

Feeding the Family

By ZOLA VINCENT
Food Editor

Three Canape Spreads For Light Refreshment Time

Whether used for canapes or delightful tea sandwiches these three spreads will go a long way to making light refreshment time a most enjoyable one. Each recipe will make 30 to 40 canapes or sandwiches. Garnish any or all of these spreads with sprigs of parsley or watercress, slices of green or black olive, cucumber, radish or pimiento cut into fancy shapes, a sprinkle of paprika. Just let your decorative imagination loose and have fun. Bits of anchovy would not be amiss.

Watercress Spread. Soften one-half cup butter. Add one-half cup finely chopped watercress and one tablespoon chopped parsley, one teaspoon lemon juice and one-half teaspoon minced onion. Mix well. Note: Either fresh or dried minced onion may be used.

Horseradish Spread. Soften one-half cup butter. Add two tablespoons horseradish and three tablespoons minced pimiento. Mix well.

Tuna-Tabasco Spread. Combine one can (6 1/2 or 7-ounces) tuna, one-fourth cup mayonnaise, one teaspoon prepared mustard and one-eighth teaspoon Tabasco. Mix well. aerole, which borders on being More Tabasco, if desired.

Baked Eggs with Beef

These Baked Eggs with Beef can be cooked in individual ramekins, custard cups or large cup-cake pans. They make an unusual and attractive supper dish, filled with flavor and good nutrition. Recipe is for six individual servings.

Saute one small chopped onion and about one-fourth pound ground meat in two tablespoons olive oil or butter until onion is golden. Add one can (eight-ounces) tomato sauce. Divide mixture into six individual baking dishes which have been brushed with olive oil or butter. Break an egg carefully into each; top with a spoonful of grated Cheddar or Parmesan cheese. Place in moderate, 350 degree, oven until eggs are the done-ness that you desire. Garnish

with sprig of fresh parsley or some chopped green onions, if desired.

Mushroom-Cheese Casserole

Smacking-Good Meatless Dish

This Mushroom-Cheese Casserole is a smacking-good combination of bread cubes, fresh mushrooms (preferably, that is), and cheese. This meatless dish, which will bear many repetitions, is high in protein as well as flavor. It will come from the oven

golden brown and all puffed up with its own goodness.

1 quart (1/2-inch) soft bread cubes
1/2 cup sliced mushrooms
1 cup grated sharp cheddar cheese
1/2 cup chopped celery
2 tablespoons chopped onion
2 eggs, beaten
3/4 teaspoon dry mustard
1/2 teaspoon salt
1/2 teaspoon pepper
1 1/2 cups milk

In a buttered 1 1/2 quart casserole, alternate layers of soft bread cubes, mushrooms, cheese, celery and onion, beginning and ending with bread cubes. Combine beaten eggs with mustard, salt, pepper and

milk. Pour over ingredients in casserole. Bake in a slow, 325 degree, oven for one hour.

Mineral-Rich Milk, Cereal Good Health Insurance

Packed with good nutritional values, economical in cost, infinite in variety, milk and cereals make any meal a better meal.

As hot soups, sandwiches and desserts move into the breakfast menu brackets, cereals and milk, cream, half-and-half, or ice cream are increasingly popular as snacks and as supper attractions. They're filling and satisfying and the children love them at any time of day or night.

A choice of cereal packets and a pitcher of milk offer good health insurance. Amy

Vanderbilt says that it is perfectly all right to put an assortment of those cereal packets for individual servings on a tray on the table for "choosing-up". A pitcher of milk is standard table equipment in many homes.

Spring Vegetables, Poultry, Shellfish Head Best Buys

Vegetables from A to Z are yours for the choosing from colorful vegetable displays at your favorite market. For those who can't immediately think what the "A" and "Z" vegetables we have in mind are, they're artichokes and zucchini squash. However, it is true that they are not the best buys, although both are available at reasonable prices.

Best vegetable buys right now are tender, sweet, golden carrots; top quality asparagus, celery, lettuce, spinach and both green and white onions.

Long white and russet potatoes are bargain priced. New potato supplies are increasing. Fresh green peas are wonderfully good and well worth the effort of shelling. Cabbage, cauliflower, radishes and cucumbers are reasonably priced. Rhubarb supplies are good. Warmer weather encourages salad menus; a wide selection of greens are available.

Meat Department. Pork is a well priced item. Plenty of good sausage, bacon and ham for making extra good breakfasts. Loin cuts (chops and

roasts), spareribs and shoulders are reasonable. New crop lamb is increasing in supply. Beef continues about the same. Best buys in stewing cuts and in ground meat for patties, meat loaves and meat sauces.

Eggs and Poultry. Happily for family food-shoppers the plentiful egg story continues. There is an abundance of chickens, particularly broilers and fryers. Turkeys, too, are going at very good prices. Watch our ads for specials.

Fish and Shellfish. Frozen halibut and sole are plentiful with good supplies of rockfish, salmon, crab, oysters and shrimp among local favorites. Fillets and fish sticks are

readily available; quickly prepared at moderate cost. Canned tuna, salmon and both California and Maine sardines are in good supply.

Fruit buys. Most abundant and of excellent quality are

oranges and grapefruit. Apples, avocados, bananas, strawberries and lemons are moderately priced. Not so inexpensive watermelons, cantaloupe, pineapple and papaya are available.



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DRAWING AT 4:30 P.M.
SATURDAY, MAY 5th

NO PURCHASE IS NECESSARY AND YOU DO NOT HAVE TO BE PRESENT TO WIN. However, there will be a \$500.00 Merchandise Certificate as a bonus if the Winner is Present at the Drawing. You Must be 18 Years of Age or Older to be Eligible. Ward Employees And Their Families Are Not Eligible.
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ENDS SATURDAY—HURRY!



BLOUSE SPECIAL!

WHITE OR COLOR

Whites, prints, solids! Ruffles, over-blouses, tuck-ins! Sizes 32-38

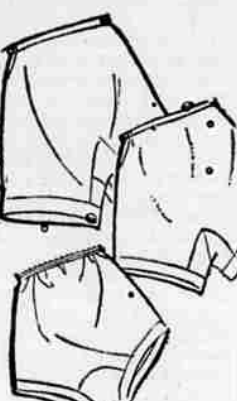
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SPECIAL PURCHASE SLIM SHIRTS!

Smart girls will want several of these slim Dacron® polyester-cotton skirts.

Colors. 10-18 3.99

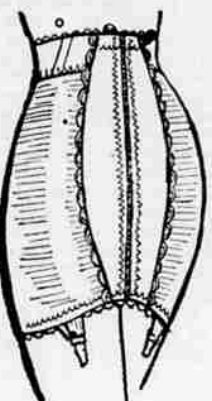


REG. 59c SPUN LEO PANTIES

Elastic leg or band leg style in runproof acetate.

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Whirly-skirt cottons rich with trims—polka dots, prints, checks or solids.

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SAVE 21%! BOYS' Wash-N-Wear SHIRTS

Wash-n-wear cotton plaids, stripes and checks. Wrinklesh* finish, little iron.

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Lovely Lace



by Alice Brooks

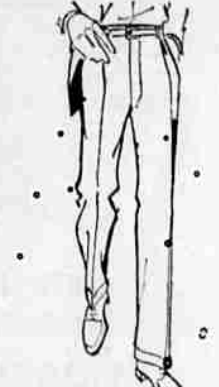
Crochet that is daintiest lace. It lends itself to varied lovely articles. Start now! This filet crochet is quickly memorized. Make a scarf—any length—and mats. Use separately, or as set. Pattern 7105; chart; directions.

THIRTY-FIVE CENTS (coins) for this pattern—add 10 cents for each pattern for 1st-class mailing. Send to Alice Brooks, care of Medford Mail Tribune, Needlecraft Dept., P.O. Box 163, Old Chelsea Station, New York 11, N.Y. Print plainly NAME, ADDRESS, PATTERN NUMBER. Never-Before Value! 200 designs to knit, crochet, sew, weave, embroider, quilt—in our 1962 Needlecraft Catalog. Beautiful Bunkies in a complete fashion section plus bedspreads, toys, linens, afghans, slipcovers, plus 2 free patterns. Send 25c now.

MENTAL HEALTH WEEK
Salem - (UPI) - This is mental health week in Oregon and Gov. Mark Hatfield Tuesday urged all citizens to make an effort to learn more about mental illness, and how to help the mentally ill.

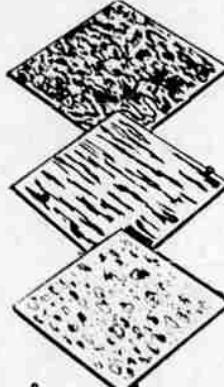
Helps You Overcome FALSE TEETH Looseness and Worry

No thought of loss and of what false teeth mean to you, your family, your friends, your work, your life. The new 1962 False Teeth are the answer. They are the most realistic, most comfortable, most beautiful, most durable, most economical, most perfect false teeth ever made. They are the only false teeth that are made of a special material that is as strong as steel, yet as soft as the real teeth. They are the only false teeth that are made of a special material that is as strong as steel, yet as soft as the real teeth. They are the only false teeth that are made of a special material that is as strong as steel, yet as soft as the real teeth.



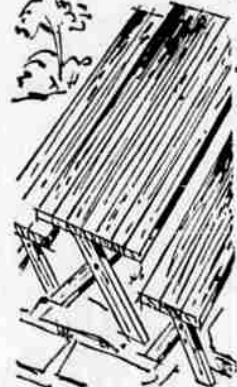
MEN, SAVE 2.10 WASH-WEAR

Wrinkle-shedding blend of Acrilan® Acrylic-rayon. Pleated, unpleated models. Hurry. 5.88



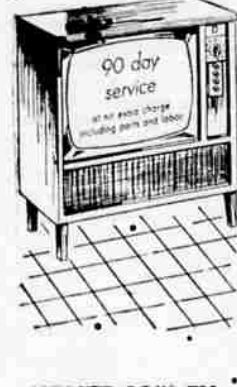
VINYL ASBESTOS TILE

Vinyl fights moisture, shrugs grease, acids. Other colors, 10 1/2-11 1/2c. 9x9" Tile Dark colors—ea. 8 1/2c



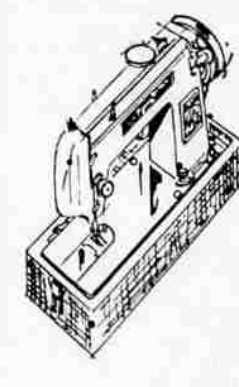
REDWOOD, 3-PC. BAR-B-QUE

Table and bench tops are thick California redwood. Weather-resistant sealer. Braced legs! 20.88



AIRLINE 23" TV MODERN CONSOLE

Excellent TV reception, modern mahogany-finished cabinet. Walnut or blond, just 164.88



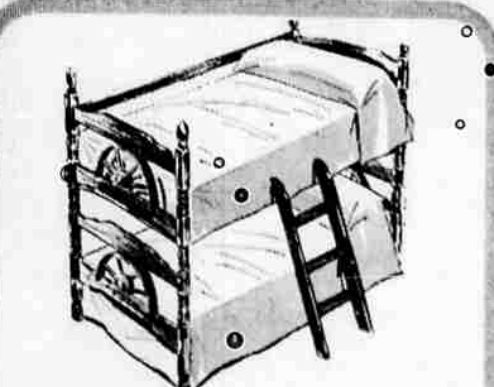
ZIG-ZAG SEWING MACHINE \$25 OFF

20 cams create hundreds of fancy stitches automatically. For beginner or expert! With carry case. 124.88



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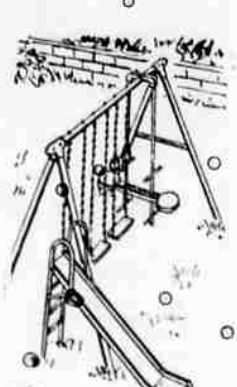
\$20 savings!

8-PC. WAGON WHEEL BUNK BED Outfit

Delight your young cowboy! Salem maple-finished hardwood beds with two springs, two coil mattresses, guard rail and ladder.

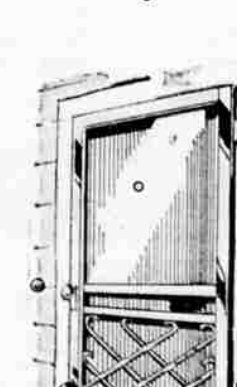
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Fun-packed—top bar 8'6", legs 7'4" long. With 3 swings, glider, rust-resistant slide bed. 24.88



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special buys!

WARDS TIME-SAVING APPLIANCES

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- Hand mixer with 3-speeds, thumbtip control
- Pop-up toaster with color selector
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- Percolator—10-cup chromed body; flavor dial

Buy several at this low price—they're perfect tuck-away gifts for weddings and showers.

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