

Feeding the Family

By ZOLA VINCENT
Food Editor

Chicken Polynesian
Plentiful broiler-fryers put them on our table often. Why not try new ways with them? People of the Polynesian islands share the Hawaiians' love of pineapple; use pineapple chunks and other distinctive flavors for this new American taste treat.

Serve this with plenty of rice for full enjoyment of the sauce.

- 1 broiler-fryer, cut up
- 1 teaspoon Ac'cent
- 2 tablespoons salad oil
- 1 can (20 ounces) pineapple chunks
- 2 tablespoons soy sauce
- 1/4 cup water
- 2 tablespoons cornstarch
- 1 cup diagonally sliced celery
- 2 medium tomatoes, cut up
- 1 green pepper, thinly sliced and halved

Slivered toasted almonds
Wash and dry chicken. Sprinkle with Ac'cent; let stand 15 minutes. Brown quickly in hot oil in skillet. Drain pineapple; add syrup and soy sauce to chicken, stirring constantly, until thickened. Add celery, tomatoes, green pepper and drained pineapple. Cover and simmer 10-15 minutes. Garnish with toasted almonds.

Tossed Salad

New Dressing
We've discovered a new celery seed dressing that is simply great on a salad. Choose any four of the following plentiful, crisp salad items; endive, romaine, lettuce, chickory, water cress, young raw spinach leaves, sliced cucumbers, sliced green pepper, sliced tomatoes, sliced radishes.

Add some cottage cheese, silvers or cubes of cheddar cheese or crumbled blue cheese if you like.

Mash three hard-cooked egg yolks; blend in three tablespoons vinegar. Add two teaspoons celery seed, one-half teaspoon salt, dash of pepper, one-fourth teaspoon onion salt, one-half teaspoon garlic salt, 1 cup tomato juice. Add one-third cup salad oil, stirring constantly. Make it about 1 1/2 cups or enough for six or eight first course or main course salad servings.

Flounder Fishes; Delicious Dishes
Soles and flounders flourish all along our west coast; make delicious eating at very reasonable cost. The smaller members of the flounder clan often are sold as "filet of sole." Halibut, the giant among flounders usually comes to the consumer as steaks. All are epicurean - firm, tender, juicy and praise-worthy.

Baked Fish. Filets and steaks (plain or stuffed) are brushed with butter or coated with crumbs and placed in a shallow baking dish. Bake in 400 degree oven until fish flakes; 10 to 15 minutes per pound. Sometimes they are baked in a sauce, in which event the oven temperature should be 375 degrees and baking time about 25 minutes per pound.

Gourmet Note. For something special, roll fish in grated cheese or coat with mayonnaise and cheese before baking. Or baste it with sour dairy cream or with white wine.

Strawberry Bavarian
Gelatine desserts are made and unmolded the same as gelatine salads. Rich cream mixtures that are thickened with just enough gelatine to permit them to be molded are known as Bavarian Cream, Charlotte Russe, et cetera. Here we use luscious strawberries.

- 1 tablespoon plain gelatine
- 1/4 cup cold water
- 1 pint strawberries
- 2 teaspoons lemon juice
- Pinch of salt
- 1/2 cup sugar
- 1 cup whipping cream

Soften gelatine in water for five minutes. Dissolve over hot water. Pick over, wash and hull berries. Crush. There should be one cup of crushed berries. To the berries, add the dissolved gelatine, lemon juice, salt and sugar. Chill until syrupy.

Whip cream and fold into the strawberry mixture lightly but thoroughly. Pour into a four-cup mold, cover and set in refrigerator to become firm. Unmold to serve. Serve very cold. Five servings.

Many Good Ideas For Budgeteers Here

Knowledge concerning availability of poultry, meat, fish, dairy products, fresh fruits and vegetables is vital to the homemaker trying to operate on a budget. Our weekly report is given after careful checking of information from many sources, along with personal shopping expeditions and feeding a family.

encourage enjoyment of fried chicken, hot one day and cold the next; broiled halves with zesty barbecue sauce; chicken fricassee with sour cream and pimientos added for new flavor interest. For parties and family gatherings, turkey is always the best buy, easiest to prepare and serve, satisfying to all ages.

Eggs are a genuine bargain in good nutrition; lowest prices noted in years. For a main dish, hard-cook and "devil" eggs; casserole them with a cream sauce, with or without cheese added, topped with buttered breadcrumbs.

Hamburgers. Frankfurters. Oven-broiled hamburgers with grated cheddar or crumbled blue cheese sprinkled over is good eating. Split and oven-broil frankfurters for a change. Add sliced frankfurters to scalloped potatoes, to soups; to baked beans.

Pork sausage links baked upside down with cornbread and served with broiled canned peach halves make a superb main dish at small cost. Picnics (popular smoked pork shoulder) are very good valued; good eating hot or cold. No waste.

Fish, fresh, frozen and canned offer infinite menu variety. Treat the family and the budget to fillets of cod, flounder, ocean perch. Try fish sticks, halibut, scallops, canned tuna and sardines.

Vegetable Buys. So many good things; Artichokes, asparagus, green onions, carrots, celery, cucumbers, lettuce varieties, dry onions, peas, potatoes, soft squash, rhubarb, bunched beans, turnips. Tomatoes are cheaper and so is corn on the cob. Good quality, too.

Fruit Buys. Lots of high quality, juice-laden grapefruit. Bananas are a bargain. Avocados, apples, oranges, lemons. Strawberries for enjoyment now; for jam-making, too.

JACKSONVILLE

Funeral Services Held

By BETTE HOSKINS
Jacksonville - Funeral services were held recently for Carl Wall, who died unexpectedly. Among relatives here to attend services were the Wall's son and daughter-in-law, Mr. and Mrs. Russell Wall, of the Naval Supply center, Oakland, Calif.; Wall's sisters, Mrs. Pearl Dodson, Yreka, Calif.; Mr. and Mrs. Jewell Goutier, Sacramento; Wall's brother, Homer Wall, Upper Lake, Calif.; two nephews and their wives, Mr. and Mrs. Raymond Howard, Paris, Okla.; and Mr. and Mrs.

Happy Stitches
The meeting of the Happy Stitches Sewing club May 16 was called to order by the president, Suzie Elliot. Members said the Pledge of Allegiance and the 4-H pledge.

Linda Pickell gave a demonstration on shrinking material and folding sweaters. We worked on aprons and Terry Calhoun gave a demonstration on cutting the selva. Refreshments were served.

The next meeting will be Saturday, May 23.
Cherylce Becker
Reporter

Buttered Buns
The last meeting of the Buttered Buns 4-H club was called to order by Coleen Framke. Two guests were present.

Each member brought different kinds of food. Miss Marylou Garner, county 4-H agent, judged the food. Later a film on preparing food was given.

Barbara Moore,
Reporter

Bar Members To Act As Honorary Consuls

Portland - Members of the Oregon State Bar have volunteered to serve as honorary consuls to foreign countries taking part in the International Trade Fair at the Oregon Centennial Exposition.

The lake trout is largest of the trout family.

STAR GAZER

By CLAY K. POLLAN
Your Daily Activity Guide According to the Stars.
To develop message for Saturday, read words corresponding to numbers of your Zodiac birth sign.

ARIES MAR 21 APR 20 3-4-4-4-57 65-66-73	TAURUS APR 21 MAY 21 7-10-12-15 23-24-38	GEMINI MAY 22 JUNE 21 4-14-16-22 24-31-32-50	CANCER JUNE 21 JULY 21 16-37-39-53 55-59-81-89	LEO JULY 22 AUG 22 17-18-19-23 42-45-57	VIRGO AUG 23 SEPT 22 2-6-9-25 28-29-35-36	LIBRA SEPT 23 OCT 23 1-5-8-21 27-28-32-34	SCORPIO OCT 24 NOV 22 52-54-56-64 77-78-83	SAGITTARIUS NOV 23 DEC 22 20-26-30-45 60-71-72	CAPRICORN DEC 23 JAN 22 51-52-58-61 65-67-80-87	AQUARIUS JAN 21 FEB 19 11-13-40-43 70-76-79-84	PISCES FEB 20 MAR 20 13-14-45-49 53-61-62-74
---	--	--	--	---	---	---	--	--	---	--	--



Small Worlds Around Us

By Lynn M. Watkins

Is Healthy Plant Happy? A Sick One Sad?
If it looks robust the housewife readily and frequently says, "It's a healthy plant." She means, of course, the leaves are fresh and green, the blossoms well formed and profuse, the stems plump and solid. Actually it is "the picture of health."

But when things go wrong the same housewife may complain that "she has a sick plant." She is nearer right than she suspects for plants do become ill.
A plant doesn't "turn up its toes," "kick the bucket," "sing a swan song," which in the final analysis may be a pre-

lude to death. Inasmuch as many plants grow in "beds," it is reasonable to presume one of them easily could be "sick-a-bed."

Strange as it may seem, a sick plant may run a temperature of several degrees above normal. At such a crisis in the life of the plant, the leaves or twigs or even the roots may be several degrees higher than the surrounding air. Very simply - the plant has a fever. At such times the plant has to breathe faster in order to secure a greater amount of oxygen.
A plant never suffers from ingrown nails, rheumatism or astigmatism but it does have trouble with circulation, breathing or the ability to digest its food as well as many other diseases, many of which can cripple or kill it.

During the past few years, when experimentation with nearly everything, including plants, has reached a feverish stage of development, science has uncovered some rather startling facts regarding the behavior of plants. As a result most people now admit that a plant is a living organism that breathes and manufactures its own food.
But few folks have admitted much more than that. Few would admit that a plant could feel pain, rebel against unfavorable conditions or become actually "unhappy" in an environment not suited to them. "This," the folks inclined to skepticism, say, "is stretching things a little too far." "That's for the birds," but we don't exactly understand the birds either.

Happy, Contented
Like an animal, a plant must have air to breathe, moisture and some degree of shelter. There certainly must be such a thing as a happy and contented plant. On the other hand, there must be some members of the vegetable kingdom who are "nervous," discouraged or sick.
We admit a plant has no intelligence, reasoning powers or emotions. Maybe the old adage, "Where there's no sense there's no feeling" applies to plants, but there again there are a great many things about which we know pitifully little.

(Released by The Register and Tribune Syndicate, 1959)

ENDS CAIRO TALKS
London - World Bank President Eugene Black arrived Wednesday night from talks in Cairo with President Gamal Abdel Nasser. He planned to confer with British treasury officials today before returning to Washington.

CENTRAL POINT School Year Book Out

By DORIS HUGHES
Central Point - Copies of the Central Point Junior High school 1959 year books are being issued. This is the fourth year the school has published an annual.

The book which is called "Pointers," contains 34 pages and a total of 373 pictures pertaining to the school and activities throughout the year. On the turquoise colored cover, this year's eighth grade class motto, "Onward and Upward," is written on a staff with music notes appearing to float upward. The class colors are turquoise and pink, and the class flower is the yellow rhododendron.

The book is dedicated to Miss Aileen Inlow, who has sponsored the publication since 1956. On the yearbook staff are Kathalee Applegate, editor; Bill Schwab, business manager; and members, Ruby Laws, Virginia Chadd, Derwin Davis, Janice Mooster, and Beverly Lettridge. Miss Inlow is the advisor.

Mrs. Ruth Broomfield is the advisor of the Journalism club. The editor is Sharon Shellabarger and members include Lee Hamilton, JoAnn Trautman, Judy Patterson, Jolene Greene, Kathy Collinsworth, Judy Roberts, Deanna Harper, Patsy Beacham, Vicki Caldwell, Sharon Shellabarger, Janet Pfaff, Joyce Josephson and Linda Myrick.

Mrs. Joyce Decker is responsible for the typing and mimeographing of the school paper. The photographers are Douglas Moore and Cliff Pinkham.

The Rev. and Mrs. Paul Kroon and son, Paul, and

Serious Russian Thinking Urged

Denver - Marguerite Higgins, diplomatic correspondent for the New York Herald Tribune, warned Americans Wednesday night to take seriously the Soviet Union's drive for power.

Miss Higgins, who has spent more than 15 years covering news events in Europe and Asia, addressed the final session of the 63rd annual convention of the National Congress of Parents and Teachers. About 3,000 delegates and guests heard her.

"The Russian people don't have forked tails or horns on their foreheads," she said, "but if their government is anti-United States, they are going to be anti-United States too - if only to avoid a forced residence in Siberia."

Thor-Able Rocket Head Recovered

Cape Canaveral, Fla. - A Thor-Able rocket with another experimental nose cone shot 5,000 miles "down the rifle barrel" Thursday and the Air Force picked up the war head protector from the South Atlantic 3 1/2 hours later.

The bottle-shaped nose cone was the second ever retrieved after a flight of intercontinental distance.

The Air Force announced that the little cone "was recovered in the South Atlantic by an Air Force Missile Test Center task force in the ICBM impact area northwest of Ascension Island." Ascension is midway between Africa and Brazil.

Today's Thor-Able flight took only about 25 minutes.

FREE ESTIMATE
Find out how little it costs

... to have a Fully Automatic Push Button POP-Up Sprinkling System in your lawn.

No obligation... CALL SP 3-2246

employed there two years by Standard Oil company.

The Rev. and Mrs. Lewis Collins and daughter, Esther, returned Monday night from a trip to Olympia, Wash., where they visited their daughter, Miss Joyce Collins. The Collins family also attended the Team Missionary conference which was held in Portland Wednesday, Thursday and Friday.

Mr. and Mrs. D. R. Hendrickson of Central Point and granddaughter, Cheryl Hendrickson, of Gold Hill visited in Klamath Falls Saturday.

Mrs. Bill Mason and daughter, Angelica, arrived Tuesday from Stuttgart, Germany. Mrs. Mason is the daughter-in-law of Mayor and Mrs. Freeman Mason of Central Point. The Mason's son, Bill, who is in the Signal Corps, has been stationed for 2 1/2 years at Kellys Barracks near Stuttgart. He will return to Central Point in the late summer.

Mrs. Joe Cox of Feather Falls, Calif., and her sister, Mrs. Fred Hale, of Grants Pass, were recent visitors in the Central Point area. Both women are former residents of this city.

Also visiting friends and relatives in the area were Mr. and Mrs. Jim Grimes and son, Clifford, from Beirut, Lebanon. Grimes has been

David Helm have returned from Portland where they attended the Team Missionary conference.

Daily Vacation Bible school was announced by Mr. Kroon of the Community Bible church. Classes will begin June 8 and continue for two weeks, concluding with a program June 19. The sessions will begin at 9 a.m. and end at 11:30 a.m., Monday through Friday. There will be classes for children ages 4 through high school. Miss Ila Mae Higginbotham will be the director.

Guests last week end at the home of Mrs. Arthur Ayers were Mr. and Mrs. Bill Grimes and sons, David and Danny, of Klamath Falls. Mrs. Grimes is Mrs. Ayers' daughter.

Also visiting friends and relatives in the area were Mr. and Mrs. Jim Grimes and son, Clifford, from Beirut, Lebanon. Grimes has been

Large quantity purchases make this low cost possible.

TAKE ADVANTAGE OF THE LOWEST PRICES IN THE ROGUE VALLEY

on the HIGHEST QUALITY CHAIN LINK FENCING AND HARDWARE

FREE ESTIMATES

HIGH Construction

111 North Fir Phone SP 2-2461

MEMO TO ADVERTISERS



The Hallmark of Circulation Value

In the same way that STERLING on silver signifies a standard of known value, so is the A.B.C. emblem a symbol of integrity for the circulation of newspapers and periodicals. It means that circulation so identified is measured according to the rules and standards of the AUDIT BUREAU OF CIRCULATIONS.

The A.B.C. is a cooperative and non-profit association of 3,450 publishers, advertisers and advertising agencies. Organized in 1914, these buyers and sellers of advertising brought order out of advertising chaos by setting up standards for paid circulation and establishing rules and methods for measuring, auditing and reporting circulations.

Therefore, the work of the A.B.C., of which this newspaper is proud to

Paint Good Paint



You won't find better Our paint comes direct from the factory - No middle man's profit Try to beat these prices on quality paint:

BLISTEK outside house paint
White or Colors \$5.29 Gal. \$1.60 Qt.

BLISTEK shake paint \$4.85 Gal. \$1.55 Qt.

DECO wall rubber base wall paint \$4.98 Gal. \$1.55 Qt.

DECO Lux satin finish enamel \$5.50 Gal. \$1.70 Qt.

HIBBARD'S FLOYD HARDWARE

310 East Main Street, Medford, Oregon Phone: 5Spring 2-2113

We Give S&H GREEN STAMPS

FORD DIVIDEND DAYS!

WE NEED
1957 & 1958 - Pickups and Panels

ALL MAKES ALL MODELS
Trade now for a 1959 FORD Pickup or Panel truck. You'll find the 1959 array of FORD Pickups and Panels the most amazing buys in economy and dependability. Get extra DIVIDEND DAYS!

TRADE NOW on a 1959 FORD TRUCK or PICKUP

CRATER LAKE MOTORS
"Your Friendly FORD Dealer"

Main & Fir - Medford Phone: SP 3-4547
Highway 99 - Central Point Phone: NO 4-1824