



SALAD PIE UNUSUAL - This pear salad pie is unusual in concept, unusual in flavor and a work of art from an appearance standpoint. A snowy cottage cheese crust is background for shimmering lime gelatin with petal-like pear slices. The recipe is included in today's food columns.

Feeding the Family

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Food Editor

Make Most of Broiler Oven: Many Broiler Combinations

Broiler meals are easy to prepare, attractive to serve and delicious to eat. One can fix a snack on the spur-of-the-moment or a company meal in double-quick time. Entertaining can be simple and lots of fun the broiler way.

Start the sixties with the cupboard shelves and refrigerator well stocked with easy-to-prepare foods to suit and satisfy both teenagers and the old fogies who are their parents and the parents of their friends.

Know Your Broiler

Follow directions that came with your range; these vary, of course, with gas ranges versus electric ranges. Broiling may be done at moderate or high temperatures. Most homemakers vote for moderate because there is less spatter.

Meat is more juicy and less dry broiled at moderate than at high heat. The rack can be raised or lowered to give direct heat needed. Some ovens have glass covering over the broiler to prevent oven spattering. Others have revolving broiler racks.

Whatever type broiler your kitchen boasts, three inches from unit is a good distance for cheese sandwiches and similar foods. For medium- or well-done steak, set the broiler far enough from the heat for moderate temperature. For rare steak, set it closer and do it quicker.

Rub broiler rack with fat to keep food from sticking and breaking. Place such vegetables as frozen peas and corn in the broiler pan under the rack with meat on it and let the juices drip on vegetables for fine seasoning.

Foods for broiling should be tender enough to cook through in a short time. They need enough fat over top of foods to brown without drying out or hardening. Brush a little food over top of foods lacking it.

For extra flavor and tenderness, marinate meat cubes in salad oil seasoned with garlic, soy sauce, tenderizing sauces, ginger or vinegar.

Turn foods only once during oven-broiling—when they have browned on one side. Use tongs instead of fork for lifting and turning. Add cooked fruits after turning other foods.

Vegetable Broil

Cooked foods fine for broiling include potatoes, sweet potatoes, carrots, parsnips, squash in thick slices, or mounds of mashed vegetables, frozen peas, beans, corn.

Uncooked vegetables for oven-broiling should be dipped in fat or surrounded with bacon; onion slices or rings, tomatoes, thin slices of potatoes, egg plant.

Fruit Broil

Oven-broil fresh grapefruit halves, orange halves, tomato halves, apple slices.

Meat Broil

Fresh, thawed or frozen meats may be successfully oven-broiled. Pork suggestions are: precooked sausages, cooked ham slices (one-half to one inch thick). Beef broiler cuts include liver, cut one-half inch thick, patties one inch thick, steaks 1½ to 2 inches thick, cube steaks brushed with melted butter. Cubes of beef dipped in fat or a mixture of fat and seasonings are highly regarded. Lamb chops cut 1 to 1½ inches thick and lamb patties (lamburgers) are favorites.

Poultry Broil

Broiler-fryers, halved or cut-up are a natural. Brush them first with fat or a sauce rich in fat.

Fish Broil

Any fish filets, steaks or cubes may be happily oven-broiled; shrimp, oysters, too.

Eggs-actly Right Ways

With Plentiful Eggs
Eggs are seasonally a very fine bargain in good nutrition and here are reminders of ways for making the most of them.

Cook eggs at low to moderate temperatures without overcooking whether they are simmered in the shell, poached, fried, scrambled, baked, made into omelets, custards, sponge or angelfood cake.

Use whole eggs to thicken a custard or sauce, to help leaven or lighten cakes and cookies, to emulsify oil and vinegar in mayonnaise, to bind croquette mixtures, to coat food for frying.

Use egg yolks in custards, in butterscotch or chocolate pie filling, in gold cake, in mayonnaise.

Use egg whites in meringues, angelfood cake, frostings, souffles.

In combining egg with hot liquid, add the hot liquid to the egg, a little at a time, with constant stirring.

In combining beaten eggs, have them at the best temperature for the use intended. Separate whites and yolks from hard-cooked eggs as soon as they are cold.

For making cake or whipping egg whites, let eggs warm up to room temperature, about 70 degrees.

In making mayonnaise dressing use cold eggs or yolks.

Meat Relish Freeze
This meat relish freeze is a delightful surprise in flavor, texture, appearance. Delicious with any meat, hot or cold.

Blend canned apple sauce and whipped cream, half and half. Season it to taste with prepared horseradish. Pour into refrigerator tray and freeze. To serve, cut in squares.

Fresh Pear Salad Pie: Cottage Cheese Crust
If you're a hostess who prides herself on serving the unusual, this is for you! This pear salad, which we pictured, is unusual in concept, unusual in flavor and a work of art as you see.

Taste delight is found in arranging sweet, spicy fresh pears with lime gelatin in a "crust" that combines cottage cheese and cheddar. Use the famed western winter Anjou, the Comice or the Bosc. In most recipes these varieties are interchangeable. Eight exciting servings.

2 fresh winter pears
1 package lime gelatin
¾ cup hot water
½ cup cold water or fruit juice

1 pint creamed cottage cheese
¼ cup mayonnaise
½ cup grated sharp cheddar cheese

Dissolve lime-flavored gelatin in hot water. To one-quarter cup of gelatin mixture add one-half cup cold water or fruit juice. Set aside to cool. Combine cottage cheese, mayonnaise and grated cheese; stir into remaining gelatin mixture. Chill until nearly set.

Lightly oil nine-inch pie pan. Line bottom and sides of pan with cottage cheese mixture using spoons to form mixture around sides. Chill until completely set. Core fresh pears and cut into eighths. Arrange pear slices in lined pie pan, petal fashion. Center with cherry. Four reserved gelatin, which has been held at room temperature, over top; chill. Cut pie in wedges to serve.

Roasted Bananas
Bananas may be roasted right in the oven—and don't be alarmed when they darken as they cook! Serve them hot as a vegetable, same as a baked potato. Let each person split his own banana lengthwise and eat the rich fruit with a fork right out of the skin. No need to add butter, but some folks like a bit of lemon juice.

Wash firm bananas (yellow with green tips), allowing at least one for each person. Roast them on outdoor grill or in pre-heated 350 degree oven. It will take only 10 to 15 minutes.

Flavored Dietary Product Big Aid To Losing Weight

Evansville, Ind. (Science Service) - Weight reduction now comes in four flavors: chocolate, raspberry, butterscotch and "plain."

Results of a recent study indicate it is possible to lose an average of one-half pound a day merely by drinking a quart of the newly flavored, non-drug product developed by Mead Johnson and Company here.

Clinical tests in which 100 persons took Metrecal, as the powder is called, showed that it was effective in reducing weight without leaving the "patient" hungry. Each person was asked to take Metrecal for 12 days and only three failed to lose weight, due to "gross cheating," reported Dr. Robert J. Antos of the Good Samaritan hospital, Phoenix, Ariz.

Men Lose More
Weight losses for the study group ranged from 8.2 pounds for the men to 6.3 pounds for the women. Dr. Antos pointed out in the current issue of Southwestern Medicine that Metrecal seems to answer the four requirements for weight reduction in the usual obese patient:

1. It is convenient and easy to use;
2. It is effective within a short period of time;

3. It is generous in required nutrients, including from one to 3½ times the minimal daily requirements of some vitamins and minerals; and

4. It is "filling" or satisfies the patient's hunger.

Malted Milk Flavor
The Metrecal drink has a bland, malted milk flavor. It mixes easily with water, dissolving quickly with stirring, heating or shaking. About 95 per cent of the patients who replied to queries on the flavor, replied that it was "good" or "average." Several persons said they felt better during the trial period.

One of the important factors in the diet, Dr. Antos said, is Metrecal's high protein content - 30.5 per cent. One-half pound, the usual daily ration, supplies 900 calories, 70 grams of protein, 20 grams of fat, and 110 grams of carbohydrate.

SHOPPING AFTER DARK
New York - (UPI) - People are doing an increasing amount of after-dark shopping, according to merchandising consultant Edward B. Weiss. He says about 70 per cent of all autos, from 35 to 50 per cent of all major appliances and close to 50 per cent of all food are sold after 4:30 p.m.

Asphalt-Coated Burlap Saves Water

Washington - (Science Service) - Burlap coated with asphalt is being tested as a liner for irrigation canals in the semi-arid western states, the U. S. Department of Agriculture here reported. Practical and long-lasting canal and reservoir liners are needed in the West where approximately two-thirds of all irrigation water is lost. The lining is expected to cost about \$1 per square yard. The U. S. Bureau of Reclamation, Utah Agricultural Experiment Station and commercial organizations are cooperating in the tests, from which preliminary results are expected later this year, possibly in the fall.

'BATTING' AVERAGE
Chicago - (UPI) - The average man blinks once every three seconds and the average woman once in four seconds, according to Dr. George N. Jensen, chairman of the National Contact Lens Month committee. A nervous person, Jensen added, may blink as much as 40 per cent of the time. Blinking is accomplished in 4/10 of a second and propels tears over the cornea at the rate of 1/3 dram each hour or several teaspoonfuls a day. Actual crying increases the tear output 100 per cent, he said.

California Men Appear in Court

Cecil Howard Richards, San Francisco, Calif., was given a six months suspended county jail sentence for attempting to fraudulently obtain barbiturates, district court officials have reported.

Richards pleaded guilty to forging a prescription Dec. 5. He was released on parole providing he join his family in San Francisco and start work, refrain from drinking and unlawful acts.

Felder Thomas Magruder, Horse Creek, Calif., was given a 30-day suspended county jail sentence for petty larceny, district court officials said. He pleaded guilty to charges of taking various grocery items from a Medford market Jan. 4.

BRIDGE TOLLS
Oakland - The Bay bridge from Oakland to San Francisco has been a toll revenue success and as a result the rates have been reduced several times.

GREEN STAMPS
We Give *USA* GREEN STAMPS ELLIS MARKET 820 Crater Lake Avenue

CORK CELLS

New York - An ordinary cork used as a bottle stopper may have as many as 750 million air cell pockets.

SCHOOL BUSES

Detroit - Of the U.S. annual production of buses, about 70 per cent are built to transport school children.

ELECTRIC OUTPUT

New York - U.S. electric output multiplied by almost exactly six times in the quarter century from 1926 to 1951.

January Pre-Inventory **SALE** AT

PAULINE'S FASHIONS Central Point

Here are just a few bargains — lots more buys in all departments

GHIFFON FORMALS 3 Only Reg. 22.95 Now \$18	Famous Make of Reversible RAIN COATS Reg. \$25.95 NOW \$19.95
MATERNITY WEAR 2 piece Smock and Skirt Only \$4.99	CHILDREN'S DEPARTMENT DRESSES — 1 to 3x — starting at \$1.99 SKIRTS . . . 2.99 — CAR COATS . . . 8.99 PEDAL PUSHERS 1.99 and 2.99

COTTON HOUSE DRESSES \$2.29 & \$3.99

Prices are really slashed for clearance — come in and look around!

WARDS NATION-WIDE VALUE MONTH

January Values

GREAT STORE-WIDE SAVINGS

Shop Wards and Save! Every department bursting wide open with biggest buys in town!

SALE! Big 60-inch 7-pc. "Bronztone" dinette

104⁸⁸

ONLY \$5 DOWN

Modern styling for modern living! New "Parquet" inlay micalite mod-resistant top, deluxe Danish modern chairs. Vinyl covers. Foam pads. Banquet-size 7-pc., 72-in. dinette . . . 114.88

SALE! Brentshire Ban-Lon® sweaters

Formerly 3.88
5.98

- Smashing year-end clearance
- Soft-textured smooth nylon
- Fine knit looks so costly!
- Misses' cardigans 34 to 42

Fabulous washability, whiz-drying, no blocking! Turn-back cuffs, color-matched buttons. White, black, larkspur blue, coral, beige, turquoise.

CLEARANCE—CHILDREN'S, MEN'S WEAR

Were 1.98 Girls' Blouses, 3-6x, 7-14, Subteens 97c
Were 1.98 to 3.98 Skirts, 3-6x, 7-14, Subteens 97c to 1.97
Were 2.98 to 5.98 Jumpers, 3-6x, 7-14 1.37 to 2.97
Were 8.98 Snow Suits, Toddlers 1-4 5.47
Were 9.98 Snow Suits, Toddlers 1-4 5.97
Were 12.98 Snow Suits, Toddlers 1-4 7.77

JACKETS — CAR COATS

Were 10.98, 12.98, Boys' 3 to 8 5.97
Were 8.98, 9.98, Girls' 3 to 14 4.97
Were 5.98, 6.98, Girls' 3 to 14 3.57
Were 14.98 Men's Rain Coats, 4 Only 4.99
Reg. 6.98 Sweater Vest and Shirt Set 2.97
Reg. 5.98 Men's Cord Pants, 30, 31-in. Waist 1.99

USE WARDS LIBERAL CREDIT PLANS AND SAVE!

SALE! Room-size rugs at one low, low price

49⁸⁸

HUGE ASSORTMENT IN 12' WIDTHS \$5 DOWN

These are all first quality—no seconds. Come into Wards today and choose from a huge assortment of tweeds or solids in wool, rayon, nylon and blends in a variety of sizes and colors. Save now.

SALE! LARGE SELECTION OF BOYS SHIRTS—WERE 1.98, 2.98

1²⁷

Huge Savings Size 8-16

Your choice of knits, cottons and flannel. Many patterns, and colors. Ruggedly tailored for lots of wear. Long and short sleeves.

SPECIAL! Usually 1.49 wash'nwear slacks, 2 to 6

99c

For boys, girls

Easy on-and-off elastic waist slacks in bright play colors. Machine washable, easy care Bedford cord cotton.

Mothers, save a big \$2 on children's oxfords!

3⁹⁹

Regular 5.99. Husky leather, sturdy composition soles. Brown. Sizes 8½ to 3.

SALE! compare with bent glass fixtures at 1.98!

1²²

Good-looking in bathroom, kitchen, hallway. Most-wanted 12-in. sq. size holds 2 bulbs. SALE PRICE

SALE! compare with pull-downs at 12.95 or more!

8⁸⁸

15-in. diameter shade with black matt finish. Finger-tip adjustment from 18 to 48-inches. SALE PRICE

SALE! WOMEN'S MEN'S SLIPPERS!—WERE 2.29 to 3.49

1⁰⁰

Huge Savings Limited Quantities

Hurry to Wards for these! Your choice of several styles in women's and children's slippers. Save 2.29 on men's opera slippers.

SALE! BIG SAVINGS!

SALE! Reg. 89c Dust-Stop fiberglass furnace filters

All popular 1' sizes up to 20x20. Remove dust and dirt from air. Easy to install. 2 For 1.28