

**EATING FOR LESS**

Cleveland, Ohio—UPI—A good, hot lunch for 25 cents and a near-banquet for 42 cents? Those 1910 vintage prices are displayed on the menu of the Richman Brothers Co. factory luncheon for employees. The menu offers meat, 8 cents; soup, 4 cents; bread or rolls, 1 cent; vegetables, 3 cents; butter, 1 cent; ice cream, pie, 5 cents; milk, tea or coffee, 3 cents, and salad 15 cents.

**Feeding the Family**

By ZOLA VINCENT  
Food Editor

**Pork A'Plenty Now Easier on Pocketbook**

There's a lot of good news about pork. Pork in August? Definitely. Pork as a winter meat has long been a discarded notion, thanks to modern handling and refrigeration. Seasonal pork supplies are increasingly plentiful which means that prices on all classes of both fresh and cured pork are lower and likely to stay that way for a while.

Pork is better than ever today. The pork cuts American homemakers purchase now are a far cry from the pork marketed even 1 year ago. Consumers wanted leaner cuts. So greater emphasis was put on a "meat type" hog bred solely for meat and marketed young. Today's pork cuts have more meat and less fat; are closer trimmed, too.

Fresh pork is not branded or graded because there is little difference in tenderness. Pork from government inspected plants is stamped "U. S. Inspected and Passed."

**Pork Storage**

Fresh pork should be stored loosely wrapped in the coldest part of the refrigerator; should be used within a few days.

Uncooked pork can be kept longer than fresh pork. Bacon and the fully cooked and tenderized hams require refrigeration. Bacon should be eaten within a week for best quality. Canned hams also require refrigeration.

**Pork Cookery**

Fresh pork should always be cooked to the well-done stage. Low cooking temperatures are recommended to save nutrients, to have juicier and more flavorful meat, less shrinkage. Pork is safely done when all traces of pink color have disappeared.

Pork should be roasted fat side up in any shallow pan. No cover. Oven temperature at 325 degrees. A bone-in loin does not require a rack because the bones form the rack. A boneless roast should be placed in a rack to hold the meat out of the drippings.

Pork cuts, except spareribs, are not for barbecuing. Pork chops and steaks are best cooked by braising which means with moist heat.

**Spanish Pork Skillet**

Six servings from this pork skillet made with diced pork shoulder and done in a Spanish sauce. Takes about an hour's cooking time.  
1 1/2 pounds diced pork shoulder  
1 large onion, sliced  
2 1/2 cups cooked tomatoes

- 1/4 cup diced green pepper
- 1/3 cup diced celery
- 1/2 teaspoon chili powder
- 1 1/2 teaspoons salt
- Dash of pepper
- 1 teaspoon sugar
- 1 tablespoon flour
- 2 tablespoons water

Brown the pork and onion in a skillet. Add the tomatoes, green pepper, chili powder, salt, pepper and sugar. Cover and cook slowly one hour. Mix together the flour and water and stir into mixture; cook and stir five minutes.

**Braised Pork Chops**

Brown chops slowly on both sides allowing 10 to 12 minutes for this. Add a small amount of water or other liquid if chops are thick. Cover; cook slowly until chops are tender and well done. Season after cooking. Remove chops to hot platter. Make gravy with skillet drippings since gravy is one of the delights of pork cooking.

**Seasonings**

In braising thick pork chops, instead of water use tomato juice, canned tomatoes, canned bouillon or consommé, barbecue sauce, sour cream, pineapple juice, orange juice or diluted lemon juice. Many cooks like to rub pork chops with a cut clove of garlic before braising. Others rub them lightly with powdered sage or dry mustard or brush with soy sauce.

**Plenty of Plum Northwest Prunes for Plum Kuchen**

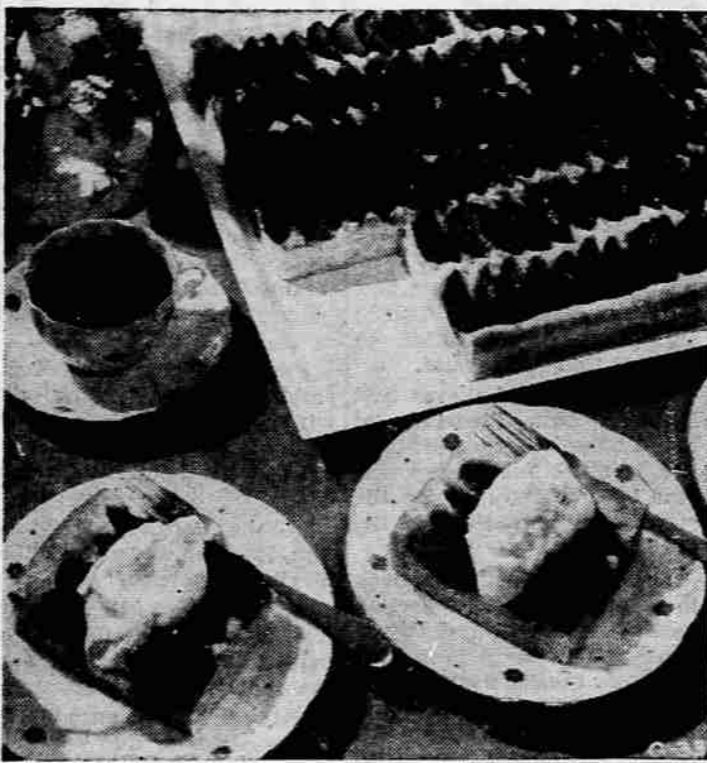
Of all the stone fruits, plums have the largest number and greatest diversity of kinds and species. Almost all fresh plums that are shipped in the U. S. are from the state of California with Santa Rosas predominating and most of the Italian prunes are grown in the Pacific Northwest.

We rejoice in a bumper crop; find plums of all kinds excellent for eating out of hand, for serving as stewed fruit, in puddings, Bavarian creams. We like them in cakes, tarts and pastries. They make good preserves, jellies and jams; get canned, frozen and juiced. Plums of any variety add a delightful color note when cut in sections and tossed in fruit salads.

This attractive and delicious dessert, called plum kuchen may be served warm or cold; is enhanced by whipped cream.

**Plum-Pear Jam**

Full flavored purple plums and luscious Bartlett pears



**PLUM SUGGESTION**—This handsome and delectable Plum Kuchen may be served warm or cold; takes ideally to whipped cream. This and other fresh plum recipes are included in today's food column.

- 1/2 cup shortening
- 1/2 cup warm, not hot, water (lukewarm for compressed yeast)
- 2 packages or cakes yeast, active dry or compressed
- 2 eggs, well beaten
- 1 teaspoon vanilla extract
- 4 cups sifted enriched flour
- 20-24 plums, sliced
- 1/4 cup honey
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 tablespoon butter or margarine

Scald milk. Stir in sugar, salt and shortening. Cool to lukewarm. Measure water into a large mixing bowl (warm, not hot for active dry yeast; lukewarm for compressed yeast). Sprinkle or crumble in yeast, stir until dissolved. Add lukewarm milk mixture. Stir in eggs, vanilla and flour. Beat thoroughly until smooth.

Turn batter into an oblong pan, 13 x 9 or comparable size. Brush batter with honey. Arrange sliced plums evenly in rows on top of yeast batter, with pointed ends down. Brush with additional honey. Sprinkle with cinnamon and nutmeg and dot with margarine or butter. Cover and let rise in a warm place, free from draft, until doubled in bulk; about 1 hour and 15 minutes.

Bake at 375 degrees, moderate oven, about 35 minutes. Serve warm or cold with or without whipped cream.

**Plum-Pear Jam**  
Full flavored purple plums and luscious Bartlett pears

combine in this easily made, delicious jam to make about five half pint jars. Here again we use powdered pectin for perfection assurance every time.

- 7 large plums
- 4 to 5 medium size pears (2 1/2 cups diced)
- Juice and grated rind of 1 lemon
- 1 box powdered fruit pectin
- 5 cups sugar

Measure sugar and place in bowl to be added later. Wash, core and quarter plums; add grated lemon rind. Add one-fourth cup water and simmer for five minutes, stirring constantly. Measure one cup plum pulp.

Mix plums and 2 1/2 cups peeled and diced Bartlett pears, lemon juice and fruit pectin. Bring to a boil, stirring constantly. Add sugar, return to heat and boil for one minute. Pour into five hot sterilized jars and seal.

**Summer Salad**  
Combine one-half pint dairy sour cream, three-fourths teaspoon salt, dash of pepper, one-fourth cup vinegar, one tablespoon chopped chives or green onions. Add two thinly sliced cucumbers and toss lightly with sour cream mixture. Serve on lettuce or a combination of salad greens or better still, toss lightly with salad greens. Six servings.

**Soviet Newspaper Raps Emigre Author**

Moscow—UPI—A Soviet literary newspaper suggests that Russian emigre author Vladimir Nabokov must have gotten his idea for his best-selling American novel "Invitation of a Woman" from the woman-chaser of the last Czarist court.

The newspaper, "Literature and Life," rapped as "scandalous" the story of a man's attraction for a 12-year-old girl.

"And where do (the publishers) find this Vladimir Nabokov?" demanded the article. "Before becoming the spiritual father of American youth the White Guard (anti-Revolutionist) Nabokov in-

vented anti-Soviet hash appearing on the notorious "Voice of America."

"At the time Nabokov was advertised as a Russian aristocrat close to the court of Emperor Nikolai Romanoff. Perhaps mingling in this court Nabokov took over something from Rasputin."

**POLICE NAB 'BREATHERS'**

Detroit—UPI—Police rushed to the home of Noah Thomas when a telephone operator reported she heard heavy, painful-sounding breathing coming over the line. When they got there they found four-year-old Noah Jr. snoring blissfully into a telephone receiver he had knocked off the hook while napping.

MAIL TRIBUNE, Medford, Or. Thursday, Aug. 20, 1959

**HELP US!**  
We Need Clothing, Shoes, Dishes, Furniture. We Pick Up. HELP OTHERS!  
The Salvation Army  
SPring 3-7335

**WILL TRAIN TWO MEN**

THE JOHN HANCOCK MUTUAL LIFE INSURANCE COMPANY WILL TRAIN TWO MEN IN THE MEDFORD AREA OVER A THREE YEAR PERIOD BOTH LOCALLY AND AT OUR HOME OFFICE IN BOSTON. TRAINING WILL COVER ALL PHASES OF LIFE INSURANCE, ESTATE PLANNING, BUSINESS INSURANCE AND EMPLOYEE CONSULTATION.

STARTING SALARY \$4800 PLUS BONUS. PREFER MEN BETWEEN 25 AND 45 WITH SALES BACKGROUND, AND A LOCAL RESIDENT FOR AT LEAST 5 YEARS.

For Interview Write No. 10 Goldy Bldg., Medford

**Family Council**

Keith J. — I've got to foot the responsibility for my parents alone.

Marian J. — Why should we be stuck with it?

Keith J. — My wife and I have been married eight years and have three children. I am making a pretty good salary and things could be nice and smooth for us if I didn't have my parents to worry about.

The folks are in their 70s and Dad retired because of poor health five or six years ago. They have nothing but their social security and what give them. My kid brother up to his neck in debt and my sister has a husband who is a real tightwad. He wouldn't give a cent to his own mother.

My wife keeps nagging me and telling me to make the others pay their share, but I know they just haven't got it. I can do it, so I've got to foot the responsibility.

Marian J. — Sure he can do it and his brother can't? Why? Because I watch every penny, because I haven't had a new dress in two years, because I worked for two years after our marriage and put every penny into our home. My sister-in-law quit her job two months after marriage and didn't have her first baby until a year and a half later. They buy everything they feel like having. No wonder they're in debt!

As for my sister-in-law's husband being a tightwad, he is. I want to be one too. I'm willing to make a fair contribution to my in-laws' support. Why shouldn't he?

My husband says the folks expect it of him because he's the oldest. Since when is the oldest supposed to pay a special tax?

The Council: We're with Marian.

We think the responsibility for aged parents should be divided among the children. If one child has a very much higher income than the others he may want to assume a little more of the burden, but the others shouldn't be exempt. They have a natural obligation in this direction and it shouldn't be evaded without very good reason.

The son or daughter who insists upon taking over full responsibility for an elderly parent does not do his sisters and brothers as big a service as he thinks. In many cases the sisters and brothers feel quite ashamed and guilty about the arrangement. It may be easy on their pocketbooks but it's hard on the ego.

The child who takes on the full burden does not always act out of pure goodness. In many cases this son and daughter has always wanted more power in relation to the parents and has tried to shove brothers and sisters out of the way. Another common motive is a sense of guilt toward the parents. Many individuals feel this — with or without real reason — and try to rid themselves of this uncomfortable feeling by doing more than their share.

In any case, Keith owes it to himself, his family and his brother and sister to settle this business more equitably. It's not up to him to solve their problems for them — merely to let them know that he has taken on the full responsibility in this matter long enough.

(Copyright 1959, General Features Corp.)

**HERTZ TRUCK RENTAL**



Available at HOPKINS RICHFIELD SERVICE  
McAndrews at Court  
Phone SP 3-9068

**PENNEY'S**  
ALWAYS FIRST QUALITY!

DOWNTOWN MEDFORD  
Always Greater Selection!

**Lush Pinwale Corduroy**

**From Famous "Cone" Mills**

**BARGAIN PRICED!**

All standard first quality full pieces! machine wash at medium setting!

Find bright, schooltime reds, nassau blue, black, maple brown, kelly green and other favorite solids . . . all deeply penetrated colors in the best dyes . . . all standard thread count for quality corduroy you can rely on! Stock up now for all your future needs and reap big Penney savings! Perfect for family fashions, home decorations, 37 - 38 inches wide.

**68**¢  
yard

**PENNEY'S**  
ALWAYS FIRST QUALITY!

be prepared with a whole back-to-school wardrobe!

**SEWA SKIRT TODAY, WEAR IT TOMORROW!**  
(and only you know how little you spend)

**"Terrific"**

**SPECIAL PURCHASE!**

**WOOL SKIRT LENGTHS**

On Sale Tomorrow  
**\$188**  
Yard! 54 to 60 inch lengths

For such a tiny sum you get the new dimensional weaves in smart new woolens designed by famous textile mills! Penney's special purchase makes them available to you now, just when you need them for back to school sewing. Find all wools and 85% wool, 15% nylon blends that machine wash at medium setting. Find new looped textures, basket weaves, slubbed weaves as well as favorite smooth flannels. Find stripes, plaids, checks, solid colors galore! You really have to see them to appreciate their beauty and value! Make a skirt tonight, wear it tomorrow!

YARDAGE — PENNEY'S STREET FLOOR!