

# Political Leadership Underestimates American People, Rayburn Believes

By LOUIS CASSELS  
United Press Correspondent  
Washington — Speaker Sam Rayburn doesn't beat around the bush. When you ask him what's wrong with America, he has a quick, three-word answer: "Lack of leadership."

That may sound like a Democrat's political jibe at a Republican president. But "Mr. Sam," although a Democratic leader, made his reply cover both parties and beyond government to business and other areas.

He had been asked, as a statesman, to answer a question which the United Press put to six prominent Americans representing government, the military, business, labor, science and the church. The question was: "What troubles you most as you look at America today?"

The man who has served as speaker longer than anyone else in history emphasized that his indictment of timid leadership was not aimed solely at the White House.

"I think," he said, peering over his pince-nez glasses, "that the entire political leadership of the country — Congress and the administration, Democrats and Republicans — is guilty of underestimating the American people."

Rayburn said he is convinced that Americans "want

to know the cold, hard facts, of where we stand in the arms race with Russia.

"I believe the people are ready to work hard, to have stern demands made on them," he said. "They are ready to make whatever contributions are necessary to keep this country strong and free."

But Rayburn said political leaders — and again he included Congress along with the administration — have been reluctant to ask Americans to make heroic contributions.

"There has been a tendency to shield the people from bad news, to withhold essential facts that they ought to know. There has been a hesitancy to impose burdens on them — even necessary burdens."

**Dignity Stands Out**  
Everyone has seen pictures of Rayburn. But the bald head and the scowl which are so prominent in his photographs are not what you notice when you talk to him. It is the dignity that impresses you — a dignity that flows from the man rather than the trappings of his office, and which remains unruffled even when Mr. Sam reaches back to his boyhood in Bonham, Tex., for an earthy anecdote to illustrate his point.

Rayburn, 76, has served in Congress for 45 of those years. He jokes about being

"an old man." But he doesn't talk like one.

He opened the interview by saying he wanted to "get on the record one thing that I'm not worried about."

"I'm not worried about our young people. It makes me tired to hear all this talk about the young generation going to hell in a hack. Every spring I talk to hundreds of these high school seniors on their visits to the Capitol, and I tell you they are a lot smarter than I was at their age."

The interview was held in the speaker's office, just off the House floor in the Capitol.

**Not Thought Frightened**  
Mr. speaker, do you believe the American people are frightened by Russia's successes in missiles and space vehicles?

"No, I don't think they are

scared. But they are very troubled and humiliated to find out that we are behind the Russians in some things. I think they'd like to get to work remedying the situation if somebody would lay down a program for them to work at."

While Rayburn carefully refrained from direct criticism of President Eisenhower, it was clear throughout the interview that he does not regard the administration's program as anything like an adequate national response to the present emergency.

Time and again, he spoke of the need for bolder leadership in government "starting at the top." And he said this need for bolder leadership extends beyond government — into business and every other segment of our society.

## Tooth Pastes Contain Same Basic Ingredients

(Editor's note: This is another in a series of articles published in cooperation with the Southern Oregon Dental Society and prepared by the American Dental Association in observance of National Children's Dental Health week, Feb. 2-8.)

Doctor, there are so many tooth pastes. What kind will really do any good? What is the best sort of toothbrush to use? And what about mouthwashes?

Don't be misled, dentists say.

Most tooth pastes contain the same basic ingredients. A dentifrice, whether in paste, powder or liquid form, serves to aid the brush in cleaning the teeth. It does not do any more than that.

Whatever the claims, there are no "miracle" tooth pastes. The Council on Dental Therapeutics of the American Dental Association — evaluating agency for dental products — reports that it knows of no tooth paste now available that will prevent tooth decay, gum diseases or bad breath.

**Increased Emphasis**  
With the increased emphasis on dental research now taking place in dental schools and research centers over the country, it may be that a truly preventive tooth paste will be developed. Until that time, however, correct use of the toothbrush immediately after eating is more important than use of any single tooth paste.

Teeth should be brushed right after meals and right between-meal snacks. If a tooth-brush is not available, the mouth should be rinsed with water.

Generally speaking, each area should be brushed at least 10 times. Included should be the tooth surfaces next to the cheeks, those next to the tongue and the upper and lower chewing surfaces. The upper teeth should be brushed downward and the lower teeth upward.

**Kind of Toothbrush**  
As for the kind of toothbrush to use, dentists advise that children should be given smaller brushes than those used by adults. A good brush, they say, should have a flat brushing surface, firm, resilient bristles, and a head small enough to reach all surfaces of the teeth.

On the question of mouthwashes, dentists point out that the purpose of a mouth wash is to help remove food particles from the teeth and mouth. Water does a satisfactory job. Medicated mouthwashes should not be used except when prescribed by a dentist.

Dentists strongly recommend that children be taught to brush their teeth at the right time and in the right way when the youngsters are about three years old. Sound dental health habits ingrained early in life will help to assure an adulthood largely free of dental crippling.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

**Top Snowy Cauliflower With Cheese or Crumbs**  
Plentiful snowy white cauliflower is as delicious as can be. Be careful not to overcook it; just crispy-tender, not mushy. Buy a large head for six servings, about three pounds. Wash well, remove green stalks. Leave head whole or break into flowerets. Cook covered in one inch boiling salted water. Flowerets will require 8 to 15 minutes; a whole head of cauliflower will take 20 to 30 minutes. Serve hot with butter or margarine.

flavor whether you boil it, bake it or steam it. Serve it in the shell, mash it or slice and boil it.

Average size pieces of Hubbard squash will bake in 40 to 60 minutes in 350 degree oven. Allow 50 to 70 minutes for steaming. Best liked seasonings are butter, bacon drippings, brown sugar, honey and cinnamon or maple syrup.

**Apple-Celery Salad.** Famed Waldorf salad becomes main dish when you combine one cup diced or sliced unpeeled raw apple with one-half cup celery and one cup of flaked tuna, chopped cooked pork, ham, veal, chicken, turkey or diced cheese; moisten with mayonnaise or French dressing.

**Cheese Topping.** When in a hurry, make a quick cheese sauce by heating a can of cream of celery soup in double boiler and add one cup or more of grated cheese. Pour over cauliflower.

**Sixty Four Cents Goes for Fresh Produce**  
Nothing like having the United Fresh Fruit and Vegetable Association meeting in San Francisco to get caught up on facts and figures on our buying and eating habits. Reading straight from their helpful press memo, we find all sorts of fascinating figures, including these:

**Crumb Topping.** Blend one-half cup melted butter, five tablespoons dry bread crumbs and one teaspoon minced chives or green onion tops. Add salt and pepper to taste. Spread over cauliflower; brown in hot, 425 degree, oven.

Fresh fruits and vegetables are three-fifths of all fruits and vegetables consumed in the country. Farm weight of all fruits and vegetables in all forms consumed in 1956 (most recent year recorded) reveals that we consumed 533 pounds per capita or per person. Farm weight of fruit and vegetables consumed fresh was 334.3 pounds each for 63 per cent of the total. This of course refers only to commercially-grown commodities.

**Broccoli on Toast Good with Egg Sauce**  
Broccoli, grown commercially, first appeared on the market in 1924; is now available all year for enjoyment hot and cold, alone as a vegetable or in casserole dishes with poultry or seafood. It is delicious in cream soups, in vegetable soups. We like it like this:

The home-makers fruit and vegetable dollars are divided as follows: fresh fruits and vegetables, 64 cents; frozen, 5.8 cents; canned, 26.5 cents and dried 3.9 cents according to Bureau of Labor statistics. Restaurant meals take 16.5 per cent of the food dollar.

Wash 1½ pounds (one bunch) fresh tender broccoli and trim off tough portion of the stems. Place in a saucepan with one cup boiling chicken broth (can be made with bouillon cube); cover, bring to boiling point and boil 15 minutes or only until crisp-tender, lifting cover two to three times to retain the bright green color of the broccoli and to give a milder flavor; drain. Hard-cook two eggs while broccoli is cooking.

We pay tribute whole-heartily to this United Fruit and Vegetable Association meeting in our part of the country. A distribution system that constantly provides fresh fruits and vegetables in abundance for a growing nation of 173,000,000 people in so vast an area must be a good one.

Toast six slices of bread. Place broccoli on toast. Combine two cups medium white sauce with on chopped hard-cooked egg; spoon over broccoli. Sprinkle with toasted sesame seeds if you've some handy. Slice remaining hard-cooked egg for decorating each serving.

California grows 45 per cent of our country's fruit, 33 per cent of the vegetables. Oregon and Washington are notable for crop size and variety in the \$7½ billion industry which annually handles 60 billion pounds of fresh produce.

**Brussels Sprouts Good in Many Ways**  
California Brussels sprouts are round and compact, green, fresh-looking; are marketed mostly in cellophane bags, pre-cooled, trimmed and washed. Valuable for their vitamin C content.

Best Buys. Even in mid-winter, a shopper in a big market can buy 47 different fresh fruits and vegetables. Plentiful include broccoli, cabbage, celery, cauliflower, topped carrots, dry onions, parsnips, rutabagas, bunched green onions and radishes, spinach, sweet potatoes. Fruit buys are avocados, Newtown and Delicious apples, grapefruit, oranges, Emperor grapes, lemons, D'Anjou pears, dried prunes.

Brussels sprouts are usually prepared by boiling but they are also good raw in casserole combinations. In any case, you need to make this basic preparation: Remove wilted outer leaves if any. Let the sprouts stand in cold salted water 10 to 15 minutes. Rinse them thoroughly in cold running water.

Other Plentiful. Best meat buy other than our good friends hamburgers and frankfurters are most cuts of pork both fresh and cured, canned and frozen peas, dried lima beans, peanuts and peanut products. Dairy products are at record levels for this time of year.

If you plan to use them raw, drain thoroughly and store in cellophane bag in refrigerator unless you plan to use them at once.

**Sprout Seasonings**  
Cook sprouts in a large amount of boiling salted water, uncovered, 8 to 12 minutes after boiling resumes, or until tender. Drain and use at once seasoned with butter, salt and pepper. Or add any of the following to one-half cup melted butter or margarine before tossing with sprouts: Two tablespoons minced parsley and one tablespoon lemon juice, one tablespoon grated American cheese; one teaspoon prepared mustard; one tablespoon chopped fresh tarragon. Or saute one tablespoon minced onion in the melted butter.

**Enjoy Winter Squash**  
Winter's golden Hubbard squash is popular served alone or with other foods. It keeps its golden color and delicate

flavor whether you boil it, bake it or steam it. Serve it in the shell, mash it or slice and boil it.

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