



NATURAL COORDINATOR—Sturdy one dish meals such as this vegetable-rice chowder come into their own as the weather gets cooler. Nutritious, inexpensive rice is a natural coordinator for fall vegetables of all kinds.

Feeding the Family

By ZOLA VINCENT
Food Editor

Rice Combines with Vegetables in Hot Dishes

The base or root of many a hearty fall main dish is rice. Because of its bland flavor, distinctive texture and wonderful food values, rice is ideal for combining with fall vegetables, including the popular root varieties, for nutritious, economical meals.

Rice is considered the most important food crop of the world. It supplies the major food requirements for more than half of the world's population. . . . is an increasingly important part of the California agricultural scene. This year prospects point to an excellent crop with a harvest of almost 11 million (100 pound) bags predicted.

Vegetable-Rice Chowder

Hearty One Dish Meal

As the days get cooler hearty one dish meals become the order of the day. Easy to prepare ahead of time for last minute heating and eating, they are a busy homemaker's delight. This chowder combines rice with a variety of vegetables to become just such a dish. Recipe makes eight cups of chowder.

- 1/2 pound of ground beef
- 1 tablespoon butter or margarine
- 4 cups water
- 1 No. 303 can tomatoes
- 1 cup sliced or grated carrots
- 1/3 cup coarsely diced or grated onions
- 3/4 cup uncooked white rice
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 1 bay leaf
- 1 cup finely grated or chopped cabbage

In a large saucepan or soup kettle, brown the meat in the butter or margarine. Either fresh or leftover ground cooked meat may be used. Add water, tomatoes, carrots, onions, rice, salt, pepper and bay leaf. Bring to a vigorous boil over a high heat. Turn the heat down low. Cover and simmer over low heat for 14 minutes. Add the cabbage and cook until cabbage and

rice are tender. Remove the bay leaf.

Quick Brown Rice with Lamb Kebabs

West coasters grow and enjoy a lot of lamb. California grows a lot of rice and a goodly portion of its gets processed as quick brown rice which is increasingly favored for its convenience, flavor, appearance and good nutritional values. The rice comes in 12 ounce and 1 1/2 pound packages and it is wise to follow the expert advice on the package. Cranberries, too, get into this act.

- 1 can pineapple chunks
- 1 1/2 cups quick brown rice
- 1 cup fresh cranberries
- 2 cups stock or bouillon
- 1/4 cup chopped onion
- 2 teaspoons curry powder
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 pounds lamb shoulder cut in 1-inch cubes
- 1 cup cooked small white onions
- 1 medium-sized green pepper, cut in squares

Drain pineapple; reserve one-half cup syrup. Combine pineapple, the one-half cup syrup, rice, cranberries, stock or bouillon, curry powder, salt and pepper; mix well. Turn into lightly greased shallow two-quart casserole or baking dish. Arrange lamb, onions and green pepper on skewers. Arrange over rice mixture. Bake in moderate oven, 350 degrees, 45 minutes.

Recipes of Many Nations Shared with Our Readers

Theme of the American Spice Trade's annual spice dinner held Wednesday night at the Sheraton-East in New York was a culinary preview of United Nations Day. Your food editor was there.

Food writer guests, along with the men and their ladies of the Spice Trade Association, were served a menu composed of authentic spiced foods from 21 countries. Basic idea of the dinner was that of "breaking bread" with our neighbors around the world. Since food is an international language and United Nations Day, Oct. 24, is the only day celebrated by most of the nations in the world, it is hoped that the day will eventually become a global Thanksgiving.

The many foreign dishes served were authentic, gourmet - delicious and enticingly different, yet each was translated so that any American homemaker can make them easily and successfully. These are among this food writers favorites.

Pea Pula (Pea Pilaff)

Main course dishes at the Spice Trade Association's dinner included this dish from Pakistan; a mixture of rice and peas distinctively flavored with cardamom, cumin, bay leaves and cinnamon. In Pakistan, the homemaker cooks rice in water, while the hotels usually cook it in stock, so take your choice.

- 1 cup long-grain rice
- 2 1/2 cups boiling water or chicken stock
- 1 teaspoon salt
- 1 teaspoon fresh lemon juice
- 5 whole cardamom seeds
- 1/4 teaspoon whole black pepper
- 1/4 teaspoon whole cumin seeds
- 2 bay leaves
- 2 sticks whole cinnamon, 3

SHADY COVE-TRAIL Service Schedule Set

By EVELYN P. WATSON
Shady Cove-Trail-Our Lady of Fatima Catholic church in Shady Cove has announced a change in schedule of Sunday services. Mass will now be held at 10 a.m. starting Sunday, Oct. 12, with catechism classes for children following service. Also following mass, coffee and cookies will be served in the church hall.

Mr. and Mrs. L. D. Autry of Los Angeles are visiting Mrs. Autry's son-in-law and sister, Mr. and Mrs. Max Hawks, of Shady Cove.

Kenneth Vincent and his son, Ronald, of Gladstone, Ore., are visiting Kenneth's brother and sister-in-law, Mr. and Mrs. Bob Vincent, of Shady Cove over the week end.

Paul Davis has returned to Shady Cove from Walnut Creek, Calif., and is living at Trail. Mrs. Davis who is employed in Walnut Creek, was also here for a few days, but has returned to California to go back to her job.

Mr. and Mrs. Glenn Collins of Shady Cove are on a vacation in Long Beach and had expected to return home shortly. However, Mrs. Collins mother, Mrs. O. B. Starks, suffered a stroke and is in the hospital so they are remaining in Long Beach with her.

Mr. and Mrs. Lou Grabenz, who spend their summers at their home in Shady Cove, have now left for their winter home in Watsonville, Calif., but planned to visit friends in Grants Pass, Sacramento and other places on the way.

Slim Lieders is confined to Rogue Valley hospital in Medford after suffering a heart attack early in the week. Mr. and Mrs. Lieders had purchased a new home in Medford and had just moved from their residence on the River road in Shady Cove.

Mrs. Bill Shepherd and Mrs. Cecil Kee of the Shady Cove Garden club decorated the

- inches long
- 1 10-ounce package frozen peas
- 2 tablespoons butter or margarine

Sprinkle rice in saucepan containing boiling water or chicken stock, salt and lemon juice. Crack cloves, cardamom seeds, black pepper and cumin seeds. Crumble bay leaf and break cinnamon sticks and tie in cheese cloth bag. Add to rice. Cover and cook at low-er heat 20 to 25 minutes or until rice is tender. Remove spice bag. Cook peas according to directions on package. Sauté in melted butter or margarine. Add to rice and toss lightly. Serve hot. Six servings.

Sopa de Maize (Corn Soup)

Chefs make this Costa Rican recipe starting with a quart of rich strained chicken stock. You can use this or you may make it with 6 chicken bouillon cubes as we did. It's distinctive flavor is due to oregano, used so often in Mexican and Costa Rican cookery. Six servings.

- 4 cups rich strained chicken stock
- 1/4 teaspoon garlic powder
- 1/2 teaspoon whole oregano leaves tied in a bag
- 2 cups canned tomatoes, sieved
- 1 teaspoon salt
- 1 cup fresh corn cut off cob or frozen or canned whole kernel
- 6 thin slices of lime or lemon

Combine chicken stock with garlic powder, oregano, tomatoes and salt in a 2 1/2 quart saucepan. Bring to boiling point and boil two to three minutes. Add corn and cook until tender, four to five minutes. Remove oregano bag. Float a thin slice of lime or lemon over top of each serving. Serve with tortillas or other crackers or wafers.

Cottage Cheese Combs

With milk production high, there's an abundance of cottage cheese for frequent offering on family menus "as is" and in combination with seasonal tomatoes, cucumbers, green peppers, shredded lettuce as well as with fresh, frozen or canned fruits and berries.

Chapel at Camp White Sept. 27.

Mr. and Mrs. Jim Arntz of Medford are parents of a baby boy born Oct. 7 at Sacred Heart hospital, Medford. The Arntz's had been renting Dick Brewer's cabin and had moved to Medford the day before the baby was born.

Mr. and Mrs. A. K. Odgers of Mesa, Ore., spent several days visiting Mr. and Mrs. Lou Grabenz of Shady Cove.

Ralph Young of Trail is confined to Rogue Valley hospital for treatment. He underwent an emergency appendectomy there recently.

Harry Bergren of Tillamook has been visiting his brother and sister-in-law, Mr. and Mrs. Dave Bergren of Shady Cove.

News of the death of Thomas Culbertson in Eugene was received last week by friends here. Mr. and Mrs. Culbertson were in Shady Cove for about a month this summer, having been former residents.

The bureau of public roads now has a crew in the area to do survey work for the new road that comes from Klamath Falls to Medford through Lake of the Woods. Some of the families are staying around Eagle Point and others have found places to live in Shady Cove, among them Mr. and Mrs. C. E. Barker of Salem, Mr. and Mrs. Nogate and Mr. and Mrs. Nelson.

Newcomers to Shady Cove are Mr. and Mrs. William Youngchild from Medford who have bought the rock house on the river formerly occupied by the Don Harpers from the owners, Mr. and Mrs. Cecil Kee, of Shady Cove.

Other newcomers are Mr. and Mrs. C. M. Wells from Fairfax, Calif., who have purchased the McGill place on Crater Lake highway.

Still other newcomers to Shady Cove are Dr. and Mrs. Harold J. Reith, who came here from Moses Lake, Wash., having traded their home in Moses Lake for the Bill Barrett home on the river. Dr. Reith plans to open his dentist office within a short time. His office will be open from Monday through Friday and closed on Saturdays and Sundays.

Dr. Reith has been a practicing dentist for 35 years, all of which time has been spent in Oregon and Washington.

The first organization meeting of the Girl Scouts was held at the Shady Cove school Wednesday afternoon with about 12 girls attending. The first regular meeting has been set for Wednesday, Sept. 22, starting at 3:30 p.m. at the schoolhouse, according to Mrs. Ed Brown, leader.

Mr. and Mrs. Tom Burdett of Shady Cove made a trip to Eugene recently and learned that Mrs. Burdett's brother, Darrell Barker, of

Eugene had suffered a heart attack a short time previously. He had improved however and is planning on coming to Shady Cove to spend some of his convalescence with the Burdetts.

Mrs. Minnie Perfect and Mr. and Mrs. H. B. Scott of Sioux City, Iowa, are guests of Mr. and Mrs. Chuck Brewer and family of Shady Cove.

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parents were introduced.

Two fire calls within 24 hours were received by the Shady Cove Fire department last week. One occurred about 5 o'clock Sunday evening, Oct. 5 and was a small grass fire on the River road which had already been extinguished. The fire was believed to have been caused by a fallen electrical wire and caused an electrical outage to homes on the River rd.

The other, which occurred about 1:20 a.m. Monday, Oct. 6, was a small brush fire believed to have been accidentally set by hunters. The state forestry department responded to this call and had a watchman on the fire all night.

Brig. Gen. and Mrs. Peter Vachon plan to leave Thursday, Oct. 16, for their home in Los Altos, Calif., and will return again next summer to spend some time in their cabin here.

The Shady Cove-Trail Lions auxiliary held their regular business meeting at the Rogue River Lodge Oct. 1. Among future activities planned is a Halloween party scheduled Saturday, Nov. 1 with husbands and wives participating. The place for the party will be announced later. Prospective members are invited.

An announcement has been received of the birth of a boy to Mr. and Mrs. Robert Welch of Whittier, Calif. The baby was born Oct. 5, weighing 7 pounds, 8 ounces. He has been named Steven Ray. Mrs. Welch, the former Raedene Hicks, daughter of Mr. and Mrs. Jerry Hicks, was a one-

time resident of Shady Cove, attending grade school at Shady Cove and graduating from high school at Eagle Point. Bob Welch, son of Mrs. Louelle Smart of Talent and Jimmy Welch of Medford, also attended Shady Cove school and is a graduate of Eagle Point High school.

Mr. and Mrs. John Jantzer of Grants Pass visited Jantzer's brother-in-law and sister, Mr. and Mrs. Floyd Kelley, on their way home from a hunting trip.

Mr. and Mrs. Chester Pfluke and family of Eureka, Calif., visited Mrs. Pfluke's parents, Mr. and Mrs. Ernest Segessenman, over the week end. On the way up they were involved in an accident with a logging truck with extensive damage being done to their car.

The Shady Cove football team will play Prospect Oct. 17 at Prospect.

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<p>dairy</p> <p>KRAFT - BORDENS COTTAGE CHEESE 33¢ pt.</p> <p>BUTTER Snider's, Jorgensen's 69¢ Solid Pound</p> <p>EGGS Nulaid AA Medium 2 Doz. 99¢</p>	<p>bakery Needs</p> <p>FLOUR, 5 lbs. 49c - 10 lbs. 95c OCCIDENT - All Purpose</p> <p>SHORTENING 3-lb. can 69¢ SWIFT JEWEL</p> <p>CAKE MIXES 3 for 79¢ DUNCAN HINES Regular 35c</p>
<p>produce</p> <p>CELERY 10¢ ea. Large Juicy</p> <p>CARROTS 2 for 13¢ Cello Pkg. Solid Crisp</p> <p>CABBAGE 5¢ lb.</p> <p>PEPPERS 10¢ lb. Jumbo Green</p>	<p>birthday specials</p> <p>Instant Schilling COFFEE 6-oz. jar 89¢</p> <p>COFFEE Hills Bros. 2 LB. can 1.39</p> <p>Nestles Morsels 12-oz. Pkg. 39¢</p> <p>Marsh Mall-O Large Size 33¢</p>

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