

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## Salmon Casserole

For Fish Feasting  
Salmon is the seafood of the month with halibut, barracuda and fillet of sole also looming large in local market displays. Special characteristics of salmon are their fine texture, firmness, moistness and rich flavor. If you're using the frozen salmon, thaw in the refrigerator or let stand at room temperature for perhaps three hours. Fillets may be cooked without thawing if additional cooking time is allowed.

Salmon steaks or fillets may be used in this fish and vegetable feast in a casserole. Six servings for a hungry family.

- 1 1/2 pounds salmon steaks or fillets
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 cup whole-kernel corn
- 1/2 cups cooked green beans
- 2 cups cooked potatoes, sliced
- 1/4 cup butter or other fat, melted
- 2 tablespoons lemon juice
- 2 tablespoons onion, grated
- 2 medium tomatoes, peeled and sliced
- 1/2 cup grated cheese

Cut fish into serving size portions; sprinkle with half the salt and pepper. In a large, well-greased casserole place in layers the corn, beans and potatoes, sprinkling each layer with the remaining salt and pepper. Combine melted butter, lemon juice, onion and parsley. Dip salmon into mixture and arrange on top of potatoes. Cover with tomato slices and grated cheese. Bake in moderate oven, 350 degrees, for one hour and 15 minutes.

## Asparagus-Ham Rolls

Here we combine the delicacy of fresh asparagus and the good flavor of cold boiled ham by rolling the ham slices around the hot cooked asparagus. Arrange on toast points, figuring four or five asparagus stalks to each ham slice. Top with a cheese sauce made by adding one-half cup grated sharp cheddar cheese to a cup of white sauce for each four servings. Garnish with a dash of paprika or a sprinkle of parsley.

## Beef Short Ribs

Short ribs are ribs cut from ends of rib roast. They are especially priced in almost every meat case; offer amazingly good eating at low cost. They're usually cut into two inch squares with each piece weighing 4 to 6 ounces. Allow one to two pieces per serving according to the number of men and growing boys in the family. This sauce can also be used for chuck steak.

## 3 pounds beef short ribs, cut up

- 2 tablespoons fat
- 1 onion, chopped
- 1/4 cup vinegar
- 2 tablespoons sugar
- 1 cup catsup
- 1/2 cup water
- 3 tablespoons Worcestershire
- 1 teaspoon prepared mustard
- 1/2 cup sliced celery
- 2 teaspoons salt

Melt fat in a skillet. Brown the short ribs with the onion in the hot fat. Combine and add all remaining ingredients. Cover and cook slowly 1 1/2 to 2 hours or until tender. Or if you like a dark brown sauced meat that is crisp around the edges, bake in a moderate, 350 degree, oven 1 1/2 to 2 hours.

## Vegetable Sauce

This is an unusual sauce, giving flavor excitement to seasoned cauliflower, asparagus, green beans, corn, celery or broccoli. Recipe makes enough for topping six servings.

- Brown two strips bacon in skillet; remove and crumble. Discard all but three tablespoons of the flavorful bacon fat. Sauté one green pepper, chopped, and one whole pimiento, chopped, in bacon fat until tender. Keep hot until ready to use.

## Cranberry Cubes

Cut a can of jellied cranberry sauce into one-half inch slices; then into cubes for giving color and flavor interest to any fruit cup or salad. Good with chicken, turkey or tuna salad, too.

## Coastal Food Imports

World Trade Week, on next week's calendar, is a cause for celebration all along our west coast. A big splendid spotlight will be thrown on the importance of world trade in our everyday eating habits as well as on the vast tonnage that moves in and out of our coastal waters.

Just for family fun, take a look at your own kitchen shelves and see how many imports you reach for when you prepare the daily meals. Coffee, coming mostly into San Francisco harbors is far and away the number one food (so it's a beverage) import. Most of the coffee comes from Brazil, Colombia and Central America; then there's the famed Kona coffee from our own Hawaii. It gets roasted, blended, ground, pulverized, packaged in paper, tin and glass for distribution throughout the western states. A lot of tea comes from Ceylon, Indonesia, India. San Francisco, too, is a favorite port for sugar.

Bananas and molasses are two foods among the top 10 imports coming into Los Angeles. Other imports all along the coast include coconut from the Philippines; cocoa beans (chocolate) from Africa, Brazil, British West Indies, Central America; cheese from France, Italy, Switzerland, Denmark, Argentina; nuts from Brazil, India, Greece, Spain and Hawaii; bananas from Central America, Jamaica, Cuba; spices from many far places with pepper far and away the most important. There's vanilla pods from Madagascar, Mexico, Haiti; pineapples and papayas from Hawaii; green olives from Spain - and many, many others.

## Our Food Exports

From our Pacific Northwest go vast wheat tonnage, apples, pears, walnuts, filberts, and canned salmon to all over the world. From California ports go fresh, canned and frozen citrus fruits, vegetable juices, dried fruits, fresh grapes, raisins, sardines, mackerel, chick peas, evaporated milk, canned shellfish, tuna in cases by the million, refined vegetable oils and many other items including lots of lemons.

World trade is indeed a two way street enriching our eating habits. Several crops almost unknown outside the Andean area are grown in Ecuador. These crops include melloco, jicama, lupine seed, and quinoa, the seed of the giant pigweed.



Surprise the family with a snack of freshly baked cheese-date-bran bread sandwiches and milk. Sift 2 1/2 cups flour, 1/2 cup sugar, 3/4 teaspoon baking powder, and 1 teaspoon salt into bowl. Add 1 cup shredded American process cheese and 1/2 cup chopped dates. Combine 1 1/4 cups milk, 1 beaten egg, and 1/4 cup melted fat which has been cooled slightly. Fold in 1 cup whole bran cereal, being careful not to over-mix. Pour into well-greased loaf pan (8 1/2 by 4 1/2 by 2 1/2 inches) and bake in moderate oven (350 degrees F) until done, about 50 minutes. Cool in pan 5 minutes and turn out on rack to finish cooling. Yield: 1 loaf.

# Jupiter's Radiation Belt Said Greater Than Earth's

Washington - (Science Service) - The planet Jupiter has a radiation belt much more hazardous for space travelers than the earth's radiation belts, two California Institute of Technology scientists have found.

The radio energy from the Jupiter belt is one hundred trillion times that expected from the earth's belt, calculations have shown. Venkataraman Radhakrishnan of India and Dr. James A. Roberts of Australia, both working currently at the Radio Observatory of the California Institute of Technology, report the extent and polarization of Jupiter's radiation belt in the current Physical Review Letters, official publication of the American Physical Society in New York.

The belt is about 255,000 miles above the surface of the planet, which itself is about 85,000 miles in diameter. Jupiter's radiation at a frequency of 960 megacycles is due to the fact that high speed electrons trapped in the planet's magnetic field emit radio waves as they spin back and forth along the line of magnetic force. This mechanism is known as synchrotron radiation.

Unexpectedly high radio emission from Jupiter at a wave-length of ten centimeters, or slightly less than four inches, was first detected by scientists at the Naval Research Laboratory here. Their findings were later confirmed at other short wavelengths both at Caltech and the National Radio Observatory, Green Banks, W. Va. Synchrotron radiation from a belt resembling the earth's was immediately suggested for the origin.

Proof for this mechanism was found in the detection of linear polarization of the radio emission and the region of the emission. Both measurements were possible because of the unique radio antennas erected under the direction of J. G. Bolton, director of Caltech's Radio Observatory in Owens Valley, Calif.

The radio telescope consists of two 90-foot steerable antennas mounted on a railroad track a third of a mile long. Individually, these antennas are the largest of their type in the U. S. and second in the world only to the 250-foot dish at Jodrell Bank, England.

For certain observations the two antennas may be used to simulate the effect of a simple dish equal in diameter to the distance between them.

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He said the test data indicate how programs should be designed to not only eliminate the disease, but the virus itself in large parts of the world. Dr. Sabin made his remarks in a speech prepared for the International Conference on Live Poliovirus Vaccines here.

First express shipment by air to cross an international border was in 1951 when some ship parts as well as 146 hatching eggs were shipped from Florida to South America.

# Russia Won't Have Entry In Miss Universe Contest

By WARREN FRANKLIN  
United Press International  
New York (UP) - Russia isn't saying "noyet," but there will be no Soviet entry in the 1960 Miss Universe beauty contest.

Lack of adequate preparation time, not disdain of bourgeois international bathing suit competitions, was given by the Soviet Ministry of Culture as the reason for this year's refusal.

But next year, 1961? Russian curves may parade in the interests of worldwide harmony and cultural advancement. The bearer of these messages, pertinent to the lessening of global tensions and the promotion of beauty competitions, is Leopold Dende, U.S. publisher of the magazine, "Polonia."

It was Dende, who, in a faithful Mission to Moscow, made the initial contact with the wary Russians. And it was Dende, who, in previous forays behind the Iron Curtain, emerged with the first Miss Universe entrants from the Soviet sphere - the Miss Polands of 1958 and 1959, both of whom placed in the contest's semi-finals.

Dende reported that any Soviet participation in the Miss Universe contest, or any other beauty pageant, is linked to the U.S.-Russian cultural exchange program.

"The exchange agreement for 1960 has already been worked out," he said. "Only Khrushchev himself could change it."

Khrushchev's negative reaction to the backsides of the Russian women.

# Sabin Says Oral Polio Vaccine Safe

Moscow - (Science Service) - The developer of the Sabin live oral polio vaccine has told scientists here that his vaccine has been proved safe and effective in tests with millions of persons but that whether public health authorities will use the vaccine is a question "only the future can answer."

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# Anniversary To Be Observed

Members of the county Seventh-day Adventist churches will commemorate the 10th anniversary of "Faith for Today," the denomination's weekly television program Saturday, May 21.

The local members, who help to sponsor the program with a yearly offering, will hear a history of the enterprise and will also learn how funds contributed by their congregation have been used and the results produced.

"Faith for Today" began on May 21, 1950, on one television station in New York City. Today it is on more than 140 stations throughout the world.

In addition to presenting a weekly program, Faith for Today operates an extensive Bible Correspondence school. Its six courses are designed to increase study of the Bible. Starting Monday, May 23, "Faith for Today" may be seen on KBES-TV at 4 p.m. each Monday.

To the unaided eye, snow appears white. But polarized light brings out the many different colors in snow crystals.



Excruciating headaches may be caused by eyestrain. Eyestrain can also reduce working efficiency, promote fatigue and irritability and may be allied with other physical troubles, such as neckache, backache, and upset stomach. Why suffer needlessly? Protect your eyes with properly fitted glasses. Heed the danger signs. Be sure of proper eye care. Have your eyes examined at least once a year by Dr. Noles' Optometrist.

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Tenth and Ivy sts.  
James W. Davidson, pastor

**SACRED HEART CATHOLIC CHURCH**  
323 S. South Oakdale ave.  
Fr. Carl M. Fr. John A. Fr. William McLeod

**ST. LUKE'S METHODIST CHURCH**  
2948 Sixths Blvd.  
Lelvin Dixon, pastor

**ST. MARK'S EPISCOPAL CHURCH**  
Fifth St. and N. Oakdale Ave.  
R. V. Roeder, rector  
Dorcas S. Alvord, assistant

**ST. PETER'S LUTHERAN CHURCH**  
1020 East Main st.  
John E. Simon, pastor

**W. E. HIRTS, PASTOR**  
9:45 a.m. - Sunday school  
11 a.m. - Morning worship  
7:30 p.m. - Prayer meeting

**LANDMARK MISSIONARY BAPTIST CHURCH**  
Independent  
The Legends Club Bldg.  
Pine St.  
E. D. Mercer, minister

**EAGLE POINT ASSEMBLY OF GOD**  
Sixth and E. 4th  
Tracy Cambron, minister

**COMMUNITY BIBLE CHURCH**  
Joseph J. Munahan, pastor

**SEVENTH-DAY ADVENTIST CHURCH**  
Grange Hall  
John Trude, pastor

**GOLD HILL CHRISTIAN CHURCH**  
Corner Fourth and Sixth  
Miss Jean Cunningham, minister

**COMMUNITY METHODIST CHURCH**  
Corner 4th and 4th ave.  
O. L. Kendall, pastor

**JACKSONVILLE ASSEMBLY OF GOD**  
W. E. Hirts, pastor

**FIRST PRESBYTERIAN CHURCH**  
King K. Jones Jr., pastor

**ST. JOSEPH'S CATHOLIC CHURCH**  
Fr. William McLeod

**PHOENIX FIRST PRESBYTERIAN CHURCH**  
Second and Church sts.  
William S. Saladin, minister

**SHADY COVE OUR LADY OF FATIMA CATHOLIC CHURCH**  
St. Mary's

**ST. MARTIN'S EPISCOPAL CHURCH**  
School band room  
John S. Power, vicar

**TALENT FIRST METHODIST CHURCH**  
First and Wagner sts.  
Ernest R. Bell, minister

**WAGNER CREEK MISSIONARY BAPTIST CHURCH**  
10 a.m. - Sunday school

**RURAL CHURCHES BUREAN BAPTIST CHURCH**  
Conservative  
White City  
Crater Lake hwy & A ave.  
Ray Nelson, pastor

**GRACE LUTHERAN CHURCH**  
Frances Lane  
Albert Nickodemus, pastor

**CENTRAL POINT CHURCH OF CHRIST**  
Third and Oak sts.  
Mr. Jean M. Shelley, minister

**COMMUNITY BIBLE CHURCH**  
Paul O. Kroon, pastor

**FIRST PRESBYTERIAN CHURCH**  
Robert Bridge, interim minister

# COUNTY CHURCHES

**ASHLAND FATH TABERNACLE**  
Highway 99, South of Ashland  
Leo C. Wine, pastor

**WAGNER CREEK MISSIONARY BAPTIST CHURCH**  
10 a.m. - Sunday school

**RURAL CHURCHES BUREAN BAPTIST CHURCH**  
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White City  
Crater Lake hwy & A ave.  
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Mr. Jean M. Shelley, minister

**COMMUNITY BIBLE CHURCH**  
Paul O. Kroon, pastor

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1-lb. . . . 57¢ 2-lbs. \$1.13 4-lbs. \$2.25  
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EDWARDS COFFEE  
Folger's COFFEE  
HILLS BROS COFFEE  
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GREEN PEAS 10 oz. \$1.00  
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