



**VISITS VATICAN**—Great Britain's Queen Mother Elizabeth (right), and Princess Margaret (center, rear), are welcomed by Papal Chamberlain Monsignor Nasalli Rocca (back to camera), on their arrival at the Vatican for a private audience with Pope John XXIII. The meeting was strongly opposed by extreme Protestant groups in England.

## Emergency Board Budget Approved By Ways and Means

Salem—The Joint Ways and Means Committee has approved for passage an appropriation of \$1,300,000 for the State Emergency Board, a sum \$200,000 below that of two years ago.

Sen. Alfred Corbett (D-Portland), co-chairman, said the Board would have to hold down allotments to state agencies in order to carry through without exhausting the fund in the two years ahead.

Rep. Leon Davis (R-Hillsboro), said that with an extremely tight budget he was doubtful the amount would be enough. Corbett replied that with the exception of welfare needs, which he said no one could estimate now, he was sure state departments could get along with the money allotted them.

**Hospital Need Cited**

"It will be up to them to adjust themselves with the fund appropriated and work out economies that will enable them to operate on restricted budgets," Corbett said.

Rep. George Annala (D-Hood River) expressed fear that the \$500,000 for the F. H. Danmash mental hospital near Wilsonville would not be enough. He said some expensive equipment would have to be obtained and that the money in the appropriation allowed for only three months operation of the new institution.

## Gay Sunsuits



These sunsuits will be the children's favorites. They are so easy to sew, you can have them made in no time.

Each sunsuit takes only ¾ yard and a scrap of contrast. Pattern 7037; transfer; pattern sizes 1, 2, 3, 4 included. 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 1959 ALICE BROOKS Needlecraft Catalogue has many lovely designs to order: crocheting, knitting, embroidery, quilts, dolls, weaving. A special gift, in the catalogue to keep a child happily occupied—a cutout doll and clothes to color. Send 25 cents for your copy of the book.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

### Rainbow Sherbets Easily Achieved

These rainbow sherbets are so easily and quickly achieved that you'll be making them often once you've done it. Combination is so simple you can carry recipe (with a little concentration) in your head without having to look it up. Variations are many. For parties, try color and flavor combinations.

Last time we looked, frozen juice concentrates were available in orange, grape, lemon, tangerine, pineapple, pink lemonade and lime. That was a few days ago. There may be others by now.

1 cup evaporated milk  
1 can any favored 6 ounce frozen juice concentrate  
½ cup sugar  
¼ teaspoon salt  
Food coloring, optional  
Chill evaporated milk in freezer tray of refrigerator until ice crystals form around edges. Turn into chilled bowl and whip with rotary beater or high speed of electric mixer until milk is stiff. Combine frozen juice concentrate, sugar and salt and add one tablespoon at a time, whipping until very stiff. Add food coloring of the same tone, if you like. Turn into freezer tray or trays and freeze until firm. Recipe makes 1¼ quarts.

### Vegetable Zest

Give seasonable vegetables new zest with a tangy sour cream sauce. Try this on hot broccoli, cauliflower, cabbage, asparagus or artichokes.

For each four servings combine one cup dairy sour cream, two tablespoons brown sugar, one-quarter teaspoon salt, dash of freshly ground pepper, one-quarter teaspoon mustard; mix well. Pour over hot cooked fresh vegetables and serve immediately.

**Sunset Salad Family Favorite**

Gelatin salads are tremendously popular in this part of the country; popular with every member of the family and popular for parties. Here we quickly combine plentiful western-grown celery and carrots with crushed pineapple for six servings.

1 package lemon-flavored gelatin  
1 cup hot water  
1 cup cold water  
2 tablespoons fresh lemon

### 4-H Club News

**Valley Experimenters**

The Valley Experimenters 4-H Rabbit club held a meeting at Mike Burrell's home, 1404 Camp Baker rd., April 19. Cliff Mitchell, president, conducted the meeting. We decided to have a club member's family picnic at Lithia park on May 3. We are going to have a potluck picnic lunch.

A short report on diseases of rabbits was given. Next meeting there will be a report on hutch construction and on rabbit feed and feeding methods.

After the business meeting, the advisor judged a doe rabbit and showed us how to treat one of the rabbits that had ear canker.

Our May meeting will be at Clifton Mitchell's on Magnolia st., one block south of South Stage rd.

Tony Glidden, Reporter.

the visitation meeting May 8 at Upper Applegate Grange. Serving committee in charge for the evening included Mr. and Mrs. Thomas Klarin, Mr. and Mrs. Andy Stevens and Harry Beams.

### Food Guide for Buoyant Health Invites Check-Up

A big glowing spotlight is thrown on May 1 each year when Presidential proclamation reminds us that this day is set aside by Joint Congressional action as a time for the nation to unite in plans for child betterment. This celebration of National Child Health Day has been going on for 31 years and just happens to be coincident with the introduction and growth of commercially packed baby foods.

So coincidentally, National Baby Week surrounds Child Health Day on both sides, being celebrated April 25 to May 2.

As we celebrate both, we salute those fine pioneers who took the fuss, sieving and chopping out of baby food preparation; continue to open up new worlds of nutrition-packed foods for new generations of better babies.

### Food Guide

Readers will find this grouping of foods useful in checking up on present meal-planning habits; find it a useful guide for the future.

**Group 1. Milk.** For children, three to four cups daily; teen-agers four or more, adults two or more cups; pregnant women four or more, nursing mothers six or more.

**Group 2. Meats.** Two or more servings of meat, poultry, fish or eggs each day. Beans, peas and nuts occasionally as alternatives.

**Group 3. Vegetables and Fruits.** Four or more servings of vegetables and fruits daily. These should include at least one dark green or deep yellow vegetable, rich in vitamin A, and minerals and one citrus fruit or other fruit or

vegetable such as tomatoes, rich in vitamin C.

**Group 4. Bread and Cereals.** Four or more servings each day of bread or cereals prepared from enriched, restored or whole grains.

The groups outlined are flexible and permit easy adjustment within family menus. Foods not emphasized in the plan, such as fats and sugars, are expected to appear in meals in combination with appropriate foods.

**Good Marketing**

Abundant pork, both fresh and cured, makes this popular meat a good buy; puts more bacon and sausage on the breakfast table, more ham in the sandwiches.

Market ads and displays reveal good buys in economy cuts of both beef and lamb. Broiler - fryers continue to be our very best protein buy; can be prepared in ways beyond numbering with just a little imagination involving spices, herbs, wine.

Eggs, in such good supply, continue one of our best buys. Buy eggs from a dealer who keeps his egg supply under refrigeration and sells eggs from a refrigerated display case. Keep them under refrigeration at home—and in a covered moisture proof container with the large end of the egg up. If stored uncovered, eggs lose moisture faster, are more likely to absorb food flavors and odors.

Celery leads the vegetable parade. A tremendous crop of green, tender, mild celery should keep it in the relish dish for every day enjoyment as well as for cooking as a vegetable, combining with salad makings. Among many other good buys, you'll find

artichokes, asparagus, carrots, lettuce, onions, peas, rhubarb, potatoes, spinach, squash, sweet potatoes, hard and soft squash.

Citrus Fruit. Fine quality

navel oranges, grapefruit at bargain prices. Strawberries, red and luscious are really rolling to market.

Plenty of milk and dairy products, vegetable fats and

MAIL TRIBUNE, Medford, Or., Friday, May 1, 1959

oils, lard and dry beans. Lots of peanut butter, canned apple sauce, tuna.

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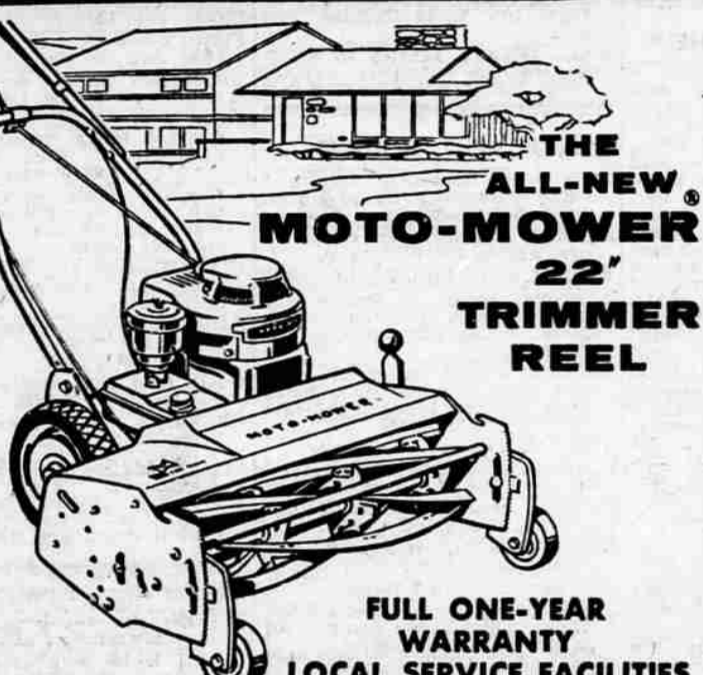
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