



Feeding the Family

By ZOLA VINCENT
Food Editor

The long growing seasons in our unequalled climates and soils keep the national markets supplied with many fresh vegetables the year 'round; bring them to us field-fresh and at smaller prices because of the short haul. Years of experimentation and experience lie behind the production of these vegetables. Constant vigilance has developed the present-day methods of harvesting, packaging and delivering fresh produce in perfect condition.

Give the family new taste pleasures, titillate the appetite with new seasonings by the judicious use of herbs and spices in ways like these:

Artichokes: add garlic, oregano.

Asparagus: add caraway seed, dry mustard, nutmeg, sesame seed, tarragon, thyme.

Beets: add allspice, caraway seed, celery seed, cloves, dill, nutmeg, tarragon.

Broccoli: basil, caraway seed, curry powder, dill seed, dry mustard, nutmeg, oregano.

Cabbage: anise, basil, caraway seed, celery seed, dill, dry mustard, fennel, nutmeg, oregano, savory, tarragon.

Carrots: basil, caraway seed, curry powder, dill, ginger, mace, marjoram, mint, nutmeg, parsley, sage, thyme.

Cauliflower: chives, dill seed, mace, nutmeg, parsley, rosemary, savory.

Celery: basil, caraway seed, chives, curry powder, dill seed, marjoram, mustard, onion powder, tarragon.

Corn: garlic, onion powder, paprika, touch of chili powder.

Eggplant: basil, chili powder, garlic, marjoram, parsley, thyme.

Green beans: basil, caraway seed, curry, dill, garlic, marjoram, onion powder, oregano, rosemary, tarragon, thyme.

Onions: caraway seed, chili powder, coriander, marjoram, oregano, rosemary, sage, thyme.

Peas: basil, chives, dill, ginger, marjoram, mint, nutmeg, oregano, poppyseed, rosemary, savory, tarragon.

Spinach: allspice, garlic, mace, marjoram, nutmeg, oregano, rosemary, tarragon, thyme.

Summer squash: basil, chives, curry powder, dill, dry mustard, marjoram, nutmeg, paprika, rosemary, sage.

Tomatoes: basil, celery, salt, chives, coriander, curry powder, dill, oregano, sage, sesame seed, tarragon.

piece. Rub with damp cloth. If a tenderloin is used, use a long narrow knife to make an incision lengthwise through the center of the tenderloin being careful not to cut through. If round steak is used, make incisions over different parts of the meat so that each serving will contain one stab.

Combine vinegar, salt and pepper. Pour over steak and into incisions. Combine olives, green pepper, capers and ham. Stuff this mixture into all incisions. Cover meat with sliced onion and green pepper, parsley, tomato paste and one tablespoon vinegar. Let stand half an hour.

Heat salad oil in deep skillet. Remove meat from marinade and brown on all sides in the hot oil. When meat is well browned, add vegetable marinade and water; simmer 15 minutes. Serve tenderloin rosy red inside. Round steak should be covered and simmered until meat is tender, adding more water if necessary.

Just before serving, add the red wine; simmer five minutes. Serve the sliced meat on a hot platter so the stuffing shows. Garnish with watercress. Serve the remaining sauce in sauceboat. With meat, serve rice and red kidney beans, vegetable salad.

Portland Zoo Gets Black Australia Swans

Portland - (UP) - The city of Portland has received a pair of black Australian swans from a Tacoma resident.

City Commissioner Ormond R. Bean said the birds were a gift of E. A. Kline. Bean said Kline had two pairs of the swans, but decided to part with one pair because the four battled all the time.

Bean said the swans, valued at \$300, will be on view at the Portland zoo.

DREARY AFTERNOON

Brisbane, Calif. - (UP) - San Mateo county authorities said Wednesday three young girls admitted breaking 49 windows in a school here because "it was a dreary afternoon with nothing else to do."

FLAVOR INTEREST

There's unusual drama as well as flavor interest when one offers guests South African lobster tails. They are prepared with the greatest of ease, when cooked quickly, chilled, then arranged like this on your biggest plate or platter.

LEGAL NOTICES

NOTICE TO BIDDERS

Sealed proposals for the following street, addressed to the City Council of the City of Central Point, Oregon, and return to the City Recorder until 7:30 p.m. on the 23rd day of August, 1960.

The work consists of excavation and grading complete, concrete curbs both sides, asphaltic paving and other work pertaining thereto on the following street:

Oak Street - from Front Street to Seventh Street.

The total principal bid items upon which separate bids for each project invited are:

Excavation and grading complete
Creek run gravel, stone base
Crushed granite, leveling course
Concrete curbs
Prime coat, MC-2 Oil placed
Asphaltic concrete pavement, 2" thick

Plans, specifications, instruction to bidders, special provisions quantities to be used in comparing bids, contract and bond forms for each project can be obtained at the office of the City Recorder, City Hall, Central Point, Oregon upon deposit of Ten and no/100 dollars (\$10.00).

All successful bidders must return copies of plans and specifications within ten (10) days after the closing date of the bid opening. Bids must be accompanied by a certified check for five percent (5%) of the proposal payable to the Treasurer of the City of Central Point, or a Bidder's Bond in like amount which will guarantee that if a proposal is accepted, a contract will be entered into and its performance assured.

Bids must be opened, signed by or on behalf of the Bidder.

The City of Central Point reserves the right to accept or reject all bids and to accept such bids as are to the best interest of the City and consideration of bids received is contingent upon the City Council approving and ordering the above mentioned work.

THE CITY OF CENTRAL POINT
By: Lyle Paul
City Recorder
Dated: August 2, 1960.

Astoria Infant Suffocates in Crib

Astoria - (UP) - A one-month-old baby suffocated in his crib Wednesday and efforts of Coast Guard personnel from the Point Adams lifeboat station to resuscitate him failed.

Dead was Jerry A. Guillary, son of Mr. and Mrs. Wilbert Guillary.

The mother called the Coast Guard station after she found her baby unconscious. Efforts to revive the child through mouth-to-mouth respiration failed.

LEGAL NOTICES

SUMMONS BY PUBLICATION

No. 34-481
IN THE DISTRICT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY
GENERAL CREDIT SERVICE, INC., an Oregon corporation, Plaintiff,
vs.
FRED R. HOWARD, Defendant.
TO FRED R. HOWARD, THE ABOVE NAMED DEFENDANT IN THE NAME OF THE STATE OF OREGON, you are hereby notified that the expiration of the time for the filing of your answer to the complaint filed against you in the above entitled Court and Cause on August 23rd, 1960, and the expiration of four weeks from the date of the publication of this summons, and if you fail to so appear and answer said complaint for want thereof, the plaintiff will apply to the Court for judgment against you for the sum of \$80.00 together with interest thereon at the rate of six per cent per annum from August 21, 1957 until paid on plaintiff's first cause of action, for the further sum of \$11.86 together with interest thereon at the rate of six per cent per annum from April 27, 1957 until paid on plaintiff's second cause of action, for the further sum of \$450.70 together with interest thereon at the rate of six per cent per annum from June 12, 1957 until paid on plaintiff's third cause of action, and for its costs and disbursements incurred herein; and also for an Order of Court authorizing and directing the garnishment of the First National Bank of Portland, Oregon, Medford Branch, to pay over and deliver to the Clerk of the above entitled Court any monies or property belonging or owing to you which has been attached to said proceeding in accordance with Writs of Attachment duly and regularly issued out of said Court and said County to be applied upon judgment, costs, and accrued costs.

The date of the Order for publication of this summons is the 9th day of August, 1960.

The time prescribed for publication of this summons is once each week for four consecutive weeks, the date of the first publication of this summons is the 11th day of August, 1960.

HARRISON AND PIAZZA
SAM B. HARRISON
Attorneys for Plaintiff
POST OFFICE ADDRESS:
207 U.S. National Bank Bldg.
Medford, Oregon.

ADVERTISEMENT FOR BIDS

Sealed proposals for the construction of Willow Creek Dam Spillway, addressed to the Board of Water Commissioners, Medford, Oregon, will be received at the office of the Superintendent of the Board of Water Commissioners, City Hall, Medford, Oregon, until 11:00 A.M. on August 16th, 1960, and then will be publicly opened and read.

The work contemplated consists of the construction of a reinforced concrete spillway in the existing Willow Creek Dam Spillway, approximately 28 ft wide, of concrete.

Plans and Specifications may be examined at the office of the Superintendent of the Board of Water Commissioners, Medford, Oregon. A copy of said Documents may be obtained at the above office upon a deposit of Ten Dollars (\$10.00) for each Document. The full amount of the deposit will be returned if said Documents are returned in good condition within fifteen (15) days after the date of the bid opening.

Each proposal must be submitted on the prescribed form and accompanied by a certified check, cashier's check or bid bond payable to the Board of Water Commissioners of the City of Medford, Oregon, in an amount not less than five percent (5%) of the amount bid.

The successful Bidder will be required to furnish security for faithful performance of the Contract in the full amount of the Contract price.

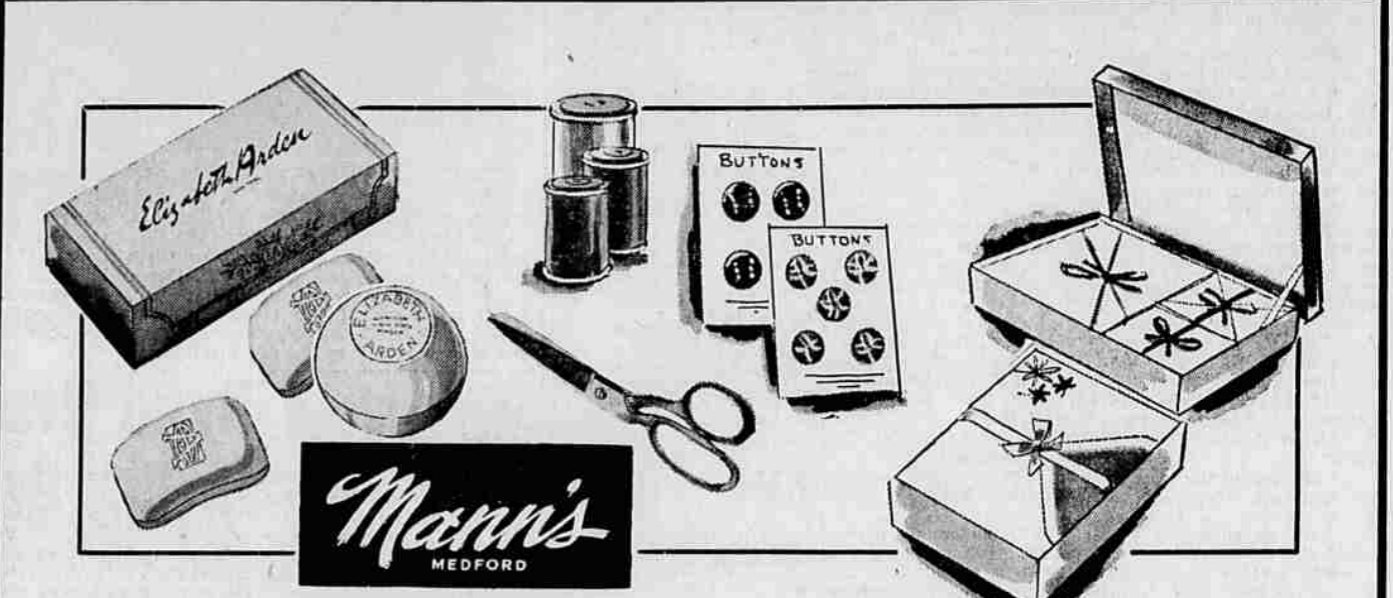
The right is reserved to reject any and all proposals to postpone the award of the Contract for a period not to exceed thirty (30) days and to accept the proposals or proposals as are to the best interest of the City of Medford, Oregon, as determined by the Board of Water Commissioners of said City.

Dated this 3rd day of August, 1960.

CITY OF MEDFORD, OREGON
By its BOARD OF WATER COMMISSIONERS
By Robert L. Lee,
Superintendent

TIMBER FOR SALE UNITED STATES DEPARTMENT OF THE INTERIOR BUREAU OF LAND MANAGEMENT ORAL AUCTION

as hereinafter stated will be received by the District Manager, Bureau of Land Management, BLM Warehouse Area, Forest Drive, Medford, Oregon (Mailing Address: BLM, Box 11001 at 10:30 A.M., PACIFIC STANDARD TIME on Thursday, September 8, 1960 for all timber marked or designated for cutting. Before bids are submitted, full information concerning the timber, the conditions of sale and submission of bids should be obtained from the above District Manager. The right is hereby reserved to waive any technical defects in this advertisement and to reject any or all bids. The United States reserves the right to waive any informality in bids received whenever such waiver is in the interest of the United States. IN JACKSON COUNTY, OREGON: O&C, R. W. M., estimated for cutting on Lots 1, 2, 3, 6, 7, 12, 13, 14, W1/2SE1, N1/2SE1, Section 31, R. 12 E., T. 36 N., estimated for the purpose of this sale to be 3,034 M bd. ft. Douglas-fir, 808 M bd. ft. ponderosa pine, 41 M bd. ft. sugar pine, 459 M bd. ft. incense-cedar, 211 M bd. ft. white fir, 4 M bd. ft. hemlock. No bid for these items. \$21.40 per M bd. ft. for the Douglas-fir, \$29.50 per M bd. ft. for the ponderosa pine, \$34.05 per M bd. ft. for the sugar pine, \$10.00 per M bd. ft. for the incense-cedar, \$12.25 per M bd. ft. for the white fir, \$11.45 per M bd. ft. for the hemlock, or a total purchase price of \$102,475.85 will be considered. Minimum deposit with bid \$10,000.00. All timber designated for cutting on S1/2NW1, N1/2SW1, SE1/4SW1, SE1/4 Section 19, T. 32 N., R. 1 W., W.M., estimated for with the purchase of this sale to be 603 M bd. ft. Douglas-fir, 8 M bd. ft. ponderosa pine, 41 M bd. ft. sugar pine, 7 M bd. ft. incense-cedar, 14 M bd. ft. white fir. No bid for these items. \$21.40 per M bd. ft. for the Douglas-fir, \$29.50 per M bd. ft. for the ponderosa pine, \$34.05 per M bd. ft. for the sugar pine, \$10.00 per M bd. ft. for the incense-cedar, \$9.55 per M bd. ft. for the white fir, or a total purchase price of \$12,575.60 will be considered. Minimum deposit with bid \$1,200.00.



SPECIAL SAVINGS FOR YOU!

3-WAY SALE—NOTIONS—COSMETICS—STATIONERY

SPECIAL PURCHASE—STATIONERY
Gift boxed. Beautiful finishes . . . white and pastel colors in Ripple and Luxurious Vellum. Up to 50 sheets & 36 envelopes. Deckle edges . . . scallop borders
Regular 1.00 and 1.59 **59¢**

SPECIAL PURCHASE—"COATS & CLARK" THREAD
Sew and save . . . Mercerized, boilfast thread. Assorted fall colors
12 spools **59¢**

CARDS OF BUTTONS—tailored and fashion styles. Assorted sizes. Come early for best selection.
Regular 25¢ card **10¢**

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Assorted sizes in sharpe edge cutlery. Bent trimmers . . . straight trimmers . . . embroidery shears
1 PAIR **1.59**
or TWO PAIR **3.00**

ELIZABETH ARDEN ANNUAL SOAP SALE
Famous Blue Grass or June Geranium soap
Reg. 2.50, box of 3 bars **1.50**
Reg. 3.50, box of 3 bars **2.50**

DOROTHY GRAY ANNUAL SALE SKIN CLEANSER
An exciting beauty special . . . dry skin cleanser or Salon cold cream
Regular 4.00—plus tax **2.00**

JUST A FEW MORE DAYS TO SAVE!

AUGUST WHITE SALE

SPECIAL PURCHASE!

6.98

Hand Washable Acrilan Comforter

For more bed beauty and sleeping comfort. Heavenly light yet so very warm and comfortable. Hand washable . . . allergy free . . . super fullness and body. Beautiful floral pattern. Comparable value 8.98.

FOXcroft FINE MUSLIN SHEETS

Guaranteed for 100 washings.

72x108	Reg. 1.99	1.58
Twin Bottom Fitted	reg. 1.99	1.58
Full Size, 81x108	reg. 2.09	1.78
Full Bottom Fitted	reg. 2.09	1.78
Cases	reg. .59	.38

SPRINGMAID SPRINGCALE SHEETS

Famous quality . . . long wearing luxurious sheets. You'll sleep better.

Twin Size, 72x108	reg. 2.79	2.19
Twin Bottom Fitted	reg. 2.79	2.19
Full Size, 81x108	reg. 2.98	2.39
Full Bottom Fitted	reg. 2.98	2.39
Cases	reg. .79	.59

NOTICE TO CREDITORS

NOTICE IS HEREBY GIVEN that the United States National Bank of Portland, Oregon, has been appointed executor of the estate of Florence Belle Shappell, Deceased, and all persons having claims against said estate are notified to present the same duly verified to the Trust Department, United States National Bank of Portland, Oregon, or to its attorneys, Gene L. Brown and R. Gene Smith, 206 Wing Building, Grants Pass, Oregon, on or before six (6) months from July 28, 1960.

UNITED STATES NATIONAL BANK OF PORTLAND, OREGON
Executor of the Estate of Florence Belle Shappell, Deceased

NOTICE TO CREDITORS
IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR JACKSON COUNTY
In the Matter of the Estate of HARRY W. REAMES, Deceased.
Notice is hereby given that I have been appointed as executor of the above estate by order of the Circuit Court and have qualified. All persons having claims against said estate are notified to present the same, duly verified, and with proper vouchers, to me at the office of my attorney, Jeanette Maxwell, 246 East 10th Street, Medford, Oregon, within six months from the date of publication of this notice.

Dated and first published this 28th day of July, 1960.
Lillian M. Coleman
Executrix



PINVALE CORDUROY MULTI-USE THROWS

72 X 60—5.98 72 X 90—7.98
72 X 108—9.98

Soft, hi-shen corduroy. Luxurious fringe on all 4 sides. Round corners for neat appearance. Easy to iron. Whisk on and off in a jiffy. Rose, Moss Green, Gold, Red. Practical Utility—with so many uses.

FAMOUS FIELDCREST DURACALE Colored PERCALE SHEETS

Pink, Blue, Green or Yellow

Twin Size, 72x108	reg. 3.29	2.89
Twin Bottom Fitted	reg. 3.49	2.99
Full Size, 81x108	reg. 3.98	3.39
Full Bottom Fitted	reg. 3.98	3.39
Cases	reg. .89	.69

FAMOUS FIELDCREST DURACALE SHEETS

New smoother finish . . . longwear . . . more sleeping comfort.

Twin Size, 72x108	reg. 2.79	2.19
Twin Top Fitted	reg. 2.98	2.39
Twin Bottom Fitted	reg. 2.79	2.19
Full Size, 81x108	reg. 2.98	2.39
Double Top Fitted	reg. 3.95	2.59
Full Fitted Bottom	reg. 2.98	2.39
Cases	reg. .79	.59

Special CANNON BATH TOWEL
reg. 3.98 **2.98**

Special PLASTIC PLACE MATS
2 for 1.00

Special SUPER SIZE PILLOWS
2 for 13.98

True elegance and quality. Super softness . . . super absorbency. Hand size, reg. 1.98 now 1.50. Wash cloth, reg. 69¢ now 49¢.

Larg size. Foam backing. Washable. No sliding. Two attractive patterns. Comp. value 1.00.

Heavenly sleeping comfort FOAM PILLOWS . . . superior comfort **2 for 9.88**

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AMERICA'S LARGEST-SELLING ECONOMY-PRICED DOG FOOD

Help provide guide dogs for the blind—see Vets' label for details!

Hillsboro, Oregon