



**SIPPING SOUPS**—Keep cool by the pool, have fun in the sun, lunch on the patio, soup on the porch. It's easy with chilled sipping soups, variety-stuffed avocados, speared fruit stuck in a pineapple shell.

## PROSPECT Jamboree Plans Progress

**By FRANCES RING**  
Prospect - The Prospect Hillbilly Jamboree scheduled July 25 is progressing well with everyone working hard to make it a success.  
Different organizations are working on floats for the parade which will start at 8:30 a.m. on the high school grounds with Medford Mayor John Snider and his judging committee pinning on the prize ribbons to be worn during the parade.  
Entries for the parade are welcome and entry blanks are available in all the Prospect stores. Entries should be made as soon as possible.

The Rev. and Mrs. Jerry Reeves have named their new baby Kristie Lynn. She was born at Rogue Valley hospital July 4. The Reeves have two other daughters at home, Karen Rose, 4, and Kathy Lee, 2. Mr. Reeves has recently accepted the pastorate to the Assembly of God church at Prospect. He is originally from California and a graduate of Bible Standard Institute in Eugene. Mrs. Reeves is the former Christene Price of Gold Hill.

cycle accident last week.

Michael Richard Ring was guest of honor at a birthday party for his first birthday, given at the home of his parents Monday evening. Guests at the party were his maternal grandparents, Mr. and Mrs. George Grown, and his paternal grandparents, Mr. and Mrs. George Ring Jr. Two of his aunts, Georgene and Mary Ring, also attended.

The Prospect Community store had a successful day Monday, July 13. The store will be open again the second Monday in August.

Mrs. Alice Conger is undergoing treatment in Rogue Valley hospital this week.

Mr. and Mrs. Otto Bastiani spent the week end in Portland visiting.

Assistant Ranger Bob Gilmore, Gene Gregory, Kern Grieve and Dwight Moore spent three days riding trails

on horse back this week. This is the first time they have used horses for this.

Mr. and Mrs. Don Chaney lost everything in a fire at Mattson's mill camp recently. Origin of the fire is not known.

The Boy Scouts who took the overnight hike to Blue lake last week end were David Pierce, Ronnie McElmurry, Arthur Anderson, Alvin Karjala, Paul Frizeo, Ray Downing, Rance Moore, Joe Robinson, Jimmy Rogers, John Rogers, Bill Hunt, and Cleve Shaffer. They were accompanied by Scoutmaster Weldon Downing and Assistant Scoutmaster Ralph Parten.

New residents in the community are Mr. and Mrs. Don Vaughn. He is the new forester for the Prospect district and they have moved into the Ward Blane house.

Mr. and Mrs. Billy Sharp have moved to Ten Mile. He is working at Tiller cutting logs.

All children who would like to be part of a children's "Cream of the Crop" float in Prospect Hillbilly Jamboree,

## Protein Quality Said Important To Those Over 50

Los Angeles - (Science Service) - Quantity of proteins is one thing - quality is another.

And while the diets of most Americans over 50 years of age usually contain a sufficient amount of vitamins, the quality may not always be adequate.

This may pose a serious and little-recognized nutritional problem, according to Dr. Stewart G. Tuttle, Dr. Marian E. Swendsen, Dorothy Mulcare, Dr. Wendell H. Griffith and Dr. Samuel H. Bassett of the University of California Medical Center and the Veterans Administration Center, Higher Requirement.

An early experiment indicated that males over 50 have a higher requirement for essential amino acids, (protein constituents) than young

adults. Further studies have suggested that increased intake of proteins of low biologic value (those deficient in certain essential amino acids) may even increase this requirement in those over 50, or in other words cause a nutritional imbalance.

The investigators point out that the self-selected food of elderly persons has frequently been found to be deficient in proteins of high biologic value. So amino acid deficiencies may indeed occur among these individuals.

**Meat 100 Per Cent**  
In biologic protein values

nutritionists generally rate eggs at 100 per cent, meat slightly lower. Vegetables, cereals, breads and the like rate much lower down the scale.

It has been suggested that long term amino acid deficiencies occurring over the years after 30 may be related to degenerative processes. The UCLA-VA Center research team is investigating the possibility of such a relationship.

Plywood is a relatively new industrial product dating back about 30 years.

Natives in the African and Asian countries where the jeep is replacing the camel are not completely satisfied with the newcomer. Their complaint is that the jeep can't be milked, eaten, nor turned into pens when retired.

Penalty for murder in Utah is hanging or shooting.



**BEWARE OF IMITATIONS**  
LOOK FOR THE HAPPY LITTLE DOG  
**TOPS IN QUALITY! LOW IN PRICE**

## Feeding the Family

**By ZOLA VINCENT**  
Food Editor

### Chilled Soups for Sipping Ideal

What better way to start the day than a long tall one of chilled condensed beef broth straight from the can over ice cubes in roomy glasses, or soup mist over crushed ice? A lemon-wedge garnish for extra flavor, need vitamin C.

Further flavor fillip for beef broth sippers throughout the day might be a dusting of cinnamon, cloves or nutmeg, a twist of lemon peel, sprinkling of parsley, dash of Worcestershire, Tabasco or Angostura aromatic bitters.

**Soup Nog.** Another satisfying start for a sultry day might be a frosty soup nog. Count breakfasters and chill the soups in the cans overnight. For each three persons, a can of condensed cream of chicken or cream of celery soup and a soup can of cold milk; beat in two eggs and add a dash of nutmeg.

**Other Sipping Soups.** While beef broth on the rocks probably would win in a chilled soups sweepstakes, other favorites gaining momentum for serving chilled in sturdy tumblers, comfortable pottery, plastic mugs, cups or paper cups, are cream of asparagus, black bean, cream of celery, cream of chicken, consommé, green pea, cream of mushroom, tomato.

**Spiced Tomato Cup.** Combine one can (10½ ounces) condensed tomato soup, one can water and dash of ground cloves or cinnamon in saucepan. Simmer a few minutes to blend flavors. For herbed soup, use dash of ground dill, oregano, poultry seasoning or thyme instead of cloves or cinnamon. Chill and serve.

**Soup Shakes.** With milk fresh from the refrigerator and soup on the pantry shelf, you can make soup shakes anytime; give the children added nutrition, too! For milk combos, the best soups are tomato, cream of celery, cream of mushroom, cream of chicken. Combine and shake well, a can of soup and a can of cold milk for two or three servings.

**Jellied Consomme Is Super Snacking**  
Jellied consomme has long been a cooling preliminary to a luncheon, supper or dinner menu, but how about its cooling effect mid-morning, mid-afternoon, mid-evening?

Canned consomme will jelly in about four hours in the refrigerator. It will solidify faster in the freezer but better watch it very closely or it will freeze and crystallize. One can makes two servings (only 50 calories each, if you're interested).

To serve, just open the chilled can as usual and fork or spoon the jellied consomme into individual chilled cups or bowls.

Garnish with lemon wedges... or with sour cream, grated orange rind, watercress, sliced stuffed olives, sieved hard-cooked eggs, chopped parsley or mint.

**Caribbean Chicken**  
With chicken on the table at least once a week due to its low cost, why not try a new recipe each week. You've not done it with yams yet, we'll bet. The Caribbeans regard this recipe highly.

For each four servings, brown quartered broiler-fryers in one quarter cup salad oil; transfer to Dutch oven or casserole. Lightly brown four medium carrots, halved, four small onions, chopped and three tomatoes quartered; add one half cup water and one teaspoon Angostura bitters and combine with chicken. Cover tightly and cook over low heat for 20 minutes.

Brown halved canned yams in one half cup unsulphured molasses to which one teaspoon Angostura bitters has been added. Spread yams on platter; place chicken and vegetables on top. Garnish

with parsley. Canned whole cranberry sauce is good with this.

**Stuffed Avocados Are Treat.** Chilled or Baked

Swimmers, sun worshipers, sports spectators or participants and those who happily are just plain lazy on a summer's day, will relish these avocado-filled beauties that we've dreamed up as a perfect accompaniment for soup mist, soup on the rocks or soup shakes for total relaxation.

**Chicken Salad**  
For each four servings of chicken salad to fill two avocados halved, figure on this delectable combination; offer with additional mayonnaise for non calorie counters.

1 cup diced cooked chicken  
1 tablespoon chopped onion  
1 tablespoon finely diced celery  
1 tablespoon toasted and silvered almonds  
¼ teaspoon salt  
Dash of pepper

1 teaspoon lemon juice  
2 tablespoons mayonnaise  
Combine all ingredients and toss lightly with forks. Use to fill avocado halves which have been pared or not as you like. If you do pare the avocados, be sure to douse them with lemon juice to prevent darkening. Sprinkle with paprika, chill, serve.

**Fruit Filler**  
For each four servings, toss one cup diced fresh fruit (peaches, plums, bananas, orange segments, pineapple, berries) with one teaspoon sugar, one teaspoon lemon juice; add tablespoon white wine or one tablespoon each mayonnaise and sour cream. Fill avocado halves, chill until ready to serve.

**Hot Vegetables**  
Many think highly of baker avocados which really means only 10 to 15 minutes in the oven to heat through. For each four servings:

Toss together one cup leftover, canned or cooked frozen mixed vegetables and two tablespoons sliced cooked or canned mushrooms, one teaspoon onion juice, salt and pepper and one half cup shredded processed cheese. Fill unpeeled avocado halves; bake in moderate oven, 350 degrees, 10 to 15 minutes or until heated through.

**Seafood Newburg**  
Cooked shrimp, lobster or crabmeat or a combination of these flavorful shellfish when sauced and given a touch of sherry combine happily with avocados. For each four servings:

Melt one tablespoon butter in saucepan; add one tablespoon flour and blend. Add one cup light cream slowly, stirring constantly; cook until thickened. Add a small amount of sauce to one beaten egg yolk; mix well. Stir into remaining hot sauce and cook for one minute, stirring constantly. Add one tablespoon sherry; salt, pepper and paprika to taste.

Add one cup cooked shrimp, lobster or crabmeat or a combination of these shellfish and use as filling for avocado halves. Place in shallow baking dish and bake 10 to 15 minutes in moderate, 350 degree oven.

**Ice Cream Sodas**  
Canned soft drinks come in a great variety of flavors with a vanilla ice cream. Scoop ice cream into tall chilled glasses, add sparkling soft drink, offer with long handle spoon and sippers and each child will sip and eat or homogenize the whole thing according to his fancy.

**Root Beer Rave.** In each tall glass pour one half cup chilled canned root beer and one tablespoon light cream or milk. Add a small scoop of

Bill and Janet Millbank and sons were up from Copco, Calif. last week to visit friends and relatives here. They stayed at the Hal Garden home while Bill helped with some building his father was doing.

Mr. and Mrs. Heston Grieve spent Sunday evening with Mrs. Mary Grieve in Medford.

Jerry Bevins broke his arm last Wednesday while playing on the play grounds at school. He fell out of a swing.

Darwin Bevins had five stitches taken in his hand on Friday due to a woods accident.

Linda Parten is leading the queen contest with Sharon Owens in second place and Roma Shaffer in third. The girls are working hard as the day approaches when one of them will be chosen queen of the Hillybilly Jamboree. The queen will be awarded \$30 while her runner up will get \$15 and the girl in third place \$10.

The Episcopal Guild are sponsoring a museum at the Jamboree and will have many artifacts of the time on display. Anyone who would like to donate something for display or would like to display something and stay and tell about it is welcome. The Guild will do its best to care for items on display but do not accept responsibility for breakage or theft.

The Community club board met at the home of Heston Grieve Monday evening to discuss last minute Jamboree problems.

Mr. and Mrs. LeRoy Struck have moved from their home on Red Blanket rd. to Hood River, Ore., where he is working as deputy sheriff.

Red Blanket mill number one is expected to start Tuesday after being down two weeks for repairs.

Albert Chabodie has moved from the home of his sister, Mrs. Dick Mathers, to one of Gieves cabins behind the Prospect store.

Rex Boothby is reported improved and will be coming home soon. He received a serious head injury in a bi-

lemon sherbet. Slowly fill with chilled canned root beer and top with second scoop of sherbet. Garnish with twist of lemon peel.

**Royal Purple:** Pour one half cup chilled canned grape soft drink into tall chilled glass and add one tablespoon light cream or milk. Add a generous scoop of raspberry ice cream or sherbet. Slowly fill with more chilled canned grape soda. Decorate each glass with mint leaves, if you like.

**FREE DELIVERY!** Phone SP 2-7137  
WE HAVE ADDED ANOTHER PHONE LINE TO SERVE YOU BETTER 2-7137

"SWIFT'S PREMIUM"

**STEER BEEF ROASTS**

All Choice CENTER CUT Shoulder Roasts Well Trimmed

**55¢ lb.**

**LEG 'O LAMB**

GENUINE SPRING LAMB

**75¢ lb.**

**PORK SPARE RIBS**

SMALL LEAN TENDER SIDES

**59¢ lb.**

FRESH GROUND

**STEER BEEF 10 POUNDS**

**\$3.98**

"MORRELL'S PRIDE"

**CHIPPED BEEF**

SERVES 4

**39¢ pkg.**

**SMOKED PORK CHOPS**

**89¢ lb**

**PURE PORK SAUSAGE**

OUR OWN DELICIOUS FLAVOR

**49¢ lb**

**BONELESS PORK LOIN ROAST**

CHOICE EASTERN PORK

**89¢ lb**

**ED MILNE'S QUALITY MARKET**

222 WEST MAIN

EASY TO PARK ON THE WEST SIDE

WE ARE CLOSED SUNDAYS

**GREEN BELL PEPPERS 5¢**

LARGE STUFFING SIZE EACH

**LONG GREEN SLICING CUKES 5 FOR 29¢**

**FRESH BUNCH Carrots 3 BUNCHES 29¢**

**CRISP, TENDER CELERY 2 LARGE BUNCHES 29¢**

**SANTA ROSA PLUMS 2 LBS. 39¢**

**MANNING'S COFFEE 69¢ lb.**

**SCOTT TOILET TISSUE 8 ROLLS 79¢**

**SNOWDRIFT SHORTENING 3 LB. TIN 69¢**

**LUMBERJACK SYRUP 5 LB. TIN 79¢**

**WISHBONE ITALIAN DRESSING 2 Large Pint Bottles 98¢**

**PILLSBURY Loaf Size CAKE MIXES 6 PKGS \$1.00**

