

Feeding the Family

By ZOLA VINCENT
Food Editor

Spices, Herbs and Seeds Put Zest Into Creations

As far back as 50,000 years or so B.C., it is thought by archeologists that man had noticed that certain leaves imparted delicious flavor to meat. In one of man's earliest written records, about 2,300 B.C., the Assyrians told of their gods drinking sesame seed wine before they created the earth. Biblical history tells of Joseph of the coat of many colors being sold to a spice caravan by his brothers. Spice caravans continue to roll. Today's good cooks reach readily for seasoning choices among a vast array displayed enticingly on local super market shelves. Spices, herbs and seeds are nature's own products; each with distinctive aroma and flavor that seems not to have varied a whit during the centuries.

Spices are parts of aromatic plants grown in the tropics. Herbs refer to leaves of aromatic plants grown in the temperate zone. Seeds refer to the fruit or seeds of herb plants. In the art of cooking, these are the magic pigments without which all culinary creations would be dull and lifeless.

Spice Storage
Spices, herbs and aromatic seeds aren't expensive. Consider the distances they've traveled to your kitchen and how magically they stretch once they are yours. Do not store them near a stove or in the sunlight since heat and light fade out their delightful essences. Treat them well and they will reward you well.

Check your spices, herbs and seeds and discard those whose aromas do not rush out to greet you. Replace them and see what a difference it makes.

Simple Rules To Use
Unless you are following a recipe, use only one or two herbs in any one dish. With two cups of gravy or sauce or one pound of meat, fish or fowl, or four servings of other foods, use one-eighth teaspoon of black pepper, garlic salt or powder, onion salt or powder.

Use one-quarter teaspoon of the other herbs and spices. Use cayenne pepper a few grains at a time. Black pepper improves the flavor of any food except fruit and desserts.

When whole spices are used with beverages, fruit, pot roasts or stews, they should be added at the start of cooking and tied in cheesecloth.

Vegetable Excitement
Use spices and herbs in new ways. With little effort, every day foods are taken out of the ordinary, enhanced with interesting new flavor and appearance. Check spice containers for suggestions. Blend spices and herbs toward the end of the cooking period so that flavor and aroma are not lost through cooking.

Fresh, canned or frozen vegetables give most pleasure when subtly seasoned in ways like these along with the usual butter, salt and pepper.

Asparagus. Add basil, dry

mustard, nutmeg, savory, sesame seed, tarragon, thyme.

Avocado. Cayenne pepper, chili powder, dill, paprika.

Beets. Allspice, basil, caraway seed, celery seed, chervil, cloves, dill seed, dry mustard, mustard seed, onion powder, nutmeg, thyme.

Broccoli. Basil, caraway seed, curry powder, dill seed, nutmeg, dry mustard.

Cabbage. Basil, borage (in salad), caraway seed, celery seed, whole cumin seed, curry powder, dill seed, dry mustard, nutmeg, tarragon.

Carrots. Basil, caraway seed, curry powder, dill seed, fennel seed, ginger, mace, marjoram, mint, nutmeg, onion powder, thyme.

Cauliflower. Dill seed, mace, rosemary.

Celery. Basil, caraway seed, chervil, chives, curry powder, dill seed, marjoram, dry mustard, onion powder.

Many Unhappy Marriages May Last for Years

Chicago (Science Service)—Sometimes a marriage is so disturbing to both husband and wife and appears so unsatisfactory to all observers that it seems headed for an immediate crack-up and yet it will unaccountably endure for years.

Study of 12 such long-standing discordant marriages showed that the very painfulness of the life together served a psychological purpose for both husband and wife.

Pleasurable adult sexuality was not a part of the patients' lives, within the marriage or outside it. Drs. Marietta Houston and R. B. Forman, psychiatrists of the Menninger Foundation, Topeka, Kans., reported at the American Psychiatric Association meeting here.

To the husband, life with the wife seemed to repeat his relationship with the mother of his childhood. Any frustration roused in him hostility toward his wife with the same intensity that in childhood he blamed his mother for everything that went wrong.

As for the wives, the close attachment they had with their mothers in childhood continues much the same in adulthood either in fact or in fantasy.

The wives were frigid and the husbands periodically impotent. Each sought excessive gratification from the other and nonfulfillment led to infantile, demanding attitudes, childish expressions of anger, and cruel, sadistic behavior.

Only when one of the couple withdrew somewhat from the intense relationship of the marriage was the equilibrium of the situation upset.



IDEAL RECIPE—This substantial satisfying fish or shellfish salad bowl is an ideal recipe to keep handy because it can be made with shrimp, crab, lobster, tuna or salmon, is given zest with lemon and color with green peas.

Cucumber. Borage, basil, chervil, dill, tarragon, thyme. **Lettuce.** Borage, chervil, chili powder, chives, dill, marjoram, mint.

Mushrooms. Broiled or sautéed, use rosemary or thyme. Pickled, use mixed pickling spices, rosemary, thyme.

Onions. Caraway seed, chili powder, dill seed, marjoram, oregano, dry mustard, rosemary, sage, thyme.

Peas. Green, Basil, chives, dill seed, garlic powder, ginger, marjoram, dry mustard, nutmeg, onion powder, oregano, poppy seed, rosemary.

Potatoes. White, Basil, caraway seed, celery seed, chili powder, dill seed, garlic powder, mace, dry mustard, onion powder, poppy seed, thyme.

Salad Dressings. See vegetable used. Also chives, curry powder, fennel seed, garlic, marjoram, mint, dry mustard, parsley, poppy seed, sesame seed, tarragon.

Sauerkraut. Caraway seed, whole cumin seed, dill seed, whole cloves.

Spinach. Allspice, garlic, mace, marjoram, nutmeg, oregano, rosemary, thyme.

Snap Beans. Basil, curry powder, dill seed, garlic, dry mustard, nutmeg, onion powder, oregano, sesame.

Squash, Zucchini and Summer. Basil, caraway seed, chives, curry powder, fennel seed, marjoram, dry mustard, nutmeg, onion powder, paprika, rosemary, sage.

Sweet Potatoes. Cinnamon, ginger, nutmeg.

Tomatoes. Basil, caraway seed, celery salt, chervil, chili powder, chives, cloves, curry powder, dill seed, garlic powder, onion salt, oregano, tarragon, thyme, sesame seed.

Fish or Shellfish Salad Bowl de Luxe
Here is something very special by way of a "seafood" special. Indulge yourself with the fish or seafood of your choice—or be governed by

Little Delinquency Is Traceable To Television

Stanford, Calif. (UPI)—The violence shown on television programs probably will not cause little Murgatroyd to become a juvenile delinquent—but it may help.

That is the conclusion reached by three communications professors who studied the television habits of more than 6,000 children.

"Children who bring aggression to television are more likely to remember the aggressive acts on television. Children want to be like the 'successful' characters they see, whether those characters are good or bad," the professors concluded in a book entitled "Television in the Lives of Our Children," published by the Stanford University Press.

Complex Behavior
"But very little delinquency can be traced directly to television. Delinquency is complex behavior growing

usually out of a number of roots, the chief one usually being some great lack in the child's life—often a broken home, or a feeling of rejection by parents or peer groups," they said. "Television is at best a contributory cause."

"Although we are not trying to excuse the sins of television, whether of omission or commission, it seems to us quite a remarkable thing that if a child has security and love, interests, friendships and healthful activities in his non-television hours, there is little chance that anything very bad is going to happen to him as a result of television."

"Television, therefore, is not something either to be feared, or given a clean bill of health, but rather something that calls for understanding and for certain special responsibilities, on the part of parents, broadcasters,

teachers and other persons influential in a child's life," the authors said.

The authors, Wilbur Schramm, director of the Institute for Communication Research at Stanford University; Jack Lyle, assistant professor of journalism at UCLA, and Edwin B. Parker, assistant professor in the Institute of Communications Research at the University of Illinois, spend three years gathering and analyzing data on children and television in 10 communities in the United States and Canada.

They made extensive studies of the time children spent at various activities in comparable Canadian communities—one of which had television and the other which had only radio.

Their conclusion was that television took time from the children's lives that would otherwise be devoted to fantasy rather than reality. TV substantially reduced the amount of time spent on comic books, movies, radio and escape magazines without greatly affecting the time de-

Submarines To Be Future Fishing Boats

New York (UPI)—The fishing boat of the future probably will go down where the fish are.

"The boat will be a submarine," Dr. R. L. McHugh reported recently. "It will be an underwater trawler that

can see the fish with electronic instruments." The scientist, who is associated with the U. S. Bureau of Commercial Fisheries, Washington, also said that such a fishing vessel will be more efficient because it can escape storms.

voted to the reading of newspapers, books and magazines of general content, they found.

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