

Feeding the Family

By ZOLA VINCENT
Food Editor

Heavenly Hash Family Favorite

Next time you have beef and potatoes, plan enough leftovers for this heavenly hash which is a long-time favorite in many families. Willing lettuce or sweet and sour cabbage are very good with this. Four generous servings.

- 1/4 cup chopped onion
 - 2/3 cup chopped green pepper
 - 1 1/2 tablespoons shortening
 - 2 cups chopped cooked beef
 - 1 1/2 cups chopped cooked potatoes
 - 3/4 cup water
 - 3 tablespoons catsup
 - 3 tablespoons chili sauce
 - 1 tablespoon Worcestershire sauce
 - 1/2 teaspoon chopped garlic
 - 1 teaspoon salt
 - 1/2 teaspoon chili powder
- Saute onion and pepper in shortening until golden brown. Add meat, potatoes and water. Combine other ingredients with meat mixture. Bake in 400 degree oven, 70 minutes or until brown.

Herbed Halibut

The commonest fish dish can be changed into a gourmet's delight by the use of herbs. Favorite herbs to use with fish are parsley, chives which now come fresh-frozen and chopped ready for use, fennel, marjoram. Remember to blend the herbs judiciously and add them sparingly because all herbs have a stronger flavor after cooking. Six servings of this sauce which is ideal for plentiful coast-caught halibut.

2 pounds halibut steaks or fillets

Herb sauce*

Buttered bread crumbs
Place halibut in a well-greased baking dish. Combine one cup hot water, one bouillon cube, one-fourth cup butter or other fat, melted, one clove garlic, minced, two tablespoons chopped green onions or chives, one tablespoon chopped parsley, one-half teaspoon prepared mustard, one tablespoon ketchup, one-half teaspoon vinegar, one-half teaspoon salt, dash of pepper; heat to boiling. Combine two tablespoons cornstarch and 2 tablespoons water; add to sauce and cook until thick, stirring constantly. Pour over halibut; top with buttered bread crumbs.

Broiler Meal Combinations

Here are some good combinations for broiler meals certain to please; well balanced, they have color, texture and taste appeal.
Sliced cooked ham with apple rings and cooked sweet potato slices.
Corn-filled tomatoes, cooked parsnips, beef patties and onion slices.
Salmon steaks, cooked sliced white potatoes, grapefruit slices.
Lamb chops, whole cooked carrots, orange slices.
Bacon, liver, sliced onions or skewers. Thick slices of cooked winter squash, canned peach halves.
Cubes of fish, bacon, onion and pepper rings alternating on skewers. Thick slices of T-bone or other tender steak, frozen peas, onion slices, apricot halves, cooked potato slices.

Gourmet Tricks

"Food without seasoning is like talk without reasoning," said Crosby Gaige, noted epicure, and we agree. There is glamour in the very thought of spices redolent of adventure, exploration, romance. Heat canned vegetable soup with a few cloves. When soup comes to simmering point, remove the cloves and serve the soup. Gives a mystical undertone of flavor.

When you're boiling beef, add a small onion, a pinch of ginger, a few cloves and a bay leaf to turn a gourmet trick.

Put cooked spinach through the grinder; add a little stock and nutmeg and thicken ever so slightly in the re-heating. Make tiny cubes of day-old bread. Fry them in bacon drippings or other fat; drain and sprinkle over the pureed spinach.

A touch of cinnamon in lamb stew gives it the Syrian touch. Syrians use cinnamon in a pepper shaker on the table, like we do pepper (and of course they call it a cinnamon shaker). It's fun experimenting with this different flavor in meats.

Retail Food Prices Lower as Income Rises

There's an interesting paradox in taking a food view for '60. Retail prices generally are expected to average a little lower than last year. On the other hand, consumer income probably will be record high and, because of it, consumers are likely to step up purchases of the more expensive foods and be willing to pay more for "convenience" foods. Convenience foods, of course, are those where others have done most of the work; provided the built-in maid service, as we used to say.

So what happens? We will be paying more for food, but the foods on the famed Index for the cost of living will be costing less. Looked at another way, it means that we could live better for less, but that we are likely to spend more and consider it a bargain.

If you're budget-minded, a little more than a fifth of the average income per capita after taxes will be spent for food; the larger the income, the smaller the percentage, of course—and that's what makes averages. There will be plenty of meat, poultry and dairy products which are major menu items.

Egg supplies are high and the quality good because the colder weather helps keep them cold. A grade A egg can become a grade B egg in a day or two at room temperature. And that should remind you to refrigerate them the minute you get them home.

Meat supplies are excellent with good buys in pork and beef, and there's good news for west coast lamb fanciers with specials on many cuts.

Poultry. Both chickens and turkeys continue plentiful, make satisfying eating whether the family is a two-some or planning a home-coming.

Dairy Products. Local milk sheds provide an abundance of protein-rich, calcium, rich milk. There's plenty of locally made cottage cheese, sour cream, sweet creams, butter-milk. Good buys in cheddar cheese and many of the fancy cheeses.

Fruit and Vegetables. Name it and local markets have it!

Grange News

Gold Hill Grange

Gold Hill Grange officers held their annual dinner recently at the Grange hall. Fifty people, including Grange members' families and invited guests, attended. Following the dinner, new and outgoing officers expressed their opinions on Grange work. Grange Master A. A. Walker presented an emblematic ring to past master, Charles Foote, and reviewed Foote's years of service to the Grange.

Last week, the regular meeting of the Grange was held with a good attendance. Two new members, Mr. and Mrs. Fargo, were obligated in the third and fourth degrees, and two applications were read for reinstatement. Ten new applications for membership were received.

Committee appointments were made for the year. The ways and means committee, which was appointed, placed before the Grange the prospect of holding dances Saturday nights at the Grange hall. Members of the committee include Olaf Lakken, Chauncey Page and Grover Kelly.

The Grange decided to hold the first dance Saturday, Jan. 16. Chaplain Nona Waite reported on members who were ill, among them Grange Overseer Wilber Martin.

The new lecturer, Icie Walker, arranged the lecturer's program which consisted of group singing followed by New Year's resolutions made known by those attending.

Mrs. Della Cook presented a reading relative to the Rogue river salmon from the state game commission bulletin.

HEC Chairman Mrs. Bertha Potter and her assistants furnished refreshments in the dining hall.

APPLEGATE VALLEY Boy Gets Bobcat Skin

By MAUDE ZIEGLER
Jacksonville—David Webb, 14-year-old son of Mr. and Mrs. Robert Webb, will have a bobcat skin to add to the collection of varied items that boys possess. Dave shot the cat recently on Whiskey creek in the Williams creek vicinity after it had been chased up a tree by a hound owned by Larry Richardson, who lives at Star Ranger station and who accompanied Dave on the hunt.

The cat, a small female, was about 40 feet from the ground when shot with a .22 caliber revolver. David, a ninth grade student at McLoughlin Junior High school in Medford, relinquished the \$5 bounty fee to Richardson, owner of the hound, but will accept the hide. Duane Richardson also accompanied the hunters.

Dinner guests Sunday at the home of Mr. and Mrs. Roland Smith were Mr. and Mrs. Donald O'Brien and son Mike, Grants Pass, and Ernest McKee and granddaughter Joan Eslinger, Medford.

Mrs. Ethel Haugerud is employed in Medford at the home of Mr. and Mrs. Clay Godlove.

Upper Applegate Grangers say they have a new policy this year in regard to meetings, and will make the fourth Friday of the month a social night with a program, which will be open to everyone. The second Friday of the month will be devoted to their business meeting.

Dr. Robert Tolle, former resident of lower Applegate, and Paul Wellman, Los Angeles, were in the community recently on a business trip.

Mr. and Mrs. L. B. Nordwick have returned to Little Applegate after spending a week with friends at Santa Ana, Calif. They also visited Disneyland, but the 21-degree temperature limited their enjoyment of it.

Some of the home parties and get-togethers of other winters have given way to square dancing, and the popularity of dances held at Provoit Grange hall twice a month continues, according to the "Applegaters" who see that everyone wears name tags for the benefit of those traveling 40 to 80 miles to attend. Ten "squares" were reported at their last dance. Classes for the "intermediate" learners are held every Tuesday night.

Mr. and Mrs. Ken Callison, new residents of lower Applegate, are expected to return soon from Spokane, where they attended the funeral of Mrs. Callison's father, Otto Grein, whose death occurred during his visit here.

Rural Reflections: A number of farm families enjoyed the hospitality of Hubbard-Wray company of Medford on John Deere day, when lunch was served at their store, and everyone present was invited to the Craterian theater.

Everyone escaped from the grim realities of ranching for a time in watching movies of the massive farm machinery operating without breakdown or trouble from boulders hidden in the soil. Louis Straube observed that every farmer in the movie was wearing a clean shirt.

Mr. and Mrs. Jim Fossen are completing a new residence at Ruch. The two bedroom structure will be for rent, and is the second home erected by the Fossens at Ruch. The other home is occupied by Mr. and Mrs. Stanley Holt.

Mrs. Armin Richter will be hostess to ladies of the Little Applegate Sewing club Jan. 27.

Mrs. M. R. Johnston is spending several days in Jacksonville with her mother, Mrs. Walter Blair, who is ill.

Twelve women of Upper Applegate extension unit are registered for the "better dress" workshop to be held here over a 4-day period in March. Mrs. Harley Hall will be one of the leaders to teach

the project. Anyone desiring to take the sewing course may do so, and the registrations should be in this week. The last meeting of the unit was held at the home of Mrs. Roland Smith Jan. 6, with Mrs. Wilfred Pearson giving a demonstration on salad making. Guests from the Lower Applegate area were Mrs. Vernon Fowler, Mrs. Henry Head, and Mrs. Lester Rich.

Mr. and Mrs. Claude Hunt, Shady Cove, recently visited their son-in-law and daughter, Mr. and Mrs. A. C. Davis, and their grandson and his family, Mr. and Mrs. Dale Durbin, all of Medford.

Oliver Clark, Redding, Calif., was an overnight guest recently at the home of his stepmother, Mrs. Mary Cassal, Trail. He made the trip from Redding in the midst of the nasty weather the area experienced last week. Mr. and

that this has been occasioned by the fact that the McLeod correspondent, Mrs. Carrie Harding, has been away vacationing with her son and daughter-in-law, Mr. and Mrs. Harry Harding, Auberry, Calif., and just returned last week to her home in Trail.

South Oakdale ave. They rented their home on the Tiller-Trail highway to Mr. and Mrs. Don Poitevint.

Teachers and pupils of the Shady Cove school had the opportunity last week of hearing a lecture by Carroll Scobill, assisted by his daughter, Carolyn, on reptiles and snakes of North America. The Scobills also handled poisonous and non-poisonous snakes and gave a brief outline on how to take care of yourself if bitten by a poisonous species. Among the snakes were the rattlers, coral and a small boa constrictor. Many commonly accepted stories about snakes were shown to be false.

Mrs. Dick Pfeifer, Shady Cove, was hostess at her home for a meeting of the Shady Cove Garden club recently. Eight members attended in spite of the extremely nasty weather. Cohostesses were Mrs. O. L. Williams and Mrs. Bill Shepherd. A talk on shade plants was given by Mrs. Shepherd. The next meeting will be held Feb. 8 in the home of Mrs. Paul Tor-

Mrs. Alfred Davis, Medford, held an open house honoring the golden wedding anniversary of her parents, Mr. and Mrs. Claude Hunt, at their home in Shady Cove Dec. 20. The Hunts were married Dec. 20, 1909 in Minot, N. D. Thirty-nine friends and neighbors called during the afternoon to congratulate the couple.

The address for Frank Cook is now 22515 Charlene Way, Hayward, Calif. The address is provided for anyone who desires to send expressions of sympathy to him for the recent loss of his wife, Jean Cook. Mr. and Mrs. Cook were residents of Shady Cove for several years.

Mr. and Mrs. A. J. Hutchinson have purchased an apartment house in Medford at 327

ices were held Friday in Drain at the First Christian church, of which she was a life-time member. Interment was in the Applegate cemetery, Yoncalla.

Word has been received by Mrs. Tom Burdett, Shady Cove, of the death of her mother, Mrs. Minnie Barker, who passed away in Sandy, Ore., Jan. 11. She had been in ill health and in a convalescent home for the past several years. Mrs. Barker, who would have been 90 years old in February, was a frequent visitor at the home of her son-in-law and daughter, Mr. and Mrs. Burdett, and stayed with them at various times for about three years.

She was the daughter of Mr. and Mrs. Dan Applegate and at the time of her death the only living granddaughter of Jesse Applegate, an early pioneer settler of Oregon. She was born in Douglas county and lived her entire life in Oregon. She is survived by her daughter, three sons, Loy Barker, Klamath Falls, Ivan Barker, Sandy, Darrel Barker, Eugene; and numerous grandchildren and great-grandchildren. Funeral serv-

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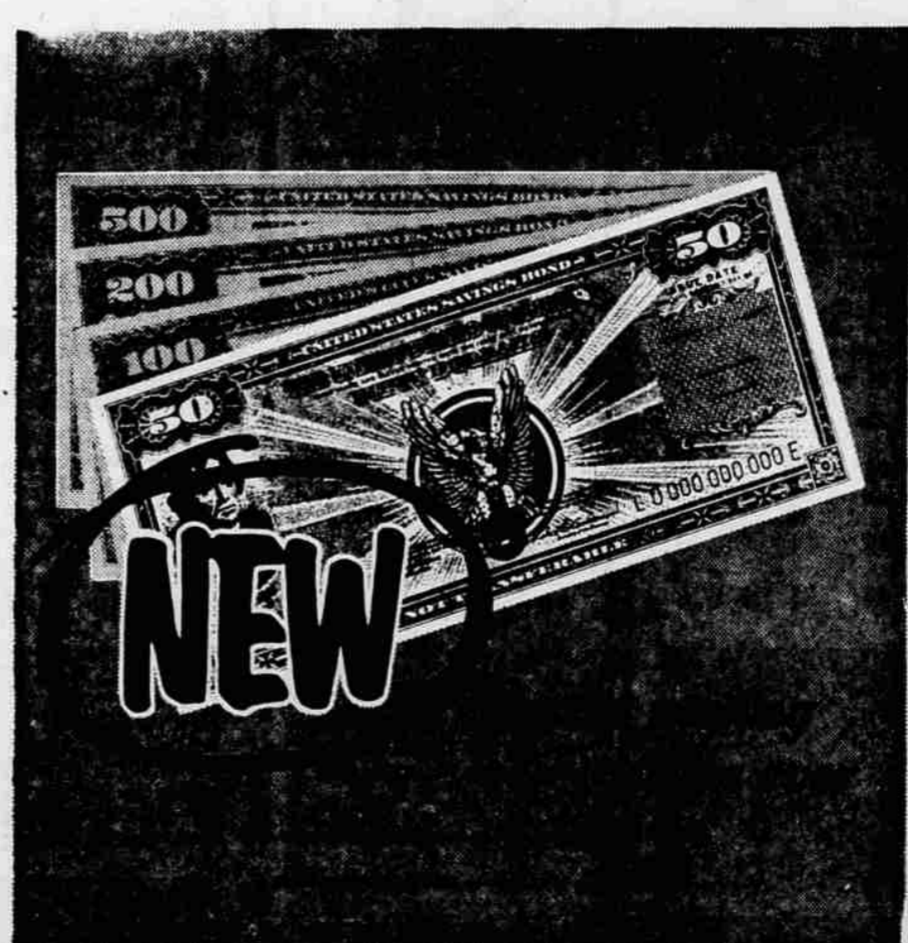
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