



VALENTINE DESSERT—A special dessert for a special occasion—Valentines, perhaps? This no-bake cheese cake is made with instant non-fat milk crystals, cottage cheese and unflavored gelatine; gets mocha flavor from coffee and chocolate combination.

Feeding the Family

By ZOLA VINCENT
Food Editor

Valentine Day Throws Spotlight on Candy

The west coast does its share again this year to provide many of the major ingredients used in the estimated \$200 million worth of "store bought" sweet sentiments that will be enjoyed by the nation in February, month with St. Valentine's Day in the middle.

West coast states produce a larger number of different agricultural products used in the manufacture of candy than any other area in the Union, says the National Confectioners association.

Among these tasty ingredients for the chocolates and other confections that will appear in everything from the popular bars to huge heart-shaped and be-ribboned red boxes, will be over 70 million pounds of coast-grown almonds, 14 million pounds of walnuts and millions of pounds of sugar made from western sugar beets. Northwest fibers are increasingly popular as candy ingredient. Added to these are such popular ingredients as raisins and dates, citrus fruits, milk, butter and eggs which also give confections delightful taste and nutritive values.

Candy Bars Tops
The principal demand for candy is for bars and similar small items retailing from 1 to 10 cents. Packaged goods retailing for less than \$1 per pound and bulk candy account for 46 per cent of confectioner sales. Finely packaged lines retailing for \$1 or more per pound account for only 5 per cent.

Favorite types of bars are chocolate-covered (4 million pounds—versus all other bars (478,000 pounds).

We Make It Too
Not only does our west coast provide many of the delicious makings, but we are also the fourth largest candy-producing area in the United States with a creditable total of 149 million pounds. We eat a record amount, too, 18.3 pounds per capita.

Valentine Variety
This month, the nation's candy lovers will consume their share of the annual two billion, 840 million pounds of confections in the form not only of chocolates from the gorgeous heart-shaped boxes, but also in heart-felt sentiments expressed in pastel colored candy lozenges, in red and white gumdrops and other gay favorites of one of America's best loved gift days.

Broccoli Casserole
Broccoli, fresh and tender, rich in vitamins and minerals, increases in popularity right along. It is plentiful, reasonable and combines beautifully with plentiful, economical tuna in this easy-to-do casserole. Four main-dish servings.

2 pounds fresh broccoli
1 7-ounce can tuna

MARSHALL'S Carpet Cleaning Aids

A clean carpet is a handsome carpet when cleaned by us with Ludox to retard soiling and brighten the original colors. THERE IS A DIFFERENCE.

• Carpet Cleaning
• Furniture Cleaning
Bob Marshall's Floorcovering Service
127 N. Riverside—SP 3-6587

Launch Program To Aid Sufferers Of Allergies

Pasadena, Calif.—(Science Service)—A national-wide effort is under way to help the 17,000,000 Americans who suffer from allergies.

Its aim is isolation and standardization of the precise substances—called allergens—that cause allergic symptoms such as sneezing, asthma and rashes.

A committee of the U.S. Public Health Service's National Institutes of Health, consisting of allergists and immunochemists from a number of medical institutions, will direct the program. Its chairman is Dr. Dan H. Campbell of the California Institute of Technology here.

To Study Ragweed
Because it is the number-one offender allergically, ragweed will be studied first. Several pounds of pollen from dwarf ragweed plants will be dried at room temperature in a vacuum, which should allow it to retain its allergen potency for many years.

The products of the pollen will be broken apart and tested on hundreds of persons. Dr. Campbell is convinced that a certain fraction of ragweed is by far the chief culprit in the plant.

After the committee has succeeded in standardizing ragweed, it will start on grasses, including Bermuda grass. Another early target of the committee will be ordinary house dust, which contains a certain polysaccharide believed to be the chief offender from this source of hay fever.

Full Cooperation
The program has been planned for a year and the committee believes it has the full cooperation of clinical allergists and researchers throughout the country. Success of the project is expected to require years of concentrated effort.

"As a result of this comprehensive attack on the complex problems of allergic disease," Dr. Campbell said, "it may be possible to reduce the prevalence of aero-allergens and others through suitable control measures, to provide better diagnostic techniques, purer immunization extracts, and to improve and shorten treatment."

Schools Urged To Study Languages

Middlebury, Vt.—(UPI)—The nation's larger universities should create centers for intensive study of at least a dozen of the more widely-spoken languages of Africa, says Dr. Stephen A. Freeman, vice president of Middlebury College.

He said that until recently, knowing the languages of the European powers with African empires was enough for our political and economic contacts there.

But, he added: "All this is changing. Colonialism is dead. Young Africa is in a hurry, is gaining independence and self-government."

Dr. Freeman said the situation is far from simple because there are more than 700 languages in Africa, with no one of them common enough to be understood generally.

for bouquets of all kinds and sizes.

Valentine Menu Memos
—Cream of tomato soup or tomato consommé made by heating and seasoning tomato juice; served with heart-shaped croquettes . . . celery curls with pimiento cheese stuffing . . . stuffed olives . . . chicken or tuna shortcake flecked with pimiento . . . tossed green salad with pink mayonnaise made by adding a drop or two of red coloring to the mayonnaise . . . glazed cinnamon red apples with heart-shaped cookies or Valentine cake. A party punch in red or pink tones.

—Red and white candies, of course, along with salted nuts. —If it's an ice cream party or dessert, strawberry or peppermint ice cream seems appropriate or vanilla ice cream topped with whole cranberry sauce, strawberry sauce or maraschino cherries. —Sweetheart cookies or special cake or small pastries (petit fours). Choose from the attractive assortment at the bakeshop.

Valentine Party Ideas for All the Family to Enjoy
Week end entertaining will center on hearts and flowers and red and white color schemes. Give the family a festive time with menu and surroundings a little more interesting and colorful than usual. The children will love it. And Papa will enjoy a little loving pampering, too.

—A centerpiece of "paper dolls" will make a gay conversation piece. Paper napkins and place mats, doilies or tablecloth will gaily dispose of the laundry problem and create atmosphere very inexpensively.

—Place cards and miniature bags of Valentine candies tied with red ribbons can serve as favors and also as mints for munching with the coffee (and milk) service.

—Or sprinkle bright red hearts, cupids and/or arrows cut from red paper over a snowy cloth of paper, cotton or linen. Maybe use large hearts as place mats and cupids or arrows as place cards using white ink. Paper lace doilies make ideal frills

BUY THE BEST FOOD

... at the lowest prices

Spreckels Sugar 10-lb. Bag..... **89¢**
EGGS Nulade Large A..... **45¢**

DETERGENT Oregon Food Giant Package..... **59¢**
SALAD OIL Best Foods Quart..... **39¢**

COFFEE Alta Drip or Regular—2-lb. Jar..... **98¢**
TANG Breakfast Drink—21-oz..... **89¢**
MILK Capital Tall Tins..... **8/\$1.00**

Del Monte **Pink Salmon** 1-lb. Tin **59¢**

CONTINUING THE Del Monte Sale

	Reg.	Multiple	You Save
FRUIT COCKTAIL Del Monte No. 303	.27	5/1.00	.35
Pineapple-Grapefruit Sauce	.29	4/1.00	.16
Cream Style CORN Del Monte No. 303	.20	6/1.00	.20
Whole Kernel CORN Del Monte No. 303	.21	6/1.00	.26
SPINACH Del Monte No. 303	.15	8/1.00	.20
TOMATO SAUCE Del Monte No. 300	.17	7/1.00	.19
TOMATO SAUCE Del Monte 8 oz.	.10	12/1.00	.20
TOMATO JUICE Del Monte, 46 oz. Premium Brand	.29	4/1.00	.16
CATSUP Del Monte 14 oz.	.21	5/1.00	.05
CATSUP Del Monte 20 oz.	.29	4/1.00	.16
PEAS Del Monte No. 303	.22	6/1.00	.32
TOMATOES Del Monte Solid Pack No. 303	.25	4/.89	.11
PUMPKIN Del Monte No. 2 1/2	.21	6/1.00	.26
Pineapple-Grapefruit Drink	.25	6/1.00	.50
Argo Asparagus Del Monte All Green No. 303	.25	5/1.00	.25
SAUERKRAUT Del Monte No. 303	.19	6/1.00	.14
PEACHES Del Monte Yellow Cling No. 303	.25	4/.89	.11
PEACHES Del Monte Yellow Cling No. 2 1/2	.33	3/.85	.14
SEASONED PEAS Del Monte No. 303	.21	5/1.00	.05
ARGO FIGS Del Monte No. 303	.22	5/1.00	.10
SLICED PEARS Del Monte No. 303	.29	4/1.00	.16
PEACHES Bagley Freestone No. 2 1/2	.27	5/1.00	.35
GREEN BEANS Rose Cut No. 303	.15	8/1.00	.20
TUNA MARKET Solid Pack No. 1/2's	.29	5/1.00	.45
TUNA Bonito-type Flakes Market No. 1/2's	.19	6/1.00	.14
TUNA Avalon Chunk Style No. 1/2's	.29	4/1.00	.16
PRES-TO-LOGS	.10	12/1.00	.20
Cut GREEN BEANS Diamond A No. 303	.20	6/1.00	.10

Swift's **Hen Turkeys** 8-12-lb. Average **39¢** lb.

SLICED BACON Swift Premium Thick Sliced 2 lbs. **79¢**
GROUND BEEF Ground Fresh Daily 3 lbs. **\$1.39**
PORK SAUSAGE Country Style Seasoned Just Right 1 lb. **33¢**
WE SELL GOOD & CHOICE LOCKER BEEF

APPLE CIDER Golden Valley Gallon **69¢**
INSTANT DRY MILK Challenge Makes 12 Qts. **79¢**

NAVEL ORANGES Are at the Season's Peak Guaranteed Sweet LARGE SIZE 1/2 Carton \$1.89 **69¢** dz

LETTUCE Large, Solid, Crisp Heads..... **2/25¢**
POTATOES U. S. No. 2—Poly Bag..... **10 lbs. 39¢**
GRAPEFRUIT Famous Texas Pinks..... **12/98¢**
ONIONS U. S. No. 1 Locals..... **5 lbs. 19¢**

We guarantee unconditionally everything we sell. If for any reason you are not completely satisfied with any purchase you make here, your money will be cheerfully refunded!

OREGON FOOD STORES

MEDFORD
13th and Central

ASHLAND
1475 Siskiyou Blvd.

PRICES EFFECTIVE THROUGH SUNDAY

Thrifty Green Stamps at Our **Medford Store**

J. N. Green Stamps at Our **Ashland Store**

4,000 Restaurants Prove it Every Day