

Feeding the Family

By ZOLA VINCENT
Food Editor

Labor Day Week Ends Will Feast on Turkey

Whether you're feeding two or twenty or betwixt and between, there's an Oregon grown turkey the right size for every family, every method of cooking, every pocket-book. Turkeys range from four pounds to 25 pounds and even bigger. The size of the turkey you buy depends largely on the number of servings needed. A good rule to follow is that a turkey weighing over 12 pounds yields about two servings per pound of purchase weight; smaller turkeys yield considerably less.

Also important is the selection of the turkey size is the method by which you plan to cook it. For broiling, frying or barbecuing on a grill, the small birds or turkey quarters or parts are better than the large turkeys. For barbecuing on a spit, turkeys from 5 to 25 pounds can be used. Turkeys for oven roasting are limited only by the size of the oven.

Spit Barbecued Bird

Start barbecue fire early to have coals burning evenly for a low steady heat. As we said above, turkeys from 5 to 25 pounds can be "spit" barbecued. Thaw turkey thoroughly, wash and dry. Salt inside of bird. Insert spit rod into center of neck skin; run it through body cavity parallel to back bone. Bring rod out just above tail. Insert spit fork into breast; other fork into tail. Tighten screws with pliers.

Tie heavy twine around turkey to hold wings close to body; tie tail and legs together against spit. Check turkey for balance by rotating spit between palms of hands.

For accurate method of testing doneness, insert meat thermometer into thickest portion of the thigh, being careful that it does not touch a bone. If you haven't a meat thermometer, allow 12 to 15 minutes per pound of bird.

Attach the spit and brush turkey with Ginger Soy Sauce. Start the motor with fire box at highest position until the turkey is seared, being careful that the skin does not blister. Then lower the fire box six or seven inches and continue barbecuing, basting frequently with Ginger Soy Sauce. When done, the thermometer should register 180 degrees to 185 degrees.

Ginger Soy Sauce

No reason why you should not use this for basting regular barbecued or oven roasted turkey.

1/2 cup soy sauce
1/2 cup salad oil
2 cloves garlic, minced
2 tablespoons grated fresh ginger or candied ginger
1/2 cup sherry

Combine all ingredients and allow to stand at least an hour before using.

Potato Casserole

For those who are not barbecuing meat or who like the barbecue flavor that much, here is a recipe for barbecued potatoes in a casserole. Ten servings.

6 large hot cooked potatoes, cubed
1/2 cup wine vinegar
1/4 cup salad oil
6 green onions, finely chopped
1/2 teaspoon dill seed
1 teaspoon seasoned salt
3 teaspoons bottled barbecue or other barbecue sauce
1/2 cup dairy sour cream
1/2 cup mayonnaise

Combine potatoes, vinegar, oil, onions, dill, salt and barbecue sauce; marinate one hour. Add mayonnaise and sour cream. Place in greased casserole and bake at 350 degrees 30 minutes or until potatoes are heated through, top is lightly browned.

Corn Chops Stuffing

For Holiday Turkey

Yes, you can stuff a whole turkey for barbecuing by placing your favorite stuffing in the main body cavity, two-thirds full and sewing the openings with twine after placing the turkey on the spit. However, preparing the dressing separately is more highly recommended for obvious reasons. So we recommend placing the dressing in a large skillet, covered tightly with heavy-duty aluminum foil. Bake it in the oven at 350 degrees for 45 minutes to an hour; or cook it on the barbecue grill for 30 to 45 minutes depending on the heat.

This recipe for corn chops stuffing will stuff an 8 to 10 pound turkey or make a fine pan of stuffing for baking and serving on the side. Or double it and do both.

Soak five slices of bread in water until barely moist. Add 1 1/2 cups lightly crushed corn chips measured after crushing. Add one-half medium onion, chopped; one-third cup celery, chopped; one-half cup chicken stock; one teaspoon poultry seasoning; one lightly beaten egg; two teaspoons baking powder and one me-

dium-sized apple, chopped. Giblets and hard-cooked chopped-up eggs may be added, if you like. Stuff turkey lightly or pour into greased pan and bake at 375 degrees for 45 minutes.

Coast Coleslaw

Fine Picnic Fare

Here is a salad item made with plentiful cabbage for enjoyment indoors or outdoors, any day in the year. Six servings.

1 quart shredded green cabbage
2 cups orange chunks
3/4 cup chopped parsley
1 tablespoon fresh lemon juice
1/2 cup mayonnaise
1/2 cup sour cream
Salt and pepper.

Combine shredded cabbage, orange chunks and parsley; add lemon juice, mayonnaise, and sour cream. Sprinkle with salt and freshly ground black pepper. Toss lightly.

Butter Up That Corn-on-the-Cob

Sweet-tasting, tender, satisfying corn-on-the-cob is bound to be on the menu several times over the long week end. Butter is vital to the complete success of corn whether you boil it, foil-wrap it or immerse corn-in-the-husk in cold water and steam it in oven or on barbecue rack. Here are seasoned butter ways.

For each four ears, soften butter, blend in remaining ingredients. Spread or brush on fresh hot corn.

Chili Butter. Four tablespoons butter, one-half teaspoon salt, dash of pepper and one teaspoon chili powder.

Garlic Butter. Four tablespoons butter, one-half teaspoon salt, dash of pepper and one-half teaspoon garlic salt.

Curry Butter. Four tablespoons butter, one-half teaspoon salt, dash of pepper and one teaspoon curry powder.

Onion-Parsley Butter. Four tablespoons butter, one-half teaspoon salt, dash of pepper and three-fourths teaspoon finely minced onion.

Chicken in the Straw

Superb picnic fare. Fried chicken, hot or cold, at home or abroad... a straw basket with hot French fries or with cold potato chips or corn chips and an assortment of crisp relishes. Family and friends seek any convenient conversational spot.

Porch Picnic

For hearty porch supper use thin slices of leftover roast chicken or turkey. Place on buttered toast and top with a sharp cheese that has been thinned with milk to pouring consistency. Then under the broiler. Serve with toast triangles and relishes.

Chic, New Chicks



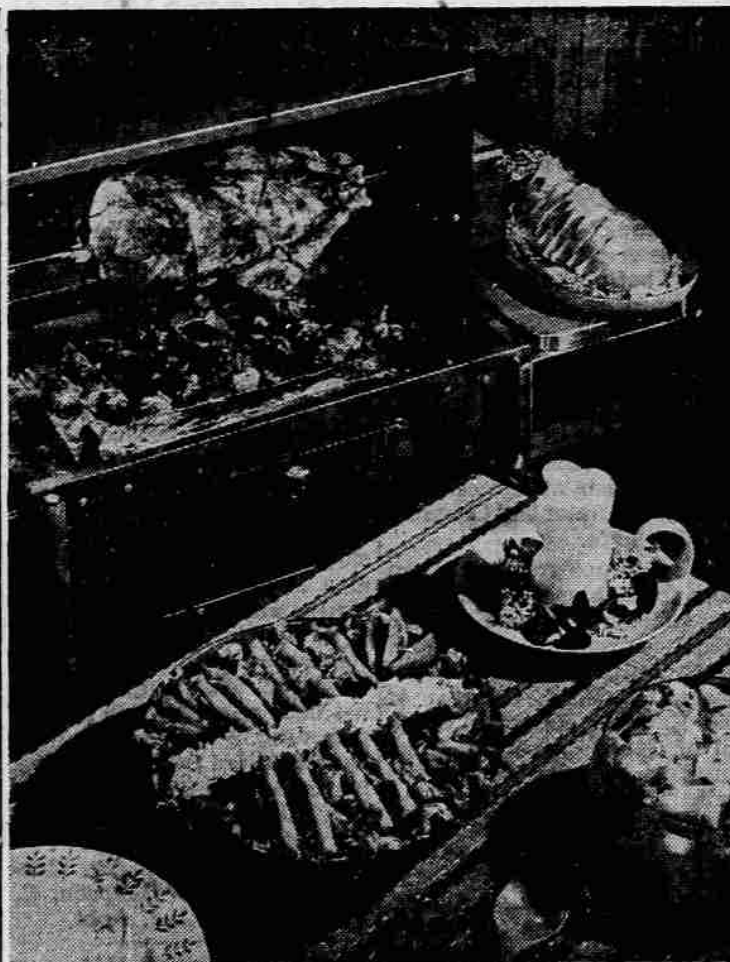
by Alice Brooks

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TURKEY HOLIDAY MENU-Turkey, spit-broiled, barbecued or oven roasted will happily highlight many menus over the Labor Day week end. We baste the bird with ginger-soy sauce, serve it with barbecued potato casserole, tossed salad and cheesy French bread. Recipes are included in today's food columns.

Azalea Mulch Removal Urged

Washington (Science Service) - Mulch around unsheltered evergreen azaleas should be removed about three weeks before the first frost to give the plants the greatest amount of growth with minimum winter injury, U.S. department of agriculture scientists report.

When left around the plants in the winter, the mulch acts as insulation against heat loss from the soil that might otherwise warm the azaleas. Tests during October at Glenn Dale, Md., indicated that the air temperature two inches above the mulch averages five degrees lower than at the same level above non-mulched plots, the department of agriculture reports.

Flower bud damage, leaf burning and splitting of the bark of the stems are the most common winter injuries that threaten the plants. Usually the symptoms are recognizable during the winter but occasionally the effect will not be noticed until the following summer when the plants collapse during periods of drought.

The research finding, contrary to previous recommendations for a year-around azalea mulch, should be of particular value to nurserymen who manage large plantings of field-grown azaleas. Most azaleas used in home gardens are sheltered by

buildings, shrubbery and trees and, consequently, do not benefit greatly from mulch removal, the scientists say.

Pen Must Pay Convict Guards

Salem - (UPI) - Guards for convicts being used to fight forest fires must be paid by the Oregon state penitentiary, Attorney General Robert Y. Thornton said Wednesday.

Besides a group of prisoners working in the Tillamook Burn area, two crews of about 40 convicts have been used for fire-fighting during the current fire season, guarded by penitentiary security personnel.

State Forester Dwight Phipps asked Thornton whether the state forestry board could place such guards on its emergency fire fighting payroll for work time in excess of their 40-hour week with the penitentiary.

But Thornton said security of convicts is the duty of the warden under law, not the state forester.

A researcher at Cornell University has discovered that young people who have frequent accidents tend to be poor thinkers, while older accident victims more often lack coordination and dexterity.

Mushrooms May Bring Peace To the Mentally Disturbed

Montreal (Science Service) - The mentally ill may be able to get peace and quiet with their steak and mushrooms - providing they eat some special mushrooms described here recently at the 9th International Botanical Congress.

"I am very hopeful that these mushrooms will offer a new drug for use in the treatment of schizophrenia and other mental illnesses," Dr. Roger Heim of the Natural History Museum, Paris, told Science Service.

The clue to the possible medical usefulness of these mushrooms was uncovered as a result of studies of the Mexican Indians and their religious rituals, Dr. Heim said. For some years it has been known that the native Mexicans eat certain mushrooms because of their "miraculous" hallucinogenic effects. After eating the mushrooms, the Indians would have visions. Taken in large enough quantity, however, the plant is known to have a dangerous effect. Poor, discouraged Indians have been known to take their own lives after a "calming" meal of mushrooms.

After years of research in several European laboratories, scientists are now ready with a synthetic substance that duplicates some of the beneficial effects of the mushrooms. Taken in large doses, as he did himself for experimental purposes, the substance is a powerful hallucinogen, Dr. Heim said. In small, therapeutic doses its effects can be beneficial. It is not habit-forming. Moreover, in its present form, different persons have different reactions; this needs to be studied, Dr. Heim said.

As an example of its medical use, Dr. Heim told the story of a woman who became mute and lost her memory following an emotion-packed dispute with her husband. A dose of ten milligrams of Psilocybin, as the synthetic is called, quieted the woman, restored her speech and memory and generally removed her obsession-like "idée fixe," Dr. Heim said. There were no harmful after effects, the French botanist pointed out.

There are 15 species of mushrooms, many of them new to the scientific world, that have this hallucinogenic effect: 14 are in the Psilocybe group while one is in the Stropharia group of mushrooms. Dry mushrooms contain about 0.3 to 0.5 per cent Psilocybin. In his laboratory in Paris, Dr. Heim has grown about 11 of these mushrooms. It is possible to grow them on a semi-industrial scale.

Analysis, carried out with chemist A. Hofmann, showed that indole substances were the ones involved. Further chemical research is being carried out, as well as medical studies.

The drug may be useful as a substitute for the currently used tranquilizers, Dr. Heim

said. On the basis of his experience with the mushrooms, Dr. Heim said the hallucinations are similar to those described by Aldous Huxley in "The Doors of Perception." Dr. Huxley had taken mescaline, a well-known hallucinogenic substance from cactus.



KHRUSHCHEV APPLAUDS - Soviet Premier Nikita Khrushchev (second row, left) applauds during a concert while visiting the Stanitsa Veshenshaya in the Rostov Region. Khrushchev's daughter, Yulia (first row, second from left) and his wife, Nina (first row, third from left) are also shown. They will visit the U. S. with the Soviet Premier.

Midas' Touch Good for Wood

Washington - (UPI) - King Midas, whose touch supposedly turned everything to gold, may have had a way with plain old wood, too.

At least, that's what America's lumber industry thinks and why it is watching carefully excavations around King Midas' tomb in a 66-foot mound of earth on a plain near Ankara, Turkey.

There already is evidence that Midas' people produced wooden timbers that are still in good condition after 2700 years.

Two years ago, a University of Pennsylvania crew dug its way into the tomb of King Gordius, fairly well established as Midas' father, and found a burial vault built of massive wooden beams.

They were hand-hewn, beautifully smoothed and sanded, expertly fitted and in such excellent shape that even after 27 centuries many of the joints were all but invisible.

Wood experts have discovered that the beams were ordinary pine, with no evidence they received some secret treatment.

Lumbermen like to feel that the explanation for this is simple - that, under proper conditions, wood will outlast any other man-made structural substance.

Australian Speaker Asks UN Intervention

Canberra, Australia - (UPI) - Opposition leader H. V. Evatt told the House of Representatives Wednesday Australia should seek to avert an "armed conflict of a dangerous character," by asking the United Nations or the World Court to investigate Red China's border dispute with India.

Evatt spoke after Acting Foreign Minister Sir Garfield Barwick had told the House that Australia, although keeping in close touch with developments, did not believe it proper to intervene.

Bathrooms Get Priority

New York - (UPI) - Attractive, comfortable bathrooms rank high on the list of advantages desired by homeowners. Bathrooms also receive more attention from people planning to build or buy than any other room, except the kitchen.

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