

# Feeding the Family

By ZOLA VINCENT  
Food Editor

## DAIRY PRODUCTS FEATURED AS COWS TAKE BOWS IN CELEBRATION OF JUNE DAIRY MONTH BOUNTY

The cows of the nation are busy taking bows for excellence in all areas of production, and dairymen are taking pride in their performance as everyone, consumers and all, celebrate June Dairy Month. It is a time of super abundance of nature's most nearly perfect food; a time for putting more milk and dairy products in our menus.

Oregon's dairymen may well take pride also in their own performance since they are responsible for the following facts and figures:

Oregon cows, according to newest cow-counting methods, number around 162,000, and they produce considerably more than 1 billion pounds of milk annually. The average production per cow is 7,000 pounds which is considerably above the average of most other states. Over 12½ million pounds of butter, 20½ million pounds of cheese other than cottage, 5½ million gallons of ice cream and 12½ million pounds of cottage cheese account for part of the bounty of our state's bovines.

Value of Oregon cows alone exceeds \$29 million without reference to farm values, housing, equipment, processing plants, payrolls and other factors essential to getting their product to the consumer. Dairying accounts for 11.6 per cent of Oregon's cash farm income.

**Good Time To Take Inventory of Dairy Items**  
Milk and dairy products are essential in the daily diet of every person in order to help maintain optimum vim, vigor and vitality according to nutritionists everywhere. "Eat milk or drink it," say nutritionists, who suggest that now is a good time for consumers to take inventory and to analyze their use of the 21 readily available dairy products with reference to family needs, pocketbooks and convenience.

Fresh fluid milk is available as whole milk, 2 per cent milk, skim milk and as flavored milk drink.

**Inexpensive evaporated milk** and nonfat dry milk on the pantry shelf often means added convenience and money saved.

**Canned condensed milk** has special fascination for dessert makers. **Fresh creams** include cream for whipping for wonderful dessert uses, all-purpose cream for use just as it indicates and half-and-half which enjoys tremendous popularity for cereals, for coffee and for medium-rich sauces and other ingredient purposes.

**Dairy sour cream**, yogurt and buttermilk are popular dairy products with dairy sour cream continuing to zoom in popularity for serving with fresh fruits and berries as well as for distinctive salad dressings; main dish making.

**Cheese Variety.** Our state takes pride in many cheese specialties. Cottage cheese, cheddar cheese and cream cheese are staples in many home refrigerators for daily use in some way.

**Cold Stuff.** In freezer compartments we find amazing variety in ice cream, ice milk, imitation ice cream, imitation ice milk, and sherbets. Fact that half gallon size packages account for far and away the major portion of the industry's frozen desserts attests to increasing popularity.

**Butter**, darling of many fine cooks as well as being the prestige spread, is increasing in production in our state, increasing right along in imports from other areas too.

**Make Pappy Happy with Sipping Soups.** Sandwich Makings, Block of Cheese

Father likes steaks and prime ribs of beef and fried chicken and chocolate cake, and he's likely to have these favored foods at the main meal of the day. He also fancies steaming hot soup and big fat sandwiches and some good mild, medium

and/or sharp cheese for filling in around the edges.

Whether you're pampering Papa at lunch mid-week, at the end of a hot day, or planning a party for a group of people who wish to recognize his true worth, there's something satisfying in a simple "spread" like the one pictured today.

### Savory Soup Combos

For generous ladling into cups or mugs for sipping, we've dreamed up some new savory, flavorful soup combinations that are taste-teasing. For each 6 servings, quickly put together from items on the pantry shelf and topped with a dollop of whipped cream, dairy sour cream or a generous pat of butter, proceed like this:

**Green Pea-Mushroom Soup.** In saucepan combine and stir 1 can (11½ ounces) condensed green pea soup and 1 can (10½ ounces) condensed cream of mushroom soup until smooth. Gradually blend in 1 soup can milk and 1 soup can water. Heat, but do not boil. Garnish as suggested above.

**Tomato-Celery Soup.** This hot buttered soup blends 1 can (10½ ounces) condensed tomato soup and 1 can (10½ ounces) condensed cream of celery soup in saucepan. Gradually add 2 soup cans milk. Heat, but do not boil. Float butter pat.

**Cold Cuts, Relishes**  
These may be any favored home-roasted, delicatessen-bought and/or canned meats together with an assortment of breads, plenty of butter and various relishes.

**Father Likes Cheese**  
Any assortment of food favorites is likely to include cheese. We pictured famed Monterey Jack which enjoys tremendous popularity with the men of the family. Your man may prefer or also like a sharp cheddar and/or Swiss.

**Pamper Papa With Super Steaks for Outdoor Broiling**  
Hail to the chef, the chief, the big wheel, the man of the house who brings home the bacon every day... and give that man a steak he can carve! Any poll would reveal steak, preferably charcoal broiled, as one of the top choices for Father's Day feasting.

Tear this out and paste it in the chef's hat, but don't mention it unless he seems interested. More good chefs are

spoiled by kibitzers! We will only say quietly that past masters in the art of broiling conducted exhaustive experiments; say this is the last word.

**Steak de luxe** is from 2 to 3 inches thick, charcoal broiled on the outside, pink on the inside. Marinade in any favored mix or leave plain. Allow at least ½ pound per serving.

If very thick steaks are out of the question, have your steak at least 1 inch thick. Grill a 1 inch steak over glowing coals about 5 minutes on each side if you want it rare; 6 minutes on each side for medium-done and 7 minutes on each side for well-done.

Two inch steak, charcoal broiled, takes much longer. Figure 16 minutes on each side for rare, 18 minutes for medium-done and 20 minutes for well-done. The thicker, the longer.

**Extensive Changes in Dietary Fat Intake Not Advised**  
With reference to the labeling of fats and oils or other fatty substances being offered



**FATHER'S DAY MEAL**—A meal a man can appreciate on Father's Day or any day. Hot soup for the ladling, cold cuts for generous sandwiches, crisp cole slaw, assorted relishes and a sturdy block of his favorite cheese. Fine fare for family and for sharing with friends.

## Two Doctors, Lawyer Discuss Proposed Medical Care Bill

Two doctors and a Medford lawyer discussed the proposed King-Anderson bill for medical care through Social Security for persons after 65 years old at the Medford Chamber of Commerce legislative committee meeting yesterday at the Medford hotel.

Speaking in favor of the bill was William Deatherage. He cited six points for the bill: that the aged have high medical care costs, have reduced incomes, private insurance can't meet needs, does not have a charity approach, people prefer to obtain benefits from something they have contributed to, and Social Security now covers nine of ten workers.

Opposing the bill were Dr. Alvin Roberts and Dr. Ralph Hibbs who referred to it as a "poor" bill.

They said that the King-Anderson bill is for hospital costs only, and then only for 90 days of which \$90 must be paid by the patient, followed by a maximum of 180 days in nursing homes. They objected to the fact that hospitalization was necessary before a person could benefit from the bill.

### Bill Not Sufficient

Deatherage charged that the present Kerr-Mills bill passed in 1961 is not sufficient. Under this bill state and federal funds are matched to pay medical bills for persons over 65 not on welfare, who have income and assets less than a set amount.

He objected to the means test, while the doctors stated that this is presently required before treatment in Veterans Administration hospitals.

The doctors and several

members of the group objected to the increase in Social Security payments for the young worker. Dr. Roberts mentioned that he had found that the younger families have a bigger problem in paying medical bills than the older persons.

### Not Being Frank

The doctors charged that persons in favor of the King-Anderson bill are not being frank about future plans. They said that the plan's costs would have to be revised less than two years after it is in effect.

Dr. Hibbs called the Kerr-Mills bill effective, saying that it pays for all doctor, drug, and hospital costs less \$50 while the King-Anderson bill is only for hospitalization. Doctor's fee under the Kerr-Mills bill is 80 per cent of the welfare fee schedule.

Deatherage compared the King-Anderson bill to the Hill-Burton bill under which federal matching funds are available to construct hospitals. Dr. Hibbs disputed this, saying that the government did not retain administration control over Hill-Burton funds, which he felt would be the case under the King-Anderson bill.

He further objected to the King-Anderson bill's covering all persons over 65 years of age regardless of financial status. He cited several surveys of hospital patients in which from 80 to 83 per cent had private funds or insurance, the majority of the others received welfare or Kerr-Mills funds, with only 8 to 10 per cent needing extra financial assistance.

Dr. Hibbs explained that socialized medicine in Eng-

land has cost from five to six times the original estimate. The doctors pointed out that many of England's doctors now are from foreign countries, while the English educated doctors are coming to the United States and Canada. Doctors are now coming to the United States for advanced study, they said, when not too many years back persons here went to Europe and England for medical study. It was noted that England has constructed only one new hospital since 1948, and that many of them are more than 100 years old.

Whether Americans want socialized medicine is a question that must be answered by each individual in considering the bill, Dr. Hibbs explained. Once the government gets in the door, it will be setting into the medical field more and more, they said.

"The King-Anderson bill will not affect me at all," Dr. Hibbs continued, "but I am concerned about the government in the business of dispensing medical care. This indirectly affects my practice and will hurt the quality of medical care," he said.

During a discussion session, persons suggested a medical care insurance plan on the state level.

Although it was mentioned that any plan should be voluntary, Dr. Hibbs admitted that those in later life who will need it are generally those who would not take out insurance while young.

One suggestion was to make a state medical insurance mandatory, but give the person a choice of private or state programs.

## Board Declines to Accept Programs At Institutions

Salem—The State Board of Education Wednesday declined to accredit teacher education programs at Pacific University, Forest Grove, and at Cascade College, Portland, to the extent requested.

Instead of extending Pacific's accreditation to four years the board extended it to two. Cascade also got a two year accreditation, instead of three years.

### Discuss Situation

Board members expressed concern over quality of the teacher training programs at both schools. Conferences with school officials will be held to discuss the situation, a spokesman said.

The board okayed Portland State College's first teacher intern program, to start this fall. It will be a limited program of not more than 10 persons because PSC will conduct tight screening of applicants.

Earlier this year the board approved similar teacher intern programs at the University of Oregon, and at Oregon College of Education.

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