

Feeding the Family

By ZOLA VINCENT
Food Editor

Chilled Soups, Salads, Sandwiches for Summer Day
We're deep into the sandwiches and soups, soups and salads season. Hot day, cold soup, hot soup, cold sandwich. Cold salad, hot muffins. And for a spectacular dessert, it is very easy to flambé bananas as you will see when you read further. If we're confused about whether to keep it cool or to turn on the heat, it's a sign of the times.

**Keep It Cool
Broth on Rocks**
Beef broth on the rocks continues in the food news. It is a throat-quenching, salt-replenishing, tasty, reinvigorating beverage that contains energy-building proteins and no stimulants.

Put in a dozen or so cans of beef broth for handy reference. Place some ice cubes in tall glasses; then add the condensed beef broth, pouring it straight over the ice.

For flavor fillip, add a dusting of cinnamon, cloves or nutmeg, slice of lemon or twist of lemon peel, sprinkling of minced parsley, dash of Worcestershire, Tabasco or Angostura. Serve in tall glasses, tumblers, mugs or paper cups.

Soup Cooler Pictured
For today's picture and for four generous servings, we combined in a saucepan and carefully blended one can (10½ ounces) condensed cream of chicken soup, one can (10½ ounces) condensed cream of asparagus soup, two soup cans milk, one tablespoon chopped parsley, one-half teaspoon curry. Heat; stir now and then. Place in refrigerator for at least four hours. Serve in chilled bowls. Garnish with toasted sesame seeds for a change.

Other Cool Combs
Soup Shakes: With milk in the refrigerator and canned soup on the pantry shelf, you can have a surprise shake anytime. Take a can of tomato, cream of celery, cream of mushroom, or cream of chicken soup. Shake well with a soup can of chilled milk. Use tall glasses for serving. Glasses may be frosted by running water over them and putting them damp in the freezer compartment for 10 minutes or so.

Spiced Tomato Cup. Combine one can (10½ ounces) condensed tomato soup, one soup can water and dash of cloves or cinnamon in saucepan; simmer a few minutes to blend flavors. For herbéd soup, use dash ground dill, oregano, poultry seasoning or thyme instead of spices.

To Each His Own Salad Makings
Step right up and pick your choice. Set out an array of salad ingredients and let family and friends choose their own combinations. A fine conversation piece because some will toss their salads and others will carefully arrange. Some will dress up and season subtly just two or three items while others will toss in a bit of everything.

Dressings offered might be traditional oil and vinegar in cruets with measuring spoon nearby along with a ready-made tart French dressing, mayonnaise, dairy sour cream or family-favorite offerings.

Greens at this season might include lettuce, chicory, romaine, endive, watercress. Some like to add a few of the younger, more tender spinach leaves.

Bowls might offer cooked shrimp, cheese slivers, sliced

ered tongue, salami or other choice of delicatessen or canned luncheon meats, sliced or diced. Slices of any cold roast are ideal.

Relishes might be carrot sticks, small green onions, celery curls, green pepper rings, onion rings, thinly sliced dill pickles, stuffed olives.

Fruit Salad Toss-Up
A fruit salad in addition to or in place of the chef's salad type is worthy of your summer consideration. Arrange your handsome platter or biggest bowl with heaps of pineapple wedges, banana slices, oranges and/or grapefruit sections; avocados or peach slices that have been dipped in lemon juice to prevent discoloration. Cantaloupe balls or cubes, apricot halves and of course strawberries are further enticements.

For fruit we suggest french dressing, a combination of mayonnaise and dairy sour cream or this honey-wine vinegar dressing: Measure one-half cup salad oil, one-fourth cup honey, one-quarter cup wine vinegar, one teaspoon dry mustard, one teaspoon salt and two teaspoons paprika in a quart jar with a tight cover. Shake well to blend before each using. Keeps well without refrigeration. Recipe makes enough for six servings.

Same Strategy With Sandwiches
Use the to-each-his-own strategy for sandwiches also. Summer meal planners whether preparing for guests or setting out a simple family repast will rate cheers by this simple bit of planning. Hungry persons serve themselves and saunter about the house, yard, patio, terrace, poolside or whatever, seeking solitude or companionship according to mood. Paper paraphernalia, a foregone conclusion. Plates, bowls, napkins.

Bread assortment is easily arrived at with today's sliced breads ready and waiting by the dozen. Choose French or Italian bread if you're making garlic bread. Be sure to always have some of the indispensable rye or pumpernickel.

Meat might include cold roast, slices of baked ham, any of the vast array of delicatessen cold cuts or of the equally intriguing array of canned meat specialties.

When you select cheese for a sandwich tray, be sure to include some of both strong and mild flavor and sliced or sliceable since it's sandwiches you're making. You'll need softened butter, mayonnaise or other creamy salad dressing, mustard, maybe horseradish. Dill pickles are a must. Other relishes such as loose lettuce leaves, green onions, radishes and celery give further pleasure.

Banana Flambe
More people are flaming food at the table this year than ever before. The flame is blue and dances madly but ever so briefly over the chosen specialty. Bananas are a fine starting place for learning flaming. When you realize how easy it is, you're likely to be flambéing not only the traditional duck but crisp barbecued ribs as they do so spectacularly at the Homestead, a fine New York restaurant on Ninth ave.



CHILLED SOUP—Here are three foods of distinction for offering family and friends on a summer mid-day or early evening. A chilled soup for serving in tall glasses combines two cream soups with sprightly seasonings. A banana flambé and blueberry muffins complete the picture.

where your foods editor dined recently.
6 to 8 firm bananas
Lemon juice
¼ cup butter
¼ cup orange juice
2 tablespoons brown sugar
1 tablespoon grated orange rind
2 peaches, peeled and sliced
¼ cup dark rum

Peel bananas; brush with lemon juice. Lightly brown in butter. Combine orange juice with brown sugar and orange rind; pour over bananas. Add peach slices if desired; cook a few minutes to heat sauce. Just before serving, warm the rum (this is important) and pour over all; ignite the rum and serve flaming. A banana per serving.

Blueberry Muffins
Whether you make your own or use a muffin mix, all comers will rave about your blueberry muffins. To make from scratch, follow recipe below then fold in one cup of "floured" blueberries with

the last few stirs of the batter. Same with a muffin mix. 2 cups all-purpose flour 2¼ teaspoons baking powder ½ teaspoon salt 4 tablespoons sugar ½ teaspoon salt 1 egg 1 cup milk 4 tablespoons melted butter
Sift flour, measure and resist with baking powder, salt and sugar three times, the last time into a mixing bowl. In another bowl, beat egg thoroughly; add milk and melted butter. Pour these liquid ingredients all at once into the dry ones. Stir quickly until flour is just dampened, then give four or five more quick stirs. Batter should not be smooth but a little lumpy. Fold in floured blueberries with the last few stirs of the batter. Dip batter quickly into muffin pans filling them about two-thirds full. Bake in moderately hot oven, 425 degrees for about 20 minutes or until golden brown. Serve immediately.

Radiation Not Now Dangerous To Man; Great Care Needed

By DELOS SMITH
UPI Science Editor

New York - (UPI) - In the opinion of the scientist most deeply involved in protecting the public from radiation dangers, including fall-out, the present overall situation "is probably not very bad nor is it likely to become very bad in the lifetime of most of us."

Dr. Lauriston S. Taylor, chairman of the National Committee on Radiation Protection and Measurements, refrained from being most positive because science cannot say at the present time how much radiation people can accumulate without harm. In short, it is an extremely involved subject.

For instance, there is "background" radiation which people have been absorbing and which surely has not been harmful since people have prospered and multiplied abundantly. This comes from cosmic rays and from radioactive minerals embedded in almost all soils.

Other Sources

There also is internal radiation, continued Taylor in a lecture the American Institute of Physics is circulating to members in a technical publication. Inevitably and from their beginning people have consumed radioactive substances in food and drink which are deposited in their bodies and radiate them for the length of their radioactive lives.

And there also are X-rays which are used for medical purposes and those used in the industry, principally for testing the interior integrity of metal castings.

He estimated that natural background radiation accounts for roughly 66 per cent of the radiation absorbed by the average person. Medical X-rays account for some 30 per cent which leaves only four per cent for "fall-out" and all other "man-made radiation," such as from radium watch and clock dials and TV receivers.

It is not difficult to understand why authorities responsible for radiation control may find themselves thinking about the apportionment of radiation uses or the assignment of quotas for different classes of radiation use," he said.

Restriction Impossible

But the difficulties appear at once. Natural background radiation, whether from cosmic rays or from radioactive substances absorbed in food and drink, cannot be apportioned - science will never be able to restrict it to a quota. "Medical exposure cannot be assigned a quota, either," he said. "In spite of causing up to about 30 per cent of man's exposure, its benefits so far outweigh the concurrent risks, if any, that it must be applied as required." Thus,

it becomes "rather academic for the immediate future" to assign quotas to the remaining four per cent.

But he was by no means taking a negative position. Indeed he said, "we have a deep moral responsibility to make certain that the radiation problem does not become a critical one for those that follow us."

"We are thus inescapably compelled to consider, and consider carefully, the question of the long-range uses of all radiation sources whatever, to be certain, first that any level we set is not seriously exceeded, and secondly, to be certain that no one source causes us to use up our exposure allowance at the expense of other uses which may in fact be more essential to our over-all health and well-being."

Olson-Lawyer High Bidder for Timber

Olson-Lawyer Lumber, Inc., Medford, was high bidder this week for 8,040,000 board feet of national forest timber in the Abbott Prairie area, Prospect Ranger district, Rogue River National forest. Forest Supervisor C. E. Brown reported the high bid was \$81,000. This compares with the forest service appraised price of \$60,028, an increase of 35 per cent.

Next high bidder in the oral auction for the timber was J. L. Spencer of Prospect. Other bidder was Firefly, Inc.

The timber consisted of 5,660,000 board feet of Douglas-fir, bid in at \$10 per thousand feet, 880,000 board feet of sugar pine and ponderosa pine, bid in at \$20.50 per thousand board feet, 1,500,000 board feet of white fir and other species, bid in at \$4.30 per thousand board feet.

Alaskan Oil Ranked 19 Among Producers
New York - (UPI) - Alaska is rapidly becoming an important oil producing state.

According to Oil Facts, a trade publication, the first successful Alaskan well was completed in September 1957 and by 1961 the state ranked nineteenth among the 31 which produce oil.

Parental Example Given Blame for Children Smoking

By LOUIS CASSELS

Washington - (UPI) - Parents who don't want their children to smoke had better give up the habit themselves. This stern and widely-unwelcome advice comes from the American Cancer Society. More accurately, it stands out in the findings of a survey conducted by the society among high school students.

The survey showed that millions of teenagers are cultivating the cigarette habit, despite all of the medical warnings of recent years that it may contribute to lung cancer or heart disease. One boy out of five begins smoking by the time he's in the ninth grade. By the senior year of high school, 44 per cent of the boys are smoking. Girls are slightly less likely to smoke, but 29 per cent of them are lighting up gaspers before they're out of high school.

One Third Smoke Regularly
Taking all grades and both sexes into account, approximately one-third of our high school youngsters are regular cigarette smokers. Why do they do it? This question especially interested Dr. Daniel Horn, a Cancer Society scientist who helped to make one of the pioneering studies linking smoking to lung cancer.

Dr. Horn could understand how adults, hooked to the habit, might find endless excuses for not breaking it. But he was appalled by the sight of so many youngsters deliberately developing the same hazardous addiction. Through carefully constructed questions which were asked of all the young people in the survey, he sought to determine what motivated them to smoke. The findings can only be disquieting to any parent who has clung to the notion that he can warn his children off cigarettes, while continuing to use them himself. The "most important" single

influence in determining whether a youngster smokes, Dr. Horn found, is "whether or not his parents smoke." In statistical terms, a youth is twice as likely to begin smoking in high school if both his parents smoke than he is if neither parent smokes. "What is most revealing," says Dr. Horn, "is that if one or both parents have given up smoking, the rate of student smoking drops down to about the same level as among children whose parents have never smoked." There are a lot more figures of the same general tenor. What they add up to, says Dr. Horn, is that "children's smoking is largely dependent on parental example." Dr. Horn hopes that this finding may serve as "a powerful tool to the modification of adult smoking behavior." "Quite apart from the effects of smoking on the health of adults," he says, "the fact that parental smoking is an important factor in teen-age smoking poses to each parent the question: 'Do I want my children to smoke?'" He suspects that some parents, who wouldn't give up cigarettes for their own health's sake, may do so for their children's sake.

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