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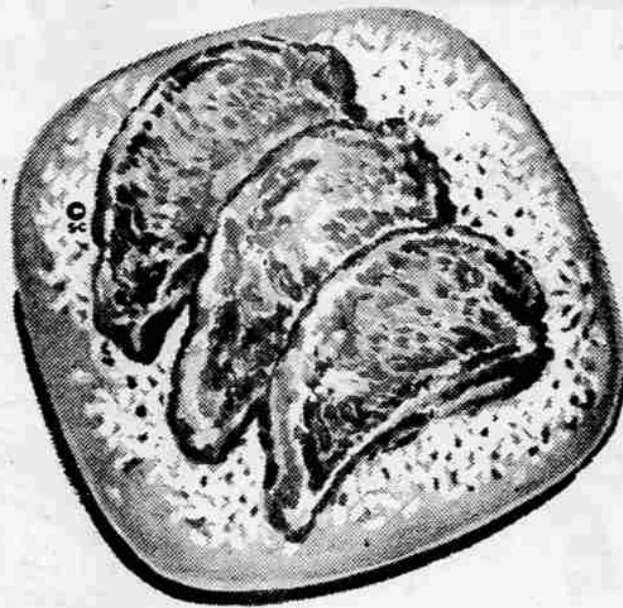
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Feeding the Family

By ZOLA VINCENT
Food Editor

Hamburgers, Potato Chips, Pie Top Teen-Agers Food Poll
Since eating is a favorite hobby of almost everyone, it should come as no surprise that American Hobby Federation surveyed its teen-age members on eating preferences. They came up with some very surprising answers, however.

Favorite meats of teen-ager hobbyists are hamburgers, chicken, lamb stew. Vegetables preferred are potato chips, spinach and string beans. Dessert like-bests are apple pie, ice cream and lemon meringue pie.

Not a luxury in the lot. All good substantial, plentiful, reasonably priced foods; all packed with good nutrition. Good variety, too. Shuffle them any way you like and there are 81 menu possibilities to say nothing of myriad ways of preparing each item.

Meat Favorites
While certain of their elders are unduly alarmed about seasonably high prices of prime beef and other fancy meats, the youngsters go on record as preferring economy cuts straight down the line. Hamburger is the perennial beef bargain. Chickens, especially fryers favored by teen-agers, are in abundant supply at reasonable cost. Lamb cuts for stewing are market leaders.

Vegetable Choice
Who but a teen-ager would think of potato chips as a vegetable? With 34 vegetables to choose from and a thousand ways of fixing potatoes, they nail down potato chips. Spinach and string beans follow in that order, thereby upsetting many a mother's notion of menu planning to please the family.

Dessert Leaders
And lo, apple pie leads all the rest when it comes to teen-ager dessert preferences. Ice cream is second choice and it's a good bet that some of the ice cream goes on the apple pie. Lemon meringue pie is third favorite.

Lemon Meringue Pie
Reading in the current press that lemon meringue pie was number three on the hit parade of teen-ager desserts, we phoned a leading baker of pies, got this information: Lemon meringue pie is best seller with green apple second and cherry pie third.

We then talked with home economists for Sunkist Growers. They weren't a bit surprised that lemon meringue pie was first in sales and in top three with teen-agers. Here is their recipe for smooth, creamy meringue pie packed with tangy lemon flavor.
9 inch pie shell, baked
7 tablespoons cornstarch
1 1/2 cups sugar
1 1/2 teaspoon salt
1 1/2 cups hot water
3 egg yolks
1/2 cup fresh lemon juice
1 teaspoon grated lemon peel
2 tablespoons butter or meringue
Meringue topping.

Bake a nine-inch pie shell using any favored pastry recipe for a packaged mix. Mix

cornstarch, sugar and salt in saucepan. Stir in hot water gradually and bring to boil over direct heat. Cook for 8 to 10 minutes over medium heat, stirring constantly until thick and clear. Remove from heat. Stir several spoonfuls of this hot mixture into beaten egg yolks; mix well. Pour egg yolks back into saucepan; bring to boil, then cook over low heat for four to six minutes, stirring constantly. Remove from heat. Gradually add lemon juice, peel and butter. Cool filling; pour into cooked baked pie shell. Top with meringue.

Meringue. Place three egg whites (at room temperature) in deep, medium-size bowl; add 1 teaspoon fresh lemon juice. Beat until whites stand in soft peaks before adding sugar. Add six tablespoons sugar, gradually. Beat well after each addition and continue beating until all sugar is used and whites stand in firm, glossy peaks. Spread meringue over cool filling—start at edges and work toward center of pie, being sure to attach meringue securely to edges of crust. Bake at 350 degrees for 15 to 20 minutes or until golden brown. Cool before serving.

Hamburger Ways Beyond Numbering
Our favorite meat cook book gives 31 pages to hamburger, the teen-agers delight. We're reviewing only the All-American hamburger and its broiled de luxe variations. Ground beef may be made into thin patties and pan-fried or into thick patties and broiled. Figure a pound for each four servings pan-fried, two servings if de luxe broiled.

Combine one pound hamburger, 1 teaspoon salt and two tablespoons chopped onion (optional) thoroughly. Shape into four thick or eight thin patties. Pan-brown in one teaspoon fat in a skillet. Do not press the patties. Do not overcook. Turn to brown on other side. For an added touch, remove hamburgers from pan; add to the pan two tablespoons butter or margarine, one tablespoon Worcestershire sauce or catsup; stir and pour over hot hamburgers.

Broiled DeLuxe. Shape the All-American hamburgers into thick patties. Place on a pie pan and broil three inches from heat source. Turn once to broil (5 to 10 minutes). To serve, spread Worcestershire sauce... two tablespoons butter mixed with two tablespoons Blue cheese... two tablespoons butter mixed with two tablespoons catsup, one teaspoon mustard or chili powder.

DeLuxe Cheeseburgers. Before removing hamburgers from broiler, top each with a slice of cheese and broil two minutes more or until cheese begins to melt.

Teen-Agers Like Savory Lamb Stew
Many a mother will be surprised to learn that lamb stew is tremendously popular with teen-agers; exceeded in popularity only by hamburgers and chicken.

Browned lamb stem is a real treat when browned, seasoned just right, served piping hot.
The Irish favor lamb stew



FIRST PIE CHOICE—Lemon meringue pie is first choice of pie eaters generally and third on the hit parade of dessert-eating teen-agers. Read about this and the eight other top eating favorites of teen-agers in today's food columns.

with carrots. East Indians add curry and serve over rice.

Scotch Stew. This probably is favorite. Cut two pounds lamb shoulder meat into two-inch cubes; brown well in one tablespoon hot fat. Add four cups water, one-half cup pearl barley, one sliced onion, two tablespoons chopped parsley, three celery tops, chopped, two teaspoons salt. Cook slowly 1 1/2 hours. Add six medium potatoes and cook until tender, about 30 minutes. Six generous servings.

Fried Chicken Is Favorite of Teen-Agers
The trick when frying chicken, a favorite of teen-agers, is to have each piece well browned and crispy outside with tender juicy meat inside. It is easy to fry chickens. Let the teen-agers do it. Just watch the browning process to prevent burning and then finish the cooking slowly to get the chicken thoroughly cooked but not dry. Finish depends on coating.

Dry Coatings. Dip each piece of chicken in a dry coating or place the dry coating in a paper sack. Add two or three pieces of chicken at a time. Shake well. For flour coating, combine one-half cup flour, one teaspoon salt, one teaspoon paprika, one-eighth teaspoon pepper or poultry seasoning. For cornmeal coating, combine one-half cup of cornmeal, one tablespoon flour, one teaspoon salt.

Egg and Crumb Coating. Blend together one egg and one-fourth cup milk. Dip pieces of chicken into this liquid then into finely crushed cracker or bread crumbs, flour or cornmeal.

Batter. For chicken fried in deep fat. Use a fork to blend together two eggs and one-half cup milk. Stir in one cup sifted flour, one teaspoon baking powder, one teaspoon salt. Mix well. Stir in one teaspoon melted fat. Do not beat because the air will cause bubbles in coating when it is fried.

Teen-agers Like Spinach
Teen-age hobbyists polled on vegetable popularity gave

second vegetable vote to spinach. We think it is because today's cook knows how to prepare it properly; like this:

Trim and wash fresh tender young spinach at least three times unless packaged pre-washed product is used. In latter event, one washing to freshen is adequate. Cook covered, three to seven minutes using only water clinging to leaves. Serve at once seasoned with salt, pepper, butter or margarine and a little vinegar or fresh lemon juice.

Other spinach ways include creaming, escalloping, in a spinach ring, a fondue, soufflé, served with cheese or topped with hard-cooked chopped eggs. Dutch-style with bacon, vinegar and sugar is popular also.

When using frozen or canned spinach, follow package directions which usually offer good ideas.

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Meat Prices in This Ad Good Through Saturday, April 12

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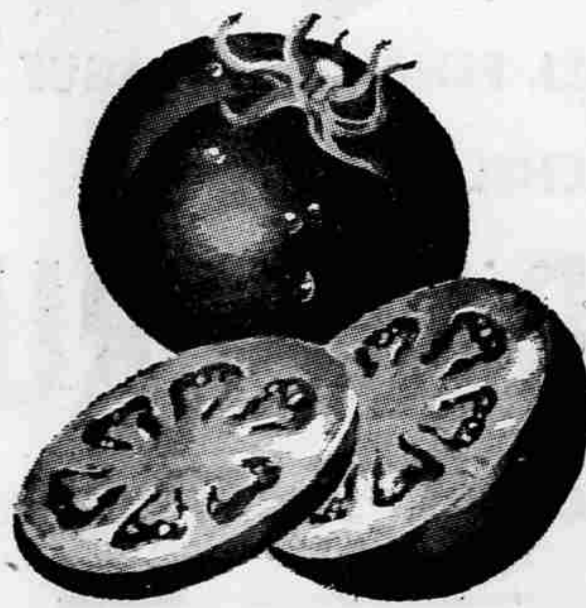
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Korter's Gambling Losses Described

Portland — (AP) — Alfred F. Winter, former Portland now operating resorts in Las Vegas, testified here Wednesday that the president of Aluminum Lock Shingle Corporation of America once lost at least \$35,000 in Las Vegas three years ago.

Winter made a deposition in a bankruptcy court hearing for Louis J. Kortor, president of the defunct Portland firm. Winter told Estes Snedecor, referee in bankruptcy, he had once seen Kortor gambling in the Sahara hotel for 12 hours without stopping. He said Kortor was ahead \$15,000 at one time but ended up \$10,000 loser.

Kortor, in pleading bankruptcy, has claimed gambling losses of \$50,000.

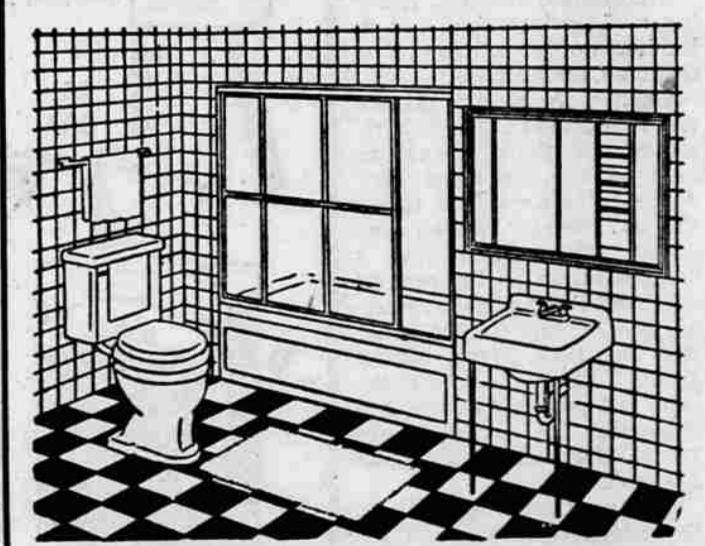
Siskiyou People Said Snowbound

Residents of several Siskiyou county communities were snowbound for four days last week following a record snowfall that blocked several passes.

Forks of Salmon and Sawyers Bar had been cut off by a massive barrier of snow on Salmon summit and a huge slide near Somes Bar. County rotary ploughs were able to open the highway Saturday.

During the snowbound period a four-year-old girl from Forks of Salmon was taken by helicopter to Yreka for treatment of a severe bladder infection, it was reported.

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OTTO J. FROHNMEYER
Says —

Otto J. Frohnmayer, says "Our firm has appeared many times on different matters before Judge James M. Main both while he was Municipal Judge and in his present position as District Judge.

"I have watched his progress up the judicial ladder, and can assure the voters that Judge Main is well qualified by his judicial experience, his knowledge of the law, and his ability to perform the work."

Signed
Otto J. Frohnmayer

(Note, ask anyone who has appeared before Judge Main as juror, witness, litigator or attorney, about his qualification.)

Ben Day, Chmn., Gold Hill
Pd. Pol. Adv.