

Eat Your Way To Luck And Fortune in New Year

By JEANNE LESEM
United Press International
New York—You can eat your way to 12 months of good fortune and good health, so New Year's superstitions say.

The Irish believe for instance, that a bite of salt herring in the first second of the New Year will assure you plenty of money.

If it's marriage you want, make your first taste of food after midnight either head cheese or another form of pork. This, too, is an Irish belief, and it promises marriage within the year, says a folklore expert, Dr. Claudia de Lys.

The social anthropologist and author of "A Treasury of Parenthood and Its Folk-

lore," discussed these and other quaint holiday traditions in an interview.

One "good luck" dish is St. Basil's cake, served with wine or fruit juice—a custom traced to 12th century Macedonia and perpetuated more recently by the Irish. Scots and Welsh, said Dr. de Lys.

The cake, with a coin baked inside, is served by the head of the house to all the family, including pets, to bring good luck, plentiful food and drink all year.

Good Luck Honey
Tired of arguments? Try to ward them off with a New England custom to make the New Year pass without strife: in the first minute of 1959, serve your family and guests honey from the honeycomb encircled by greenery.

American Indians, for instance, serve corn dishes, including puddings and corn cookies with faces on them, said Dr. de Lys. Various tribal traditions call for bears, fish, seals, human moon faces or other nature symbols, all representing long life and many children.

Cabbage is an important New Year's Day food. German tradition says it should be served in four equal pieces representing the four seasons and promising plentiful food for the year. It should also be the first solid food eaten at the major meal that day, the author added.

Other sources revealed these customs:

West Virginians take an additional precaution with good luck cabbage. They cook it with a dime inside, for prosperity.

New Orleanians regard cabbage and/or black-eyed peas, both served with cornbread, as harbingers of good fortune.

And if you really dare not take chances, you also put a dime under your cabbage-laden plate.

Some New Englanders eat white beans for the same reason that southerners dine on black-eyed peas.

Dr. de Lys traced bean customs to the early Roman saying—"Not worth a bean is not worth a cent, but many beans mean a plenty."

One southern tradition demands that the beans be cooked and served with hog jowl, and side dishes of collard or turnip greens. Some say you will have as many dollars as there are peas in the pot. Others count the dollars by the peas on your plate—provided you eat them. And the greens represent green money.

Guaranteeing happiness for a whole year is slightly more complicated. A Norwegian-born New Yorker says you must start a month before Christmas, by cleaning, dressing and salting trout. Put them in a barrel of salt water, bury the barrel in about 1 foot of earth and leave until Christmas. Then dig up and serve the contents to your loved ones with glasses of Norwegian aquavit.



If ever again we decide that food costs too much in Medford—over the counter or in restaurants, we'll recall Lucius Beebe and his recent trip to New York City. Mr. Beebe, termed the "gourmet's gourmet" spent four days in New York on a "grand gastronomic spree," and according to a release from American Express, spent \$750 "winning and dining on whatever his cultivated taste buds demanded."

Mr. Beebe is also quoted as saying that the food served to him was not the most expensive to be found in the city, but the best cuisine that his favorite establishments had to offer. The story says that the gourmet sampled the choice fare of the St. Regis, "21," the Carlton House, the Colony, Quo Vadis, Baroque, Le Pavillon, Longchamps, the Stork club, the Plaza and Luchow's. He enjoyed terrapin Maryland, baby roast pheasant, pompano, chateaubriand, venison, scotch finnan haddie and saddle of Canadian hare.

These treats he topped off with vanilla soufflé, Peach Melba, crepes suzette and preisselberry pancakes. He punctuated these epicurean sorties—according to American Express—with martinis, burgundy, chablis, sherry, champagne and steins of Hofbrau. (The story also notes that he drank an occasional Bromo Seltzer.)

Potpourri never ate at the St. Regis, or Quo Vadis, or the Colony or the Stork club in New York. However, we have dined at Luchow's (it was good German food), and once enjoyed a very fine dinner indeed at the University club in New York City. But we're content with home food. Pappy broils a mighty tasty steak over the hardwood coals in the outdoor grill on our patio, and trout or salmon fresh from the Rogue river are fit for a king, even when an indifferent cook like Potpourri prepares them. Several of our friends are excellent cooks, and gourmet food can be found in Rogue valley restaurants, too. What's more the visitor won't have to spend almost \$200 a day to enjoy it.

Look Graceful



9373
SIZES
36-50

by Marian Martin

Safe and graceful from every angle—this step-in casual is beautifully designed to minimize your measurements. Novel collar is notched for fashion interest; skirt is gently flared. Tomorrow's pattern: Misses' casual.

Printed Pattern 9373: Women's Sizes 36, 38, 40, 42, 44, 46, 48, 50. Size 36 takes 4 1/4 yards 35-inch.

Printed directions on each pattern part. Easier, accurate. Send FIFTY CENTS (coins) for this pattern—add 10 cents for each pattern for first-class mailing. Send to Marian Martin, Medford Mail Tribune, Pattern Dept., 232 West 18th St., New York 11, N.Y. Print plainly N.A.M.E., ADDRESS with SIZE and STYLE NUMBER.



Mrs. Ross Twedell (below) 809 Beekman street, and her daughter, Miss Rosalie Twedell, visited Marineland in California recently during a vacation trip south. They were guests of Mrs. Twedell's son, Rodney, (at left) who lives at Redondo Beach, Calif. At Marineland the visitors enjoyed watching and feeding the famed Bubbles, a whale, and other marine life at the California oceanarium. (Marineland photos)

Tailoring Subject Of Book by Woman

New York—(UPI)—If lack of a good instruction book has kept you from tailoring your own suit or coat, hesitate no longer. Allyne Bane's new how-to volume, "Tailoring," answers the questions that many pattern instruction sheets skip.

The author, now with Ohio university, formerly worked for two major pattern companies, where she learned her trade well.

Her book was written for the beginner in simple language and with clear, multiple illustrations.

It discusses all the steps in custom tailoring, from fabric and pattern selection down to the final sewing in of a label. In between, there are chapters on pattern alteration, muslin test copies, cutting and marking, pressing aid tailoring techniques and linings and interlinings.

Tailor-Made Ham

A new ham has come on the market that weighs 6 1/2 pounds and is packed in a "no-stick" can. The meat slides out without prying or shaking. Here is a tempting sauce to serve with it: Drain the syrup from an 11-ounce can of Mandarin oranges. Add 1 1/2 teaspoons cornstarch, 1/2 teaspoon each cinnamon and nutmeg, 2 tablespoons sugar and 1/2 cup pineapple juice. Bring to a full rolling boil over a high gas flame, stirring constantly. Add 1 tablespoon butter and the orange sections. Serve with the baked ham.

Marinate pink grapefruit segments and fresh pineapple chunks in sherry wine. Arrange on crisp greens; serve with creamy Roquefort cheese dressing thinned with some of the sherry used in marinating the fruit.

Whipped Milk

Whipped evaporated milk has two distinct advantages for holiday meals. It is lower in calories and contains more minerals and protein than whipped cream. Chill the milk overnight in the refrigerator or chill it in the ice cube refrigerator until crystals form around the edge of the bowl. Beat with a rotary beater until soft peaks form, then add 2 tablespoons of lemon juice for each cup of milk.

Hearty Bean Chowder

Cut 1/2 pound of link pork sausage into 1-inch pieces. Cook over a medium gas flame until brown. Add 1/2 cup chopped celery and 2 tablespoons minced sweet red pepper. Cook 5 minutes. Add one can of tomato soup and one can of bean soup and 2 cans of milk or water. Cook over a low gas flame for 20 to 30 minutes. Serve steaming hot with a garnish of parsley, chives or scallions. Serve with wedges of cornbread and crisp relishes. Serves 4 to 6.

Tribute To Turkey

Recent studies at Cornell university reveal that turkey yields more lean body-building, high quality protein meat than any other meat producing animal. It is one of the least fatty meats and unusually rich in riboflavin and niacin. To preserve these nutrients and get the most meat after cooking, roast your holiday turkey in heat—325 degrees. Allow 20 to 25 minutes per pound.

To California

Mr. and Mrs. Roger Dew and son, Tommy, Central Point, and Mr. Dew's sister, Mrs. Virginia Sherwood, left yesterday for San Francisco. The Dews will spend a vacation in the city, and Mrs. Sherwood will be a guest of her son-in-law and daughter, Mr. and Mrs. Herbert Widmer.

Party Server



by Alice Brooks
Old-fashioned girls in simple embroidery stitches—their bonnets forming pockets on this pretty style! Make an apron for yourself, for gifts.

Pattern 7272: Transfer, directions for apron 17 inches long. Pockets, ruffles of gay remnants.

Send Thirty-five cents (coins) for this pattern—add 5 cents for each pattern for 1st-class mailing. Send to Medford Mail Tribune, Household Arts Dept., P. O. Box 168, Old Chelsea Station, New York 11, N.Y. Print plainly NAME, ADDRESS, PATTERN NUMBER.

Our new 1959 Alice Brooks Needlecraft Catalogue has a many lovely designs to order: crocheting, knitting, embroidery, quilts, dolls, weaving. A special gift, in the catalogue, keep a child happily occupied—a cutout doll and clothes to color. Send 25 cents for your copy of the book.

No more than two double bed sheets should be placed in a single, full-sized washer load. The rest of the load should be made up of small white or light colored cotton items.



Mr. and Mrs. Edmund R. Jones, married December 15 in Yreka, Calif., are living in Gold Hill.

Jones-Mitchell Rites Announced

Jacksonville—Mrs. Elizabeth Mitchell and Edmund R. Jones, Jacksonville, were married December 15 in Yreka, Calif. They will make their home on Sixth avenue in Gold Hill.

Mr. Jones is a long-time resident of Jacksonville and Mrs. Mitchell has lived in Jacksonville since 1945.

Travel Club
Travel Study club, of the Oregon Federation of Women's clubs will meet Tuesday, December 30, at 1 p.m. with Mrs. Alexander P. Collins, 540 Palm street, hostess.

Mrs. Vera Backstrom Hausmann will present a Christmas program. There will be an exchange of Christmas gifts.

Calendar

Calendar notices and news for the society section of The Mail Tribune must be submitted in writing and deadline for the Sunday edition is 1 p.m. Friday. Deadline for the weekly calendar is 9 a.m. of the day for publication and for week day news is 5 p.m. the day before publication.

Monday:
7:30 p.m. — Jackson County Licensed Practical Nurses association, Sacred Heart hospital social room.

Tuesday:
1 p.m. — Travel Study club, home of Mrs. Alexander P. Collins, 540 Palm st.
1:30 p.m. — Rogue Valley Herb society, Girls Community club.

Wednesday:
1:30 p.m. — Fidelity club, with Mrs. F. H. Dressler, 1107 East Main st.

Friday:
1 p.m. — Electa Social club, Girls Community club.
1 p.m. — Gettogether club, Girls Community club.

50% OFF

**2 DOROTHY GRAY
SKIN BEAUTIFIERS**

SPECIAL DRY SKIN MIXTURE—An exclusive blend of enriched emollients that does marvels to help smooth, soften dry flaky skin. 4 oz. NOW \$2.50 (reg. \$4.00)

CELLULOSE HORMONE CREAM—A luxurious cream to help achieve "the look of youth." Contains 10,000 vital hormone units per ounce. 4 oz. NOW \$2.50 (reg. \$5.00)

**WE GIVE
Northern
Stamps**
Liable Stamps on Prescriptions
Open Weekdays
8:30 A.M. to 10:30 P.M.
Sundays
10:00 A.M. to 10:00 P.M.
PHONE SP 2-7113
FREE DELIVERY

**Burelson's
MEDFORD**

**Annual AFTER CHRISTMAS
CLEARANCE**

most exciting event of the year

Now in progress!

The buys are terrific — Don't miss them

BUY NOW ... PAY IN FEBRUARY!

Open 9:30 A.M. to 5:30 P.M., Monday Through Saturday

Main and Bartlett Streets Phone SP 2-6428

Out goes our Christmas and winter merchandise. We're making way for Spring with our annual clearance. It's our savings event of the year... Your grand and glorious opportunity to stretch your fashion dollar, to look so-very-well dressed for so-very-little. Remember, OUR LOW PRICES make fashion headlines, so don't miss out!

Greater Values Than Ever Before!

BURELSON'S SEMI-ANNUAL

Big Savings

Shoe Clearance

Wide Selections

GROUP 1

- De Liso Debs
- Palizzios
- Florsheim
- Hill & Dale

Regular \$19.95 to \$22.95

\$13.90

GROUP 2

- Town & Country
- Foot Flairs
- Geppetos
- Joyce

Regular \$13.95 to \$16.95

\$9.90

GROUP 3

- Lucky Strides
- Natural Bridge
- Cirrano

Regular Values to \$11.95

\$7.90

GROUP 4

- Joyce Flats
- Towne & Country Flats
- Cobblers

Regular \$8.95 to \$10.95

\$5.90

**Burelson's
Shoe Salon**

Main and Bartlett Sts., Phone SP 2-6428
9:30 A.M. to 5:30 P.M., Monday thru Saturday

Lots and Lots of Shoes to Choose From!

All Sales Final, Please