



PLEASES LITTLE LEAGUERS - Little Leaguers slide for home plate without argument when something hearty, savory and satisfying like this barbecued beef and rice is ready and waiting. Many filler-ups for growing boys are included in today's food columns.

Feeding the Family

By ZOLA VINCENT
Food Editor

Home Just Filling Station As Young Athletes Swat that Ball "Puh-Lay Ball!" is heard throughout the land as little Leaguers slug it out on local playing fields; each and every one dreaming of the day when he'll be playing with the Big Leaguers.

Home is just a filling station for our young athlete of all ages. Every admiring parent knows that his (or her) young pride and joy who answers to the call of "Batter Up!" needs two or three times as much food as his father. Playing to the grandstands and battling the "ump" take a lot out of a fellow whose legs are hollow to begin with. He's not only building new bones but teeth and blood and muscles and tissues; needs quantity as well as properly balanced variety of foods.

There's also the rooting section to be fed! So let's give thoughtful consideration to that important home plate—the feeding of budding All-Americans, their brothers, sisters, other relatives and friends.

Milk, Burgers, Franks Favorite Filler-Uppers Any poll of fast-growing boys (and girls too) will reveal a big pitch for lots of milk, plenty of hamburgers and/or frankfurters. A pitcher of milk on the table will save trips to the refrigerator; encourage milk drinking.

A pitcher of orange, pineapple, grapefruit, tomato, vegetable or other favorite juice is a good idea too—for supplying that all-important vitamin C needed daily.

All-American Burger With Variations For each four servings, combine one pound hamburger, one teaspoon salt, two tablespoons chopped onion; mix thoroughly. Shape into four thin or eight thin patties. Pan-brown in skillet. Do not press the patties. Do not overcook. Turn to brown on other side.

When burgers are cooked, remove from pan. Add to the drippings in the pan, two tablespoons butter or margarine, one tablespoon Worcestershire sauce or catsup. Pour over hot hamburgers.

De Luxe Burgers Shape the All-American burgers into two thick patties. Place on a pie pan and broil three inches from heat source. Turn once to broil (5 to 10 minutes). To serve, spread hot burgers with one of the following:

Two tablespoons butter mixed with two tablespoons catsup, one teaspoon prepared mustard or chili powder . . . two tablespoons butter mixed with two tablespoons chopped chives . . . two tablespoons butter mixed with two tablespoons Blue cheese . . . two tablespoons butter mixed with one tablespoon prepared mustard . . . or one tablespoon butter mixed with two tablespoons Worcestershire sauce.

Ways With Franks Frankly, franks need only quick heating. They're already cooked. Five minutes in boiling hot water or quick broiling in oven, outdoor grill or over campfire coals. They require only buns and an offering of mayonnaise, mustard, chili sauce, pickle relish, finely chopped onions, chili con carne . . . and then it's every man for himself.

Barbecued Beef and Rice Dinner Rates Cheers Little Leaguers, their fathers and the women of the family will give three cheers for this barbecued beef and rice skillet main dish. Hearty, simple and savory, ground beef is simmered along with potatoes, tomatoes, onion and green pepper. Distinctive flavor is added by unsulphured molasses and prepared mustard. Six servings, enough for

BEEF ROASTS

"U.S.D.A. Good" Trimmed
Better, Blade & 7 Bone Cuts

49¢ lb.

Soran's Finest - Oregon Grown - Completely Dressed and Drawn

FRESH FRYERS

lb. 39¢

RIB ROASTS

All excess fat and bone removed U.S.D.A. Good; lean and tender lb. 89¢

Boiling Beef

Plate and brisket cuts. U.S.D.A. Good Real economical lb. 19¢

Boneless Beef Stew

Lean tender cubes of USDA Good Beef lb. 69¢

Pure Ground Beef

Ground fresh daily Always a lot better lb. 49¢

LARGE SELECTION OF LUNCHEON MEATS... SALADS And PICNIC FOODS

CAKE MIX

CINCH Devils, White, Yellow 5 FOR \$1.00

SALAD DRESSING

Oregon Food QUART 39¢

Del Monte Sale STOCK UP & SAVE!

Continuing the Del Monte Sale:

Del Monte Foods	Reg.	Multiple	Save
Apricots Del Monte—Halves No. 303	.29	4/1.00	.16
Fruit Cocktail Del Monte No. 303	.27	5/1.00	.35
Figs Golden Poppy—by Del Monte No. 303	.19	6/1.00	.14
Oranges MANDARIN—Del Monte 11 oz.	.29	4/1.00	.16
Peaches Del Monte Halves or sliced—No. 2 1/2	.33	4/1.00	.32
Peaches Del Monte Halves or sliced—No. 303	.25	5/1.00	.25
Pineapple Crushed or Tidbits Del Monte—No. 211	.23	5/1.00	.15
Sliced Pineapple Del Monte No. 2	.39	3/1.00	.17
Asparagus Del Monte Early Garden—No. 300	.39	3/1.00	.17
Cut Green Beans Del Monte No. 303	.22	5/1.00	.10
Beans Cut Green—Doubleluck; No. 303 by Del Monte	.15	8/1.00	.20
Corn Cream Style—Del Monte No. 303	.20	6/1.00	.20
Corn Whole Kernel—Del Monte No. 303	.21	5/1.00	.05
Peas Del Monte No. 303	.22	5/1.00	.10
Spinach Del Monte No. 303	.17	7/1.00	.19
Tomatoes Del Monte No. 303	.25	5/1.00	.25
Tomato Sauce Del Monte 8 oz.	.10	12/1.00	.20
Tomato Sauce Del Monte No. 300	.17	7/1.00	.19
Catsup Del Monte 14 oz.	.21	5/1.00	.05

Butternut Coffee

1-lb. Tin 69¢ 2-lb. Tin \$1.37

MEDFORD'S FINEST PRODUCE
U.S. No. 1-A New White Shafter

POTATOES

10 Lb. Bag 49¢

LETTUCE Extra Large Green Heads 2 for 29¢

TOMATOES Vine Ripe Red Beauties Basket 29¢

AVOCADOS Large Green California Fuertes Each 10¢

STRAWBERRIES 5 Full Cups \$1.00
Red Ripe California

EGGS NULADE LARGE AA DOZEN 45¢

CAMPBELL'S

SOUP

Vegetable base, tomato rice, vegetable, asparagus, bean, celery, pea, paper pot.

8 10 1/2-oz. tins \$1.00

EXPRESS--No. 1 tin

SALMON

49¢

BREAKFAST DRINK

TANG

14-oz. Jar 59¢

GOLD MEDAL

FLOUR

25-Lb. Bag \$1.89

ALTA DRIP or REGULAR

COFFEE

2-LB. JAR \$1.19

COTTAGE

MILK

Tall Tin . . . each 10¢

RICH TASTE INSTANT

COFFEE

6-oz. jar 79¢

YMCA AUCTION

Be Sure and Take Part in This Worthwhile Event
MAY 15—2:00 P.M.
B & B Auction Yard

Shortning

Cream Flake 3-LB. TIN 39¢

Low Every Day Prices PLUS Thrifty Green Stamps at Our Medford Store

"S & H" Green Stamps at Our Ashland Store

MIX or MATCH 'EM!

Del Monte Foods	Reg.	Multiple	Save
TASTE SEALED—No. 303			
APRICOTS	.19	6/1.00	.14
CALA RIPE—No. 303			
BOYSENBERRIES	.29	4/1.00	.16
BAGLEY—No. 2 1/2			
PEARS	.31	4/1.00	.24
TREASURE—No. 2 1/2			
PEARS	.29	5/1.00	.45
ARBEE CREST WHOLE—No. 303			
GREEN BEANS	.19	6/1.00	.14
KOUNTY KIST CREAM STYLE—No. 303			
CORN	.16	10/1.00	.60
COTTAGE TENDER—No. 303			
PEAS	.12	10/1.00	.20
PREMIUM—46 Oz.			
TOMATO JUICE	.29	4/1.00	.16
DW—No. 2 1/2			
TOMATOES	.23	5/1.00	.15
VAN CAMPS—No. 2			
PORK & BEANS	.20	6/1.00	.20
MARKET—No. 303			
KIDNEY BEANS	.16	7/1.00	.12
BLUE SKY—No. 303			
TOMATOES	.17	7/1.00	.19
SEA CALL GRATED—1/4s			
TUNA	.23	5/1.00	.15
AVALON CHUNK, LIGHT MEAT—1/2s			
TUNA	.29	4/1.00	.16
MARKET—Solid Pack Light Meat—1/2s			
TUNA	.29	5/1.00	.45

OREGON FOOD STORES

MEDFORD 13th and Central
ASHLAND 1475 Siskiyou Blvd.
PRICES EFFECTIVE THROUGH SUNDAY