



MEAL IN ITSELF—Cold and colorful, a main dish salad is a meal in itself, hearty and delicious, when it combines macaroni with meat, chicken, fish, eggs or cheese and salad greens tossed lightly with a zesty dressing. We picture Macaroni Coronado with the recipe included in today's food columns.

Feeding the Family

By ZOLA VINCENT
Food Editor

Summer Salad Strategy Makes Most of Macaroni

With all those men of the National Macaroni Manufacturers Association meeting on our west coast at the Hotel Del Coronado this week, we pay tribute to their products, the durum trio, macaroni, spaghetti and noodles.

Men have been talking about macaroni products for centuries, and women have been cooking them for the same length of time. The Chinese were eating macaroni products in various forms as early as 5000 B.C. Every school child reads of Marco Polo's delight in dishes evolved from "the cooking of strands of dried dough."

Today's explorer of the macaroni shelves in the supermarket and in the "little Italy" shopping centers of metropolitan cities can find as many as 300 different shapes and sizes. The most frequently used shapes however are: macaroni, the tubular shape in short elbows and lengths; spaghetti, the solid rod form available in varying degrees of thickness; and egg noodles, the ribbon-like pieces in varying widths. Other popular shapes are corrugated elbows, coiled or bunched rods, alphabets, shells, bows, and stars.

Macaroni Coronado Salad of Distinction

Home economists of the National Macaroni Institute tossed this salad lightly in a huge salad bowl especially for the enjoyment of west coasters who often find satisfaction in a substantial supper salad. We will tell you confidentially that they made it with diced cooked chicken . . . and we made it with diced baked ham. Chicken or ham, it's fine fare. Eight servings.

Ingredients:
Cooked elbow or shell macaroni
10 ounce package frozen, cooked and diced broccoli
1/2 cup diced radishes
1 cup torn chicory or curly endive
2 1/2 cup diced cooked chicken
1/2 cup French dressing
or diced cooked ham
1/4 cup chili sauce
3 tablespoons lemon juice
1/2 teaspoon garlic salt

To cook macaroni, add 1 tablespoon salt to 3 quarts rapidly boiling water. Gradually add 2 cups (8 ounces) elbow or shell macaroni so that water continues to boil. Cook uncovered, stirring occasionally, according to directions on package or until desired tenderness. Be very careful not to overcook. Drain in colander, rinse with cold water; drain.

Combine macaroni with remaining ingredients; toss lightly but thoroughly. Chill well.

Fruited Macaroni Salad Surprise

Macaroni combines ideally with any and all salad makings so why not dare to be different and enhance the fine flavor and good nutrition of macaroni with assorted fruit? Cooked elbow macaroni*
1 pound 4-ounce can apricot halves, drained
1 cup seedless green grapes
1 pound 4-ounce can pineapple chunks, drained
1/2 cup diced pitted dates
1/4 cup diced or sliced almonds
1 teaspoon salt
1/2 cup French dressing
1/2 cup mayonnaise

*To cook macaroni, add 1 tablespoon salt to 3 quarts rapidly boiling water. Gradually add 2 cups (8 ounces) elbow or shell macaroni so that water continues to boil. Cook uncovered, stirring occasionally, according to package directions or until tender. Drain in colander, rinse with cold

water; drain thoroughly. Combine remaining ingredients; add to macaroni. Toss together lightly and chill thoroughly for a flavor and texture blend that will surprise and please family and friends. Eight generous servings when arranged on lettuce leaves or shredded lettuce.

Macaroni Tuna Loaf Casserole de Luxe

Another main dish meal that can be prepared in a matter of minutes combines plentiful, economical, delicious and nutritious macaroni and ditto tuna. Seventy percent of tuna users, asked why they used tuna said simply, "because I like it"; 50 percent added that they liked tuna also because of the ease, speed and convenience of preparing the meal. Six servings.

Ingredients:
Cooked macaroni*
2 cans chunk-style tuna
3/4 cup grated carrots
3 eggs, slightly beaten
Salt and pepper
1 large can (12-3 cups) evaporated milk
1/2 teaspoon salt
1 1/2 teaspoon dry mustard
1 tablespoon steak sauce
2 cups (8 ounces) grated processed American cheese

*To cook macaroni, add 1 tablespoon salt to 3 quarts rapidly boiling water. Gradually add 2 cups (8 ounces) elbow or shell macaroni so that water continues to boil. Cook uncovered, stirring occasionally, according to directions on package or until just tender. Do not overcook. Drain in colander. Do not rinse.

Combine macaroni, tuna, carrots, eggs, salt and pepper; mix well. Press into well-greased 9x5x3 inch or comparable size casserole or baking pan. Bake in moderate oven, 350 degrees, 1 hour or until firm. Unmold.

Meanwhile, combine evaporated milk, 1/2 teaspoon salt, mustard and steak sauce in saucepan and simmer over low heat to just below boiling (about 2 minutes). Add cheese; stir over low heat until cheese melts (about 1 minute longer). Serve sauce with macaroni-tuna loaf. Anticipate compliments, requests for second helpings.

Minute Meals

Meals in a minute (well, two or three minutes) are ready for heating and eating when you have canned standbys on the emergency shelf. Beef stew, beef and gravy, beef goulash, frankfurters and sauerkraut, chop suey, corned beef hash, spaghetti with meat, chili con carne, tamales head a long list with new items appearing right along.

Give Fresh Peach Crumble a Tumble
Fresh peaches, the dieters delight and a boon to the budget (more so later) are arriv-

"He always takes
SANTIAM
Blue Lake Stringless
GREEN BEANS
wherever
he goes"



**STRAIGHT-STRINGLESS
ALL MEAT
FINDER GREEN BEANS**

Lebanon May Ask Help From U. S.

United Nations, N.Y.—(UPI)—Lebanon soon may turn from the United Nations to the United States for help in ending her civil war, a Lebanese official indicated Wednesday.

Dr. Karim Azkoul, permanent Lebanese delegate to the U. N. said Lebanon still hopes U. N. intervention can stop the seven-week-old rebellion which the Beirut government complains is "massively" supported from Syria.

But, he made it clear the government was bitterly disappointed by the U. N. report denying Syrian intervention, and that if something isn't done soon "friendly powers" would be called upon for aid. Lebanon is one of the closest friends of the United States in the Middle East.

Portland — (UPI) — The mean stream flow of the Columbia river at The Dalles, Ore., last month was 103 per cent of the average for June in 15-year period of 1938 to 1952, according to the Geological Survey.

ing in good condition and increasing quantity. Elbertas, early and late, are ideal for eating fresh, for dessert making, for canning, preserving, pickling, and, of course, for peaches and ice cream. Will peak end of July.

If you're thinking of peach freezing, wait for the Oso Gems which come along in August.

Right now you'll want to make this delectable peach crumble to please the family.

Ingredients:
Six servings.
1 1/2 cups sifted flour
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/2 cup sugar
1/3 cup butter or margarine
4 cups fresh peaches, sliced
1-3 cup sugar
1/2 teaspoon lemon rind

Sift flour with salt, spices and the 1/2 cup sugar. Cut butter or margarine into mixture until fine. Sprinkle half of flour mixture over bottom of 8x8x2 inch pan.

Sugar peach slices with the 1-3 cup sugar; sprinkle with lemon rind. Spread over mixture. Cover fruit with balance of mix, patting down so it sticks to fruit. Bake in hot oven, 400 degrees, 45 minutes. Crumble will be light in color; may have additional browning by placing under broiler for a few seconds, if you like.

Fish Fillets Swiss Style
A fine fish dish to be repeated again and again is easily, quickly achieved like this using fresh or frozen fish fillets of cod, sole, halibut, sea bass or other white fish. Two pounds for each four ample servings. Tarter sauce alongside.

Combine 3 tablespoons lemon juice, 1 tablespoon grated onion. Pour over 2 pounds fish fillets. Combine 1/2 cup fine bread crumbs and 1/2 cup grated Swiss cheese; roll fish in crumb-cheese mixture. Melt 1/4 cup butter or margarine in baking dish and place fillets side by side in dish. Bake at 350 degrees 20 minutes or until fish is easily flaked with a fork.

**SNIDER'S MILK—
THE GROWING FAVORITE**

Back Stairs: Mamie's Clothes Problem

By DAYTON MOORE
United Press International
Ottawa — (UPI) — Back stairs at the White House: The visit of President and Mrs. Eisenhower here was informal from a protocol standpoint. But it presented as many clothes problems for the First Lady as if it had been formal. To get her wardrobe ready for it, she passed up a Fourth of July week end with the President at their Gettysburg, Pa., farm and stayed at the White House.

The White House refused to give out any advance information on the clothes that she brought with her. But on similar trips in the past, Mrs. Eisenhower generally has worn different clothes for each public or social appearance. That would have meant seven or eight ensembles for different luncheons, dinners, receptions and public appearances here in addition to travel outfits.

The President's use of a

'Guessers' Figure Future Power Loads

Chicago — (UPI) — A team of "educated guessers" and an apparatus at Illinois Institute of Technology called a network analyzer are helping power companies determine their peak loads for years ahead.

The team, composed of ITT and power firm engineers, work together at intervals throughout the year providing predictions down to the last detail.

The "educated guessers," try to foresee the expected consumption of electricity for a given year in the future, set up an entire generating system in a diagram and feed the diagram into the analyzer for a check.

It sometimes takes as long as a day to set up the proposed system on the analyzer, which covers three walls of a 30-by-20-foot room. It may take an additional week to two weeks for the analyzer to determine whether the system is sound.

No Shortage of Heart Specialists

Chicago — (UPI) — A noted heart surgeon assures the nation that there is no need to worry about a shortage of heart specialists and surgeons. Dr. Charles P. Bailey told an audience in Chicago that "despite the rising number of people discovered and treated for heart disease, including surgery," there will be enough specialists to take care of the need.

"Indeed, if two great types, arteriosclerotic and rheumatic heart disease yield to preventive and curative measures now under study," Bailey said, "the need for heart surgery will be almost cut in half."

Portland — (UPI) — Glazing operations of six glass installation firms have been halted here after AFL-CIO glass workers struck one of the firms.

at the White House. Printed staff dining room in the west, across it is: "White House staff wing of the White House, the mess." Given to guests in the cover has on one side the pres-

JULY CLEARANCE

UNBELIEVABLE BARGAINS STORE WIDE!!

Sale Tables Located on
1st Floor—Balcony—2nd Floor
Doors Open 9 a.m. Daily
No Lay-a-Ways

"Come Early—Get First Choice"

We believe a sale should have genuine bargains. We like to clear out our Odds 'n Ends to make room for new merchandise. We get space, you, the customer, get the bargains!

The Management.

Sale Ends Saturday, July 12th

"Bonus for Cash!"
Extra 5% Cash Discount
On All Sale Merchandise,
Paid for in Cash or Check.
Only Sale Items and Only This Week.

Swem's
BOOKS • GIFTS • RECORDS
217 EAST MAIN MEDFORD, OREGON

SAVE 15¢

on any size package of

FRISKIES CUBES

...the entirely new kind of dog food!

New shape, new colors, new crunchy texture, new 6-flavor variety!

Here in these crunchy bite-size morsels is a wealth of nourishment and 6-flavor variety—meat, liver, milk, fish, vegetable, chicken. Each flavor-morsel is balanced and complete in itself.

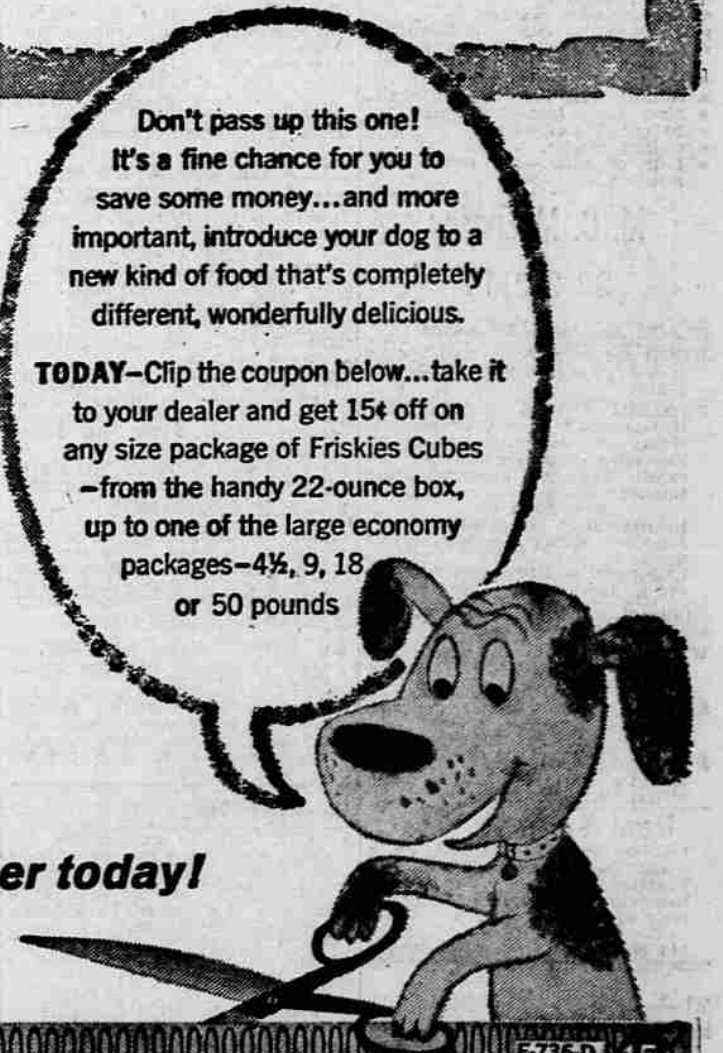
Try new Friskies Cubes today...to make feeding fun for your dog, easy for you. Just pour Cubes into his feeding bowl, serve dry or moist...as a main dinner, snack or reward. It's the entirely new kind of dog food...guaranteed fresh and good because it's made here in the West by Carnation.



Take to your dealer today!

This coupon worth 15¢
on any size package of
Friskies Cubes

TO DEALER: This coupon is redeemable for 15¢ (plus 2¢ for handling) through Carnation-Albers salesmen, provided it has been used for the purchase of Friskies Cubes in accordance with offer shown above. Void in any state or municipality where prohibited, taxed or otherwise restricted. Cash value 1/10 cent. FRISKIES PET FOOD DIVISION—CARNATION COMPANY



Don't pass up this one!
It's a fine chance for you to save some money...and more important, introduce your dog to a new kind of food that's completely different, wonderfully delicious.

TODAY—Clip the coupon below...take it to your dealer and get 15¢ off on any size package of Friskies Cubes—from the handy 22-ounce box, up to one of the large economy packages—4½, 9, 18 or 50 pounds

LIMIT: one per family. Expiration date: October 30, 1958

Sawdust

Medford Fuel Co.

Tel. SP 2-2111 Court & McAnd.