

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Every Day Is Salad Day

#### As We Try New Ideas

No wonder westerners are changing the salad eating habits of the nation. We toss a new salad at the drop of a lettuce leaf; try new combinations, exchange recipes and salad ideas like crazy. Today's salad vegetables account for 40 per cent of all fresh vegetables grown commercially. And where are most of them grown? Right here within trucking distance.

Not only that but National Garden Week celebrates tell us that 30 million persons will be garden-growing salad-makings from seed by mid-summer. Tomatoes are far the most popular vegetable with home-growers. Number one commercially - grown vegetable is lettuce.

Whether you pick your vegetables from your own patch or pick them from displays in your favorite market, you'll find many good salad making ideas in these columns right along.

#### Salad Vegetables

Fastest selling salad - bowl vegetables are lettuce, tomatoes, celery, cucumbers, Bell peppers, escarole and endive. Other available right now for eating raw include cabbage, carrots, cauliflower, chichory, Chinese cabbage, green onions, chives, dry onions, mustard greens, parsley, radishes, spinach, watercress. Cooked vegetables favored in salads include asparagus, green beans, lima beans, beets, broccoli, peas, potatoes.

#### Main Dish Salads

Hearty and nutritious, main dish salads combine greens and other vegetables with cubed, sliced or sliced cooked meats or poultry, fish and shellfish, hard - cooked eggs, cheese.

#### Salad Dressings

No matter how crisp the greens, how tender the meat, a salad without a satisfying dressing is doomed to failure. Salad magic is easily and simply found in three basic dressings which are the stepping stones to practically all others.

These are French dressing, mayonnaise and cooked salad dressing. With a jar of one or all of these in your refrigerator, you can whip up, at a moment's notice, myriad dressings. You may make any of these from scratch, use one of the increasingly popular salad dressing mixes or choose from a whole grocery shelf of commercial salad dressings.

#### Salad Vinegars

##### Very Important

Salad dressing success depends a great deal upon the quality and flavor of the vinegar used. Fine vinegar costs so few cents that it seems senseless to settle for less than the very best. Here is a quick glossary of vinegars to help in your selection.

**Cider Vinegar.** Made from the first pressing of sound, red-ripe apples. It has a fine mellow fruit flavor that is a natural with fruit and vegetable salads.

**Distilled White.** A crystal clear vinegar usually made from choice corn, rye and barley malt. It has delicate aroma which brings out the full flavors of foods without dominating them.

**Salad Vinegar.** A comparative newcomer, salad vinegar is a blend of distilled white, red amber and malt vinegars with just enough "malt" to give pleasing bouquet, fine flavor.

**Malt Vinegar.** Here is the ultimate in fine vinegars. Rich, full-bodied in flavor, it is excellent for hearty salads of meat, seafood, macaroni and the like. Use discriminatingly so it does not overpower flavor of the salad.

**Tarragon Vinegar.** The epicure's delight. A skillful blend of fine distilled and fermented table vinegars with tarragon leaves steeped until just right to give herb fragrance to salad greens, meat, eggs, fish. Used in sour cream dressing, this is wonderful for fruit salads too.

#### Basic French Dressing

##### With Popular Variations

Basic French dressing is made by combining one-fourth cup vinegar, three-fourths cup salad oil, one-fourth teaspoon paprika, one - half teaspoon salt, one teaspoon sugar. Shake vigorously. Chill. Shake before serving.

**Anchovy.** Allow one clove garlic, finely minced, to stand in one-half cup Basic French Dressing for 30 minutes; strain, discarding garlic. Combine two drops Tabasco, dash cayenne pepper, two teaspoons capers and one tablespoon anchovy paste. Chill.

**Barbecue.** To one - half cup Basic French Dressing, add three - fourths teaspoon chili

powder, one - half teaspoon salt, one teaspoon prepared mustard, two teaspoons tomato onion, two tablespoons grated ketchup and a few drops Tabasco. Shake well.

**Blue Cheese.** To one - half cup Basic French Dressing, add three - fourths teaspoon salt, dash of pepper and two tablespoons crumbled blue cheese.

**Chiffonade.** To three-fourth cup Basic French Dressing, add two tablespoons minced parsley, two teaspoons minced onion, one-fourth cup chopped cooked beets and one hard-boiled egg, chopped.

**Club French.** To one cup Basic French Dressing, add three tablespoons minced onion, one tablespoon sugar, three tablespoons tomato ketchup and one tablespoon Worcestershire sauce.

#### Mayonnaise with Favored Variations

Whether you make your own mayonnaise or buy it by the jar, here are variations preferred by many for lettuce and mixed greens.

To make mayonnaise, combine one teaspoon prepared mustard, one - half teaspoon salt, one-eighth teaspoon pepper, one-fourth teaspoon paprika, one-fourth teaspoon sugar and one egg, beat well. Gradually add one-half cup salad oil, at first by drops, beating constantly. Add three tablespoons cider vinegar, salad or distilled white vinegar and another 1½ cups salad oil alternately, beating well after each addition until mayonnaise is stiff enough to hold its shape. Refrigerate.

**Russian Dressing.** Combine two - thirds cup mayonnaise, three tablespoons chili sauce and one tablespoon finely minced onion.

**Thousand Island.** Combine two cups mayonnaise, one-fourth cup chili sauce, two tablespoons chopped green pepper and two tablespoons chopped stuffed olives. Chill.

**Creamy Roquefort.** Gradually add three tablespoons vinegar to five ounce jar Roquefort cheese spread, softened. Stir in one - third cup mayonnaise, two teaspoons sugar, one - fourth teaspoon paprika and one - eighth teaspoon salt until creamy smooth.

**Blue Cheese.** Combine one-fourth cup mayonnaise, one-fourth cup blue cheese and three tablespoons tomato ketchup or chili sauce.

**Cavalier.** Combine one cup mayonnaise, one tablespoon tomato ketchup, two tablespoons Roquefort or blue cheese, one teaspoon vinegar and one teaspoon minced onion. Allow to chill at least 30 minutes to blend flavors.

**Spicy Mayonnaise.** Blend one-half cup mayonnaise, one-fourth cup tomato ketchup and one teaspoon ground ginger. Chill.

**Fresh Mushrooms.** April markets display fresh mushrooms at reasonable cost; add mealtime magic in many ways. Mushrooms appear as appetizers at parties for dunking in any "dip" along

### Institute Slated on Fire Evacuation

Lt. Robert McGrath, hospital inspector for the Chicago fire department, will conduct a one-day institute on patient evacuation and fire-fighting techniques here May 14 at the National Guard Armory, South Pacific Highway.

All hospital, nursing home and convalescent home personnel in the Medford area are invited to participate. There is a \$3 registration fee and all applications, accompanied by the fee, should be mailed to Ben Hecht, business manager, St. Vincent's hospital, Portland, Ore., not later than May 5.

The institute is sponsored by the Oregon association of Hospitals, and Glenn B. Keys, business manager of Sacred Heart hospital, is in charge in the Medford area.

Lt. McGrath has been active in hospital safety work for more than 20 years and to date has conducted institutes in more than 200 hospitals in nine states. He has coordinated his work with the American Hospital association and the National Safety Council.

The institutes are conducted to include actual schooling of participants in fire-fighting and patient evacuation techniques.

The one-day session will open at 8:30 a.m. and close with a question and answer period at 4 p.m.



**HOME GARDENS.** "Plant you now—dig you later" is what home gardeners are saying as they pick out vegetable seed packets and get busy in backyards. In the meantime, our commercial gardeners are harvesting an early bounty of salad-bowl vegetables for today's family enjoyment. Salad ideas are included in today's food columns.

with other vegetables, potato or corn chips, crackers. Simply cut off a thin slice from the stem; then leave whole, half or quarter according to size. It is not necessary to peel mushrooms.

Mushrooms are quickly cooked for serving as a vegetable. One half pound makes four servings. Heat four tablespoons of salad oil or one-half stick of butter or margarine in a skillet and add mushrooms. Sprinkle with juice of half a lemon and cook over low heat. Stir frequently till mushrooms are lightly browned in their own juice; no more than five to eight minutes. Season lightly with salt and pepper, a bit of Worcestershire if you like. Toast points retain the last

bit of the full-flavor, natural juices.

#### Sweet Sour Pot Roast

An eye on the ads in this newspaper and on market displays will reveal some reasonably priced beef pot roasts for relishing like this.

Brown three to five pound beef pot roast in two tablespoons fat in a heavy kettle. Add one-half cup sliced onion and cook until transparent. Add one cup vinegar, three-fourth cup firmly packed brown sugar, one-fourth teaspoon nutmeg. Cover tightly and simmer 3 to 3½ hours or until fork tender. Thicken liquid for gravy. If you really like it spicy, thicken with crumbled ginger snaps.

## Optometrists, Wives Attend Meeting of Society in Ashland

About 30 optometrists and their wives attended a dinner meeting of the Southern Oregon Optometric Society recently in Ashland.

Members from Medford, Ashland, Grants Pass and Klamath Falls met for the combined business-dinner meeting at the Ashland Elks club, with Dr. Robert Harland, Medford, president of

the Society, presiding. Two optometric papers were presented at a post-graduate educational meeting held at the home of Dr. and Mrs. Glenn Revel, Ashland. The wives of members met in separate session at the Revel home.

Dr. William J. Thompson, Medford, reported on recent developments in the exchange of post-graduate optometric information by the Optometric Extension program of Duncan, Okla.

The concluding portion of the program was devoted to a paper on the direct relationship between the retarded child's behavior and reading pattern, and his visual development, by Dr. Steve Dippel. The conclusions were drawn, Dr. Dippel reported, from a series of tests on primary mental abilities, perceptual ability gauged by verbal and visual identification, spatial relationship skills and comprehensive reading tests. He emphasized the need for the correlation of the complete case history as well as a cross-reference of the various tests in order to determine accurately the ability of the child to achieve.

Dr. T. Winston Smith, education chairman, was moderator of the program and introduced the speakers. Next month's program will be presented by Dr. Edmund F. Richardson, director of study groups, Optometric Extension program, Duncan, Okla.

#### Business Meeting

The business meeting conducted by the auxiliary resulted in a re-activation of that organization. The lapse of activity was due to the difficulty in scheduling meetings so that members from all over southern Oregon could attend.

Officers elected were Mrs. Richard Nelson, president, Mrs. Robert Urie, secretary-treasurer, and Mrs. T. Winston Smith, public relations chairman.

The May meetings of both groups have been set for Sunday, May 25, at the Rogue Valley Country club in Medford, to coincide with the visit of Dr. Richardson.

#### CHURCH LEADER DIES

New York—The Rev. Dr. Hugh Ivan Evans, 70, for many years a leader of the Presbyterian Church of the U.S.A. died Wednesday. His death followed injuries received in an auto accident April 8.



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## Book Circulation in County Sets Record

The Jackson county library's monthly circulation of books broke another record in March, 1958, according to Librarian Helen E. Webster.

The number of books issued was 19,226, the greatest number issued in a single month during the history of the library. The highest month's total reached previous to this was that of March, 1957, when 18,403 books were checked out. Records for the past several years indicate that March and July are generally the busiest months in the library, with January running a close third.

Of the record-breaking 19,226 books borrowed in March, 15,465 were borrowed from the Medford Public Library headquarters by individual patrons, 372 from headquarters by schools, and 3,389 through community branches throughout the county.

Adults checked out 11,918 books and 6,153 went to children. About one-third of the month's circulation, 6,503 was non-fiction, as against 11,468 books of fiction. Magazines lent totaled 1,225.

**Sen. John Kennedy To Visit Portland**

Portland—Sen. John F. Kennedy (D-Mass.) will be a Portland visitor Monday when he delivers the final lecture in the current series sponsored by Portland State College. He will appear at the First Methodist Church to discuss foreign policy problems.

Roughly one-third of the non-fiction read by both adult and junior readers, 1,580 books, was in subjects of science and technology. In the preference of adult readers, books about the fine arts, gardening and sports, were next in demand; children, however, preferred biography, language books, and books on the social sciences. Children and adults together checked out 689 biographies.

History, travel, and the social sciences also proved popular with adult readers. Two hundred fifteen books on religious subjects and 237 on philosophy were also borrowed.

#### Daily Circulation

The average daily circulation for the month was 739, with 879 the largest circulation for any one day. The smallest daily circulation was 373.

The number of visitors remaining to use the reading and reference rooms of the library was 4,465, of whom 3,457 were adults and 1,008 were students. A total of 439 new borrowers were registered.

It is possible, Miss Webster stated, that the observance of National Library Week during this month stimulated interest of Jackson county readers in their library and played some part in boosting circulation figures to an all-time high.

The staff of the library and the library board voiced their gratitude to those individuals and organizations who contributed toward the success of

**STAY FOR DINNER**  
Atlanta — Lloyd B. Bowman, 21, just dropped in at the police station for a chat with detective B. D. Duncan. As they talked, a "wanted" bulletin blared on the police radio. Duncan took a look, found a gun on his visitor, and escorted him to a cell.

## VOTE for Rodney Keating



**INCUMBENT CANDIDATE for COUNTY JUDGE**

on the Republican Primary because: Jackson County has had good administration under the present leadership:

1. The road problems have been handled with dispatch and efficiency.
2. County finances have been used judiciously and effectively, without waste.
3. The welfare problem, both from an administration and financing point of view, has been ably and effectively handled.
4. Modern facilities have been furnished to department of County Government to create more efficiency and better working conditions.

E. H. Singmaster, Chairman,  
Keating for County Judge Committee,  
P.O. Box 226, Ashland, Oregon.

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**NEW TEXAS CROP SWEET ONIONS 2 lbs. 29¢**

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**DOXEE BLUEPOINT Minced Clams 3 CANS \$1.00**

**Large Grade A EGGS 2 DOZ. 99¢**

**Save Money on Coffee COFFEE lb. 87¢**

**Bliss-Ben Hur-Schilling**

**HORMEL SPAM 2 for 89¢**

**Vienna Sausage 4 for 89¢**

**Fisher's, American Cheese Loaf 2 lbs. 69¢**

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