



Feeding the Family

By ZOLA VINCENT
Food Editor

We Take It on the Lamb
As Champagne of Meats
Offers Fine Week End Eating

Western lamb, the champagne of meats, is in plentiful supply for perking up menus and Labor Day Week-end appetites. Lamb is of top quality and prices are reasonable enough to attract budget-conscious homemakers just back from vacations. Fancy lamb chops command fancy prices, but there's a lot of good eating at reasonable to bargain cost in other areas of this popular meat.

We offer 3 lamb specialties for your consideration for over the long week end. Cook kebabs on the grill, riblets with vegetables in a skillet or a shoulder of lamb on a spit for a very special party.

Lamb Kebabs

Outdoors or indoors, 2 pounds of cubed lamb shoulder will make mighty good eating when skewered like this and broiled briefly.

- 2 pounds cubed lamb shoulder (2-inch cubes)
- 1/4 cup butter or margarine
- 1 teaspoon onion salt
- 1/4 teaspoon pepper
- 1 1/2-pound can whole carrots (or freshly cooked)
- 2 medium-sized green peppers, cut in 2-inch cubes

Arrange lamb on 4 long or 8 short skewers. Melt butter or margarine. Add onion salt and pepper; mix well. Brush lamb with butter mixture. Broil 3 to 4 inches from source of heat 5 to 7 minutes. Turn and brush with more butter mixture. Broil 5 minutes. Arrange carrots and green pepper cubes on skewers with lamb. Brush with butter. Broil an additional 3 minutes or until green pepper cubes are tender.

Lamb Riblet Skillet

Inexpensive lamb riblets, like any of the chops, may be pan broiled, pan fried, braised or fixed like this for a flavorful main dish.

- 2 1/2 pounds lamb riblets
- 2 tablespoons all-purpose flour
- 1 7/10-ounce package onion salad dressing mix
- 1 teaspoon salt
- 1/2 cup water
- 1/4 cup wine vinegar
- 2 cups diced green peppers
- 2 1/2-pound cans whole white potatoes or 4 cups cooked diced potatoes
- 3 medium-sized tomatoes, cut in wedges

Cook lamb over medium heat until browned on all sides, 15 to 20 minutes; remove from pan. Add to pan flour, salad dressing mix and salt; stir. Gradually add water and vinegar and stir well. Return riblets to pan; add green peppers. Cover and cook over low heat 30 minutes, stirring occasionally. Add potatoes, either canned or cooked, and tomatoes. Cover and cook 15 minutes, stirring gently occasionally.

Lamb Shoulder On Spit for Party

Buy a 5 to 8 pound boned

shoulder of lamb, rolled and tied, then proceed like this for a genuine treat. If party is big, do two of these, figuring on 8 servings from each roast. You can always hope that some will be left over for another day.

- 1 8-ounce can tomato sauce
- 1 teaspoon garlic salt
- 1 teaspoon onion salt
- 2 teaspoons Worcestershire sauce
- 1/4 teaspoon pepper
- 1/4 cup molasses
- 1 5-6 pound boned shoulder of lamb, rolled and tied

Combine tomato sauce, garlic salt, onion salt, Worcestershire sauce, pepper and molasses; mix well. Place lamb on spit. Brush lamb with molasses mixture. Cook on rotisserie or on outdoor grill 2 hours or until meat thermometer registers 175-180 dependent on desired degree of doneness. Brush lamb frequently with mixture during cooking.

Frenchmen Like Roast Duckling With Oranges

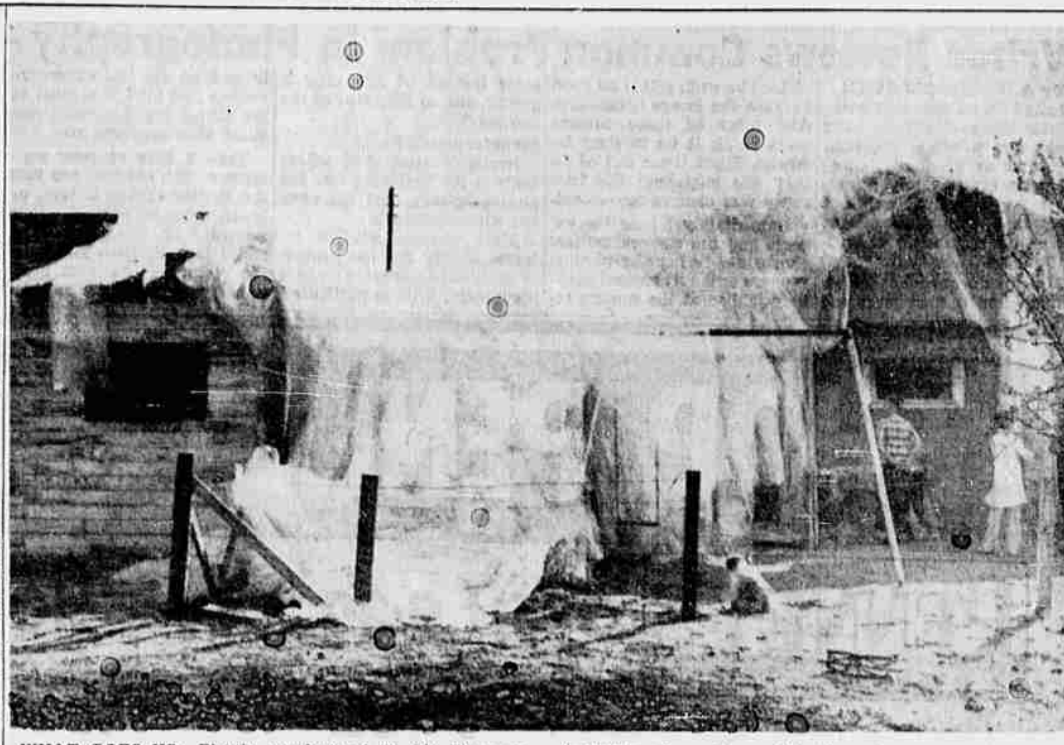
France, the world center of good foods and wines, a country with a great culinary tradition that has given us a whole vocabulary of restaurant terms with which we are as familiar with as English words. The touch of genius in the French cuisine is a result of the knowledge and clever use of seasonings.

- Savarin au Rhum (Baba Cakes), Crepes Suzette, Omelets, and many other recipes tempt us, but we're settling for this Canton aux Oranges (Roast Duckling with Oranges). Six servings.
- 1 duckling (6 to 7 pounds)
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 2 teaspoons flour
- 2 teaspoons sugar
- 2 teaspoons cider vinegar
- 1/2 cup orange juice
- 1 Grated rind 1/4 orange
- 1-2 large oranges, sliced

Prepare duckling for roasting; mix salt and pepper and rub over surface and inside. Prick skin of duck all over with sharp fork. Place in roasting pan and roast in very hot oven, 450 degrees, for about 10 minutes. Drain off fat. Repeat the pricking of skin. Return to oven and roast for another 10 minutes. Drain off fat again and return to oven.

Pour 1 to 2 cups of water into pan and reduce heat to moderate, 350 degrees, even. Continue roasting, basting frequently. Allow about 2 1/2 to 3 1/2 hours for complete roasting.

There should be approximately two cups gravy. Allow the sugar to caramelize over very low flame in small saucepan. Moisten with cider vinegar. Dissolve flour in a little gravy, stir in enough to make a smooth paste, and add to gravy in pan. Add also the vinegar mixture and the



WHAT GOES UP—Plastic envelope of an Air Force research balloon covers the home of Mr. and Mrs. Ben Petero in Stockton, Calif., Monday after the football field-sized bag went ph-f-f-t eight miles above their home and

landed in a heap. It caved in the roof of the house, but no one was injured. The balloon's heavy instrument capsule was discharged before the balloon hit and it landed in a field a half mile away. (UPI Telephoto)

President Checks Council Provision

Washington—(Science Service)—President Eisenhower will reexamine the recommendation by the Federal Radiation Council concerning the do-it-yourself provision that now permits each federal agency in atomic work to set its own radiation standards.

He made this announcement at his news conference in answer to a query from Science Service asking if there was any reason why agencies were allowed this discretion without review and approval by the Federal Radiation Council. The Council originally was established to set radiation standards for all agencies and thereby eliminate the danger of conflict of interest that might occur within an agency between the setting of its safety standards and its function in nuclear development.

The President's answer: "Well, as a matter of fact, the question is sensible because I assume... that there could be some confusion here if any excess radiation were allowed to escape and were not reported to the proper people. If the order is defective, I will try to find out about it."

Businessmen, Educators Urge Action To Better Plan for Cities' Growth

By JOSEPH HUTNYAN
United Press International

Washington—UPI—A group of businessmen and educators have urged immediate action to check the hodge-podge pattern of metropolitan growth which they warn is killing the heart of many big cities.

The group recommended governmental reorganization and area-wide planning to salvage urban centers left behind in the quest "for more elbow room, better schools and pleasant neighbors."

Their report, entitled "Guiding Metropolitan Growth," is the product of a three-year study by the research and policy committee of the committee for economic development.

It said that two out of three Americans currently live in urban areas. All signs point to no let-up in the population march toward 102 of the country's metropolitan centers.

"These major shifts of people and industry have strained the social fabric and overloaded time-honored political institutions," the report said.

Suburban belts surrounding cities are receiving the brunt of this population bulge with new residents arriving daily from both the rural sections and the cities.

It said that one of the effects of this metropolitan population increase was a pile-up of governmental units with overlapping functions.

The report said that if local governments in these areas do not reorganize on a metropolitan wide basis, they will soon find their responsibilities transferred to state and federal jurisdiction.

It recommended that planning programs include a thorough study of the metropolitan area's economic opportunities

in projecting future growth patterns.

"The existence of any urban area at a particular place, and its growth or decline, depend on the expansion or contraction of opportunities for employment and investment," the report said.

It favored continuation of present federal activity in urban renewal programs but said these programs should be re-studied to emphasize the regional approach.

The committee said the urban renewal administration could put a premium on the concept of regional planning by offering more assistance to areas with area-wide rather than strictly local programs.

"The subdivision of renewal responsibilities... in metropolitan areas undoubtedly results in the misplacement of public and private facilities and a general misallocation of resources," the report said.

The committee also recommended that business leaders "participate more actively with local officials and other groups in setting goals for their community and guiding metropolitan affairs."

"Civic responsibility and enlightened self-interest demand that local business leaders work closely with elected and appointive officials," the report said.

The committee for economic development which conducted the study is a non-profit economic research and education organization composed of 180 leading businessmen and educators.

Women Versus Men—Which Lie the Most?

New York—The fable that more women than men lie about their age is scotched by an eight-year study conducted by Dr. Nathan Masor of Staten Island.

"Lying occurred more frequently in the middle age group, 30 to 50 years, with the male sex predominating the overall percentage of liars," Dr. Masor reported.

Youngster Describes Counselor Problems

Great Neck, N.Y.—Ten-year old Bruce Eiber wrote home to his mom, Mrs. Bernard Eiber, that things were just swell at summer camp... considering.

"Dear Mom, I'm having a great time except for one thing, my counselor he's a no good, good for nothing slob, just plain old stinks."

Firehouse Fire

Niagara Falls, N.Y.—Firemen were away at headquarters viewing a film on the great Chicago fire when a city garbage truck drove up to their firehouse with a blaze in its cargo. The blaze was put out by master mechanic Francis Bradt with the aid of city councilman Bernard F. Shanahan, who was on leave from the fire department.



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Alleged Auto Thief 'Captured' By Irate Bear

Coeur d'Alene, Idaho—(UPI)—A Salem, Ore., man eluded law enforcement officers during a more than three-hour chase over Coeur d'Alene national forest roads Tuesday but was captured when a bear drove him out of the woods near Enaville, Idaho.

The man, Dallas Dean McVey, 45, was held here Wednesday in lieu of \$1,500 bond on a federal charge of interstate transportation of a stolen car.

The chase began about 4:30 p.m. after McVey broke away from acting police chief Reine Schmidt at a business firm on the outskirts of the city, where police had been called to investigate a report of a man attempting to cash a suspicious check.

Officers chased McVey's car about seven miles before they were knocked out of the race by car trouble. Their task was taken over by sheriff's officers from Kootenai and Shoshone counties and state police. After bouncing over forest roads for 45 miles, officers found the car, identified as one stolen in Portland Aug. 30, at the end of a dead end road near Bear Creek southeast of here. Seconds after officers arrived, McVey ran from the wood toward them. He said he gave up trying to escape after seeing a bear.