

Measure Placing Responsibility in Vandalism Passed

Salem - UPI - The Oregon House has concurred in Senate amendments to a bill making parents responsible for intentional vandalism of their children.

The bill passed the House with a \$250 limit on the liability of parents, but the Senate amended this figure to \$100.

The Senate also limited liability to parents only, whereas the House-passed bill included legal guardians of minors.

The bill now goes to the governor for signature with the Senate amendments.

Bill Defeated

The House defeated, 31-27, a bill which would have required newspapers and radio and television stations to file statements as to what candidates or supporters of ballot measures spent on campaigns.

Rep. Fred Meek (R-Portland) said the bill was a revision of the corrupt practices act. He said he did not feel it would be hard on advertising media to file reports as a cross check on candidates.

Rep. Victor Atiyah (R-Portland) objected to the provision that all advertising media be required to report on grounds it probably would be unenforceable.

Resolution Passed

The House passed a Senate resolution increasing the bonding capacity of the State Veterans' Department \$61 million if approved by a vote of the people.

Rep. Sam Wilderman (R-Portland) said this would be done by changing the bonding base from four per cent of assessed valuation of the state to three per cent of true cash value. This would require a constitutional amendment.

The measure would raise the total bonding capacity to \$216 million.

Cheney Employees Retain Local 2715

Employees at Cheney Forest Products, Central Point, Wednesday voted, 16 to 14, to retain Local 2715, Lumber and Sawmill Workers Union, as their bargaining agent, according to Warren Davis, union business agent.

Davis reported that an election was conducted there by a representative of the National Labor Relations Board, after an application had been filed for an election to end

Feeding the Family

By ZOLA VINCENT
Food Editor

Top Cheese Pie With Strawberries

If there is anything better than cheese cake, it's cheese cake baked in a pastry shell, in which case it should rightly be called a cheese pie. Top this cream cheese delight with fresh strawberries for maximum enjoyment.

1 9 or 10 in unbaked pastry shell
1 8-ounce package cream cheese, softened
1/2 cup sugar
1/2 cup light cream
2 eggs, well beaten
1/4 teaspoon salt
1/2 teaspoon vanilla
1 pint fresh strawberries, sliced
1/4 cup sugar
Combine cheese with the one-half cup sugar; mix until

smooth. Add cream, eggs, salt and vanilla; beat until smooth. Turn into pastry shell. Bake in slow oven, 300 degrees, one hour or until knife inserted in center comes out clean. Cool. Combine sliced strawberries and the one-fourth cup sugar; mix well. Top pie with strawberry mixture.

Lamb Skillet Easy-Do

For six servings of savory, flavorful lamb stew do it in the skillet with a can of stewed tomatoes. They're the tomatoes with the onions, celery and seasonings already added. Starting with 1 1/2 pounds of lamb stew meat cut in cubes, flour the meat and brown it in two tablespoons hot fat. When well browned, add the stewed tomatoes, one teaspoon salt, one tablespoon Worcestershire sauce. Cover and cook slowly until meat is fork tender, about 1 1/2 hours.

Sausage Cornettes

Plentiful, reasonably priced pure pork sausage meat gets rolled in cornflakes. Serve with applesauce any time of day. For four to six servings, cut and shape one pound pork sausage into patties; dip in slightly beaten egg, roll in crushed cornflakes; pan-fry slowly to cook thoroughly, turning to brown.

This Chicken Gets Stewed

Chicken is a best buy as everyone knows. Here we take a cut-up chicken, cook it, remove the bones; then we combine it with fresh vegetables in a rich sauce and bake it. Cooked asparagus arranged in spoke fashion might top the finished product. Six servings.

In a good-sized kettle, combine one three to four pound cut-up stewing chicken, six cups water, one onion, sliced, two teaspoons salt, and one-fourth teaspoon pepper. Bring to a boil and simmer 1 1/2 hours or until chicken is tender. Remove meat from bones leaving it in large pieces. Reserve chicken broth.

3 cups chicken stock strained
6 small onions, halved
6 carrots, cut in 2-inch pieces
1 cup diced celery
1/2 cup butter or margarine
1/2 cup flour
1/2 teaspoon thyme
1 teaspoon salt
1/4 teaspoon pepper
2 teaspoons Worcestershire sauce
2 cups milk

1/2 pound cooked asparagus. Bring chicken stock to boiling; add onions, carrots, celery. Simmer 15 minutes or until vegetables are tender. Heat butter or margarine; blend in flour, thyme, salt, pepper and Worcestershire sauce.

Drain vegetables; add stock to butter-flour mixture. Stir in milk. Cook over low heat, stirring constantly, until gravy thickens. Add chicken and vegetables and pour into casserole. Top with asparagus. Bake in 350 degree oven for 20 to 25 minutes to heat through.

Rhubarb Fluff

Rosy rhubarb is good in so many ways. Served alone or in combination with other fruits it gives a fresh tart flavor and attractive color to any meal. Rhubarb Fluff is a quick and easy way of dressing up the ever-popular rhubarb sauce.

Sweeten one cup rhubarb

sauce by adding one-half cup sugar and heating until sugar is dissolved. Cool; fold in two stiffly beaten egg whites. Add one-fourth cup whipping cream, whipped. Pour into sherbet glasses and chill thoroughly.

Eat a Better Breakfast

Parents should seriously consider the relationship between an adequate breakfast and a good report card for their children; more pep and energy for the entire family throughout the morning.

Research shows that teenagers, girls in particular, are the least well fed nutritionally, and the reason most often given is that parents either were not up or had already gone to work. Other parents thought their own breakfast of coffee and rolls was enough for their children.

A good breakfast is vital to both children and parents

if they are to be alert at eleven. Other meals and between-meal snacks do not make up for nutrients missed at breakfast.

The two nutrients generally found short in children's diets were calcium and ascorbic acid (vitamin C). Milk and citrus fruit or juice for breakfast are suggested as foods high in these nutrients. Teenagers also were short in iron, protein and three B-vitamins, as well as calories.

For a better report card for all the family, consider a hearty breakfast that includes fruit, cereals and milk, bread and butter as basic items. Certainly the quickest, easiest of foods to prepare. Add eggs, meat, other items for more pep and energy.

April Plentiful

Put pork and poultry on your shopping list. Prices are down on both fresh and cured pork. Ham, bacon, sausage in all its forms are fine break-

fast fare to put pep in your step. Broiler-fryers are bargains; so are turkeys for family gatherings, party planning. Look for good buys in beef and last year's lamb.

Fillet of sole is the seafood of the month. Fish and shellfish displays suggest other excellent values.

Plenty of artichokes, asparagus, beets, broccoli, young green and red cabbage, carrots, cauliflower, celery, lettuce, several squash varieties, mushrooms, onions, rhubarb, spinach, and, of course, potatoes.

Abundance of avocados, bananas, grapefruit, lemons, oranges.

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4-H CLUB NEWS

Knitten Kittens

The Knitten Kittens monthly meeting was held March 21 at the home of the leader, Mrs. Frink.

Colleen Franek reported on the 4-H window that we had at Lucas and Howard. Martha Bullard and Susan Kagy made a float for the Pear Blossom Festival.

Refreshments were served by Linda Johnson and Judy Frink. Instead of the next meeting we will have a potluck dinner at the Central Point Grange hall on April 18 at 7 p.m. The members of the Knitten Kittens will bring the hot dishes. The Bobbing Robbins will take pies and cakes and the members of the Willing Workers club will take salads.

Everyone is to take their own table service, coffee, milk and rolls will be furnished.

Judy Frink,
Reporter.



TODAY IS OPERATION ALERT...

Your Oregon Civil Defense forces are today (April 17-18) participating in a nation-wide Civil Defense exercise - Operation Alert 1959 - to perfect our capability to survive as a nation in the event of an enemy attack.

The Portland and Klamath Falls target areas are the victims of a simulated nuclear attack. The residents of these target areas, if the situation were real, would evacuate or take refuge in shelters, depending upon the amount of warning time available.

The peace of this nation depends upon two things - the strength of our deterrent military forces, and the preparedness of its citizens to survive. Civil Defense and Military Defense are thus dependent on each other. Without one, the other is virtually helpless.

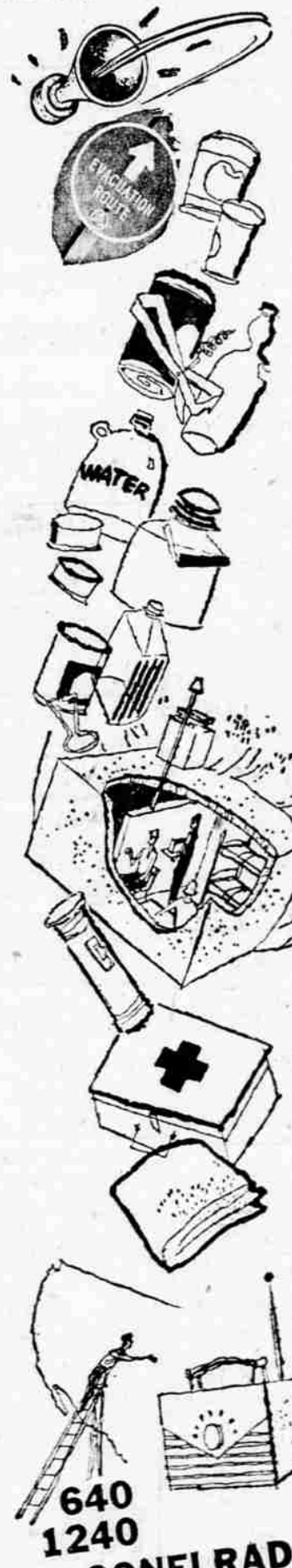
Civil Defense as the ultimate weapon cannot be purchased. It must begin with the individual. You as an individual and your family are prepared to survive and act as a cornerstone of your nation's defense if you have learned the five following steps to survival:

Warning Signal - Public action signals are of two kinds - ALERT and TAKE COVER. The ALERT signal - a steady tone of the siren or other warning device for five minutes - indicates there is evidence of impending attack, and that the public should take action according to the local plans. In target areas this will mean evacuation. In support areas it is a call to mobilize civil defense forces. The TAKE COVER signal - a wailing tone or a series of short blasts on warning devices for a period of three minutes - indicates that hostile attack is imminent, and that the public should immediately take cover in any shelter available, preferably underground.

Local Plans - A knowledge of local Civil Defense plans is necessary in preparing one's own family plan. If a person lives in a support area he must plan for fallout protection as well as support of evacuees. Knowing the community's plan for emergency action will indicate how each individual can support and work for Civil Defense.

Fallout Protection - In a nuclear attack almost all areas of the United States will be subjected to radioactive fallout which can bring illness and death to humans and animals alike. The two defenses against fallout are distance and a mass of protective material. An underground shelter covered by three feet of earth will give complete protection from radioactive fallout outside the target areas. Home basements, properly prepared, can provide protection to a large degree. Ask your civil defense director for the latest information on fallout protection.

Home Preparedness - Every home can be made a focal point of family survival with a few simple, common-sense preparations. A home shelter stocked with a 14 day food and water supply; first aid and medical kit; emergency tools, lights, and sanitation supplies; battery radio; and other emergency items is a good starting point. Some member of the family should take a Red Cross first aid or home nursing course. Removal of fire hazards is always prudent, and plans for saving frozen foods in event of a power failure can come in handy anytime. Persons living in target areas should have evacuation kits prepared and plans for fully utilizing evacuation routes out of the target area. These evacuation routes are plainly marked by blue and white signs.



Conelrad - Emergency radio broadcasting to provide information and instruction to the public in event of attack is a necessity. Depriving enemy aircraft and missiles the use of radio and television broadcast waves as beams to their targets is also a necessity. CONELRAD, a system of emergency broadcasting, achieves these two objectives. Under CONELRAD all radio, AM and FM, and television stations will go off the air at the first warning. Selected AM radio stations will return to the air immediately on 640 or 1240 kilocycles at reduced power to broadcast Civil Defense instructions and information. CONELRAD serves also as a check on Civil Defense warning - if you are not certain about the warning signal, turn to your radio - NOT the telephone.

If an Attack were taking place today instead of the exercise Operation Alert the Governor and the President would sign an emergency proclamation at the first warning. These emergency proclamations give unlimited powers to our executive heads to cope with the emergency. In Oregon the emergency proclamation would mean the freezing of all food, medical and petroleum supplies at both the wholesale and retail levels. These items would be needed in the emergency welfare centers to care for the victims of the target areas, and all food, medical and petroleum supplies would be released initially only for Civil Defense uses. Under the Oregon CD Operations Plan an interim rationing system for the public would be set up utilizing the local precinct voting boards, but it may take two to three days to set up this machinery. This is one of the reasons your Civil Defense authorities urge you to have a Home Preparedness plan.

Get to Know Your Local Civil Defense Director - ask him for the following publications:

- Between You and Disaster - L-1
- Home Protection Exercises - MP-2-1
- Facts About Fallout Protection - L-2-18
- Emergency Sanitation At Home - H-11-1
- First Aid: Emergency Action to Save Lives - L-2-12
- Fire Fighting For Householders - PA-4
- 640-1240 CONELRAD - L-2-6

Support Civil Defense by joining your local civil defense forces, or taking a First Aid or Home Nursing course. Support Civil Defense further by telling your elected governmental officials that Civil Defense is needed - NOW.

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