

They'll Do It Every Time

By Jimmy Hatlo



Feeding the Family

By ZOLA VINCENT
Food Editor

Guide for Adding Salt to Recipes

If members of the family or guests frequently say, "Please pass the salt," perhaps it is time to check up on a guide for adding "and salt to taste" to recipes. It often is necessary to taste the dish before dishing it up. The amount of salt required varies with the food, the quantity cooked and personal preferences.

Seasoning Guide

These general rules, most likely to please the majority. **Meat**—Allow 1 teaspoon of salt for each pound of meat without a bone. If meat contains a large proportion of bone, use less salt. If the meat is high in natural salt such as ham, bacon, corned beef and dried beef, omit the salt.

Fish—For most fish, allow one-half teaspoon of salt for each pound. With naturally salty fish, such as finnan haddie and cod, eliminate the salt. For oysters or lobsters, sometimes the single flavoring of lemon juice is preferred to the addition of salt.

Vegetables—Use one-half teaspoon of salt for each two cups of fresh vegetables or ten-ounce package of frozen vegetables. When a recipe calls for "cook in boiling salted water," as for dried beans, use one teaspoon of salt for each quart of water.

Rice—Allow one teaspoon of salt for each cup of rice cooked in two cups of water.

Macaroni Products—Allow one tablespoon of salt for each three quarts of water when cooking eight ounces of macaroni, spaghetti or noodles.

Souper Sauce—For a "souper" to serve on buttered toast points or crackers, try this tomato soup-based cheese sauce.

Add one-third cup milk to one can tomato soup and heat. Melt golden cubes of sharp cheddar cheese in soup. For extra interest and flavor,

add plump butter-sauteed mushrooms or hard cooked egg quarters or both.

Fish Flake Omelet
Choice Main Dish

This fluffy bit of eggs and flaked white fish makes a choice main dish for breakfast, brunch or dinner. It is delicately flavored with onion, parsley, and just enough lemon to accent the fish. Recipe makes six servings.

- 2 cups flaked white fish
- 2 tablespoons lemon juice
- 4 eggs, separated
- 1/2 cup milk
- 2 tablespoons minced onion
- 1 tablespoon minced parsley
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons butter

Add lemon juice to flaked fish. Beat egg yolks thoroughly; stir in milk, onion, parsley, salt and pepper. Add fish; mix well. Fold stiffly beaten egg whites into mixture. Melt butter in smooth, heavy frying pan and when hot, pour in egg mixture. Cook over low heat until a delicate brown on bottom (about 10 minutes). Place in slow oven, 300 degrees, about 10 minutes or until top is firm and dry to the touch. Cut part way through omelet at center; fold in half and slip onto heated platter with pancake turner or spatula.

Peanut Butter Fudge

Hungry for candy? Here's a recipe to make in a jiffy using a packaged butterscotch pudding and pie filling mix and peanut butter. You'll get 1 1/2 pounds of candy.

Combine one package butterscotch pudding and pie filling mix, one cup sugar, one-half cup firmly packed brown sugar, one-half cup evaporated milk and one tablespoon butter in a saucepan. Cook and stir over low heat until sugar dissolves and mixture comes to a boil. Continue to boil gently, stirring often, until a small amount of syrup forms a soft ball in cold wa-

ter (234 degrees on candy thermometer).

Remove from heat and stir in two-thirds cup peanut butter until blended. Turn into greased eight inch square pan. Let stand until firm. Cut into squares.

Catalogs Reminders of Fittest Among Vegetables

This is the season when vegetables look biggest and brightest... in the seed catalogs; when faith is born anew in the true gardener's heart that the battle of the bugs and the weeds is well worth the effort.

Whether you plant 'em now and dig 'em later or are content to let the professionals do your vegetable gardening, the current seed catalogs have been mowing them down. They reveal that 290 old, favorite varieties of vegetables and melons have just been voted out of their place in the sun.

Thirty-seven varieties of beans went by the boards. Twenty-two varieties of peas, 10 of corn, 20 of cucumbers, 12 onions, 3 cabbages and 23 varieties of cantaloupes bit the dust. Twenty-six varieties of tomatoes, nine of turnips and 31 of watermelons will be grown no more from commercially packaged seeds, along with many other one-time favorites.

Why oblivion for these once-loved edibles? They've been replaced by superior varieties that taste better, look better, ship better, store better, cook better. We called Western Growers association and they told us that truly only the fittest vegetable and melon varieties survive; prove their superiority against all odds.

Our part of the country grows commercially 26 major kinds of vegetables, 8 major kinds of melons with very few varieties predominating nowadays.

Today's Vegetable Buys—Potatoes are the number one value followed closely by cabbage, cauliflower, celery, lettuce and onions. This is not exactly the season for tomatoes, but they are in good supply with a wide range in quality and price.

Other Menu Worthy Items—Thirty-eyed shoppers will

Small Worlds Around Us
By Lynn M. Watkins

Now We Fish by Radar: Indiscriminate Killing?

Since the very beginning of time men have tried to find a fishing lure that would compel fish to bite, whether they were hungry or not. They have worked and experimented with every conceivable gadget that could be dreamed up. Even chemical possibilities have been extensively explored.

Concoctions of every combination have been mixed, soaked or doctored. There have been times when some flavor or scent looked like a sure-fire thing, but later trials proved them unworkable. The fisherman himself has never given up.

Today, variations of radar, sonar and other gadgets have been developed whereby it is expected schools of fish can be easily located. Fish-finders, they are called. And technical know-how has kept pace by developing implements that will capture the fish once they are located. Many boats, both pleasure and commercial, now are trying electronics.

Not Inexhaustible

We have done even less in increasing the supply. Whoever subscribes to the fallacy that the supply of fish in the lake or the ocean is inexhaustible is either uniformed or greedy or both, for no thinking person could entertain such a fallacy in the face of what has happened to the fishing industry during the past few years.

It's always easy to explain away a shortage by laying the blame somewhere else. Never will we admit to over-fishing or indiscriminate killing. When a shortage occurs we lay it on many things. The dumbest reason has been given by the fisherman who claims some other predator,

By taking modern science by the hand the fisherman hopes to remove the element of chance from his sport. The age of miracles has become an actuality. Even the hoped-for use of musical instruments, jingling bells and ringing steel rings which have been repeatedly tried, must take a back seat to electronics.

There is no doubt but what scientific know-how will capture more fish easier and quicker. We have put a great deal of effort on how to take more fish in wholesale amounts, but we are somewhat lame on the supply end of the business. We have failed completely to take into consideration the fish themselves.

The President and Mrs. Eisenhower, as do most Americans, have their television favorites and one of them is George Gobel, the crewcut

Back Stairs: Confidence Regained

By MERRIMAN SMITH
UPI White House Reporter

Thomasville, Ga.—(UPI)—Back stairs at the White House: It was here on the beautiful Glen Arven Country Club golf course that President Eisenhower regained a large measure of physical confidence after his 1955 heart attack.

Eisenhower came down to Thomasville in February of 1956 and for the first time since his grave illness of the previous September, got in some real physical exercise.

His first post-attack visit to the course was a study in caution, but he picked up steam with each hole. Before long, he was hitting tee shots of 180 to 220 yards on the first hole, leading some sports editors around the country to question these distances.

Before the questions start again this year, it should be pointed out that the first hole at Glen Arven is downhill much of the way and a practiced golfer ordinarily has little difficulty in getting good yardage from the tee.

aside from man, is decreasing the supply. Since the beginning of time creatures of the sea got along swimmingly together. All have been adjusted to the master plan established by a wise Nature, an agency a great deal wiser than any or all of us put together. This balance of Nature will continue to function if not too severely interfered with by man's blundering.

(Released by The Register and Tribune Syndicate, 1959)

comedian. In fact, the Eisenhower like the Gobel shows so much that on some past occasions, the White House has borrowed film copies of telecasts they missed.

Gobel was in Washington last week end for a party at the National Press Club. George is quite a golfer himself, and he swears this is a true story:

A few years ago, the President was playing at Cherry Hills, his home club in Denver. A hot-shot golfer and a friend of Gobel's was passing through town and stopped off for a round at Eisenhower's club.

The resident professional suggested that the visitor, being a man of talent on the fairways and greens, join the President's foursome. The President was delighted, but the visiting golfer was a bit shaky at the start.

Stayed to One Side

Instead of firing his best down the center of the fairway, the visitor was hitting to the right and left. About the third hole, he thought he'd settle down. The President hit first and marched down the fairway, staying to one side as golfing courtesy requires.

The visitor, after two bad previous holes, was last man to drive from the third tee. He hit a mighty blow, but shanked the ball. The white pill went screaming straight at the President and struck him smack in the seat of the pants, rebounding forcefully into the fairway.

The visitor raced to the President's side, as did the Secret Service, a White House doctor and the other golfers.

Eisenhower patted his hip gingerly and fished out a wallet. He grinned and quickly assured the anxious men around him that he was not hurt.

"But I must say," Eisenhower added with a characteristic choice of words, "that was the first time I've been hit in the pocketbook when it didn't hurt."

Pearson Hints at Night Senate Sessions

Salem—(UPI)—Senate President Walter J. Pearson Thursday called chairmen of Senate committees into his office in an effort to speed up work on legislation.

Pearson hinted there might be night sessions of the Senate, if necessary.

CANAL BUILDER DIES

White Plains, N.Y.—(UPI)—Roy W. Hebard, 85, a construction engineer, who helped in the construction of the Panama Canal, died Thursday.

Owners of pigs in Ontario, Canada, must have at least five acres for the animals.

GOING OUT OF BUSINESS SALE!

All Items Reduced

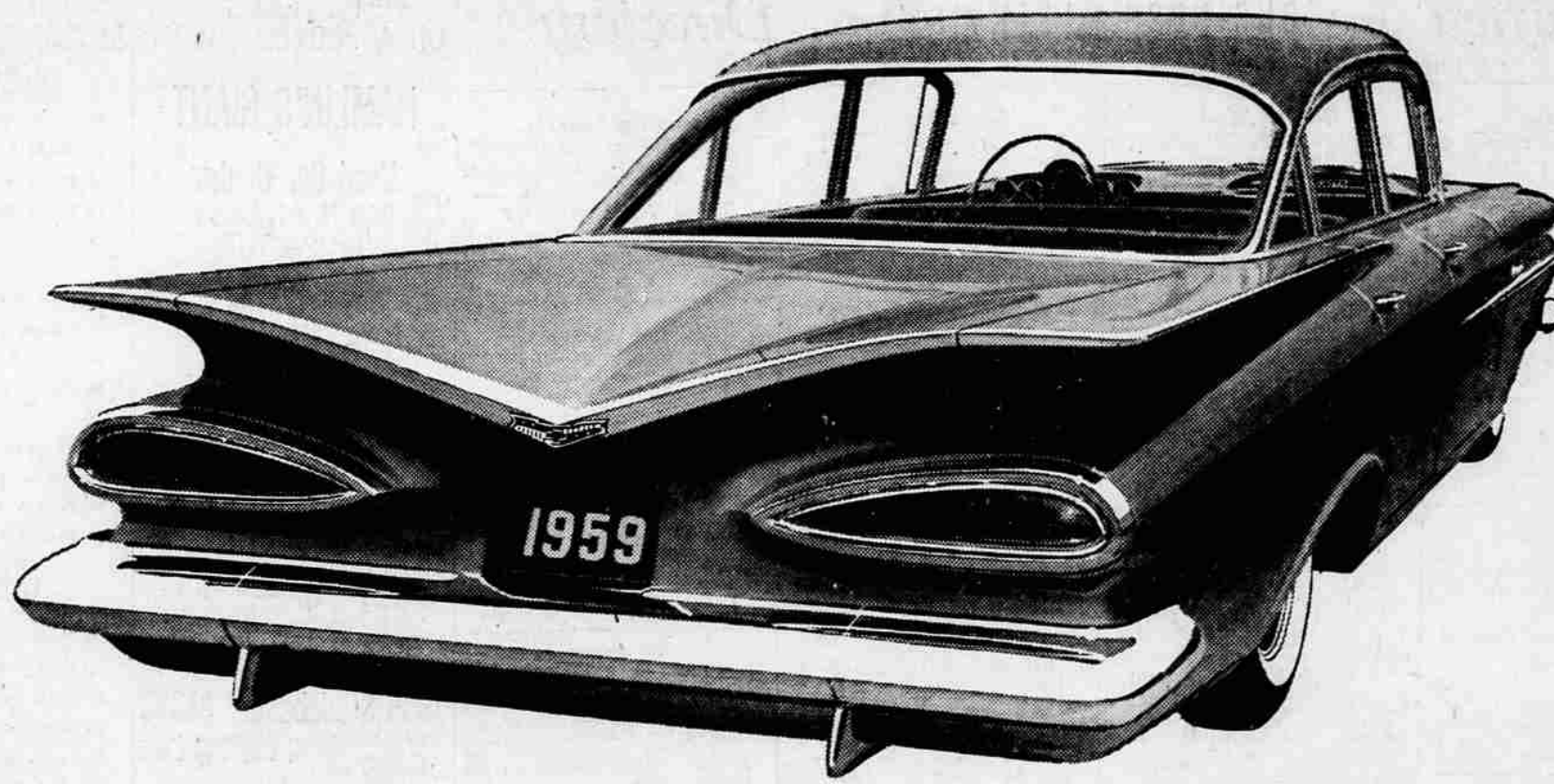
- Thermo Bags 1.49
- Qt. Vacuum Bottles 1.65
- Steel Wedges 1.95
- Jeep Cans 4.75
- Boat Cushions 3.95
- Life Vests 4.95
- Vibrating Pillows 7.75
- Chess Sets 1.25
- Swim Masks 1.49
- Air Mattresses 1.95
- Double Bit Axes 4.50
- Car Top Basket 7.95
- Carriers 7.95
- Camp Cots (used) 3.50
- Used Leather Sewing Machine 90.00
- Pynemac Reducing Machine 28.00
- First Aid Kits25

Thousands of items to choose from!

O. K. SURPLUS
14 N. Bartlett

Air Conditioning—temperatures made to order—for all-weather comfort. Get a demonstration. TOP TV—The Dinah Shore Chevy Show—Sunday—NBC-TV and the Pat Boone Chevy Showroom—weekly on ABC-TV.

GOES AND GOES AND GOES ON A GALLON!



Biscayne 4-Door Sedan shows the Fisher Body beauty of Chevrolet's lowest priced series for '59.

More miles are back in a gallon of regular-grade gas—up to 10% more—and Chevy's new Hi-Thrift 6 engine puts them there. It also gives you better acceleration and smoother performance in the middle range speeds you drive the most.

Here's an engine that always seems able to coax extra miles out of a tank of regular-grade gas. Chevrolet engineers explain it has a new economy-contoured camshaft, modified valve lifters and a recalibrated carburetor. But, if you're one of those drivers who keep tab on things like gas mileage, you'll be more interested in what the record in your glove box tells you about this Hi-Thrift 6.

It'll show you actually get up to 10 per cent more miles a gallon in your '59 Chevrolet.

Another thing you'll like about this 135-h.p. 6 is the extra pep it gives you for passing and climbing hills. This is due to higher torque at normal speeds.

It may be hard to believe anything that looks and moves like this '59 Chevy can be such a stickler for economy. But—whether you decide on the Hi-Thrift 6 or one of Chevy's vim-packed V8's—this is just one more reason Chevy's the car that's wanted for all its worth. Stop by your dealer's soon and see.



The smart switch is to the '59 Chevy!

CHEVY'S NEW HI-THRIFT 6

now—see the wider selection of models at your local authorized Chevrolet dealer's!

COURTESY CHEVROLET

9th at BARTLETT

MEDFORD

SP 2-6115

CLEARING ALL RCA VICTOR AND VOICE OF MUSIC HIGH FIDELITY STEREO PLAYERS at 25% OFF

the factory established prices

We have decided that we do not have the facilities to properly demonstrate High Fidelity Stereo Players. We need the space too, so we are clearing them out at big reductions in price. All are fully guaranteed and service is available through our own service shop.

Convenient Terms

JOHNSTON STORES

112 South Riverside