



WINTER FANTASY - Medford residents took a second look this week as they drove past the P. F. Brainerd residence Monday morning at 226 Valley View dr. As the temperature dipped to 20 degrees during the night a frozen valve started the sprinkling system in the flower garden. Traffic jammed the circular drive at the residence during the morning as the sun transformed the crystals of ice into showers of glittering rhinestones. A closeup of one of the branches from the row of trees coated with ice is at left. Adding to the color of the display was the lavender of the blooming heather which could be seen through the ice. No damage to the trees or plants was reported. (Photos by Kenn Knackstedt)

The Family Council

Editor's Note: The Family Council consists of a Judge, a psychiatrist, three clergymen, a newspaper editor, a woman's editor and two writers. Each article is a summary of an actual case history. The Council reports on problems that have been dealt with by responsible agencies and counselors.

Muriel S. - My mother-in-law had no right to interfere. **Louis S.** - Muriel should apologize.

Muriel S. - My husband and I have been married nine years and have four children. Our main problems are financial and in-law.

Throughout our married life my mother-in-law has had to help us. This she is well able to do since my husband is an only child and she was left a comfortable income by her husband. However, her help hasn't been enough and we are in debt.

My mother-in-law has always been very critical of me. Recently she came to our house and told me she thought I had spent too much on this, that and the other thing. I am not extravagant and haven't bought a decent dress for myself in two years. I told my mother-in-law she had no right to interfere in our lives. Now my husband is furious at me.

Louis S. - It's all very well for Muriel to talk about Mother's being able to help us, but the fact is she didn't have to. She only did it because she wanted to see us live a little better.

However, Muriel did put away some of the money and then bought expensive draperies and lamps we could do without. Mother says the things Muriel bought are ugly and won't last a year - not with our kids tearing the place apart. Mother was right about that and Muriel had no right to tell her off.

Mother says we won't see another cent until Muriel apologizes and I want her to do just that. Mother has been too good to us to get that kind of treatment from Muriel.

The Council: Just about everything is wrong with this setup.

Louis should not have been taking handouts from his mother. His mother should not have given them, but having given them should not have attempted to supervise

the spending of the money, and Muriel should not have "told off" her mother-in-law.

Louis should recognize that as long as he doesn't fully support his family, taking in stride whatever debt he is forced to assume, he cannot really be the man of the family. His mother's handouts undermine his psychological. If he knew that his family could only count on his own earnings he would make the effort to improve his income - and would probably succeed.

Louis should also recognize that although his mother may be what he considers well able to help him, the money she gives him represents to her an emotionally unhealthy bond. She reveals this when she criticizes his wife's spending. She puts herself in a supervisory position in his family. She could undoubtedly use this money to better purpose by doing something to enjoy her own life.

Muriel should recognize that it is her job to help Louis be the kind of husband and father he ought to be. She should not have permitted him to accept the handouts. She should make it her business to get along on her husband's income and should help him steer clear of debt. Beyond that, she owes her mother-in-law respect and should not have let things come to the point where she had to talk back in a nasty way.

Parents can sometimes help married children without bad effects if the children are extremely mature and self-reliant and the parents truly have no desire to hold on to the child emotionally. Such perfection of character is rare.

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FAIR BOARD MEETS

New York - UPI - The board of directors of New York's proposed 1964 World's Fair was to meet today to nominate Robert Moses as president and to consider nominating former Undersecretary of State Robert D. Murphy board chairman, it was announced Tuesday.

Feeding the Family

By ZOLA VINCENT
Food Editor

Quick Fish Sticks Prove Lenten Season Specialty

Fish sticks are jumping out of frozen food packages into the frying pan and the baking dish at an increasing rate of speed as Americans consume 61 million pounds of them a year. The Lenten season will accelerate their popularity. These pre-cooked, frozen sticks come mostly in 10 ounce packages of ten one-ounce fish sticks though a few packers put them 6, 8, 12 or 16 to a package.

Crispy and hot in a matter of 12 to 17 minutes, package directions are easy to follow. Frequency of use inspired National Fisheries Institute to come up with variations that are likely to hike the trend even faster. We present our favorite variations here.

Prepared Fish Sticks according to package directions for baking, then experiment with these flavorful suggestions.

Cheesed Fish Sticks. Sprinkle the fish sticks with grated cheese, either the dry grated cheese that comes in shaker cans or any freshly grated cheese.

Herbed Fish Sticks. Sprinkle fish sticks with either of these mixtures: 1) dried thyme, marjoram and oregano; 2) dried parsley, celery flakes and poultry seasoning.

Deviled Fish Sticks. Spread fish sticks with chili sauce or with horseradish and catsup.

Spicy Fish Sticks. Sprinkle fish sticks with dried mint flakes and nutmeg.

Curried Fish Sticks. Our family favorite. Spread sticks lightly with mixture of mayonnaise and sour cream with touch of curry powder added.

Fish Stick Dinner

On a large baking sheet arrange one package frozen fish sticks for each four servings. They need no further preparation. Scoop out centers of tomatoes, season with salt and pepper. Bake in hot oven, 425 degrees, 15 to 20 minutes. Fill tomato centers with minted peas (fresh, frozen or canned) that have been simmered briefly with butter and chopped mint.

Chicken-Fried Halibut

Our west coast halibut has long been famed for its firm white meat and delightful non-fishy flavor. Consumers favor halibut steaks or fillets which are available fresh or frozen the year 'round. Frozen steaks or fillets may be cooked without thawing if additional time is allowed. If you prefer to thaw them for stuffing or other reason, it is best to thaw them overnight in the refrigerator. Recipe for six servings.

2 pounds halibut steaks
1/2 cup flour
1 teaspoon salt
Dash of pepper
1 tablespoon water

Cut steaks into serving size portions and roll in flour seasoned with salt and pepper. Place fish in a heavy frying pan which contains about one-eighth inch of fat, hot but not smoking. Fry at moderate heat.

When fish is brown on one side, turn carefully and brown the other side. Cooking time, approximately 10 minutes depending on thickness of fish. Add water, cover and simmer for five minutes. Remove fish to a hot platter, pour pan gravy over.

Plenty of lemon wedges on the side.

Prune Juice Combos

Prune juice is delicious as it comes from the bottle. It is relished by many in combination with cold milk, half and half. Try it half and half with apple juice. Add bottled prune juice to buttermilk and add a bit of sugar if you like.

Lemon Tartar Sauce

Keep this recipe for lemon tartar sauce handy. You'll want it many times during the Lenten season.

Combine one cup mayonnaise, one tablespoon minced green onions, one tablespoon sweet pickle relish, one tablespoon minced parsley or one teaspoon dried parsley flakes, two tablespoons fresh lemon juice, one teaspoon grated lemon peel, one-half teaspoon worcestershire sauce and one-half teaspoon celery or cara-

way seeds. Plan to fix this several hours before serving time to blend ingredients; chill. Serve on fish; pass in bowl.

Fish Garnishes

Fish without lemon is unthinkable so here are lemon for fish suggestions.

For lemon wedges which are highly favored for fish, cut fruit in half lengthwise, then cut each half into thirds. Sprinkle with paprika or other spices.

Lemon boats are appropriate and attractive as sauce dishes. Cut lemon in half lengthwise, scoop out pulp and use in making sauce. Fill "boat" with sauce.

Fish shapes may be cut from lemon peel for something really fancy.

Macaroni Cheese Puff

This recipe makes five generous servings of a lightly perfect macaroni and cheese dish that "puffs" you'll enjoy it many times once you try it.

Four main dish servings.
3/4 cup grated sharp cheddar cheese
1 cup uncooked elbow macaroni
3 eggs
3/4 cup milk
2 tablespoons melted butter
1 teaspoon salt
2 tablespoons chopped pimiento
1/2 cup sliced ripe olives

Cook macaroni in boiling salted water as directed on package. Separate eggs. Place egg yolks in big sauce pan and whites in a bowl. Beat yolks; add milk. Heat and stir in cheese, butter and salt, cooking over low heat until cheese melts.

Add cooked drained macaroni. Beat egg whites until stiff. Fold beaten egg whites into macaroni mixture. Pour into greased 8x8 inch baking pan or dish. Bake in moderate oven, 350 degrees, for 35 minutes. Serve immediately.

Lenten Season Eggs

For Fluffy Omelet

The little red hen and all her fine feathered sisters have been busier than ever producing the best packaged product of all time. Not even Edmund Loewy can come up with anything to compare with the hen's ability to pack all that nutrition into one paper-thin eggshell.

Egg production is seasonally high and prices are seasonally low as the Lenten season throws spotlight on eggs, a top substitute for meat in menus. Here are ways with omelets.

A plain or French omelet is a scrambled egg mixture, unstirred but lifted gently as it cooks.

Basic Fluffy Omelet

Basic to the glamorous puffy omelet is the combination of lightly beaten egg yolks with stiffly beaten egg whites. A two to four egg omelet is a good amount. More eggs require a very large pan and the omelet becomes difficult to fold and roll onto the serving platter.

Separate the eggs and beat yolks thoroughly. Add one tablespoon milk for each egg. Beat together egg whites and a little salt until stiff but not dry. Gradually fold in the egg yolk mixture. Pour into frying pan containing only enough melted fat to cover pan. Cook over low heat until omelet is lightly browned on bottom. Cover and cook until "set".

Or when it is lightly browned on the bottom, finish cooking by baking in moderate oven, 350 degrees, 10 to 15 minutes or until browned on top.

Crease through center, fold over and roll omelet onto a hot platter. Parsley garnish.

Dress omelet with a mushroom sauce, tomato, cheese or Spanish sauce or top with creamed vegetables, meat, fish or poultry.

For a sweet omelet, add jelly or marmalade just before rolling omelet.

If you're adding meat, fish, vegetables, grated cheese or other foods to a fluffy omelet before cooking, be sure to mix them with egg yolk mixture before folding into beaten whites.

Antibiotics Test In Milk Developed

Madison, Wis. (Science Service)-A test for antibiotics in milk that could be conducted on the farm is now in the experimental stage. F. V. Kosikowski of Cornell University, Ithaca, N.Y., told a University of Wisconsin Farm and Home Week dairy industry session that

the test would enable dairy fieldmen to test farm milk at regular intervals, without the necessity of bringing samples to the dairy plant. He said present research was aimed at producing a kit fieldmen could use. In the test, tiny, blotter-like discs are used to soak

up small samples of milk. These are then placed on a plate where bacteria organisms are growing in a favorable substance. If, after an incubation period, there is no bacteria growth in a halo-like area around the disks, it is assumed that an antibiotic or cleaning compound is present in the milk.

CLASSES SUSPENDED

Brookings - UPI - Classes at Kalmiopsis grade school here were suspended for the day Wednesday after one of the teachers collapsed and died in front of her pupils. Mrs. Hazel Morris, about 45, died of an apparent heart attack during one of her morning classes, according to superintendent Gene Allison.

MAIL TRIBUNE, Medford, Or. Thursday, March 3, 1960 7

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New York - UPI - Georgia-Pacific Corporation Wednesday reported profits were up 40 per cent in 1959 over 1958. Net profits after taxes in 1959 were \$14,115,692.

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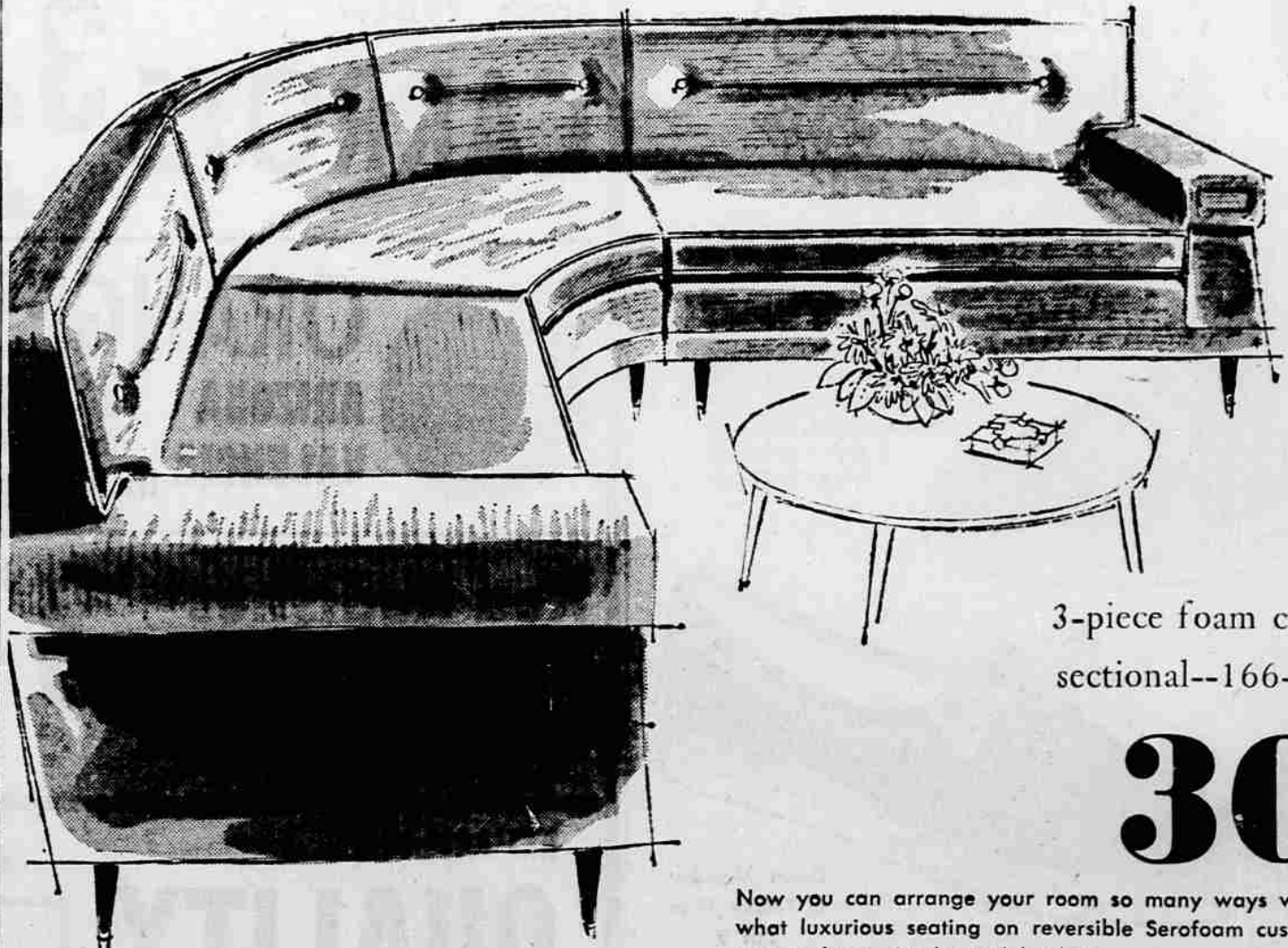
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