

IF YOU'RE NOT SHOPPING AT THE GROCETERIA YOU'RE PAYING TOO MUCH

SLAB BACON

Armour's Star or Swift's Premium Brands
8 to 10-lb. average weight. Sold 1/2 or whole slab
... well streaked with lean

2 famous brands
to choose
from

29¢

Pound



MEAT PRICES
in this ad good
through Sat.,
Jan. 9, 1960

Groceteria
THE PLACE TO GO
FOR THE BRANDS
YOU KNOW



CHOICE QUALITY...
Pre-Trimmed
MEATS!

You can buy with confidence
at the Groceteria!

DON'T MISS THIS ONE!

It's the Best Buy in Southern Oregon . . .

Fresh Frosted
FRYING CHICKEN
**GIZZARDS
AND NECKS** 12 1/2¢
lb.

Your Choice of
Either or both!

Chuck Roast

U.S. Graded Choice Steer
WELL TRIMMED

49¢
lb.

Corned Beef

U.S. Graded Choice Steer
BONED AND ROLLED

79¢
lb.

Cross Rib Roast

U.S. Graded Choice Steer
BONED AND ROLLED
— Waste Free —

89¢
lb.

Scallops

Ocean White's Medium Size
IT'S A REAL SPECIAL

Put some in your
freezer at this
low price . . .

69¢
lb.

Sliced Bacon

Armour's Star
Old Fashioned
— THICK —

2 lb. pkg. 75¢
lb.

Ground Chuck

Fresh Made
EXTRA LEAN

73¢
lb.



GROCETERIA PRODUCE

for Wide Variety, Excellent Quality, Fair Prices!

Yakima
**DELICIOUS
APPLES** Sno Maid
Fancy Red

10¢
lb.

Snoboy Extra Fancy Standard
Reg. 2 lbs. 29c — YOU SAVE 9c



Tops for salads or
eating out of
hand.

Snoboy Indian River, Florida

GRAPEFRUIT

The finest grapefruit ever!
Ruby red or white.

— YOU SAVE 10c —

2 FOR 25¢

Local Dry
ONIONS

Bulk - Med
and large 4 lbs. 29¢

Small 5 lb. bag 29¢

Hoody's Bulk - You Save 27¢

**ROASTED
PEANUTS** 3 LBS \$1.00

CARROTS

... make good cold weather
dishes! Use them in stews,
soups, with roasts, buttered,
creamed . . . and in many
more ways!

California
CARROTS

In One Pound Pkgs.
(SAVE 8c)
2 pkgs. 19¢

Fancy - Local
CARROTS IN BULK 3 LBS 25¢

Sweet and Tender • Save 12 1/2¢

Feeding the Family

By ZOLA VINCENT
Food Editor

Famed Coast Shellfish Make Fine Eating

Start the soaring 60s with a change in menu pace. Resolve to enjoy more of our west coast's fine flavorome genizens of the deep. Our area grows, processes and ships fish, crustaceans, mollusks and kindred ilk throughout the world. Today we talk briefly about only five major shellfish which contribute so much in good eating, are so vital to our west coast economy.

Shrimp, fresh, frozen and canned, are far and away America's favorite shellfish. They range in size from our west coast varieties which average 40 or so to the pound to the mammoth Mexican and Gulf shrimp which sometimes run 10 to the pound. Ways with shrimp are beyond numbering but the majority of them wind up in shrimp cocktails, shrimp salads, shrimp Louis, shrimp Newburg, shrimp curry and as fried shrimp.

Crab is second only to shrimp in west coast popularity. The superbly flavored Dungeness of our Northwest and the giant king crab from Alaskan waters increase in supply right along as consumers enjoy them more often. Sold whole and freshly cooked, fresh or frozen. Cleaned and shelled, they come fresh, frozen and canned as crabmeat ready for use in crab or seafood cocktail, crab bisque, crab Louis, crab salad, deviled crab, crab Creole, crab souffle, crab cakes, to name a few crab gustatory delights.

Oysters. From oyster beds of Washington, Oregon, California and British Columbia come these delicious succulent bivalves of superior quality; packed fresh, frozen and in cans for serving in stews, casseroles, loafs, poultry stuffings, in bacon blankets, on skewers; for pan roasting, Hangtown fry, butter fry and other tempting ways.

Clams are highly esteemed on our west coast where at least 30 varieties abound with the razor clam predominating and the Pismo also high in popularity. These are found fresh in a few areas, canned in all; wind up in clam appetizers, clam chowder, clam soup, clam scallop, clam fritters. The fresh ones get steamed, fried, sauteed, go into pan roasts as well as the places canned clams go.

The spiny lobster found along our western coast is a real seafood delicacy. Sometimes referred to as a marine crayfish or crawfish, the lobster meat is mostly in the broad tail, is most often available frozen, each tail weighing from one-quarter to one pound, packed individually or in pairs ready for boiling, broiling or baking.

All offer exciting menu variety at reasonable cost.

Oyster Stew is Hearty Satisfying Supper Dish

The aroma of oyster stew in the making is a fine way to bring the family in to supper quickly and happily. The milk and butter not only makes this nourishing cream soup taste good but contribute body-building protein and other important nutrients of milk which are needed every day in the diet of every member of the family.

A few chopped chives afloat add drama and subtle flavor interest. No longer does one search for a tuft of chives; they're over in the frozen foods section, chopped and ready for use with plenty left over for another dish another day.

1 pint or 2 cans oysters
6 tablespoons butter
1 quart milk, scalded
1/2 teaspoon salt
Dash of pepper
Paprika
Chopped chives

Drain and save liquor from oysters. Melt butter in saucepan, add oysters and cook slowly until edges begin to curl. Add oyster liquor, hot milk, salt and pepper.

Pour into chafing dish, soup tureen or large casserole. Top with paprika, chopped chives and extra butter. Serve with plenty of crisp crackers and butter, a relish tray. For dessert, perhaps hot gingerbread topped with apple sauce or ice cream.

Clam-Corn Chowder Savory, Tempting

We're not going to get into any Manhattan versus New England clam chowder controversy. We merely suggest this savory, sturdy chowder as a worthy opponent of either. Use one pint or two cans of clams, sprinkle with crumbled crisp bacon, then with fresh or frozen chopped chives.

1 pint or 2 cans chopped clams
1/2 cup chopped bacon
1 cup chopped onion
1 cup clam liquor and water
1 cup diced potatoes
1 teaspoon celery salt
Salt and pepper
1 cup whole kernel corn

2 cups milk
1 tablespoon butter
1/3 cup cracker crumbs
Drain clams and save liquor. Chop clams. Fry bacon until crisp; drain on absorbent paper. Cook onion in fat until tender. Add liquor, potatoes, sea oysters and clams. Cook about 15 minutes or until potatoes are tender. Add corn, milk and butter; heat. Stir in crumbs. Garnish with crisp bacon and chopped chives. Plenty of crackers. Six generous servings.

Turkey Finalists

If you're lucky enough to have some turkey left, but not much, here are ways of making the most of it.

Turkey Chow Mein. Add pieces of cooked turkey to canned chow mein and serve with chinese noodles and soy sauce.

Curried Turkey. Combine pieces of cooked turkey with one can of undiluted cream of celery soup; add one-half teaspoon curry powder. Serve with fluffy rice.

Tomato Surprise. Hollow out firm tomatoes and stuff with chopped cooked turkey, minced onion and celery moistened with mayonnaise. Serve on lettuce with hard-cooked egg slices or quarters.

Resolve Now To Be Better Buyer: Ways to Recover Budget Balance

Happy and prosperous New Year! Budget-minded cooks recovering from holiday food bills and other buying binges will find economy-wise suggestions here today. If ever now is the time to make the most of "specials" and "best buys"; a time for using up all those gift and decorative perishables and for pantry cleaning-out and straightening-up.

Watch Ads. Watch this newspaper's advertisements and look for store specials scattered throughout the stores in mass displays. It is inventory time in many markets and that means a time for making room for new season packs.

Quantity Buying. Quantity buying of non-perishables often means savings of both time and money. Nothing however is a bargain unless you plan to use it all up within a reasonable length of time. Check storage space.

Quality Buying. This is important to watch. Choose the best foods for the use you have in mind; fancy foods if you're showing them off, other grades for ingredient purposes.

Label Reading. The label reader will find important information on packages, cans, manufacturers and processors of food are doing an increasingly good job of providing pertinent information making it easy to compare prices and servings, ways of preparation, suggestions for use.

Weight Watching. Be a weight watcher and a scale scanner. Note the price per pound when buying fresh foodstuffs and buy desired amount to best serve your purpose. Those super women at the check-out counter will compute it to the penny. You can't always judge contents by size of can or package so look for a statement (which is required by law) of net contents.

Spiced Cottage Roll

An excellent slicer for a week end. Place a cottage roll or boned picnic ham in a deep kettle. Cover with water; add six whole cloves, one-half bay leaf, one sliced onion, one stick cinnamon, one-half teaspoon celery seed, one-half cup vinegar. Cover tightly and let simmer until meat is done. Allow 40 to 45 minutes per pound for cooking.

Doing Homework Boosts Grades

Washington (Science Service) - To students who wonder if it is "worth-it" to do their homework, Frank Meissner of Stanford Research Institute has the answer - in figures.

He told the American Statistical association meeting here that a student's final grade goes up 4.9 per cent for 10 per cent more homework assignments completed. But this only holds true for grades between F's and B's. The boost in final grade between B's and A's is only 2.4 per cent for 10 per cent more homework assignments completed.

"This means that it takes more than just doing the homework to become an A student," he said.

Teaching elementary statistics at Golden Gate college in San Francisco, Meissner gathered his figures by making it optional for students to hand in their assignments.

"This tangible illustration of the homework pay-off is now being used as an inducement for students to do their assignments," he said.

Thursday, Jan. 7, 1960

MAIL TRIBUNE, Medford, Or. 9



PLEASURES OF SHELLFISH - Ah! The pleasures of Pacific Coast shellfish after holiday luxuriating in poultry, meat roasts and leftovers. Sprinkle savory oyster stew, clam chowder or lobster bisque with fresh or frozen chopped chives for added interest.

Fear Continues for Another Girl After Body Found in Sack

By United Press International
The letters home told of a high adventure in foreign places for two girls traveling alone, each separately seeking to fulfill her wanderlust.

But for both, the road ended in Morocco. The cards and letters stopped. Their parents waited without word week after week, hoping for word of their daughters.

A trussed, mutilated body found in a sack in Tangier posed a shocking question. Was it one of them?

Mechanical Detective Reported Developed

Schenectady, N.Y. (Science Service) - A mechanical detective that can identify several metals closely resembling each other in appearance has been developed. It consists of a sensitive electronic current meter with two wires attached. One wire is clamped to the unknown metal and the other is hooked to a steel file. When the file is rubbed over the unknown metal, a tiny electric current is generated causing the ammeter to register. The meter reads in differentials between inconel and stainless steel, zircaloy-2 and zirconium, and zircaloy-2 and hafnium, the General Electric company reports.

Her last card from Casablanca said her next address would be the Canary Island Yacht Club where she had to leave the "Raider." She wrote she would "just try to hitchhike another ride."

Today, Mr. and Mrs. Henry Mueller of Oakland, N.J., grieve for their daughter, Barbara Helen, 19. The body was identified as hers, ending an adventure which cost her life.

But it raised the hopes of Mr. and Mrs. Edward P. Benton, of Ogdensburg, N.Y. Their daughter, Harriet Elizabeth, 22, was last heard from in Casablanca.

"It's sure a relief to know it wasn't Harriet," Benton said. Mrs. Benton thought of the Muellers. "I'm terribly sorry for them," she said.

"My wife is about to cry all the time," Mueller said. **Waiting Ends**

The waiting, worry and hoping had ended for the Muellers. But for the Benton's there still was the gnawing fear coupled with prayerful hope.

Harriet Benton quit her job in a Boston advertising agency last summer and left for Europe with \$1,000. In October she was at Gibraltar and wrote she was joining the yacht "Raider" as a "first mate."



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