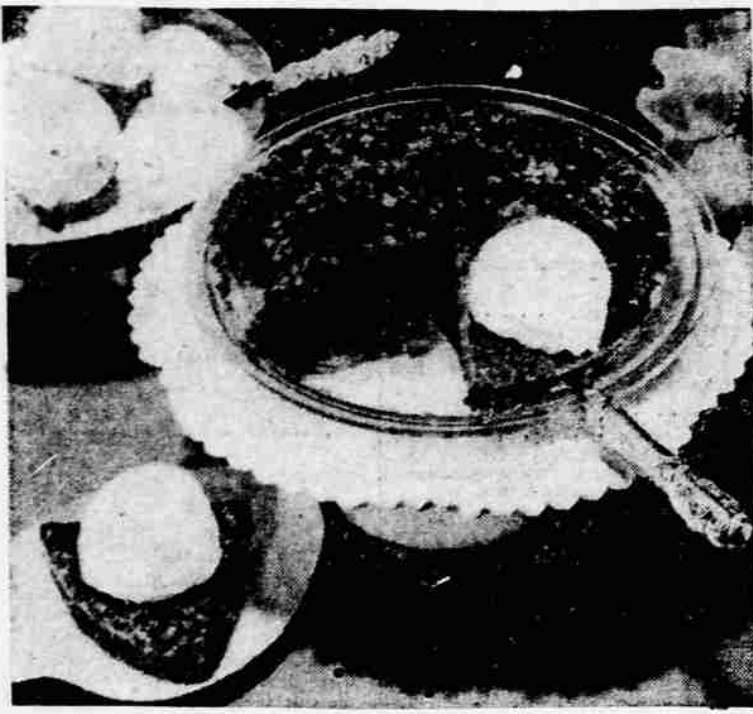




VANILLA FAVORED — Make mine vanilla — and I'll take a half gallon. More people take vanilla than all other ice creams. It is perfect on or with countless other desserts including this molasses pudding-pie. More people buy ice cream by the half-gallon because it is economical and convenient.

Feeding the Family

By ZOLA VINCENT
Food Editor

Dairy Industry Vital To Economy of State

Among Oregon's many fine agricultural crops, milk is the most important. This is true both in dollar income and from a nutrition standpoint. Consider these fascinating facts as we celebrate June Dairy Month and pay tribute to the dairy farmer.

Visiting with dairy industry men, we learned that our state's cow population exceeds 188,000; that their combined efforts (the cows, that is) exceed 1,156,000 pounds or an annual per cow production of 6,150 pounds of milk. This is well above the national average because of our lush pastures and efficient farm management.

Farm value of our state's cows and heifers exceeds \$25 1/2 million from which farmers derive more than \$46,232,000 annually.

Aside from fluid milk, delivered and sold from dairy cases, Oregon processors make more than 12 million pounds of butter, well over 19 1/2 million pounds of American cheese; more than 5 1/2 million pounds of cottage cheese. And that isn't all. Consider also all that good coffee cream, whipping cream, sour cream, buttermilk, nonfat dry milk among other dairy products in our daily menus.

Milk is a Must
Milk often is called "nature's most nearly perfect food". Milk and dairy products are excellent sources of high quality protein, calcium and the B-vitamin riboflavin. Nutritionists insist that children need three or four cups of milk daily, teen-agers, four cups or more.

There's many a way to get milk into meals besides drinking it. All dairy products have important places in the family's daily menus. Cream, sour cream, buttermilk, cottage cheese, ice cream, butter, evaporated milk, nonfat dry milk, chocolate milk and other dairy specialties.

Vanilla Ice Cream Toppings
Plantation Pudding-Pie
Vanilla ice cream toppings, myriad pies and puddings. This plantation pudding-pie made with unsulphured molasses is one of the most exciting desserts we've stirred up for summer. Ice cream and molasses have always had a special affinity. It is at its best in this crumb textured pie. Recipe makes six servings.

1 cup plus 2 tablespoons sifted all-purpose flour
6 tablespoons sugar
1/2 teaspoon nutmeg
1/2 teaspoon cinnamon
1/8 teaspoon salt
1/4 cup butter or margarine
1/2 cup unsulphured molasses
1/2 cup cold water
1/2 teaspoon soda
Sift together flour, sugar, nutmeg, cinnamon and salt. Add butter, cut in with two knives or pastry blender to

resemble coarse meal. Combine molasses, water and soda. Alternate crumbs and liquid in a greased nine-inch pie plate beginning and ending with crumbs. Stir gently four or five times with a fork. Bake in a moderate oven, 350 degrees, 30 minutes.

Serve warm. Top each serving with scoop vanilla ice cream. Pudding - pie good made ahead, too.

Applesauce Whip
Plentiful, bargain - priced, fine - flavored canned applesauce goes into this very good dessert. For a bit of spiciness, whip in a little cinnamon or nutmeg.

Whip three - quarter cup evaporated milk until it is stiff and will hold a peak. Add one tablespoon plus one teaspoon lemon juice and whip just to blend thoroughly. Fold in one cup chilled sweetened applesauce lightly but thoroughly. If not used immediately, chill until ready to serve.

Try New Cheese Varieties
An amazing selection of cheese varieties is being featured in our stores. Celebrate June Dairy Month by introducing the family to new exciting taste tempters such as Apple, Astiagio, Bleu, Brick, Brie, Caciocavallo, Camembert, Edam, Gammelost, Gjetost, Gorgonzola, Gouda, Gruyere, Jack, Muenster, Neufchatel, Parmesan, Port de Salut, Primost, Provolone, Roquefort, Sapsago, Stilton, Swiss. And those are only a few of the more than 400 available.

As seasoning, use astiagio when old and grated, Cascio-cavallo when old and grated, as a change from the very popular grated Parmesan.

In cooked foods, favorites are American (cheddar), Bleu, Cottage Cheese.
In sandwiches, try Jack, Limburger, Muenster, Neufchatel, Swiss as well as the popular American, Brick and Cream.

On crackers, many prefer Cream, Bleu and Roquefort, but also try Edam, Gjetost, Gouda, Limburger, Neufchatel, Stilton, Swiss.
In or on salads, treat the family to Bleu, Brick, Cottage Cheese, Cream, Gorgonzola, Neufchatel, Roquefort, Stilton, Swiss.

Dessert cheeses are most likely to be Bleu, Brie, Camembert, Gorgonzola, Gruyere, Port du Salut (Oka), Roquefort, Stilton, alone or in combination.

Strawberry Festival
Enjoy ye strawberries while ye may. They will soon be gone from the plentiful; back among the luxuries. These Viennese strawberry short-cakes are quickly made using any favored packaged biscuit mix and plentiful commercial sour cream.

Combine two packages biscuit mix and two teaspoons sugar. Add one-third cup sour cream and one-half cup milk; mix until ingredients are moistened. Turn out on

floured board and knead lightly for a few seconds. Roll out to about three - quarter inch thickness. Cut into six 2 3/4 inch rounds. Bake on buttered baking sheet in very hot oven, 450 degrees, 10 to 15 minutes. Cool.

Split biscuits in half. Sweeten two cups fresh halved strawberries with two tablespoons sugar; spoon in center and over biscuits. Garnish with remaining (more if you like) sour cream flavored with nutmeg and salt.

Scalloped Potatoes

Make Fine Main Dish
Scalloped potatoes appear often on many tables but had you thought of making a main dish of them by simply adding a cup of grated cheese to the sauce? Or add cooked, cubed meat such as ham, roast pork or beef, corned beef or dried beef. Its the butter and milk that make them so good. Six servings.

2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
1/2 teaspoon pepper
2 tablespoons grated onion
2 cups milk
4 cups sliced raw potatoes

Melt butter in saucepan over low heat. Blend in flour and seasonings and heat until bubbly. Add grated onion (we like lots of onion) and milk and cook until sauce boils and thickens, stirring constantly. Place half of sliced potatoes (and meat) in a buttered 1 1/2 quart casserole. Pour half of sauce over, lifting with a fork so all are covered with sauce. Repeat using remaining potatoes, other ingredients and/or plain or cheese sauce.

Cover and bake in a moderate oven, 350 degrees, for 30 minutes. Uncover and continue baking about 30 minutes until potatoes and tender and top is browned. Sprinkle buttered bread crumbs over top if you like.

Frozen Fruit Salad
You need only read this to know that here is a salad of beauty and distinction for a special occasion or family praise. It's done with cottage cheese. Six servings.

2 cups creamed cottage cheese
1/3 cup mayonnaise
2 tablespoons sugar
1 cup diced pineapple
1 cup diced peeled orange
1/4 cup chopped maraschino cherries
2 tablespoons cherry juice
1/2 cup chopped pecans

Sieve cottage cheese; combine with mayonnaise and sugar and stir until well blended. Fold in fruit, cherry juice and nuts. Freeze in refrigerator tray at coldest temperature until firm. Slice and serve on shredded or leaf lettuce. A fruit salad dressing, if you like.

420 Enroll at SOC Summer School

Ashland — A total of 420 students had enrolled in summer school courses at Southern Oregon college by Monday night, Miss Mabel Winston, registrar, has announced. Registration will continue this week.

The first day enrollment represents an increase of more than 16 per cent over last year, when 361 registered on the opening day.

The number of men students enrolling increased from 97 last year to 156 this year, she said, and the number of women registering the first day was the same as enrolled the first day last year, 264.

Increases also were noted in registrations in the new graduate program. A total of 123 were enrolled Monday, compared to 96 last summer.

Bomarc Missile Base At Adair Approved
Washington (UPI) — The House Armed Services Committee, by unanimous roll call vote, today approved a Bomarc guided missile base at Camp Adair, Ore.

Rep. Walter Norblad (R-Ore.) said the Committee also approved \$233,000 for added facilities for the Air National Guard at the Portland air base.

Portland — (UPI) — The Town Finance company here was held up Tuesday by a robber who escaped with \$100.

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