



MAIN DISH SALAD—Tender, fresh asparagus is cooked, marinated in a French salad dressing; arranged with cold cooked shrimp, served with fresh tomato mayonnaise for a perfect spring main dish salad.

Feeding the Family

By ZOLA VINCENT
Food Editor

Fruit, Vegetable Memorabilia Keeps Quiz Experts Guessing

Memorabilia: Things remarkable and worthy of remembrance or record; also the record of these.

Quizzes are sweeping the country. Whole families are quiz crazy; doing all kinds of mental gymnastics; taking immense pride in their memory achievements. So we're getting into the act because food facts and fancies are fascinating. Everybody eats; ergo, everybody has knowledge or preconceived notions about fresh fruits and vegetables. Here's an opportunity to find the right answers.

Q. How many fresh fruits and vegetables are available to Medford homemakers?

A. 102, including 59 vegetables and 43 fruits. These are kinds; varieties run into untold thousands.

Q. What months are fresh fruits and vegetables in substantial supply?

A. Every month. Thanks to modern distribution facilities, many varieties of fresh produce are now available in every part of the country all year long.

Q. What percentage of the nation's total tonnage of vegetables is western-grown?

A. Western growers produce approximately one-half of all the vegetables and melons shipped garden-fresh the year-round to all United States markets.

Q. Name at least 10 top western - grown vegetables and melons.

A. Top 15 vegetables and melons (in alphabetical, not volume, order) are asparagus, broccoli, cabbage, cantaloupes, carrots, cauliflower, celery, green corn, honeydews, lettuce, onions, peas, potatoes, tomatoes and watermelons.

Q. Are more kinds and greater quantities of fresh produce offered in some months than others?

A. Yes. In April, for instance, 21 items are at their peak, 25 in May, 22 in June, et cetera.

Q. Is it an advantage for the consumer to be familiar with the peak months of various fruits and vegetables?

A. Definitely. Prices follow supply. When an item is abundant it costs less.

Q. Of all the food we eat, what percentage is fresh fruits and vegetables?

A. More than a fourth (27.6 per cent). Per capita consumption of all foods (retail weight) approximates 1581 pounds of which 436 pounds are fresh fruits and vegetables.

Q. Is this adequate?

A. Not according to leading nutritionists who say that the average American needs at least 100 pounds more of fresh fruits and vegetables a year. For a balanced diet the requirement is 564 pounds of fresh produce; for the best diet, 620 pounds.

Q. Why the nutritional emphasis on fresh fruits and vegetables?

A. These fresh products con-

tain very large amounts of the vitamins and minerals which aid growth and protect health.

Q. Which fresh fruits and vegetables contain these protective elements?

A. Virtually all of them. Leafy green and yellow vegetables are rich in vitamin A; citrus fruits and tomatoes in vitamin C and so on.

Q. Is it possible to eat fresh fruits and vegetables and still not get their full nutrient values?

A. Yes. Poor cooking techniques destroy nutrients to some extent; so it is desirable to improve procedures and to eat fresh fruits and vegetables raw as much as possible.

Q. How can we save nutrients in cooking fresh fruits and vegetables?

A. (1) Don't crush or bruise; (2) don't soak in water; (3) keep most kinds in refrigerator until ready for use; (4) use as quickly as possible after preparation; (5) cook quickly in boiling water, using as little water as possible; (6) use the water the vegetables were cooked in for soups, sauces and gravies.

Q. What are the obvious benefits of proper nutrition?

A. Among the signs that a person is getting the right kinds of food are: for children it results in good posture, straight bones, sound teeth and gums, firm, well-developed muscles, attractive hair, smooth skin, red lips, clear sparkling eyes and a happy disposition. For adults it means better appearance; greater vitality and productivity; less susceptibility to illness.

Q. Are produce farmers under domestic subsidies like many other agricultural producers?

A. No. There are no government subsidies on the fruits and vegetables grown for America's tables.

Fish Furbelows

Here are lemony sauces for dressing up fish.

Caliente Sauce. Especially good for shellfish. In a small saucepan combine one - half cup melted butter, one-quarter cup fresh lemon juice, one-quarter cup catsup, one teaspoon Worcestershire sauce, sugar to taste. Heat just below simmering point. Serve separately in individual bowls for dunking or pour over fish.

Spicy Sauce. Combine six tablespoons mayonnaise, one teaspoon horseradish, one-half teaspoon grated onion, one teaspoon prepared mustard, two tablespoons lemon juice; stir until well blended. Makes one-half cup sauce.

Lemon Mayonnaise. Combine one egg, one-quarter cup fresh lemon juice, one teaspoon mustard, one teaspoon salt, one tablespoon sugar, dash of pepper and paprika; slowly beat in one pint salad oil; beat until dressing is thick. Makes about 2½ cups lemon mayonnaise.

Zesty Cheese Dip

Angostura bitters do remarkable things to this simple sour cream and cottage cheese dip. Combine one cup cottage cheese, one - half cup dairy sour cream, one-quarter teaspoon salt and one-half teaspoon Angostura bitters; mix thoroughly; chill. Sprinkle with paprika just before serving with potato chips, crackers, celery or other dipper-upper.

Asparagus At Best

Enjoy It Often

Asparagus is growing so fast in some areas that pickers sometimes have to swarm over a field twice a day to catch the stalks at their perfect best. Fresh asparagus has been the most treasured of vegetables since ancient Roman times.

It's just a matter of weeks until the canners and the freezers will have gobbled up all that fresh asparagus. Don't misunderstand us. It's great to be able to enjoy this highly seasonal product the year 'round. But, if you want it fresh, go and get it right now. Cook it until barely crisp-

Jackson County Library System Started Over Store Downtown

"No longer a glum guardian of dusty volumes, but a tireless guide in people's quest for knowledge, self-improvement, and pleasure..."

These words help describe the story of the modern librarian at work, like the librarians of the Jackson County Library, now celebrating National Library Week.

The library system as known in Jackson county, according to early records, got



its start about 1909 downtown over a store. It was started by a group of women's clubs, but soon moved to the present location when the City of Medford took it over in 1911.

With the help of a grant from the Carnegie Fund to pay half the building cost, the present building, with later additions, was built.

In 1920 Jackson county asked for service on a contract basis, and that contract has been extended until now there are nine branches to serve the outlying areas. From 1920 until the present, efforts have been made to acquire new books, taking care of old ones, and adding additional services.

The Jackson County library now serves 60,000 people, with 15,000 registered borrowers, according to Miss Helen Webster, Jackson County librarian.

Current circulation figures show that 200,000 books were on the move last year, representing 43,000 volumes. Last year the library purchased

3,500 books, received 928 by donation, rebound 744, and repaired 5,256. The library had 44,401 visitors, and nearly 1,400 reference questions.

The branch libraries account for one-fifth of the total business, and have one-fifth of the books on their shelves at any one time, Miss Webster said. Each branch has a basic collection of 1,000 books, where shelving is available, and the number of books available beyond that depends on the population, use, distance from headquarters, and the number of registered borrowers.

Branch Locations

Branches are located in Butte Falls, Central Point, Eagle Point, Gold Hill, Jacksonville, Phoenix, Talent, Shady Cove, and Table Rock.

A big share of the workload of the library comes from the younger generation. Miss Webster said that in addition to the regular facilities offered school children, the library entertains from six to eight classes each week, teaching the students how to use the library. The class

tours serve an additional purpose beyond education, that of preparing them for life-long continuation of learning through reading.

Every library has its problems, and the Jackson County library is no exception. Most problems resolve themselves to one, according to Miss Webster, money. The library needs more books. It now has 43,000 to serve 60,000, when in reality it should have 90,000 volumes. The present base is \$1.10 per person, as opposed to a minimum need of \$1.50 and a desirable need of \$2.25.

If the library hopes to expand its special services such as films, records, picture collection and the like, it will have to build its financial base up to the \$2.25 figure, Miss Webster said.

Future Plans

In the near future the Jackson County library hopes to have a bookmobile to serve those 25,000 people not in close proximity to a branch. The bookmobile may be a reality, using state and federal funds available.

Other future plans might include audio-visual aids, like film, records, story hours, and book reviews. Additional reference help is needed. More advisory service is needed for adults, as well as longer opening hours, and more branches, according to Miss Webster. Many people still feel the

library is a dispenser of light, popular novels, but one in three books checked out is non-fiction, of informational use. "At that," Miss Webster said, "I hope no one will look down on the use of novels and fiction. They reflect life, and add to our experience."

Miss Webster and Dunbar

Carpenter, chairman for Library Week, both urged citizens of Jackson county to visit branch libraries this week.

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