

rika. Return potatoes to oven to lightly brown.

**Variations.** Add one can (four ounces) Maine sardines, one half teaspoon onion and one quarter cup milk to mashed potato; mix well. Pile into potato shells and return to oven until lightly browned. Serve with generous spoonful of sour cream and a sprinkling of chopped parsley. Or add one container (five or six ounces) processed cheese to mashed and seasoned potatoes and proceed as above.

**Tomato Tempters**  
Tomatoes are increasing in supply, their quality is better and their prices are lower. Figure on two pounds for four servings. Keep them covered and refrigerated. Peel or not, as you like.

**Stewed Tomatoes.** Takes no longer than 10 minutes. Cut tomatoes in quarters, simmer gently, covered. Use no water. Season with minced onion, instant onion flakes, or chopped chives; add salt and pepper, butter or margarine.

**Broil or Bake.** Cut ripe tomatoes in halves, crosswise, brush with melted butter and sprinkle with fine bread crumbs, grated cheese or both, plus salt and pepper. Place in pan three or four inches from broiler and broil about 10 minutes or until thoroughly heated through, nicely brown on top. To bake, treat tomatoes the same way but bake at 375 degrees, 25-30 minutes.

**Epicurean Broil.** Cover tomato halves with Roquefort or blue cheese, sprinkle with crumbs and paprika and broil slowly or bake as above.

**Summer Squash Specials**  
We have with us, in good supply, several squash varieties: dark green Zucchini or Italian squash, yellow straight neck and crookneck squash, white pattypan or scalloped squash. Buy two pounds for six servings. Wash but do not pare. Remove stem and blossom ends; cut into one half inch slices or cubes.

**Cook Squash.** Cook covered, in a very small amount of boiling salted water or tomato juice until barely tender; 10 or 12 minutes. Serve hot seasoned with salt, pepper, butter or margarine. Maybe a dash of flavored herb, onion, garlic, diced tomatoes, lemon juice or a bit of French dressing.

**Fry Squash.** Wash any tender skinned squash; slice one half inch thick or halve it lengthwise. Dip into a beaten egg diluted with one tablespoon milk or water, then into fine bread or cracker crumbs. Pan-fry in bacon drippings or salad oil until golden brown on both sides, soft in center. Season with salt and pepper.

**Simple Ways With Variety of Souffles**  
Plentiful, bargain-priced eggs of excellent quality encourage us to make high and handsome souffles. Many think souffles a bit too tricky and time-consuming for frequent menu use but we offer a new, simple, practically guaranteed method that uses mayonnaise.

The basic recipe can be widely varied. Almost any cheese, fish, meat, vegetable or other flavor ingredient

which can be ground, flaked, mashed or finely chopped can go into this. Note particularly that one folds the mayonnaise mixture into the beaten egg whites - not the other way round. Four generous servings.

- 4 tablespoons flour
- ¼ cup real mayonnaise
- ¼ cup real mayonnaise
- 1 7½-ounce can minced clams, drained
- 1½ teaspoons lemon juice
- 1 teaspoon grated onion
- 4 egg whites

Gently stir flour, salt and pepper into real mayonnaise. Beating or over-mixing will cause curdling but will not affect final product. Add milk slowly. Stir in clams, lemon juice and onion. Beat egg whites until stiff. Gently fold mayonnaise mixture into egg whites until thoroughly blended. Pour into a greased seven-inch casserole and bake in a slow oven, 325 degrees, 40 to 45 minutes. Serve at once.

**Other Combinations**  
Instead of the minced clams, add one cup ground ham or luncheon meat, dash of dry mustard, one quarter cup grated cheese. Or one cup

## Arms Must Not Be Continued Arbiters Of Human Disputes

New York (Science Service) - The ability of the inherited institutions of our civilization to make proper decisions on uses of the unprecedented new instruments of warfare, like atomic energy, was called in question by Dr. Robert Oppenheimer, atomic energy pioneer and director of the Institute for Advanced Study, Princeton, N. J., in a symposium on basic research here. Arms must not continue to be the last arbiters of disputes, he said.

"If we do not treasure the great inheritance on which all our work and life are based, and understand the well-drained whole kernel corn, dash of curry powder, three slices bacon, crumbled; Or one cup minced chicken, two tablespoons chopped parsley, dash of nutmeg.

quest of new knowledge may be among the most gifted practitioners of technology. **Public Recognition**  
Dr. Alan T. Waterman, director of the National Science Foundation, Washington, declared that for continued growth in scientific research and technology and for realization of the full potential in basic research, there must be widespread public recognition

and appreciation of the importance of intellectual and scholarly activity. Dr. W. O. Baker, vice president, Bell Telephone Laboratories, advocated transference to practice in mathematical reasoning a fraction of the time given to learning of physical skills which are of diminishing importance.

**MANAGES STEAK HOUSE**  
Galesburg, Ill. - (UPI) - Jimmy Foxx, former major league home run slugger, today has launched a new career as a manager and host of a local steak house. Foxx, 51, served as coach with Minneapolis of the American association last year.  
Most synthetic gems contain gaseous bubbles.



**SUPERLATIVE POTATOES** - These good nutrition-packed Long White California-grown potatoes are superlative when baked, scooped out and repacked in combination with sardines, sour cream or processed cheese.

## Feeding the Family

By ZOLA VINCENT  
Food Editor

**Potatoes Enjoy Exalted Position Among Vegetables**  
Nothing lowly about potatoes! Tops in the vegetable world, potatoes are packed with good nutrition, are a "best buy" vegetable the year 'round, can be prepared in ways beyond numbering. Our California Long Whites enjoy the further distinction of being good bakers, good cooks, good fryers.

Although Long White potatoes are now available throughout the year, harvest begins in April and extends through August, peaking in mid-June. A long, light beige colored potato with a smooth thin skin and very shallow eyes, it is further noted for fresh taste, light texture and an extremely small amount of waste.

**New Potatoes**  
Wash 1½ pounds small new potatoes and cook in jackets in boiling salted water to cover until tender, 15 to 20 minutes; peel. Pour one quarter cup melted butter over and season with salt and pepper. Many like to add juice of one half lemon to the butter. Six servings.

**Variations.** Roll boiled, buttered potatoes in two tablespoons minced chives... in one third cup finely chopped mint leaves... in one third cup chopped parsley. Or sprinkle boiled, buttered potatoes with paprika.  
**Creamed Potatoes.** New potatoes are highly regarded when served in a rich creamy sauce with cooked new peas or cooked tiny onions added. They may be enlivened with flecks of red pimiento and/or green pepper.  
**Stuff California Potatoes With Maine Sardines**  
Maine and California have

a great deal in common. For instance, California grows more potatoes than any state except Maine. California and Maine stand alone in U.S. production of sardines; each taking pride in their own distinctive varieties.

There's a world of difference in sardines, you know. Maine sardines are members of the herring family; are packed in oil, in a tangy mustard sauce and in tomato sauce; almost always packed in 3¼ or 4-ounce cans. California sardines are pilchards which are much larger and are generally packed in tomato sauce in oval 12 or 16-ounce cans.

Recipes developed for one should not be used interchangeably because of the extreme difference in sardine size. The large Californians are delightful on a salad plate but would look absurd if balanced on a cracker.

We stuff our good long white potatoes with the smaller sardines from Maine. For each four servings:  
4 medium baking potatoes  
Salad oil  
1 can (4 ounces) Maine sardines  
¼ cup milk  
½ teaspoon salt  
Butter  
Paprika  
Wash and dry potatoes. Rub each with salad oil or bacon fat. Place on baking sheet. Bake in hot oven, 450 degrees, 45 to 60 minutes or until tender. Immediately cut slice from top of each. Scoop out potatoes and mash well. Add sardines, milk and salt, mixing well but lightly. Pile high into potato shells. Dot with butter; dust with pap-

try this

Mexican

EAT TREAT!



**Rosarita**  
COMPLETE MEXICAN DINNER

MEXICAN STYLE DINNER:  
2 Cheese Enchiladas  
Beef Tamale  
Chili con Carne  
Spanish Rice  
Refried Beans  
with Cheese

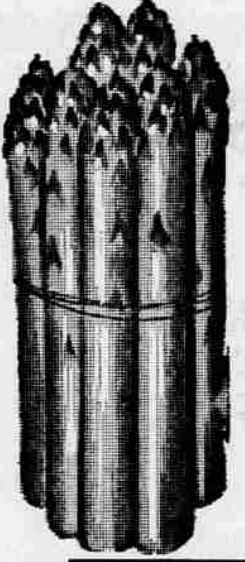
All you need is the you and an oven to treat your family to the most wonderful eats they've enjoyed in a month of Sundays!  
Just like that - and you're a cooking genius!  
Because, Rosarita's world-famous kitchens have already done the work and made the magic.  
And, Rosarita's Mexican Style Dinner is only one of many delicious Mexican treats!

A world of good-eating adventure awaits in your grocer's canned and frozen departments - all, wearing the label, wearing the girl, wearing the sombrero.  
Try them all!

you're the boss with the sauce!

To each his own degree of flavor excitement, with a complete selection of special Rosarita sauces. Add thins to your regular recipes, too!

### FANCY LOCAL Asparagus



2 LBS. 39<sup>c</sup>

### GREEN ONIONS

- AND -

### RED RADISHES

3 BN. 14<sup>c</sup>

### BRIGHT GREEN ZUCCHINI

2 LBS. 29<sup>c</sup>

### FANCY SOLID JUMBO SIZE LETTUCE

3 HEADS 29<sup>c</sup>

### "MEDFORD'S FINEST MEATS" SINCE 1940"

#### FANCY FRESH STEER GROUND BEEF

STOCK UP AT THIS LOW PRICE!!

10 LBS \$3<sup>98</sup>

#### SWIFT'S PREMIUM STUFFED TURKEYS

Oven Ready With Dressing (Cook Frozen)

49<sup>c</sup> lb 8 to 12 Lbs.

#### NEBERGALL'S Sliced BACON

2 LBS \$1<sup>19</sup> Thick Sliced

#### PURE PORK SAUSAGE

49<sup>c</sup> lb

#### BONELESS PORK LOIN ROAST

89<sup>c</sup> lb

FANCY PRAWNS 1.49 lb.

LOBSTER TAILS 1.79 lb.

Eastern SCALLOPS 98c lb.

#### FRESH SALMON CRAB MEAT

#### FANCY TENDER AGED T-BONE STEAKS

\$1<sup>29</sup> lb.

#### SPRING LAMB SHOULDER STEAKS

69<sup>c</sup> lb

#### LAMB STEW

15<sup>c</sup> lb

#### GENUINE SPRING LEG O' LAMB

75<sup>c</sup> lb

#### HAM LOAF

Ground Smoked Ham With a Little Beef and Pork Added

69<sup>c</sup> lb

### BACK AGAIN!

#### "TREESWEET" INDIAN RIVER

FRESH FROZEN

#### Orange Juice

2 75<sup>c</sup> LARGE 12-OZ. TINS

#### WELCHADE GRAPE DRINK

3 QT. TINS \$1<sup>00</sup>

#### KRAFT'S VELVEETA CHEESE

2 LB. LOAF 79<sup>c</sup>

#### NESTLE'S "QUIK" COCOA

JUMBO Family Size TIN 79<sup>c</sup>

#### "STANDBY" FANCY SMALL SIEVE GREEN BEANS

5 NO. 303 TINS 98<sup>c</sup>

#### DEL MONTE LARGE 26-OZ. JAR

SWEET PICKLES 49<sup>c</sup> YOUR CHOICE OF WHOLE OR SLICED

Snowdrift

THE SUPERLATIVE SHORTENING



3 lb. can 69<sup>c</sup>

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