

Department Lists Best Food Buys

(The following guide to the nation's best food buys for this week end was prepared in cooperation with the U. S. Department of Agriculture and Interior.)

Washington —(UPI)—Fruits and vegetables continue to top the best food buys across the nation as summer nears its end. Some economical cuts of beef are runners-up.

Among the budget-priced vegetables are increasing supplies of potatoes from a late summer crop about 10 per cent greater than last year. Green cabbage is plentiful, also carrots, celery, lettuce, onions, snap beans, peppers, squash, tomatoes and corn.

Among the protein buys for summer shoppers are ground beef, chuck, round, and shoulder roasts, broilers and fryers, and turkeys. Some markets will feature baking hens. Hams and frankfurters will be attractive values and medium and small size eggs will be good buys. Dairy products are another plentiful food. Many of these items represent good values.

Best fish buys will include shrimp, fish sticks, and canned tuna.

That's about how the food shopping situation shapes up for this week end, nationally. Now here's a look at food counters in this area.

West—Arizona, California, Idaho, Montana, Nevada, Oregon, Utah, Washington, Wyoming.

Beef, poultry, and plentiful fresh fruits and vegetables will be among the best buys consumers will find in the markets this week end.

Beef Prices Down

Beef supplies are increasing with prices down 1 to 4 cents a pound this week in California markets and 1 to 2 cents a pound lower in the Northwest. Fryer chickens and hens also are in ample supply, and slightly lower in price. Pork is in good supply and slightly lower in price in the Los Angeles area, but in other markets the supply is lighter and prices mostly unchanged.

Calf and veal continue in light supply. Butter and egg supplies are about adequate for the demand, and prices are mostly unchanged from a week ago.

Among the fruits and vegetables consumers will find plentiful supplies of all

Auxiliary Opens Annual Campaign

Miss Laura York, president of Medford unit of the American Legion auxiliary, states the group is now sponsoring the 1958 subscription campaign for the purpose of acquiring sick room equipment for loan for free home use. This is a part of the community service program offered by the auxiliary to the community. Miss York states the equipment is for use of all Jackson county residents.

Miss York pointed out that representatives conducting this campaign have credentials signed by officers and chairmen of the auxiliary and that anyone interested in the campaign should check the credentials presented by the representatives. The campaign has been registered with the proper city authorities.

Hostess Entertains

Friday Sunshine Club

Mrs. Richard Garrett entertained the Friday Sunshine club recently at her home on South Holly street for a bi-monthly party.

A surprise handkerchief shower was given for Mrs. Harry Wright. Canasta was played.

Next meeting of the club will be at the home of Mrs. E. J. Cook on Willamette avenue.

Medford Families Visit Two Parks

Mr. and Mrs. James P. Rowan and children, Becky, James Jr., and John, and Mr. and Mrs. C. E. Chamberlain and children, Christine and Lee Ann, recently made a motor and trailer trip. The two couples spent some time at Yellowstone National park, and later toured through the Grand Teton National park in Wyoming.

Crumbled basil leaves sprinkled on top of grilled tomatoes add color and flavor. Add after the tomatoes are removed from the broiler.

Plan Dance

Hilltoppers will hold a square dance at the Old Wagner Creek school Saturday, August 16, beginning at 8:30 p.m. The school is located on Wagner Creek road two miles west of Talent.

All square dancers are invited to attend. Potluck refreshments will be served. Francis Cronin and guest callers will call the squares.



Miss Republican of Jackson County will be named from among these 10 young women, photographed during a luncheon meeting of Republicans Wednesday noon at the Medford hotel. The winner will be chosen during a Republican picnic set for Monday, August 18, in Hawthorne park, with precinct committeemen and women as the selection committee. Candidates for the honor are left to right: Miss Dorothy Brickley, Medford; Miss Esther Smith, Jacksonville; Miss Jeanne Klatt, Medford; Miss Patricia Rushton, Medford; Miss Sharon Zundel, Medford; Miss Linda Madison, Ashland; Miss Molly Walker, Medford; Miss Julie Joy, Ashland; Miss Sandra Sawyers, Trail, and Miss Janice Groves, Phoenix. (Knackstedt photo)

Help Yourself To Happiness

This column is one of a series on marriage and family problems which appears weekly in this paper. It presents problems of everyday living and attempts to bring you the most expert opinion in this area. By combining clinical experience, research, and homespun practicality, we hope to assist you to help yourself to happiness. Readers are invited to present their problems. All queries will receive individual attention and should be accompanied by a stamped self-addressed envelope directed to Mary Harris Seiffert, M.A., Department of Education, The American Institute of Family Relations, 5287 Sunset Boulevard, Los Angeles 27, California.

"I Get So Lonely"

"I'm a widow, living alone," writes Mrs. W. "I can't depend on my grown children for entertainment, for they have families and responsibilities of their own. I'm active, but I can't find anything to do. I get so lonely—what do other lonely widows do? I think loneliness is the worst feeling in the world..."

Loneliness is indeed an unhappy state, but there is only one person who can really "put you on the shelf"—and that is YOU, Mrs. W. If you are active and anxious to be doing something, look about

and see if there are not many, many things within your powers which need to be done. Your community needs helpers who are still young in mind and still active, such as you. By helping others, you will be helping yourself. By being with others, many of whom are just as anxious as you to find activities, you will find friends. When you find friends, you will no longer be lonely.

Here are a few suggestions which we pass on to clients at the American Institute of Family Relations:

1. See the minister of your church. If you are not affiliated with a church, there is undoubtedly something in some church which will interest you, and a group which will welcome your aid. Churches can always use helping hands!

2. Join a political club. These clubs are quite active, with regular meetings and many duties for their members.

3. Give a lift to a worthy cause: a Cancer Group, Heart Association, Hospital Aid, Red Cross, March of Dimes.

4. Organize a group of women who are in a similar position. Hold regular meetings. Out of such meetings some lasting friendships may be formed and some needed work done.

5. Serve on election boards, jury duty, and the like. Look into the possibility of doing volunteer work in a family agency in your city.

6. Try baby-sitting, or better still—organize a baby-sitting bureau to aid young mothers. Baby tending can be both fun and remunerative—and there is never a lack of customers in our current boom of babies!

7. Investigate your library—reading can be a splendid adventure.

8. Consider night school classes: art, writing, ceramics. You can develop an interesting and profitable hobby and find worthwhile friends of similar tastes in such a class.

In short, there is a place for you if you make it. Your world is full of interesting things to do and friendly people if you "get off the shelf" and look for them.

Actress Hospitalized For 'Deep Shock'

Hollywood —(UPI)—Actress Wanda Hendrix, stricken during a conversation with her estranged husband and hospitalized in "deep shock," was reported in "satisfactory" condition today at Cedars of Lebanon hospital.

But her physician, Dr. Lee Siegel, planned to keep the petite film star in the hospital until next week. She was kept under constant observation by a private nurse.

New Reserve Program Set Up By Air Force

A new civilian reserve program, announced by the Air Force, offers civilian employees positions in the reserve comparable to their civilian positions.

The civilian employees are known as air reserve technicians. Interested persons may obtain further information at the Civil Service Commission office in the Medford post office building.

If fresh pineapple is not quite ripe when purchased, it will ripen at room temperature in a few days. When fully ripened, store it in the refrigerator, wrapping well to keep its odor from being absorbed by other foods.



Preparation of old-fashioned potato salad takes a modern short cut with frozen French fries. The partially-cooked, ready-peeled and cut potato sticks are heated through in minutes for combining with your favorite potato salad ingredients. Mix the salad, and press into a ring mold. When ready to serve, unmold on a platter surrounded by salad greens or colorful rings of cold meats and you have a truly handsome salad plate to dress up a summer meal.

To prepare frozen French fries for salad, simply heat the potato sticks in boiling water for 4 or 5 minutes. Drain and cool for blending with other ingredients. You'll find that this trick of preparing the frozen French fries works equally well, also, for scalloped potatoes or creamed potatoes or for quick preparation of any other traditional creamy potato dishes. The frozen French fries combine well, also, into meat and vegetable casseroles for hearty main dishes.

Try this tempting colorful potato salad or make your own favorite starting with the frozen French fry short cut.

Short-cut Potato Salad Ring

2 9 oz. packages frozen French Fries	2/3 cup diced sweet-sour pickles
3 hard-cooked eggs, sliced	2/3 cup diced celery
1 cup mayonnaise or salad dressing	1/2 cup sliced radishes
	1/4 cup chopped onion
	1-1/2 teaspoons salt

Bring 4 cups water to a boil in 10-inch fry pan. Empty frozen French fries into water. Cover pan immediately and set of heating unit and let stand 4 to 5 minutes. Drain. Spread potatoes out onto double thick paper towels. Chill in refrigerator. Combine cooled potatoes with remaining ingredients and blend carefully. Press mixture into a lightly greased 1 1/4 quart ring mold. Chill. Unmold onto lettuce leaves or cold meat slices and fill center of ring with relishes. Yield: 6 servings.

Morgan Supports FPC Suggestions

Salem —(UPI)—Public Utility Commissioner Howard Morgan today sent a communication to the Federal Power Commission supporting FPC staff recommendations regarding the classification of certain advertising expenditures by the nation's electric companies.

The expenditures at issue are a part of the contributions to an industry-wide advertising campaign of "America's independent electric light and power companies."

The Federal agency has declared that the practice of treating these contributions as "operating expense" may involve a violation of the commission's uniform system of accounts.

A public hearing on the matter has been scheduled at Washington, D. C., Oct. 7 with a pre-hearing Sept. 9.

Morgan described the industry's program as a "joint propaganda campaign."

SELF-HELP BOOK

Advice on how to ease the nervous strains that can so easily turn into physical ailments is given in Dr. Walter Alvarez' new book, "Live at Peace with your Nerves," which has been added to the Jackson County library.

Talk On Gold Set for Monday

Lewis L. Huelsdonk, Downieville, Calif., is scheduled to speak Monday noon, Aug. 18, at Jackson hotel on reasons why the United States' gold price should be raised. He will speak at the Jackson County Chamber of Commerce roundtable luncheon.

Huelsdonk has made a world-wide study of gold and its effects on the foreign exchange. He is recognized in the United States as an authority in this field, a chamber official said.

He is a member of the California state mining board and chairman of the gold committee for the western governors' mining advisory council. Mr. Huelsdonk also is secretary-treasurer and general manager of the Best Mines Company, Inc., Downieville, Calif.

Party Touch

For a cool inviting beverage on a warm day, serve Pineapple Smoothie. To make 3 tall servings, beat until just blended 2 cups of chilled pineapple juice, 2 tablespoons of fresh, frozen or canned lemon juice, pinch of salt and 1 pint of vanilla ice cream. This is delicious served with coconut chips or chunks of fresh coconut.

Lewis Politically Quiet Compared to CIO Chief He Was Two Decades Past

Washington —(UPI)—John L. Lewis seems politically quiet now compared to the CIO chief that he was two decades ago. But some politicians in the coal-producing state of West Virginia have more than an academic interest in what he may do during the autumn political campaign.

The question: Will Lewis, president of the United Mine Workers, give his blessing to Republican Sen. John D. Hobbittell or to the Democratic nominee, Jennings Randolph, or will he maintain an attitude of sulky neutrality?

Lewis' last political venture in West Virginia, where two U.S. Senate seats are at stake this year, was less than decisive.

Made Endorsements

In advance of the primary voting earlier this month, he wrote in lofty language in the United Mine Workers Journal that he had some advice for the coal miners of West Virginia. He urged them to vote in the Democratic senatorial primaries for former Gov. William C. Marland and for Rep. Robert C. Byrd.

Marland was the candidate for a two-year Senate vacancy, which Hobbittell has held by appointment since the death of Sen. Matthew Neely. Byrd was the candidate for a six-year term in the seat now held by GOP Sen. Chapman Revercomb.

Marland, who was defeated only two years ago by Revercomb in a contest for another Senate vacancy, was defeated this time by Randolph, a former seven-term congressman. Randolph's legislative record while he was a member of the House had been deemed unsatisfactory by Lewis.

Resigned CIO Office

In the other primary, Lewis back the winner. Byrd, who was a heavy favorite anyway, was an easy victor in the Democratic contest for the other nomination.

Lewis presumably stood the shock of Marland's defeat much better than he accepted a political reverse in 1940. He then resigned the presidency of the CIO after the election results gave clear evidence that most CIO members disregarded his advice to vote for Wendell L. Willkie. Four years earlier, his mine union was a heavy contributor to

the first reelection campaign of President Franklin D. Roosevelt, who held on to the labor vote again in 1940.

If the contest for party control of the Senate should be as close this year as it was in the past two elections, West Virginia could be an all-important state. It is the only state with two Senate seats to be filled among the 34 seats at stake in the Nov. 4 election.

CAA Lists New Oregon Projects

Portland —(UPI)—The Civil Aeronautics Administration announced Thursday that a new instrument landing system will be installed at Portland International airport during the current fiscal year.

The installation which will cost about \$193,000 will be the second such system at the Portland field.

The CAA said other airport improvements are on the agenda for the fiscal year in Oregon. Largest job will be the installation of microwave equipment to feed radar-gathered traffic information from the Air Force radar installation at Klamath Falls to the CAA control center at Seattle. The equipment will cost approximately \$1,028,000.

Other installations in Oregon listed by CAA were:

Air traffic control radar beacon at Salem costing \$194,000.

VORTAC short range navigation system at John Day costing \$280,000.

Conversion of VOR systems to VORTAC at Klamath Falls, Redmond, Rome and Newport each costing \$208,000.

High intensity approach lighting systems at Eugene, Pendleton, and Salem, each costing \$109,000.

Kaiser Says Earning Total \$6.8 Million

Oakland, Calif. —(UPI)—Kaiser Industries Corporation reported today earnings of \$6,879,000, or 26 cents a share, for the first six months of 1958.

Edgar F. Kaiser, president of the company, said earnings in the second quarter were well ahead of the first, totaling \$3,998,000 or 16 cents a

Albany Man Takes Over Bus Service

Salem —(UPI)—Roy J. Sinnott, an Albany bus operator, has leased from Louis Soukup, Eugene, the lines and equipment of the defunct City Transit Lines, it was announced Thursday.

Sinnott took over the idle lines here Thursday afternoon. He expects to be in full operation Monday.

Soukup is retained by the new concern as general adviser, Sinnott said at his Albany office.

The new concern, Cascade Transit Lines, was incorporated here Thursday.

The company is also taking over bus operation in Eugene and Springfield. Buses are now running again in Eugene and Springfield.

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