

Feeding the Family

By ZOLA VINCENT
Food Editor

Supper Salad Has Celery Seed Dressing

If you like to arrange a supper salad for "presenting" in a big bowl with subsequent Oh's and Ah's from fortunate guests preliminary to adding dressing and tossing, this is a dramatic coup. Or just go ahead and toss it all together for first viewing. Either way, there's eating satisfaction. Six main dish servings.

- 1 clove garlic
- 1 small head Iceberg lettuce
- 1 cup chopped red cabbage
- 1 medium onion, cut in thin slices
- 1 cup chopped white cabbage
- 3 tomatoes, cut in wedges
- 8 radishes, sliced
- 2 carrots, cut in small sticks or curls
- 1 small head cauliflower divided in flowerets

Rub salad bowl with garlic. Tear lettuce into bite size pieces in bowl. Pile red cabbage and onion rings in center; surround with colorful arrangements of remaining vegetables; chill. Before serving, pour Celery Seed Dressing over all and toss.

Celery Seed Dressing. Combine two tablespoons sugar, one teaspoon salt, one teaspoon paprika, one tablespoon grated onion and one-third cup tomato catsup in a mixing bowl. Beat in one-third cup salad oil, one-third cup vinegar; adding a small amount at a time. Add one teaspoon celery seed and serve.

Glazed Lamb Chops—Lamb, when properly prepared is a delicacy to please the most critical gourmet. These honey-glazed sirloin chops are a treat for company as well as for the family.

For each four servings, sprinkle four lamb sirloin chops cut about one-half inch thick, with salt and pepper. Broil three to four minutes, four inches from heat.

Meanwhile combine one egg beaten, one-fourth cup honey, one-fourth cup lemon juice, three-fourths teaspoon nutmeg. Turn chops and spread with this mixture. Broil another five minutes or so to desired degree of doneness.

Vegetable Cookery Quick Review
The wealth of good, sweet tasting vegetables now in our markets reminds us to remind you of these simple rules to preserve color, form, flavor, vitamin and mineral content of vegetables.

— Pare vegetables very thin or not at all.
— Prepare them just before cooking or serving.
— Do not let vegetables soak in water.

— Cook quickly; boil, steam or cook in pressure saucepan. Use as little water as possible.
— Salt water slightly.
— Cook only until tender. Do not overcook. Save excess liquid for gravies, soups, sauces.

— For variety, bake or scald vegetables or fry occasionally. Serve boiled or steamed vegetables with melted butter or margarine, lemon juice, cream sauce, cheese sauce or sour cream.

Lemon Garnishes
Lemon garnishes lend flavor, health value and decoration to many foods. Cut with a sharp knife or scissors into plain or fancy slices or the more practical, juice-providing quarters. These in turn may be decorated with paprika, pimiento, chopped mint or parsley.

Soup. Float slices on black bean, tomato or clear soups.

Fish. Serve quarters with all kinds of fish and shellfish.

Meats. Serve quarters with hot steaks and chops for a change.

Vegetables. Serve lemon quarters with greens of all kinds. Try lemon with carrots, beets, other cooked vegetables... and with baked beans.

Fruits. Serve with avocados, fruit juices, tomato, pineapple, stewed prunes.

Beverages. Serve lemon quarters with beverages, especially hot or iced tea.

Peaches, Plums, Berries. Make Good Food News.

Instead of being preoccupied with best buys this week, we're going to rejoice in reporting on an abundance of freestone peaches, plums of fine quality, berries in amazing variety.

Peaches. Lower prices, the best quality in years and an all-time high of 305,000 tons of freestone peaches are forecast for the California peach crop this year. Principal varieties of early peaches arriving in the markets are Blazing Gold, Gold Dust and Red Javeas. Most of them will be enjoyed sliced plain, with sugar, sugar and cream, sugar and sour cream. Many will go into peach desserts. They're fine with cottage

cheese and a French dressing, too.

Santa Rosa Plums, another famous California commodity are now available in local markets in good supply and of fine quality with quantity double that of last year. Santa Rosas are considered ideal for making jams, jellies and desserts as well as for eating out-of-hand all summer long.

Berries Beckon. Strawberries continue from several areas. Red raspberries are from Santa Clara valley of California, Willamette valley of Oregon, Puyallup valley of Washington. Black raspberries are mostly from the Willamette valley of Oregon. Blackberry family is a big one with Loganberries, Boysenberries and Youngberries the leading varieties.

Cherries, Apricots, Others. Good supply of Royal Ann cherries, medium supply of Windsor cherries, a few Bings with Lamberts anticipated increasingly. More apricots than in recent years. Available also are early grapes, nectarines, avocados, oranges, figs. Melons, all varieties, increasingly in supply with resultant lower prices.

Vegetable offerings are practically unlimited with quality uniformly high due to fast harvesting and transportation, care in handling and market display.

Eggs, poultry of all kinds continue in best buys bracket. Look for good buys in braising beef and lamb, smoked and fresh pork.

Shrimp and halibut lead fish parade with many other good suggestions displayed.

U.S. National Increases Rate

Portland—The United States National Bank of Portland will increase its rate of interest to 3 per cent per year beginning July 1, according to E. C. Sammons, president.

This new savings rate, to be compounded semi-annually, is effective at all U. S. National's 70 statewide banking offices.

Sammons said that the increased interest rate will provide approximately \$700,000 of added savings interest during the last half of this year for the more than 200,000 savings account customers of U. S. National offices.

The 3 per cent interest rate is the maximum rate banks

Seal Show Popular At Exposition

Portland—A group of seven trained seals, sponsored by the Oregon Coast association is proving to be one of the most interesting and unusual exhibits at the Oregon Centennial Exposition center.

A large, black sea lion, Nicki, is the star of the show. Nicki, commanded by his owner, Homer F. Snow, the only seal trapper-trainer in the world, claps his hand, twirls a baton, does "flipper-stands," balances a ball while swimming, kisses, shakes hands and makes occasional seal-like comments which sound strangely like a fat man's "guffaw."

The sea lions were caught off the Oregon and California coasts by Snow, owner of a San Francisco aquarium.

Another feature of the \$7,000 exhibit is two trained pelicans, Perry and Eb. Perry, in the near future, intends to make a solo flight over the Exposition grounds. "At the moment," Snow said, "Perry is familiarizing himself with the air currents, high tension wires and other obstacles in the area."

The seals put on daily shows beginning at 1:30 p.m. with three more following at 2:30, 3:30 and 4:30. The final show of the day is at 7:30 p.m. Other special shows will be announced over the public address system.

After the Centennial closes Snow plans to return the sea lions to his Fisherman's Wharf aquarium in San Francisco.

are permitted to pay under laws of the Federal Reserve system, Sammons said.

Positively NOTHING IN THE EAR!



For those who can use a bone conduction hearing aid
*You purchase the lenses and frame of your choice from your own Eye Optician. Only \$225.00 Special.
FREE DEMONSTRATION
George E. White, Hearing Aids
38 S. Central • Ph. 5P 2-2208

Committee To Aid BPA Power Study

Portland — (UPI) — Bonneville Power Administration has had some of the ground work laid for a study of the feasibility of selling surplus power to California.

Some 60 representatives of different power interests met

here last week and agreed on the establishment of a sub-committee to assist BPA in assembling facts needed for an appraisal.

The sub-committee will be composed of representatives of the federal power commission,

Northwest public utility districts, the rural electrification administration, California public agencies and private utilities, Northwest power pool, Pacific Northwest Utility Conference committee and the governors of Oregon, Washington, Idaho, Montana and California.

It was agreed to project

the study over a 25-year period or until such time as there will no longer be a surplus of power available for California.

The representatives decided to tell Congress that the July 15 deadline for completion of the study is "unrealistic" since it does not provide time

Baby Subs Suggested As Weapons for Sharks

Azusa, Calif. — (UPI) — Aerojet-General Corp. has suggested its one or two-man baby submarines as a weapon to fight sharks.

for a thorough review of the problem.

MISSIONARY DIES

Ossining, N.Y. — (UPI) — Sister Mary Just, 68, a Roman Catholic missionary and author of several books, died Wednesday. A one-time instructor at Wellesley and Smith Colleges, she had been a member of the editorial staff of "Maryknoll," published by the Maryknoll Fathers.

Mann's
YOUR AUTHORIZED MEDFORD
SHAKESPEARE
BOX OFFICE
BUSINESS OFFICE... 2nd FLOOR

SUN FUN WEEK

SHOP MONDAY NIGHT 'TIL 9:00 P.M.

It's playtime!... be ready for a glorious fourth of July and a full carefree summer ahead... have fun in the sun

a rainbow to wash 'n' wear by
White Stag



Trim and carefree... White Stag's Sailcloth Calfskinners, prettily saddle-stitched and neatly side-zipped... now to wash 'n' wear! Its gentle rainbow color a misty blend with the lovely Rainbow Plaid shirt of softest, finest cotton roll-up sleeves.

- CALF SKINNER**
Sizes 8-18
4.95
- SHIRT**
Sizes 10-18
4.95

swim suits and sportswear by



Every year Jantzen makes a tartan swim suit that becomes a national favorite. Here is this year's version with some wonderful garnishes added. The "Scottish Moor" swim sheath in authentic tartan cottons with bias detailing, zipped smooth back, front shirring. Dries wrinkle-free.

- 10.95**
- A colorful clan of matching tartans. Gathered here "Scottish Moor" cotton knit shirt with tartan kerchief collar.
3.98
- New nassau-length shorts in "Quick-Care" poplin that requires minimum ironing.
6.98

It's Blue Grass time again

Elizabeth Arden's Blue Grass Specials

Now is the moment of Blue Grass—and summer! Now you'll want to bathe in this classic fragrance all summer long—and at these special prices you can!

- BLUE GRASS FRAGRANCE SET... 5.00
Perfume Mist in sculptured plastic-covered bottle; Perfume in Purse Flacon. (regularly 8.50 value)
- BLUE GRASS FLOWER MIST... 4 oz. 2.00 (regularly 2.50)... 8 oz. 3.50 (regularly 4.25)
- BLUE GRASS DUSTING POWDER... 5 oz. 2.00 (regularly 2.50)

Mann's MEDFORD

ship 'n' shore picnic-plaid shirtible
SIZES 10-16 **2.98**

Such versatility! For fun times, wear it out over shorts and pants... for school, tuck it into skirts. Fill the tall-pockets with make-up, mad money, everything! Big woven blocks of colors on white combed cotton, it's a cinch to suids. Matching Little Sisters... 2.50

swimsuits **1.39 TO 5.98**

In wash and wear fabrics. Forbes or Check-Mate styles by Jantzen. Knits, polished cottons, lastex faille by Regal. Sizes 2-3x, 3-6x, 7-14 and teens.

pedal pushers and shorts **2.98 TO 9.98**

By Jantzen, Playmore, Pyke, Dale of Calif., Stone Mfg. Co. and Petite Fashions. In plaids, checks, plain colors. Sizes 2-4, 3-6x, 7-14 and sub-teens.

hooded fleecer **2.98**

TODDLERS' SIZES and 3-7
Wind resistant, Virgin cotton fleece lined. For boating and protection from sun. Wearable 12 months of the year. Fast colors. Won't shrink out of shape. White or red.

MCGREGOR sets the course in swimwear with BARKENTINE;

Down to the sea in ships—that's the motif of this new McGregor beachwear ensemble. Authentic "Barkentine" sailing ships on rugged, washable cotton. Blouson style shirt with new open look collar, deep sunglasses pocket. Contrasting reversible brief boxer trunks in bright new sunlit colors of red or blue.

- SHIRT **6.95**
- TRUNKS **5.95**