

Feeding the Family

By ZOLA VINCENT
Food Editor

Fish Furbelows
July offers many good fish and shellfish menu items at reasonable cost.

Fresh fish counters offer fish sticks, flounder, halibut, rockfish, sablefish, salmon and shrimp. Frozen displays feature fillets of halibut, sole, among other good things. Canned tuna and west coast sardines are big bargains.

For saucing poached, fried, broiled, or baked fish, try these furbelows:

Lemon Sauce. Melt two tablespoons butter in saucepan; add two tablespoons flour, one-half teaspoon salt, one-eighth teaspoon pepper, and stir until smooth. Remove from heat; stir in one cup milk slowly; return to heat and cook until thick, stirring constantly. Grate lemon peel; finish peeling lemon and dice segments. Add to sauce and mix well.

Lemon-Parsley Butter. Cream one-half cup softened butter; blend in two tablespoons lemon juice a few drops at a time; stir in two teaspoons chopped parsley, one-fourth teaspoon salt and one-eighth teaspoon pepper.

Thrifty Hollandaise. Mix two tablespoons butter over low heat; blend in two tablespoons flour and cook, stirring constantly, until mixture is smooth and bubbly. Remove from heat; add one cup milk and mix thoroughly; return to heat, bring to boil and boil one minute, stirring constantly. Cook until thickened; remove from heat, beat in one-eighth teaspoon black pepper and two slightly beaten egg yolks. Gradually beat in two tablespoons melted butter and three tablespoons fresh lemon juice. Serve at once.

Honeyed Peaches. Here's something altogether different for dessert; a fresh fruit combination that lends itself to either whipped cream or ice cream.

Peel two oranges, cut segments into pieces; mix with one cup sliced fresh peaches. Sweeten with one tablespoon honey (this will keep prepared fruit from losing its bright color besides adding to flavor). Fold honeyed fruit into one cup stiffly whipped cream or serve prepared fruit over ice cream. We also folded oranges and peaches into sour cream, chilled it, piled it into sherbet glasses and everyone liked it.

Baked Deviled Eggs
This is plentiful eggs week and eggs make fine eating at the main meal of the day when deviled and baked in a casserole with bubbly cheese topping.

6 hard cooked eggs
1/2 teaspoon dry mustard
1/4 teaspoon salt
Dash of cayenne
1 tablespoon butter
1 tablespoon vinegar
1/4 cup butter
1/4 cup all-purpose flour
2 cups milk
3 tablespoons grated cheddar cheese

Cut hard cooked eggs in half lengthwise. Remove yolks, mash and mix thoroughly with mustard, salt, cayenne, the one tablespoon butter and the vinegar. Fill egg whites with yolk mixture and place in greased shallow casserole.

For the sauce, melt the one-fourth cup butter, add flour and blend thoroughly. When mixture is bubbly, add milk and cook on low heat until thickened, stirring constantly. Add grated cheese and mix well. Pour cheese sauce over eggs. Bake in 375 degree oven 45 minutes.

Dutch Lettuce
Fine quality lettuce is flooding the market; going into crisp salads galore. For a salad change, try Dutch (wilted) lettuce which enjoys tremendous favor with men.

6 slices bacon
1 tablespoon flour
1 tablespoon sugar
1/2 cup water
1/2 cup vinegar
1 medium head lettuce broken into bite-size pieces
4 to 5 green onions, chopped

Cut bacon into one inch squares and fry slowly until crisp and brown. Place on paper towel to drain. Pour off all but two tablespoons bacon fat. Stir flour and sugar into fat to form smooth paste. Gradually add water and vinegar. Return to heat and cook slowly, stirring constantly until dressing thickens. Add bacon; pour hot dressing over lettuce and green onions in salad bowl. Toss gently. Serve at once. Six servings.

Week End Specials
Help Shrewd Shoppers
In the final analysis, the high or low cost of eating (a very different thing from the cost of living) depends on the ingenuity and resourcefulness of the individual shopper.

Week end specials are one important way to get more groceries for your money and this is achieved simply by watching this newspaper's grocery advertisements and looking for the "specials" piled high in conspicuous places

in every super market.

Deals with cents-off offer real savings. Packages down the super market aisles, plainly marked, offer reductions of several cents. You can buy combinations or different products (usually related items) packaged together at a lower price than when bought individually. There are special prices on bigger quantities of the same product (3 for 27c, 5 for \$1, and so on). Then there are free goods with the purchase of a product and this often represents real savings; often makes you acquainted with a new item.

Coupons are a big thing. Millions of coupons are delivered regularly by food manufacturers to consumers offering them many extra dollars. It is estimated that the approximate 10 billion coupons which food and grocery manufacturers placed in the hands of consumers annually have a redemption value of about a billion dollars.

Manufacturers offer these special inducements to get you to try their product, are confident that once you've tried it you'll buy it regularly.

July Plentiful
Staple items used often and among current food bargains include eggs, cottage cheese, American cheese, peanut butter, canned apple sauce, canned tuna, and west coast packed sardines, vegetable fats and oils, mayonnaise, pickles.

Broiler - fryers, stewing chickens, new-season turkeys are bargains in good eating. Try new ways with them. Try Hamburgers Tropicale with some soy sauce, pineapple and coconut. Serve frankfurters with sauerkraut for surprisingly good summer eating.

Fresh Produce. Every vegetable you can think of is there except parsnips. Melons, plums, peaches, berry variety, new grapes are featured; all in abundance.

Grange News...

Phoenix Grange
Initiation in the third and fourth degrees was given by the Roxy Ann degree team and their aids when Phoenix Grange met July 14. Mrs. Ethel Hockersmith was in charge of the tableaux.

Initiated were Mr. and Mrs. W. H. Reichstein, Mr. and Mrs. Donald Clark, Mr. and Mrs. Amox McDaniel, Ronald Baker and Bruce Cyphers, all of Phoenix Grange, and Carl Bruckman, Sams Valley Grange.

Victor Croxton, Sams Valley, who was recently appointed state lecturer, was escorted to the master's station. Other guests were Albert Straus, master, Sams Valley Grange; R. J. Ritchey, master, Roxy Ann Grange; Roscoe Roberts, county deputy; Mr. and Mrs. Barney Lewin, Cutler City, and Mr. and Mrs. Henry Canger, Central Point Grange.

HEC chairman, Mrs. Sol Cox, announced that a potluck dinner will be held at the July 28 meeting.

Phoenix Grange picnic will be held at 1 p.m. Sunday, July 19, in Ashland park. Mrs. Peggy Glasscock, chairman, and her committee reminded members to bring their own table service and food. The Grange will furnish ice cream, coffee and entertainment.

Mrs. Melvin Lattie announced that Pomona Grange will meet July 25 at Griffin Creek Grange hall.

Mrs. Bernice Janosky explained about articles she had made which were displayed at the meeting.

On the refreshment committee were Mr. and Mrs. Bennett Austin, Mr. and Mrs. Willis House and Mr. and Mrs. Fred Meadows.

Peace Officers Name New Officials

Officers were elected Wednesday evening at the meeting of Southern Oregon Peace Officers' association in Grants Pass.

George Eckstein, chief deputy, Josephine county sheriff's office, was elected president. Other officers included Paul Bettli, vice president, chief criminal deputy, Jackson county sheriff's office; John O'Hara, secretary, Jackson county sheriff's deputy; and Dean DeBerry, treasurer, sergeant with the Jackson county sheriff's office.

Lt. E. W. Tichenor, Oregon state police, was elected sergeant-at-arms.

Members of the board of directors include Duane Franklin, Medford police department; Cecil Cross, Grants Pass, Oregon Liquor Control Commission; Joe Walsh, Jackson county sheriff; Sgt. Roy Hanson, Ashland police department; and John Wetterau, Josephine county juvenile officer.



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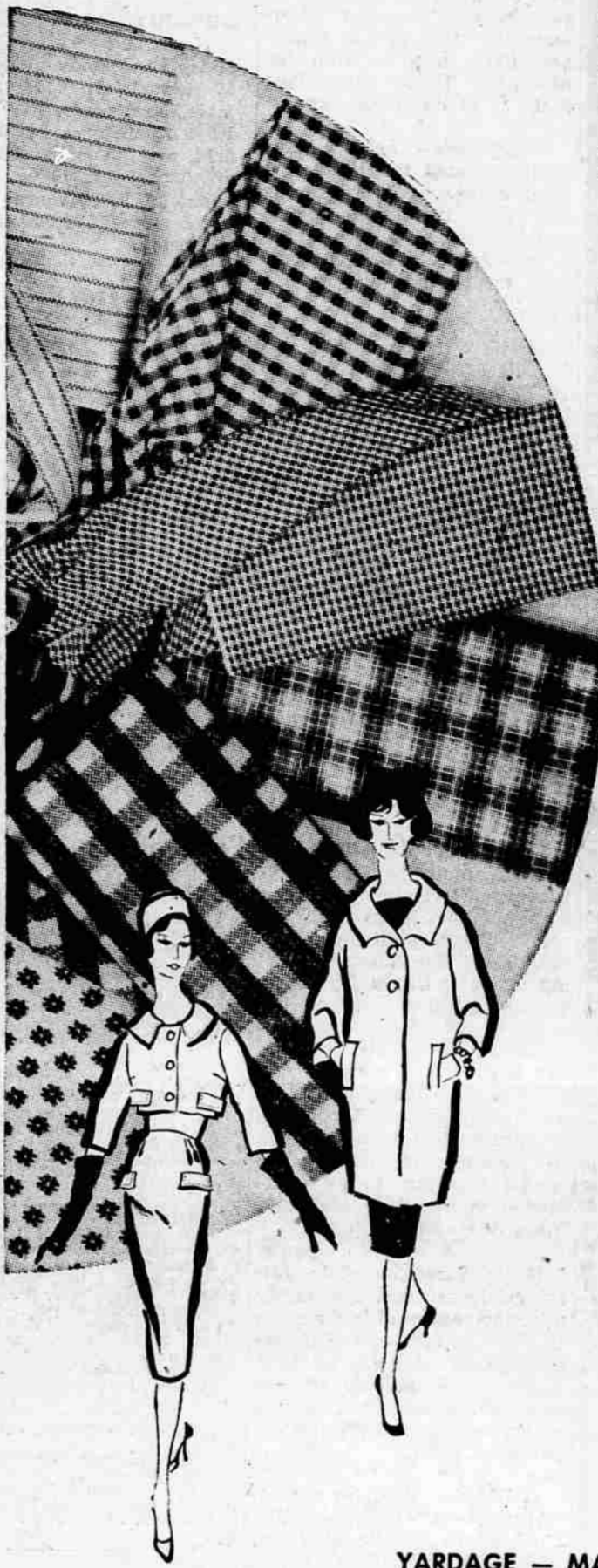
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