

Feeding the Family

By ZOLA VINCENT
Food Editor

Spareribs and Kraut

Pork is a very good buy; makes a meal that's popular with men especially when it is accompanied by zesty sauerkraut. We recommend that this be served with potatoes that have been boiled in their jackets and/or with golden cornbread.

Place three or four pounds of spareribs and one-half cup hot water in a pan and cover; simmer gently for one hour. Add more water if it seems necessary. Add one large can of sauerkraut and cook for 20 minutes longer. We sprinkle a few whole cloves in the kraut before cooking. Six servings.

Bacon-Wilted Spinach

Bacon-wilted spinach is a treat beloved of earlier generations. Plenty of crisp fresh

spinach in local markets for the making of a hot salad for a charmer.

Fry one-quarter pound bacon until crisp; remove from pan and crumble bacon. Pour off bacon drippings leaving one-third cup drippings in skillet. Wash two pounds of spinach carefully; remove the stems from leaves and cut into small pieces.

Place spinach in kettle; cover tightly and let steam (no water added) only three or four minutes until tender but still crisp. Cook one-quarter cup or so of finely sliced onion rings in bacon drippings until soft. Add one-quarter cup vinegar, one teaspoon salt. Combine with spinach and crumbled bacon; toss lightly. Six zesty servings.

Try New Breads

For a welcome change of pace, change of appearance, new shapes and tastes, offer the family bread varieties that are new to them. Instead of the same old white, pick up another type or two of bread every time you pick up "the usual."

There are several varieties of rye breads, pumpernickel, whole wheat, cracked wheat, oatmeal, Dutch crunch, French bread, French sour bread. Then there's Viennese bread, bread with sesame seeds, with caraway seeds, with poppy seeds. And many others.

Try English muffins, corn toasties, bread sticks, onion rolls, hard rolls, soft rolls of several kinds. Even hotdog and hamburger buns taste differently when toasted and spread with seasoned butters.

Favorite Way With Halibut Steaks

Halibut, fresh or fresh-frozen makes very fine eating; should be in menus more often. Our favorite way with halibut is to dress it with anchovy butter using anchovy paste that comes in a tube and is a staple in any fish and seafoods department. Here we have six servings.

2 pounds halibut steaks
Salt and pepper
3 tablespoons melted fat
Anchovy Butter

Cut steaks into serving-size portions and sprinkle with salt and pepper. Place on a greased broiler pan about three inches from source of heat. Brush with butter and broil four to eight minutes or until slightly browned. Baste with butter or other fat and turn carefully. Brush other side with butter and broil four to eight minutes longer or until fish flakes easily when tested with a fork. Pour anchovy butter over fish.

Anchovy Butter

Combine one tablespoon lemon juice, two teaspoons anchovy paste, four tablespoons butter, dash of paprika, and one tablespoon chopped parsley; pour over hot fish. Plenty of lemon wedges on the side.

Celery Pick-Ups

Plentiful, crisp, low priced celery reminds us of these ways with celery.

To make a mid-western open faced sandwich, scramble chopped celery and chopped cooked ham or luncheon meat with eggs and serve on toast.

Don't throw away those celery leaves. Add them to the water when cooking shell fish to improve the flavor and reduce the odor.

Sprinkle finely chopped celery into hot beef consommé to give crunchiness to

this dieter's favorite. Spring Lamb, Eggs, Fryers, Peaches, Dairy Products

Supplies of spring lamb are increasing now with attractive price tags on many of the cuts. If you wonder why some of the more popular cuts of lamb are high priced, you will be interested in these figures.

A USDA Choice 100-pound lamb yields only about 45 pounds of salable meat out retail. Out of this 45 pounds will come only about four pounds of loin chops and three pounds of rib chops. The two lamb legs used for roasting will weigh a total of about 15 pounds. The other 23 pounds will be made up of shoulder, neck, breast, shank and other cuts that are less popular but have the same fine flavor and high protein.

All cuts, like other red meats, for stewing and braising are bargains. For roasting, we suggest economy-priced square cut shoulder, cushion shoulder, rolled shoulder, and rolled breast of lamb or a lamb loaf made from lamburger. Watch for specials on fancy cuts.

Beef, Pork, Veal

If you're a budget watcher,

try one of the tenderizers on "choice" beef instead of the higher priced "prime" and the family may not even notice the difference in tenderness. Good fresh pork buys include steak, blade steak, fresh side meat, liver, kidney, spareribs, hocks, neckbones, tongue. Best buys in cured pork are right where they always are: among the boneless shankers, picnics, ham shanks. Veal is seasonally plentiful though is seldom among the best buys. It makes fine eating.

Eggs, designated as a USDA plentiful are good scrambled in fancy ways like these: Add a dash of Worcestershire or steak sauce. Make a Calico Scramble by adding green

Sacramento Official Flower Is Camellia

Sacramento, Calif. (UPI)—Official flower of the city and county of Sacramento is the camellia, with more than 750,000 of the showy blossoming trees in the county.

Credit goes to James Warren, a florist. In 1852, while most people in this area were digging for gold, Warren offered for sale the first camellia plants seen west of the Mississippi.

pepper and pimiento hits. There's super abundance of canned freestone peaches; su-

perabative for serving "as is" straight from the can or

drained and broiled as relish with any meat or poultry. Dairy products are in a pe-

riod of seasonal abundance

rising throughout May and June. Encourage the children to drink more wholesome, nourishing milk by putting a pitcher of it on the table so all may help themselves. Cottage cheese is packed with good nutrition.

Produce departments feature apples, avocados, bananas, grapefruit, lemons, strawberries, oranges, artichokes, asparagus, broccoli, carrots, cauliflower, potatoes, cabbage.

They'll Do It Every Time

LIST TO THE TAX ASSESSOR—HE SAYS YOUR PROPERTY IS ONE OF THE MOST VALUABLE IN TOWN—



By Jimmy Hatlo

NOW HEAR THE BANK'S APPRAISER WHEN YOU WANT A LOAN. HE SAYS YOUR DOMICILE AIN'T WORTH A DIME!!



[X] HARRY E. HAWK
Republican Candidate for
COUNTY JUDGE
• Decisive
• Progressive
Pd. Pol. Adv. by Harry Hawk
1163 Bellview Ave., Ashland

BARKER'S ARE
OPEN FROM
6:30 TO 9:00 P.M.
EVERY EVENING

Barker's
Main at Central



Don Stathos
Has what it takes!
Republican for
State Senator

Pd. pol. adv., Stathos for State Senator, R. Ricketts, ch., Medford, Ore.

SALE NOW IN FULL SWING

Thousands of dollars of brand name furniture—appliances—TV—must be sold. Everything on sale!

McENIRY FURNITURE of North Bend, Oregon

QUIT

GRAY'S BUYS BALANCE OF STOCK!

Everything goes — balance of McEniry stock plus present huge inventory

PRICES
EFFECTIVE
AS LONG AS
STOCKS LAST

Special
DISPOSAL
TERMS--
No Red Tape

ALL
SALES
FINAL
NO SALES TO
DEALERS

MAPLE
MILK
STOOLS
\$1.99

Living Room
PICTURES
Disposal Price
\$1.88

Adjustable
RECLINING
CHAIRS
Disposal Price
\$49.88

ENTIRE STOCK SLASHED TO
THESE FABULOUS LOW PRICES!

UP TO **60% OFF** Open Monday Night until 9:00 p.m.

SMOKE
STANDS
Disposal Price
88c

MAGAZINE
RACKS
Disposal Price
88c

48"x84"
DRAPES
Disposal Price
\$4.88
Pair

Living Room
LAMPS
\$2.48
and Up

Bedroom Lamps
\$1.48
and Up

3-Pc.
Bedroom Sets
Bed, Dbl. Dresser, Tilt
Mirror, Chest
\$99.88

Disposal Sale
Platform Rockers
\$34.88
and Up!

HIDEAWAY
SLEEPERS
Foam Cushions and
Innerspring Mattress
\$139.88
While They Last!

Admiral
REEFERS
Disposal Price
\$139.88
and Up

Admiral
RANGES
Disposal Price
\$129.88
and Up

Admiral
DISH-
WASHERS
(Portable)
\$138.88
and Up

Admiral
Table Model
21" TV
\$159.88
and Up
With Trade

Admiral Console
21" TV
\$189.88
and Up With Trade

Just Arrived!
Portable 19" TV
\$139.88
With Trade

Admiral 11-Cu.-Ft. Chest
FREEZER
Disposal Price
\$188.88

Big Selection of
USED
APPLIANCES
at near give-away prices!

Sale Extended For 1 Week

We're loaded
to the
rafters
with this

HUGE
DISPOSAL
STOCK!

BUCK GRAVES says

"I bought the balance of the complete inventory of McEniry Furniture, Inc. of North Bend, Oregon. This huge stock was loaded on trucks and brought directly to our Central Point store. I really got the buys when McEniry's quit! We haven't nearly enough room to store it all here... it's all on sale at fabulous price reductions. Our present stocks are reduced just as much, so you have the biggest selection of sale merchandise in the history of Gray's Furniture. Don't be sorry you missed it... bring the kids and hurry out Monday!"

FURNITURE
BARN, INC.

Hiway 99—Central Point
Our location saves you money!

9x12
Fiber
RUGS
Disposal Price
\$12.88
While They Last

Folding
METAL
CHAIRS
Disposal Price
\$2.88
While They Last

One Left—
2-Pc.
SECTIONAL
With Foam, Zippered
Reversible Cushions

2-Pc.
LIVING-
ROOM SETS
Bed, Dresser and
Matching Chair
\$129.88
While They Last!

Disposal Sale
OCCASIONAL
CHAIRS
\$9.88
While They Last!

5-Pc.
DINETTES
With Marlette-
topped Table
\$39.88
and up

Twin or
Full Size
MATTRESS OR
BOX SPRINGS
\$29.88
While They Last!

NYLON
TWEED
CARPET
With Foam Rubber
Padding Attached
\$3.88
yd.

GRAY'S