



SOUFFLE MAKING EASY—The art of making light and fluffy soufflés is actually an easy one. This golden corn soufflé will win praise as a main dish luncheon or week end supper specialty. The recipe is included in today's food columns.

Feeding the Family

By ZOLA VINCENT
Food Editor

Let Family Help

With Project Peaches
Luscious freestone peaches lure home canners, freezers and jam makers as August harvest rolls to local markets. Remember that Rio Osa Gems are best for freezing, the Elbertas superior for canning. Use these and other varieties for quickly made jams, preserves, specialties. Make it a family affair.

Let the boys "lug" the lugs; the girls have the pleasure and satisfactions of helping with the project.

Our state is famed for the quality of its peaches, and this year's crop is an excellent one in all respects.

Unlike other fruits so popular with commercial canners, the commercial processors go for the cling peaches which leaves practically all of the freestones for home processing. Watch this newspaper's advertisements for best buys or plan ahead by talking things over with head of produce department in your favorite market.

Once you get the project under way, finish it up; if possible the same day.

Easy Peach Freeze

In Honey Syrup
Honey has long been valued for its flavor and for the food energy it supplies. It is also vital to the economy of our

state because the busy bees, through pollination are responsible for more than 50 of our fruits and vegetables.

Economically minded honey users always buy honey in large sized containers; use it in many ways. It is easily measured or poured from container, jar or measuring cup if edge is oiled.

Here we freeze peaches in honey syrup.

Fresh peaches frozen in a honey syrup do not require the use of vitamin C powder or Ascorbic Acid to prevent darkening of the fruit. Honey syrup may be prepared in quantity and stored in the refrigerator ready for use.

To prepare syrup, simply combine 1½ to 2 cups Oregon honey, according to sweetness desired, with one quart boiling water. Allow to cool thoroughly.

Peel peaches one at a time and slice directly into honey syrup, working quickly. Spoon into freezer cartons, filling to within one inch of the top with sliced peaches and syrup. Allow about one-half cup syrup for pint containers, three-fourths cup syrup for quarts. Cover with piece of crumpled aluminum foil to keep fruit under syrup while freezing. Seal tightly with cover and freeze immediately.

To keep color of peaches just right for serving, defrost the fruit in the sealed containers. Use while still icy cold.

How to Can Peaches

Cold Pack Method
The raw (cold) pack method of canning peaches is an easy one. Check jars; be sure there are no nicks, cracks or sharp edges. Use new lids. Wash and rinse jars. Pour boiling water over lids. Leave jars and lids in hot water until used.

Sort, wash, rinse and drain firm ripe fruit. Put peaches in wire basket or cheese-cloth. Dip peaches into boiling water, one-half to one minute to loosen skins, then into cold water. Drain. Cut peaches into halves, pit and peel. Drop fruit into salt-vinegar water (two tablespoons each to one gallon cold water).

Stand jars on rubber tray, wood or cloth. Pack peaches, layer's overlapping, cavity side down. Leave one-half inch head space. Cover peaches with hot medium syrup (one part sugar to two parts water). Run knife between fruit and jar to remove the bubbles. Add more syrup if needed to cover fruit.

Wipe top and threads of jar. Put lid on, screw bands tight. It must screw down evenly to hold red rubber sealing compound against top of jar.

Stand jars on rack in canner. Water should be hot but not boiling. Add hot water, if needed, to cover jars one or two inches. Put cover on canner. Process (boil) pints 25 minutes, quarts 30 minutes. Take jars from canner. Set jars two or three inches apart on folded cloth and let stand about 12 hours. Avoid draft, cold damp surface.

Test seal by pressing center of lid. If dome is down or stays down when pressed, jar is sealed. Store jars without bands.

Hot Pack Method

Prepare fruit for canning as suggested for cold pack method above. Simmer peach halves in medium sugar five minutes or until heated through. Pack hot peach halves in containers. Cover

with boiling syrup leaving one-half inch head room. Adjust lids. Process in boiling water bath 20 minutes for pints and quarts.

De Luxe Potatoes

Try topping baked potatoes with a combination of dairy sour cream, crumbled Roquefort or Blue cheese and seasonings to taste.

Or top with crumbled crisp bacon, sauteed chopped green onions and green peppers and seasonings.

Or stuff with a combination of scooped-out baked potatoes, warm milk, grated Swiss cheese, chopped chives and garlic salt.

Cinnamon Pears

Cinnamon pears are flavorful and colorful accompaniment to meats and poultry. To prepare, combine one cup sugar, one cup water and one-half cup red cinnamon candies in a saucepan; simmer for five minutes. Add 10 fresh pear halves and continue gentle simmer for five minutes. Serve warm or chilled.

Fresh Corn in Golden Souffle Made Rich with Cheddar Cheese

This golden corn soufflé is an ideal entree for luncheon or for a week end evening supper since the long baking allows time for other last minute preparation.

For extra flavor goodness as well as added nourishment, American cheddar cheese has been added to this tasty soufflé. Along with milk, the cheese supplies high quality protein, minerals and vitamins so essential to good

healthy bodies of growing girls and boys. Recipe makes six generous servings.

For best corn texture and flavor, cook fresh corn quickly, then cut from cob and scrape cob with downward strokes only from stalk to tip.

- ½ cup flour
- 1 teaspoon salt
- Dash of pepper
- 2 cups milk
- 2 tablespoons chopped pimiento
- 1 cup grated American cheddar cheese
- 2 cups corn, cooked and

cut from cob
OR 10-ounce package frozen corn
3 eggs, separated
Melt butter in saucepan over low heat. Blend in flour, salt and pepper. Add milk, stirring constantly; cook until sauce is smooth and thicken-

ed. Add pimiento, cheese and corn; continue cooking only until cheese is melted. Remove from heat. Beat egg yolks; add small amount of hot sauce, then add to remaining sauce. Beat egg whites stiff; fold sauce gradually into egg whites.

Pour into buttered baking dish; set in pan of warm water. Bake in moderate oven, 350 degrees, 1 to 1¼ hours. Serve immediately to admiring family.

Cantaloupe a la Mode
Many think cantaloupe with ice cream in it, the very best of all summer desserts. Serve generous scoops of ice cream of any flavor in chilled, plain or frilled cantaloupe halves. For super touch, sprinkle ice cream with cloud of snowy coconut or spoon over any available berries, lightly crushed.

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MEDFORD MAIL TRIBUNE

Court Records

ASHLAND MUNICIPAL COURT

Robert A. Johnson, reckless driving and defective equipment, \$50.

Jarone A. Vester, violation of basic rule, \$15.

Sharon L. Ingraham, failure to heed traffic light, \$5.

Roland R. Allen, violation of basic rule, \$10.

Homer J. Johnson, 118 Lincoln st., Ashland, under influence of intoxicating liquor while on a public street, \$50.

Charles F. Federickson, 775 Ashland st., Ashland, driving while under the influence of intoxicating liquor, \$200; driving while license suspended, \$100.

DISTRICT COURT

Gary Eugene Krouse, truck speeding, \$10.

Gary Livingston Fosson, no operator's license, \$5.

Minnie O. Parker, failure to signal, \$15.

Jerry R. Hart, no horn, \$10.

Neil F. McGill, failure to stop, \$15.

Paul E. Hewitt, overload, \$18.

Roy Lee Myers, vehicle license expired, \$5.

Barbara J. Knesley, failure to operate on right side of highway, \$15.

Robert E. Rice, violation of basic rule, \$15.

Claude W. Wadell, failure to stop, \$15.

Andrew J. McClevey, no vehicle license, \$5.

Luther George Blake, disobeyed stop sign, \$10.

Eldon S. Miller Jr., Spokane, Wash., reckless driving, \$85; switched license, \$5.

Delmer G. Malay, overweight, \$60.

El L. Halbrock, improper wheel covers, \$10.

Ralph E. Merritt, failure to stop, \$15.

Richard F. Gravelle, overweight, \$15.

Dorea F. Webb, unlawful combination vehicle, \$10.

James George, truck speeding, \$25.

CIRCUIT COURT

Lea F. Heath vs. Gary A. Heath, divorce decree.

Martha Magdalena Blair vs. Chalmers Blair, divorce decree.

MARRIAGE LICENSE APPLICATIONS

Delmer Gene Brood, route 4, box 420, Medford, and Linda Louise Hestager, box 171, Eagle Point.

Donald Eugene Wisley, 97 Big-Don dr., Central Point, and Sharon Lee James, route 1, box 231A, Eagle Point.

Joe Riley Maynard, 2346 Highway 86, Ashland, and Dollie Annas Robinson, 321 Eagle Mill rd., Ashland.

Donald Wayne Bowling, 802 Grant st., Medford, and James Ray Barker, 222 Ashland st., Medford.

David James Hille, Lake Isabelle, Calif., and Arliss Jean Haydock, box 23, Talent.

Walter Lonson Sewell Jr., 3203 Table Rock rd., Central Point, and Georgene Ann Hicks, 729 West 11th st., Medford.

Loyd J. Wood, 203 South Second st., Talent, and Judith Eleanor S. Mc. 257 Winema Way, Medford.

COAL RESERVES

The Seac region has coal reserves of six billion tons.