

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Broiled Halibut In Spicy Sauce

Plentiful, delicious, coast-caught halibut is one of the finest of baking and broiling fishes. A sheet of aluminum foil placed under fish will simplify pan-washing.

Wipe halibut steaks with damp cloth and arrange on greased heatproof platter or aluminum foil-lined broiler pan. Place in pre-heated broiling compartment about four inches from moderate heat and broil about five minutes or until lightly browned. Turn steaks and spread with mixture of two tablespoons butter, one tablespoon lemon juice, salt, pepper, paprika and one teaspoon kitchen bouquet. Broil about five minutes longer.

Prepare this sauce and pour it hot over halibut when it comes from broiler or pass it in a sauce boat.

2 tablespoons chili sauce  
2 tablespoons lemon juice  
1 teaspoon Worcestershire  
1/2 teaspoon kitchen bouquet

Combine all ingredients and heat thoroughly. Pour over broiled (or baked) fish. Makes sauce for 1 1/2 pounds halibut or other white fish steaks.

## Store Meat with Care

As summer approaches, we must handle all meat and perishable products with exceptional care. Purchase only the amount required to take care of the family's immediate needs unless you have a home freezer handy. To serve meat at its very best, follow these golden rules:

Remove meat from store wrappings and re-wrap loosely in waxed paper or transparent plastic wrap, leaving the ends open so that a little air may circulate.

Store in coldest part of refrigerator. The larger the cut, the longer time it may be stored. Roasts may be held for several days. Small cuts should be used within a day or two. Ground beef is the most perishable of meats; should be used soon.

## Strawberry Jam Heads

### Any 'Home-Made' List

Favorite small fruit in the U.S. is the strawberry and no wonder! Though strawberries are grown in every state for home and local use, commercial production is most important in Michigan, California, Oregon and Washington.

Putting up strawberries can be a satisfying family affair with the children happy to help. They'll help plenty with the eating later, so why not let them in at the beginning. Plan ahead. Talk requirements over with your favorite fruit man. He will advise as to best time to buy. And we'll tell you that morning is the best time for jam making.

For preserving, medium size, tart-flavored berries are best. We recommend using pectin in either bottled or packaged form, using the short-boil method which saves time, worry and also fruit juice; remind you that skimming is essential to prevent floating fruit. Remind you, too, to make one batch at a time. No doubling the recipe when it comes to jam or jelly.

4 cups strawberries  
7 cups sugar  
1/2 bottle fruit pectin  
Measure four cups of prepared strawberries (crushed, ground, sliced or chopped, as you wish). Add sugar to fruit in saucepan and mix well. Place over high heat; bring to a full rolling boil and boil hard one minute, stirring constantly. Remove from heat and at once stir in the bottled pectin.

Then stir and skim with a metal spoon by turns for five minutes to cool slightly, to prevent floating fruit. Ladle quickly into sterilized glasses. Pour hot paraffin over at once. You'll have about 10 six-ounce glasses. When cool, cover glasses with paper, plastic, aluminum foil or tin lids and store in a cool, dry place.

**Beet Relish.** Combine two cups chopped cooked beets, one cup chopped raw cabbage, one-half cup grated horseradish, one-fourth cup granulated sugar, three tablespoons prepared mustard and one teaspoon salt. Mix thoroughly and enjoy as relish with any meat or poultry. Makes three cups.

## Primer of Thrifty Pork Cuts

### For Quick, Easy Reference

Pork is the meat of the week; designated as the Plentiful Food-to-Feature, therefore likely to be special. And do you know where the biggest bargains are? Right where they've always been—in the economy cuts which we name today. Pork is not only a rich and delicious meat, but is also the meat richest in B vitamins. All cuts are equally good, nutrition-wise.

The thrifty pork cuts are:

Shoulder, end cut chops, spareribs, pigs feet, ham shank, fresh shoulder butt, shoulder steaks, hocks, liver, kidney, heart, smoked picnic and boneless smoked shoulder butt. Bacon prices are lower on all grades, encouraging more satisfying bacon and eggs breakfasts for all the family.

## Other Good Buys

Thrifty beef cuts are chuck, fore shank, heel of round, kidney, oxtails, short ribs, brisket, flank steak, heart, liver, neck and plate.

Thrifty lamb cuts are shoulder, shoulder chops, shank, neck slices, heart, liver, kidney and breast of lamb.

Rabbit is one of the thriftiest of meats; can be prepared in same ways as chicken. National Domestic Rabbit Week is coming up, May 17 to 23, so why not try cut-up rabbit fixed exactly like you do chicken a la Maryland, casserole in milk gravy.

Trout makes news because it is readily available at reasonable cost; being featured along with salmon, cod fillets, barracuda and lobster.

Chicken and turkey remain among the best buys. Eggs are lowest in price remembered in years.

Vegetable buys are many. We name these as an aid to menu planning: artichokes, asparagus, broccoli, green onions, cabbage, carrots, cauliflower, celery, lettuce, mushrooms, rhubarb, potatoes, hard and soft squashes. More corn all the time!

Fruit bins offer apples, avocados, bananas, lemons, oranges; are piled high with extra large, juiced - packed grapefruit. Strawberries, of course, and cantaloupes arriving early from Imperial Valley - promising a huge crop.

New York—(UPI)—The American Newspaper Publishers Association reports that 87 U. S. daily newspapers increased circulation prices during the first four months of this year.

They'll Do It Every Time

By Jimmy Hatlo



SO THE VENETIAN BLINDS HAVE BEEN UP THREE WEEKS NOW, AND WE DO MEAN UP—HAVEN'T BEEN PULLED DOWN ONCE—

THANKS AND A TIP OF THE HATLO HAT TO N.Y. DE PUTY, NEWARK, N.Y.



## Four Appear in Circuit Court

Four men appeared in circuit court Wednesday afternoon before Judge James M. Main. One was sentenced to the Oregon state penitentiary and the other three had attorneys appointed.

Sentenced to 18 months in the penitentiary was Charles William Murray, 34, of 445 South Front st., who was arrested by Medford city police April 21 on a charge of uttering publishing a false check.

Ray Guy Manning, 60, of Grand hotel, Medford, had A. E. Piazza appointed as his attorney. Manning is charged with unlawfully obtaining public assistance.

Francis Merle Wallace, 24, of Sunset drive and Eugene, who is charged with uttering and publishing a false check, had C. W. Reames appointed as his attorney, and Monty Claire West, 18, Ashland, had J. A. Redden appointed his attorney. He is charged with attempting to rob by force

## John Day Mill To Reopen Next Monday

Canyon City, Ore.—(UPI)—The Blue Mountain Mill in John Day will reopen next Monday, General Manager R. M. Wright said today.

The mill was shut down last October because of economic conditions, low lumber prices, high costs and lack of available national forest timber. The mill is owned by John and Fred Hudspeth of Prineville.

## Dick Contino Requests Bankruptcy Release

Los Angeles—(UPI)—Accordianist Dick Contino, who in 1957 declared himself bankrupt with liabilities of \$52,000, has petitioned federal court for release from bankruptcy.

Contino's attorney, Emmett Hurley, said all debts had been paid off or provided for by the musician.

and violence, not being armed with a dangerous weapon.

## City Negotiates For Right-of-Way

The city is still negotiating for right-of-way for the proposed widening and paving of Niantic st., City Manager Robert Duff reported this week.

Duff explained that the dirt street now is only 19 feet wide and that for the past two years the city has attempted to obtain right-of-way so it could be widened to the minimum of 34 feet and paved.

Residents in recent weeks have complained of dust due to increased traffic on the street.

The city manager explained that several small buildings would have to be moved so the street could be widened. He added that several property owners had agreed to donate needed right-of-way.

The blink of the eye occupies about one-fortieth of a second.

10 MAIL TRIBUNE, Medford, Or.  
Friday, May 15, 1959

## FAVOR TAX REPEAL

Washington—(UPI)—The Senate Commerce committee has gone on record in favor of the committee has approved a resolution which would repeal the 10 per cent excise levy on transportation tickets.

A vodka manufacturers survey found that 54 per cent of all drinkers questioned do not like the taste of liquor.

## Ike Dedicates N. Y. Art Center

New York—(UPI)—President Eisenhower Thursday hailed creation of a center for the performing arts in what was recently a New York slum as a "great cultural adventure" which will transmit a human message for peace and understanding throughout the world.

The President turned the first shovel of dirt on the site of a new hall for the

New York Philharmonic Orchestra, one of six major buildings in the \$75 million Lincoln Center for the Performing Arts. Another of the buildings will be the new home of the Metropolitan Opera.

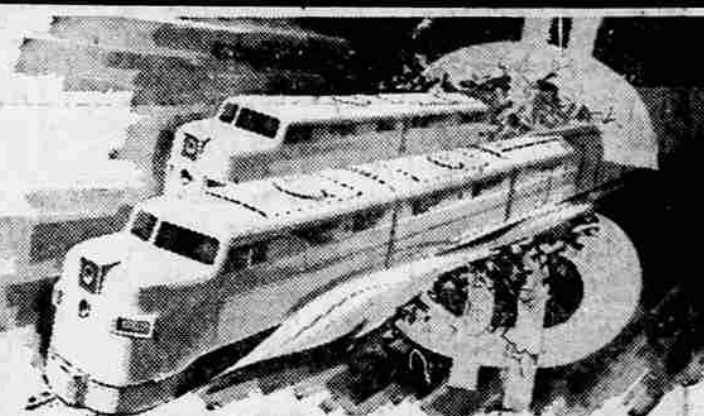
Eisenhower flew here from Washington for a 15-hour visit to dedicate the center and to visit a world trade fair.

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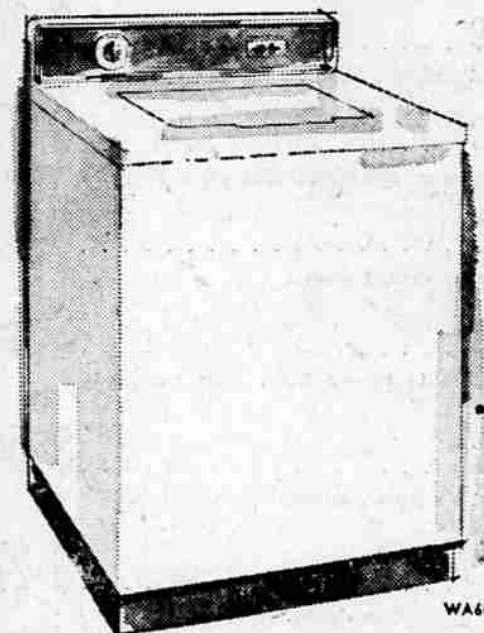
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