

Feeding the Family

By ZOLA VINCENT
Food Editor

Turkey Planned-Overs Certain of Family Favor

After the festive turkey has had his important day, after the cold slices have been tucked into satisfying sandwiches, we're lucky enough to have turkey tidbits for dicing, if we planned it that way, plus, of course, the carcass for simmering with celery tops, onions, a bay leaf or two and salt and pepper to make wonderful soup stock.

We've given it a good bit of thought and suggest here with two recipes designed to win more applause from the family.

Turkey-Cheese Chowder

This hearty cream soup filled with turkey tidbits and vegetables has the added goodness and flavor of cheddar cheese.

- 3 tablespoons butter or margarine
- 1 cup finely diced celery
- 1/2 cup minced onion
- 4 tablespoons flour
- 2 cups turkey broth
- 2 cups milk
- 1 cup grated fresh carrot
- 1 cup finely chopped cooked turkey
- 1 to 2 cups grated cheddar cheese
- Salt and pepper
- 2 tablespoons chopped parsley

Saute celery and onion in butter in large kettle until vegetables are soft, about five minutes; add flour and blend thoroughly. Gradually stir in broth and milk and continue cooking, stirring constantly, until thickened. Add carrots, turkey meat; simmer gently five minutes. Add cheese, salt and pepper to taste and parsley. Bring up to serving temperature and cook just long enough to melt cheese; do not let soup boil.

Turkey Omelet

This can be a breakfast, lunch or dinner delight. Add chopped turkey to a medium-thick, well seasoned white sauce; set aside. For each omelet mix thoroughly two eggs with two tablespoons milk or water, one-quarter teaspoon salt and a few grains pepper. Avoid foaminess. Melt butter in (small six or seven-inch) skillet. Pour in egg mixture and cook, lifting edges and tipping pan to allow uncooked eggs

to reach bottom of pan. When eggs no longer flow, increase heat and brown bottom quickly. Fill center with one-third to one-half cup creamed turkey. Fold or roll; top with slices of cheese and place under broiler to melt cheese.

Cranberry-Orange Relish

We repeat this classic relish at least once a year because of its continued popularity. This time we also give you easy ways this colorful relish may be used at lunchtime, dinnertime, anytime.

- 4 cups fresh cranberries
- 2 unpeeled navel oranges, quartered
- 2 cups sugar

Put cranberries and quartered oranges through food chopper. Add sugar and mix well. Chill a few hours before serving.

For a special occasion garnish, flute additional navel oranges by cutting to center with zig-zag strokes that meet in points. Separate halves, remove pulp, fill with relish and arrange around turkey or meat platter.

Molded Cranberry Relish

Add cranberry-orange relish to plain gelatin or flavored gelatin dessert of your choice. Pour into circular mold with hole in center. When time to serve, turn out on lettuce leaves and fill center with chicken, turkey or Waldorf salad. It's a picture of perfection.

Anytime Service. A good sized spoonful of cranberry-orange relish served in a lettuce cup is a quick delightful salad.

... Turkey sandwiches spread with relish are a taste treat. ... Top a juicy hamburger with a big platter of relish cups. ... Perk up buffet dinner with a big platter of relish cups. ... Put spoonful of cranberry-orange relish in center of golden brown pancakes; roll up pancakes and top with a dab of sour cream or a bit of powdered sugar.

Cranberry Home Freeze

Want fresh cranberries the year round? Then freeze 'em. They're the easiest of anything to freeze. Simply place the unopened box or bag of fresh cranberries in the freezing unit. No preparation at all. Since the frozen cranberries don't stick together, it's easy to take out a little or a lot. Easy, too, to cut, chop or grind frozen cranberries and use them in your favorite fresh berry recipes.

Holiday Relish Assortment

Relish assortments take on party-airs during the holidays. A colorful array of crisp celery hearts, glistening ripe olives, balls of nippy cheese rolled in finely chopped parsley or chives, and apple slices sprinkled with cinnamon sugar will certainly be an eye-stopper and appetite teaser. To give the ripe olives a lively sheen, dry them on paper towels and roll in a few drops of olive or salad oil.

Bake some miniature cream puff shells by dropping cream puff batter from a half teaspoon measure and baking in a hot oven until puffed and golden brown. Fill with a mixture of ground cooked ham, chopped celery, chunks of ripe or pimiento - stuffed green olives, and mustard accented mayonnaise. Salt and pepper to taste, of course. Avoid soggy puffs by filling with mixture just before serving time.

Almond-Glazed Sweets

Sweet potatoes are at their peak of popularity during the holiday season. Here we give them an almond and brown sugar glaze. Quarter four medium-sized cooked sweet potatoes. In skillet melt one-quarter cup butter, add one-quarter cup slivered toasted almonds and one-half cup brown sugar. When sugar is almost melted add sweet potatoes. Simmer slowly, turning often, until potatoes are beautifully glazed.

Date Confection

So easy to do that the very young children of the family can get into the act. Grind together one cup pitted fresh California dates and one-half cup each, seedless raisins and currants. Mix in one cup peanut butter and four tablespoons sweetened condensed milk. Shape into small balls and roll in powdered sugar; place on wax paper covered plate. Chill until firm.

Avocado Dip

Mashed avocado seasoned with salt, onion, lemon juice and a dash of tabasco is one of the most popular of all cocktail dips.



Mrs. Sarah G. Riley, Eagle Point, will celebrate her 100th birthday anniversary next year at the same time that her native state of Oregon observes the 100th anniversary of admission to the union. Mrs. Riley, who leads an active life, is interested in the plans for the centennial observance and as a citizen who has resided her entire 99 years in Oregon, has personal knowledge of the state's growth and progress. Mrs. Riley was born October 6, 1859, in the Sterling area and has lived most of her life in the Eagle Point district. Mrs. Riley is pictured here at a party given on her 96th birthday anniversary.

Sarah Riley and Oregon Both To Be 100 in 1959

Eagle Point - An Eagle Point resident and Oregon native daughter, Mrs. Sarah G. Riley, is looking forward to celebrating her 100th birthday anniversary along with Oregon's centennial observance next year. Mrs. Riley was born October 6, 1859, at Sterling, the mining district about four miles from Jacksonville.

In spite of her advanced years, Mrs. Riley is still active and was honored at a birthday party last month given by her two daughters, Mrs. Elmer E. Wilson, 422 Beatty street, and Mrs. George B. Holmes, Eagle Point, at the Wilson home here. She makes her home in Eagle Point with a son, Thomas M. Riley.

Since Mrs. Riley has lived her 99 years all in this state, she has first-hand information on the changes which time has brought to Oregon. Mrs. Riley often comments on the difference in home lighting, which have come about in her lifetime. As a child in the home of her parents, Mr. and Mrs. Martin F. Hurst, was lighted by candles. Then came kerosene lamps and eventually a carbide home system followed by a home electric plant and at length the present day electricity.

Contrasts Noted

Similar contrasts and

Wednesday Club Members Review Books at Session

Members of Wednesday Study club heard two books reviewed at the last meeting.

The first was, "Caves of Mystery," by John Scott Douglas, reviewed by Mrs. C. W. Mitchell. The story is of caves in general all over the world and was written from first hand experience by the author who had been a "crawler," as cave explorers are called, and had descended to the lowest depths of many caves.

Mr. Douglas writes that many of the caves in Italy are inhabited by people who have never known any other home. The Burger caves in Western France have been explored to the depth of 2,963 feet which is the greatest depth man has reached. He also states there are caves in every state of the United States except Delaware.

Mrs. M. M. Morris reviewed the second book, "The Northern Light" was a newspaper of high standards that had served the small borough of Hedleston, near London, well, for almost two centuries and the editor, Henry Page, was determined to keep it that way. When a sensation-mongering newspaper chain decided to take over the paper, he found that the cause of decency can be a bitter one and many people were hurt in the conflict against evil.

Cooks Can Be Thankful For Modern Inventions

By Jeanne Lesem
United Press International
New York—UPI—Cooks have much to be thankful for this Thanksgiving. Especially by contrast with their Pilgrim forebears.

Menus have improved greatly since that original holiday feast. Today's stream-lined Thanksgiving dinner is more fun and less work than the 1621 version.

But we do have one problem the Pilgrims didn't—over-eating. They needed heat and energy-producing foods to compensate for ill-heated homes and other primitive living conditions in which calories burned up quickly. Modern calorie needs are less than half that of the early

settlers, she said. But we can set as lavish a table as the Pilgrims without violating tradition or suffering discomforts of over-eating. Turkeys, with or without ready-made stuffing, come in sizes ranging from 4 pounds up. Halves of larger birds also are available.

Today, a cook can emulate the Pilgrims' spit-cookery with less effort and better results. Miss Spader suggested low temperature roasting to keep juices in meat and to prevent shrinkage. An oven thermostat, timer, meat probe and motor-controlled spit do the trick.

Reminiscences are equally easy. Sweet potatoes may be bought raw, canned or frozen, the latter with a ready-made sauce. Cranberries and a wide selection of non-fattening fruits and vegetables may be bought almost ready for the dinner table. Many raw ingredi-

ents are sold pre-cleaned and wrapped so that they can go from package to pot to table in a matter of minutes. But it doesn't have to be turkey and trimmings to be traditional.

Records show that the Pilgrims' feast also included a variety of wildfowl, venison and fish and shellfish. Today's equivalent might be duck, capon or Cornish game hen. The latter is particularly suitable for small families, Miss Spader said.

Succotash can come straight from the freezer in contrast to the Indian "sauquetash," a rich stew that had to cook for hours.

One old recipe for "sauquetash" calls for two fowl, 1/2 pound lean pork, 2 quarts white beans, corned beef, 1 turnip and 6 potatoes. The pork and beans were cooked in one kettle, the remaining ingredients in another, and

and among the recipes taught to the Pilgrim who prepared the first Thanksgiving feast.

This 3-day event provided enough work for a small army, but the kitchen detail consisted of only five women and a few young girls, the sole feminine survivors of the original Pilgrim group. But let there be no doubts about their ability to cope with unexpected guests. They had expected to cook food for their own band of 140 men, plus Indian Chief Massasoit and a few of his braves. The chief arrived with 90 warriors and there is no record that any went hungry.

Summer School Reports Given By Four Girls

Various aspects of the Summer School of Catholic Action were reported by four senior girls of St. Mary's High school Wednesday evening. The reports were given to St. Mary's High School Parents club to promote better understanding and more interest in the SSCA.

The speakers depicted every phase of their attendance at the school in San Francisco last summer, June 30 to July 6. Miss Sharon Roberts, daughter of Mr. and Mrs. Lloyd O. Roberts, began the reports with a daily schedule followed by a discussion of electives available. Miss Roberts elaborated on two of her classes. The "Apostolate of Social Justice" was taught by Father Tomwey, director of Institute of Industrial Relations and regent and lecturer in jurisprudence at Loyola university law school. The second class, under Father Sommers, executive secretary of National Sodality Service center, was the "Mystical Body of Christ."

Miss Carol Depner, daughter of Dr. and Mrs. Arnold M. Depner, spoke about the physical aspects of the trip. She spoke of the bus trip, accommodations, food and sight-seeing. Miss Depner described those attending SSCA including the priests, sisters, chaplains and the nearly 1,000 students.

"Living With Mary" was one of four classes chosen by Miss Mary Austin, daughter of Mr. and Mrs. John B. Austin, for her report. "Making Converts," the "Christian Way of Thinking and Acting about Race," and "Parliamentary Law" completed the four. In her analysis of the classes, Miss Austin emphasized the stimulation of creative thinking, the quantity of pertinent material, presentations and humorous accents.

Evening recreation was left to Miss Karen Dunn, daughter of Mr. and Mrs. Joseph L. Dunn, to relate. A get-together party, picnic, talent night and farewell party were included. A Thanksgiving theme was used for the social hour which followed a short business meeting.



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