

Feeding the Family

By ZOLA VINCENT
Food Editor

Sportsmen and Spectators Keep in Top Form

A great many people are looking after the care and feeding of the championship athletes to be certain they're in top form for the greatest snow show on earth. Spectators at Squaw Valley and environs and the arm chair athletes at home glued to radio and television and "reading the paper" may well fortify themselves with similar fine foods.

Dairy Bonanza. Dairy farmers in our area are busy supplying the 1100 athletes, trainers, coaches and other games officials housed in Olympic Village with adequate milk and other nutritious dairy products at mealtime and between meals. A Dairy Bar, 50 feet long, spacious and modern, is located in the recreation hall of the Village. Here our international athletes will find all the milk they want, hot chocolate, malted milks, milk shakes, a variety of ice cream sundaes to help keep their stamina at championship level. This is a part of the public relations program of American Dairy Association in promotion of the many fine qualities of milk.

Honey Jars: Recognizing the value of honey as a natural source of quick and lasting energy, Olympic procurement specialists, through cooperation of California Honey Advisory Board, have placed honey jars on every Olympic Village table, keep them filled throughout the training period and "the Games".

Oranges Important. Because citrus supplies bountiful amounts of vitamins, minerals and other vital health values that build champions, Sunbelt Growers is supplying tremendous quantities of California-Arizona navel oranges to the athletes.

Peanut Butter. Training tables at Olympic Village offer plenty of California-made peanut butter. Most popular of all sandwich spreads, peanut butter is packed with body-building protein along with thiamine, phosphorus and niacin important to buoyant health.

Sturdy Soups for Winter Wonderland
There's no doubt but that sturdy soups are simmering day and night at Olympic Village. They're also being ladled into mugs and going into vacuum bottles in every cabin where the snow flies.

Whether you're a spectator at the main event, seek the snow slopes for week-ends or just stay at home and envy people with so much energy and vitality, here are sturdy soups that are yours for the exercise of a can opener.

Bean with Bacon. An old-fashioned thick bean soup chock-full of plump beans—made savory with the flavor of bacon.

Equipment Display Set for Congress
EUGENE—One of the largest displays of logging and sawmill equipment ever displayed in Oregon will be featured at the 22nd Oregon Logging Conference and Equipment show in Eugene Feb. 25 through 27.

Among those expected to attend the event will be several from the Medford area. They will participate in panel discussions which will cover logging problems, fire protection, logging road construction, stage cutting, log hauling and new mobile logging equipment.

Local persons to participate in panel discussions will include Robert Nelson, Timber Products company; Dale Prentice, secretary-manager of Southern Oregon Conservation and Tree Form association; Bruce L. Blew, Bruce's Truck service; Austin King, King Logging company, and Claude David, truck manager.

Dinners and dancing have been scheduled each evening with entertainment arranged for the wives of delegates.

Clam Chowder. A melange of chopped bay clams, tomatoes, potatoes and savory seasoning in a tangy clam broth.

Pepper Pot. An Early American-type soup of substantial meat stock with pieces of meat, macaroni and vegetables.

Scotch Broth. A sturdy main-dish soup of choice mutton, barley and vegetables.

Beef Soup. Pieces of beef, fine vegetables and barley in a rich beef stock.

Chicken Gumbo. An old New Orleans specialty with vegetables and pieces of chicken in flavorful chicken stock.

Then there's cream of chicken, chicken with rice, chicken noodle, beef noodle, vegetable beef, oxtail, black bean and a score more for choosing from local grocers' shelves, many specialized at this season.

Milk Drinks Offer Tempting Refreshment
Snow enthusiasts in from the slopes or just off the ice will welcome hot nourishing milk drinks of the type available to Olympic champions at Squaw Valley. Arm chair athletes reading and also listening to the Games will also find solid satisfaction in heartening milk drinks.

Hot Eggnog. For four generous servings: Separate four eggs. Beat egg yolks until lemon-colored; add 2 tablespoons sugar. Beat egg white stiff; add remaining two tablespoons sugar slowly, beating constantly. Pour four cups scalded milk slowly over egg yolks, stirring constantly. Bring to simmering point slowly, stirring constantly. Stir milk into egg whites; add one teaspoon vanilla or rum extract and a few grains of salt. Pour from prettiest pitcher or ladle from warmed bowl. To make it really fancy, garnish with whipped cream and a dash of nutmeg.

Honey-Orange Punch. For six generous servings, combine one can frozen orange juice (diluted according to directions), three cups milk, one-half cup California honey and one-eighth teaspoon salt in blender or mixer. Serve cold.

Brown Booster. For four servings, add four teaspoons dark brown sugar and two teaspoons molasses to one quart milk; stir until well blended. Sprinkle with nutmeg.

Pru-Ana au Lait. For seven servings packed with energy. Peel four ripe bananas, break into pieces and place in a bowl. Beat with rotary beater until smooth. Add one quart milk and one cup prune juice; beat with rotary beater until well blended.

Ice Cream Toppings
Ice cream adds infinite variety and appetite-appeal to family meals. Here is a reminder of toppings that will provide exciting flavor and texture interest:
Chocolate syrup, caramel syrup, maple syrup, honey... frozen, canner or fresh fruit

In season... nuts, chopped, whole or toasted... coconut... shaved semi-sweet or sweet chocolate... preserves... cake, cookie and macaroon crumbs.

Peanut Butter Sandwich Fillings
Every young athlete knows that peanut butter is wonderful eating and jamb-packed with good nutrition. Here are some sandwich-making combos:

Date: One-half cup peanut butter, one-half cup chopped pitted dates, one teaspoon lemon juice, one-half cup thick salad dressing. Mix lightly.

Pineapple: One-half cup peanut butter, one-half cup drained crushed pineapple.

Prune: One-half cup peanut butter, one-half cup chopped cooked prunes, two teaspoons lemon juice, two teaspoons prune juice. Blend well.

Raisin: One-half cup peanut butter, one-half cup chopped raisins, two teaspoons lemon juice, one-third cup milk or cream. Mix lightly.

Carrot and Raisin: One-fourth cup peanut butter, one-half cup shredded carrots, two tablespoons chopped raisins, two tablespoons thick salad dressing. Mix lightly.

Vegetable: One-half cup peanut butter, one-half cup chopped celery leaves, one-third cup grated carrots, two tablespoons french dressing, one-eighth teaspoon salt. Blend well.

Honey for Energy
Honey is far-famed for its quick energy values. It's so important that it is on every table at every meal throughout the Winter Olympics at Squaw Valley. Here are honey ideas for appeasing appetites of your young hopefuls.

Pour honey over ice cream for an ice cream sundae. Add honey to a glass of milk, cocoa or other hot beverage.

Spread honey on bread, toast or graham crackers for afternoon snacking.

Put honey pitcher on breakfast table for sweetening cereal.

Soften cream cheese with honey for a fine fruit salad dressing.

Pour honey into center of a half grapefruit and broil for a few minutes.

Drizzle honey into center of canned pears or peaches for dessert.

Combine honey with peanut butter for super sandwich.

Combine honey with a teaspoon of lemon juice to soothe a cough.

Chessman Invites Two To Execution
San Quentin, Calif. — (UPI) — Carl Chessman invited just two persons to witness his execution scheduled for 10 a. m. Friday.

They are William Linhart, Richmond, Calif., private detective he employed to investigate his case, and Eleanor Black, Los Angeles Examiner reporter who covered his case.

More than 50 other persons, mostly newsmen, were expected to witness the execution.

Electronic Test Equipment Market Listed in 400 Catalogs

By ELMER C. WALZER
UPI Financial Editor
New York — (UPI) — Unlike the supermarkets where the housewife can see and buy several thousand and one items, the electronic test equipment market actually is 400 markets with 5,300 different devices.

You don't walk into a giant store and select the gadget you need for testing your electronic equipment — and testing is mighty important in that sensitive industry. You thumb through 400 catalogs — unless you've heard of Technical Information Corp.

That organization has compiled a unique directory of technical specifications which groups the 5,300 devices by specification and performance.

This method gives the engineer a ready means of finding the source of equipment containing the features he needs for the specific tests he is making.

And this method saves millions for the electronic industry which is growing by leaps and bounds.

Technical Information Corp.'s president, Albert F. Craig, estimates that industry spends \$300 million annually on electronic testing equipment.

And, he adds, 20 per cent or \$60 million is wasted because of incomplete knowledge of what is available and where.

"This represents only part of the total loss," Craig says. "Valuable time is lost. It is just as wasteful to redevelop an item because you didn't know it existed."

"And what we spend on test equipment is only a small part of what we spend on electronic items, so consider what it costs when a rocket or missile shot fails because of an inadequate part — inadequate because the maker might not have been able to find the right type of test instrument."

Information Important
Craig believes that complete information is particularly important in the race for space, and notes that "the Russians have a central source of data at their all union institute for scientific and technical information. We have nothing like it."

He said, however, that the science and technology division of the Library of Congress, with the aid of a national science foundation grant, is

Washington — (Science Service) — An adviser to the U.S. Navy here has told Science Service of a private fear: The USSR may lay claim to large areas of the ocean floor.

The adviser said Russia is going full steam ahead in ocean research to find clefts and caves in the ocean floor that may be useful to USSR submarines. Russian ships are also searching out ocean currents and seeking information for the improvement of Russian fisheries.

In size of research ships, the USSR leads the world with the Mikhail Lomonosov. It is about 330 feet long and carries 60 scientists who can live on ship for months, in addition to crew.

The Navy adviser said Japan and Great Britain also have larger research ships than the United States, which uses converted tug boats and similar small vessels — none originally designed for ocean research.

Columbia University's Vema, a beautiful yacht that can sail as well as be power-driven, is now circling the world. The ability to sail is an advantage in certain types of research.

For military reasons, neither the U.S. nor the USSR publishes detailed data on ocean floor research.

Bowling Alley at Baker Destroyed
Baker — (UPI) — Fire Wednesday destroyed a two-year-old bowling alley here with loss estimated at \$200,000.

The blaze was believed to have started about 4 a. m. The cause was not immediately determined.

COLONY DIVIDED
Richmond — Seven states were carved from the territory once known as the great Virginia colony domain.

preparing an annotated list of all abstracting and indexing services of scientific interest published in the country. This, he added, is a start in the right direction.

Testing of electronic devices is part of the production job and is considered one of the most important.

Many Tests Necessary
In some jobs, 100 different test instruments are needed. The big job is to find the one fitted for the particular job,

and until Craig devised his directory this meant thumbing through 400 catalogs, a process that took hours of engineers' time.

Each of the electronic testing devices is considered of great importance in the space age in determining the capabilities of countless items being developed for missiles, and for such other things as electronic computers, communications equipment, and even home television and radio sets.

Craig recalled how a major aircraft maker wanted a list of microwave test equipment in a certain range. He got the information in 20 minutes, and, Craig adds, "it

would have taken 20 man-hours to run this down by surveying the field."

Another directory subscriber said he obtained six items that cost \$1,000 or 39 per cent less than devices his company had planned to buy because it had been unaware of the instruments finally obtained.

The difference between the housewife and her supermarket and the engineer and his testing equipment is one of time. The items she wants have been developed over the years and advertised profusely.

The test devices are about the newest thing in production today. You've got to look

MAIL TRIBUNE, Medford, Or., Thursday, Feb. 18, 1960

for them—and the new directory is the latest step in this process.

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