another man.

That was several months ago and he can't seem to break out of his depression. He never had friends, especially during these last few years since he became so engrossed with this girl. I kept telling him to go out and join clubs, but he says he won't have anything to do with another girl, ever. He lies awake all night reading and smoking and in the morning is too tired and depressed to even go to work.

Clifford S. — My parents can't understand that you can't just go out and join clubs if your heart isn't in it. Every time I do go anywhere and meet people I feel more alone than when I am by myself. I was never the sociable type and now it is worse than ever.
When Evelyn walked out on me, my whole world collapsed. She was everything to me and I don't think I can face life without her. She knew how I counted on her and didn't care enough to stand by me when a better-looking, more successful guy came along.

The way I see it, it's not what you are but where you are that seems to count in this world. People think you are nobody and will step all over you if you don't dress well and haven't got a big new car. I could never make out with girls because I don't have the dough.

The Council: Prepare for a shock, Clifford. It's not "people," but you, who put this overwhelming value on dress, money and a big new car.

If you look around, you will find plenty of men who don't have all this equipment but who "make out" with girls and are respected by the

Denver — Rudolph Bucy, retiring from his job at the Gates Rubber company at the age of 65, was feted by fellow workers and showered with presents. In the midst of preparations for a nice, long trip, he took another look at his birth certificate. He had just turned 64 and was ineligible for retirement until next year.

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They had never flown before. But early one morning Zdenek Machliner, 19, and Karel Kucera, 20, tied up a Czech guard and wobbled to the safety of West Germany in a stolen plane.

Neither could fly... but they soloed to freedom

These two escaped—but 70 million others remain captive behind the Iron Curtain. And these are the people at whom Radio Free Europe beams its daily broadcasts. Escape is not its aim. Radio Free Europe penetrates the Iron Curtain to spread truth... to strengthen hope and resistance.

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