

Feeding the Family

By ZOLA VINCENT
Food Editor

Glorified Chickens For February Feasting

Chicken dinner is a classical American tradition. Fryer feasts are a natural for February, month of heroes and holidays. Fryers are good to eat, good to the pocketbook, American as cherry pie, easy to fix.

Not only that, but broiler-fryers are important in the economy of our state where the poultry industry is a major one.

Savory and satisfying, this glorified chicken is equally at home on gold band china and on plastic-coated paper plates. Eight servings.

2 broiler-fryers, cut up

2/3 cup evaporated milk

1/2 teaspoon Tabasco

1 tablespoon Worcestershire sauce

1/4 cups flour

1 1/2 teaspoons salt

1 tablespoon paprika

1/2 teaspoon rosemary

Combine evaporated milk, Tabasco and Worcestershire sauce in shallow dish; mix well. Combine flour, salt, paprika and rosemary. Dip chicken pieces in milk mixture; then roll in seasoned flour. Brown chicken in hot fat one-half inch deep in skillet, 30 to 45 minutes or until tender, turning to cook evenly.

Tossed Grapefruit Salad

Your family is missing a genuine taste treat if you're not occasionally tossing fresh grapefruit segments and thinly sliced onion rings in a green salad. Grapefruit is at its juice-packed best right now and bargain priced. Keep it on hand for breakfast eye-opener, luncheon salad, dinner dessert. Enjoy it whole, in segments or served as a juice... and toss it into your next salad.

For salad distinction, combine lettuce, endive, romaine, grapefruit sections, sliced cucumber, diced green pepper and onion rings. Toss lightly with any favored salad and oil or other French-type dressing.

Herbed Cheese Bread Recipe to Cherish

For those who have an occasional urge to bake bread, here is an herbed cheese bread to fill the kitchen with delightful aroma, the eye with delight, the taste buds with satisfaction. A recipe for repeating on frequent request from admiring family and friends. Recipe makes two loaves.

1 package active dry yeast

1/2 cup warm (not hot) water, divided

3/4 cup evaporated milk

1 tablespoon shortening, melted

2 tablespoons sugar

2 teaspoons salt

1 tablespoon caraway seeds

1 teaspoon sage or oregano

6 to 7 cups sifted all-purpose flour

1/2 pound sharp American cheese

1 cup lukewarm water

Sprinkle dry yeast into one-fourth cup of the warm water; stir until dissolved. Four evaporated milk into large bowl; add remaining one-fourth cup of the warm water, melted shortening, sugar, salt, caraway seeds and sage. Add two cups of the flour; beat with spoon until smooth. Grate cheese over dough.

Stir in yeast and one cup lukewarm water; mix flour to make a medium-stiff dough. Turn out onto a lightly-floured surface; knead until smooth and elastic (8 to 10 minutes). Form the dough into a ball and place in a large oiled bowl. Brush lightly with salad oil. Cover with a clean towel and let rise in warm place (85 degrees) away from drafts, until doubled in bulk. Punch down.

Place dough on lightly floured surface; cut in half; pinch cut edge to seal. Turn under all edges until tip of each half is rounded; let stand 10 minutes. Mold into loaf. Place in two greased 9 x 5 x 3 inch loaf pans. Cover with towel; let rise in warm place until center is slightly higher than edge of pan.

Bake in moderately hot oven, 400 degrees, 35 minutes. If desired, brush top with shortening. Turn out onto rack to cool.

"C" is for Citrus

There may be an "M" for mystery when it comes to viruses, prevalent at this time of year but there's no mystery as to the vital values of vitamin C (ascorbic acid). Vitamin C is necessary for healthy blood vessels, teeth, gums, bones, muscles, and nerves. It prevents decreasing iron absorption when the body is under physical stresses and assists in the healing of tissues, as well as possessing many other virtues.

Since vitamin C cannot be stored and must be replenished daily, it must be a part of the daily diet. Major sources of vitamin C are the citrus family, oranges, lemons and grapefruit which are abundant and reasonable in cost in our area.

The orange stands first in vitamin C, thiamine, riboflavin, calcium, iron and protein when compared nutritionally with 25 other fruits. A single orange, three inches in diameter, provides the total daily recommended allowance of vitamin C as recommended by the National Research Council.

Grapefruit is a relative source of vitamin C. You can depend on one-half of a medium sized grapefruit to yield enough vitamin C to meet the recommended daily allowance. A half-cup serving of grapefruit sections or juice is also a reliable source of the vitamin whether the product is fresh, canned or frozen.

The lemon like its relative the orange, grapefruit, tangerine and lime, is rich in the essential vitamin C; has many other attributes to recommend its daily use. Lemonade for the whole family is recommended during "season changes"; piping hot or cold.

February Plentiful

All citrus products, fresh, canned and frozen, are in big supply at reasonable cost.

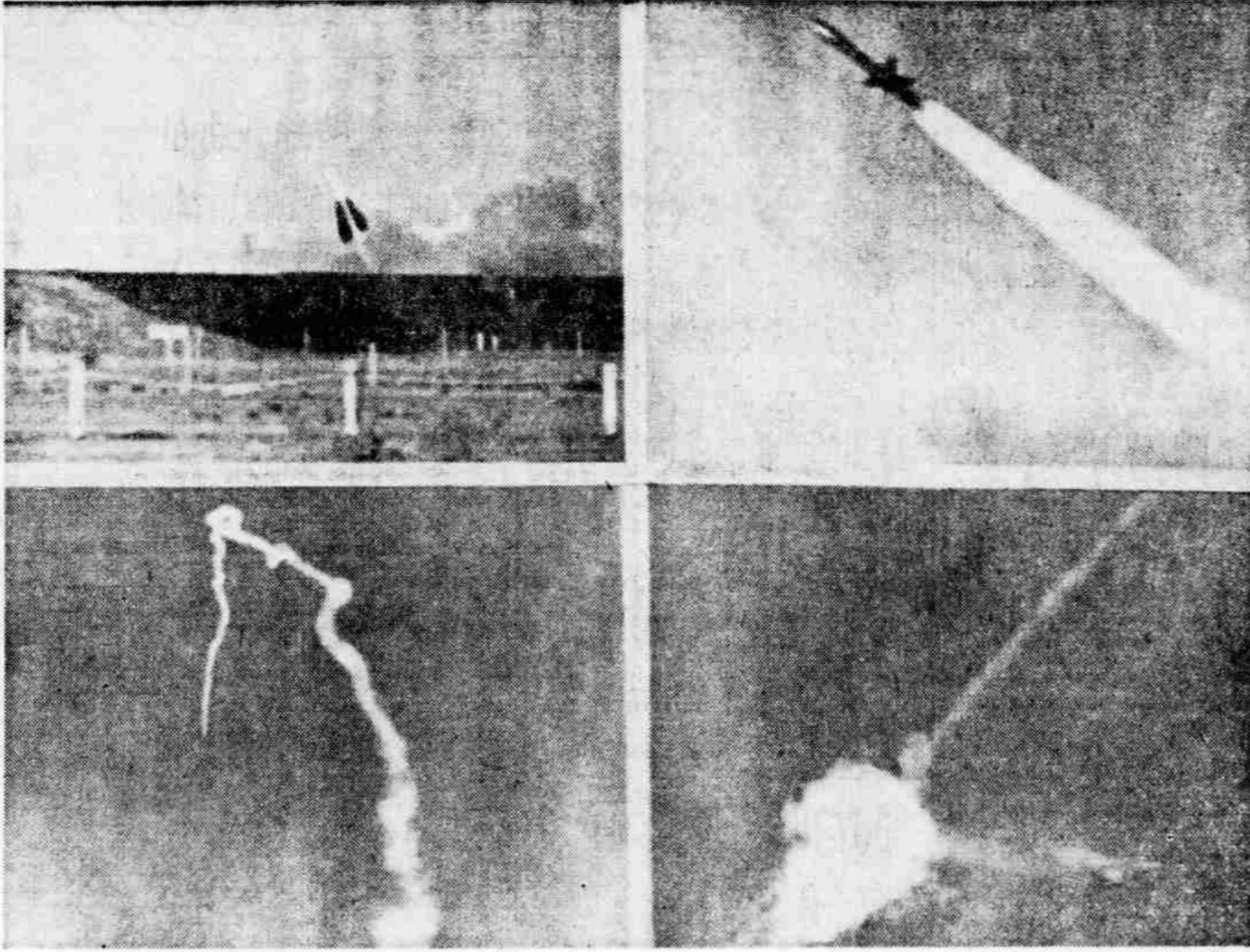
Best meat buys are broiler-fryers, both fresh and cured pork, braising beef, lamb.

Enjoy fish sticks, halibut, oysters, cod, Dungeness crabs, shrimp.

Good buys in canned peaches, peas, tuna, large, peanut products, raisins.

Fruit displays feature also apples, avocados, bananas, grapes, winter pears.

Vegetable bins offer beans,



MISSILE DESTROYS MISSILE — The Army disclosed Thursday that for the first time a ballistic missile has been destroyed in the air by another missile. These photographs show the Army's HAWK, surface-to-air missile, intercepting an Honest John rocket at an altitude of about 1 1/2 miles. When the missiles met, their combined speeds approximated 2,000 miles per hour. The pictures, from left to right show, top, the HAWK taking off, the Honest John streaking through the air; bottom, contrail left by the HAWK, and the interception. (UPI Telephoto From Defense Department)

Grange News

Gold Hill

Thirty candidates were initiated into first and second degrees Feb. 3 at a special meeting of Gold Hill Grange called by Master A. A. Walker. Those initiated were from Live Oak, Griffin Creek and Gold Hill Granges.

A total of 116 Grangers attended. They included Victor Croxton, state lecturer; Roscoe Roberts, county deputy; and Robert Bitterling, Pomona and Eagle Point Grange master. Other masters attending were Orrie Moore, Roxy Ann; Lloyd Lacy, Phoenix; Herman Kamping, Griffin Creek; Ben Boyce, Central Point; Frank Hall, Live Oak; and Jerome Fitzgerald, Sams Valley.

Announcement was made that Roxy Ann Grange would confer third and fourth degrees at Live Oak Grange Feb. 11 at 8 p.m.

County Judge Earl Miller and Earl Harrison, Medford, assistant fire chief, spoke on rural fire protection at a meeting of Gold Hill Grange Feb. 4.

Master A. A. Walker appointed a committee to investigate the possibilities of forming a rural fire district in the area. Members are Charles Foote, Soren Christensen, Wilber Martin and Lena Laricks.

Judge Miller spoke on the county's part in forming a district and Harrison told of the benefits to be derived from its formation. He advised holding a public meeting.

The judge was accompanied by Mrs. Miller. They are members of Roxy Ann Grange.

The agricultural committee reported that hog prices are down, hay steady, and beef down.

Mr. and Mrs. Stanley Foley were given the obligation of third and fourth degrees. Eight new applications for membership were read.

Blanche Merriman, Ferd Jones and Marie Christensen were appointed to the new finance committee.

TWO WHAT?

Oriskany, N.Y. — (UPI) — Police rushed to the scene Thursday after receiving a phone call from Joan McNabb, 30, who hysterically reported, "I've just killed two." They found two Blank Angus cows lying dead on the highway.

broccoli, cabbage, carrots, cauliflower, broccoli, celery, lettuce, onions, potatoes, squash, bunched vegetables in profusion.

President To Spend Week End at Farm

Washington — (UPI) — President Eisenhower planned to fly by helicopter to his Gettysburg, Pa., farm today to spend the week end.


The White House said the President expected to leave the White House about 12 noon (est) after a round of conferences dealing with national security.

He was scheduled to confer first with Gordon Gray, his special assistant for national security matters, then meet with the National Security Council, and finally talk with Gen. Nathan F. Twining, chairman of the Joint Chiefs of Staff.

STRAIGHTENED OUT

New York — (UPI) — Magistrate Rubin Levy fined Edward Fanelli \$2 Thursday and told him that, in the future, he should avoid doing what the police do and do what the law says. Fanelli was fined for illegal parking because he tucked his motor scooter vertically between parked cars to save curb space. He said that was the way all the motorcycle patrolmen did it, but Levy ruled the law clearly banned all vertical parking.

Miami — (UPI) — Gustave Greene, 65, long-time leader of Jewish charity drives and retired vice president of the New York millinery import-export firm of Henry Pollack, Inc., died Thursday.



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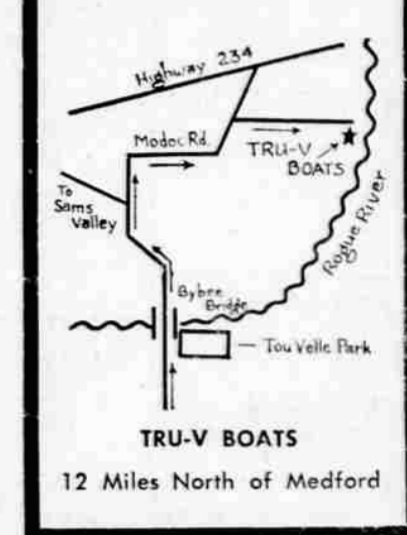
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LOOK AT THE LOWER PRICES



LOOK AT THE PLUSES

List prices as much as \$76.05 lower on popular models with popular equipment

The '60 Chevrolet models most people buy, equipped the way most people want them, are actually priced lower than last year's models. This two-tone Bel Air V8 sedan, for example—with Turboglide, push-button radio and de luxe heater—lists for a whole \$76.05 less! Prices are lower for all comparable V8 models throughout the line. Also for all comparable 6-cylinder models with Powerglide. Yet Chevy's loaded with more of the things that put pleasure into owning a car. (Just look at the list!) It's the greatest year yet to get into a Chevy!

Softer, more silent ride with coil springs at all four wheels and new butyl rubber-cushioned body mounts.

Big brakes for quicker, surer stops. Rivetless bonded linings mean they last longer, too.

More room to relax in. Chevy sedans offer roomier seating than any car in their class. Lower, narrower transmission tunnel means more foot room.

Electric windshield wipers, standard, keep sweeping even when you speed up to pass.

Vent windows crank open and closed. So much simpler than fighting those tricky little catches.

Keyless locking of all doors. Quick and easy. The same key opens door, glove box, trunk and starts the car.

Economy Turbo-Fire V8. Or how to get up to 10% more miles per gallon.

Thriftest 6 in any full-size car. It's the '60 version of the engine that got 22.38 miles per gallon in the '59 Mobilgas Economy Run.

Widest choice of power teams. 24 engine-transmission teams in all, with output up to 335 h.p.

A trunk that's made for long trips with up to 22.5% more actual luggage space. Sill's lower for easier loading.

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