

Feeding the Family

By ZOLA VINCENT
Food Editor

Beat Inflation With This Meal-in-One Casserole

A penny saved is a penny earned, says our leading candidate. (What's a penny, daddy?) Anyway, if you're looking for an economy dish that is certain to keep you in office as chief cook — this is it. Six servings.

- 1 pound freshly ground beef
- 1 pound ground pork
- 1 cup sliced onions
- 1 cup salt and pepper
- 2 cups cooked sliced potatoes or cooked noodles
- 1 No. 2 can of frozen package whole kernel corn
- 1 can tomato soup
- 1 can milk or water

Cook onions until soft in a little hot fat in medium size skillet. Push to one side and lightly brown meat; add salt and pepper. In a greased casserole, arrange layers of meat and onions, potatoes or noodles and drained corn.

Dilute tomato soup with the milk or water, pour into casserole, lifting layers so soup can thoroughly moisten all ingredients. Bake in moderate oven, 350 degrees, 30 minutes. Serve hot with generous tossed green salad.

Unqualified Approval Given Fresh Figs

A few fine fresh figs enliven the market scene and deserve full approval for their season is short. Ninety per cent of the fig crop gets dried, 8 per cent goes into cans and the remaining 2 per cent is consumed fresh — now. Principal varieties marketed fresh include Mission, Calimyrna, Adriatic and Kadota. They are eaten fresh out-of-hand or with cream, half and half or milk. Good too with dairy sour cream. They are popular in salads, cakes and candies and make good jam when combined with orange or lemon juice and peel.

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Soup and Sandwiches Run on Same Ticket

Soup and sandwiches have been running mates for years — like ham and eggs, cereal and milk. Jack and the beanstalk. They promise excellent nutrition at reasonable cost this year and every year; are certain to continue to pay off at the popularity polls.

Elect Hot Soup

Offer steaming bowls of hot soup if soup requires spooning; in mugs if it is a sipping soup. Any pantry with a bit of vision now has handy an assortment of canned, condensed and canned or packaged soup mixes; obviously an assortment the family has previously voted for.

Serve satisfying soups with toasted crackers, melba toast or salt sticks. Top some soups with croissants. Or try a spoonful of whipped dairy sour cream or diced leftover meat such as bologna, ham or frankfurter. Chopped parsley, watercress, chives or green onion tops build up character reference for many a soup.

Cold Sandwiches

Sandwiches are easy on the energy, certain to satisfy all constituents at any time. Best bet is to keep a variety of canned meats on the pantry shelf for instant sandwich making. Read label to determine whether canned hams require refrigeration. When any canned meat has been opened, treat same as any other cooked meat; that is, covered, in refrigerator and use within a day or two.

All canned meats are thoroughly cooked, ready to slice and serve in sandwiches, salads or on cold meat trays. They slice easier if chilled in refrigerator one to two hours.

Varieties of canned meats, and poultry are many. Vary sandwich breads. Use any of the popular bread rolls for a change.

Mushroom Magic

Slice fresh mushrooms into green salads and cole slaws. Add them to scrambled eggs. Add fresh mushrooms to green beans, peas or corn. Put them in casserole dishes.

HONORS RAYBURN

Washington — President Kennedy has selected the name Sam Rayburn for a Polaris missile submarine in honor of the late speaker who died last November. The Defense department has announced.

Doctor Cautions Use of Vaporizers

Insecticidal vaporizers designed for use with such insecticides as lindane, should not be used where food is prepared, stored or served or in homes or sleeping rooms, according to Dr. A. Erin Merkel, Jackson county public health officer.

He noted that such vaporizers are being sold to some restaurant operators in the county.

Recommendations of a committee on pest control report that installation should be made only in commercial or industrial premises, and similar locations where human exposure will be only on a working day basis, not continuous.

The insecticide shall be continuously released over a 24 hour period at the rate of not more than one gram per 15,000 cubic feet per 24 hours. The dispensing rate per hour should not vary more than 25 per cent, Dr. Merkel said. Controlling devices to prevent such fluctuations should be installed.

"The interdepartmental committee has no evidence that other insecticides when used in vaporizers in areas occupied by humans or where food is present are effective or safe," the public health officer noted.

Washington — About 7,000 persons are drowning victims in the U.S. each year.

Do-It-Yourself Repairs in Homes Hit \$18 Billion Yearly

New York — If an occasional American homeowner seems weary of the do-it-yourself routine, it is no indication of the overall movement; do-it-yourself spending increased by \$2 billion to \$18 billion annually in the past year and apparently there is no sign of a let-up.

David O. D. Kennedy, president of Kentile, Inc., a leading producer of resilient tile flooring, says an upswing in home projects by rent payers and women was largely responsible for the 12.5 per cent increase.

He said rent payers accounted for nearly 85 per cent of the \$2 billion increase and, for the first time, are outspending owner-occupants on a project-for-project basis, aside from improvements to basements, attics, exteriors and other areas not within the rent payer's domain. Owner-occupants increased their do-it-yourself spending only 2.6 per cent over 1961, from a family average of \$36 a year to an average \$35.5, while the rent payers' average rose 27 per cent from \$297 to \$284.

Rentable Units Credited

The biggest factor influencing the increase in do-it-yourself among rent payers, Kennedy said, is the sudden availability of a great many rentable units in multiple dwellings and the scramble to occupy them and improve them to suit individual needs. Renters, he said, don't hesitate to go in for improvements like space-expanding built-ins, shelves, extra closets, storage bins and similar projects.

Then, too, Kennedy said,

the "men only" tag has been torn off do-it-yourself projects by millions of women who are recognizing the new easy-to-use home improvement materials introduced by manufacturers in the last few years.

"Almost every kind of home project has been made easier for women — such as using brush-on adhesive for installing floor tile, painting with rollers, using foam rubber sheets and pads for upholstering, easily attached table legs, pre-glued wallpaper and a wide variety of hardware supplies that permit the unskilled but decor-conscious woman to improve her home."

Work Side-by-Side

In general, husbands plan and carry out the more complex and heavy projects — but usually after the wives have pointed up a need for something decorative or useful. And in many cases, women work side-by-side with men or even do the work alone. In painting, for example, women today are doing more than 25 per cent of all interior painting, men 32 per cent, and they do about 13 per cent together.

Overall growth of the do-it-yourself market, Kennedy believes, is being generated by the craving of Americans to raise their standard of living. "Consumers often can save a third to half the cost of a home improvement project by doing it themselves and they're finding the more they save through do-it-yourself the more convenience products they can buy."

Kennedy forecast another 10 per cent-plus increase in the do-it-yourself market next year, followed by "surges of as much as 15 to 20 per cent annually as the nation's crop of World War II babies reaches family-forming age and sparks a housing boom bigger than any the country has ever seen."

FIRST TV TRANSMITTER

Jerusalem, Israel — Israel will get its first television transmitter under a \$1 million grant from the Edmond James De Rothschild Memorial Group, the government announced Sunday. The station will be used for educational programs. Although there is no television in Israel, about 2,000 Israelis now own sets that receive programs from neighboring countries.

TIRELESS WORKER

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STAR GAZER
By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars.

To develop message for Tuesday, read words corresponding to numbers of your Zodiac birth sign.

ARIES 21-23 1. 1-48-50-62 2. 68-73-79-87 TAURUS 21-23 1. 1-48-50-62 2. 68-73-79-87 GEMINI 21-23 1. 1-48-50-62 2. 68-73-79-87 CANCER 21-23 1. 1-48-50-62 2. 68-73-79-87 LEO 21-23 1. 1-48-50-62 2. 68-73-79-87 VIRGO 21-23 1. 1-48-50-62 2. 68-73-79-87	LIBRA 21-23 1. 1-48-50-62 2. 68-73-79-87 SCORPIO 21-23 1. 1-48-50-62 2. 68-73-79-87 SAGITTARIUS 21-23 1. 1-48-50-62 2. 68-73-79-87 CAPRICORN 21-23 1. 1-48-50-62 2. 68-73-79-87 AQUARIUS 21-23 1. 1-48-50-62 2. 68-73-79-87 PISCES 21-23 1. 1-48-50-62 2. 68-73-79-87
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The Candidate with a plan—endorsed by the people and for the people!

PLATFORM:

Inform voters, prior to bond issue elections, what effect they will have on assessments.

Make available home building and remodeling information to those interested in sound building practices.

Encourage the use of current marketing information to aid those wishing current values for buying and selling.

Encourage the taxpayer to ask questions and present problems regarding assessments.

Post a schedule of where the assessor will be on specific days and evenings so we can meet to discuss your problems.

Give a duplicate of the house appraisal card to the home owner.

VOTE FOR HUNTER, the candidate with the far reaching program and the tenacity to make the impossible a reality.

If you believe in your own thinking...

VOTE for HUNTER

Pd. Pol. Adv. Hunter for Assessor Comm., 409 Lynnwood Ave., Medford

WHY WALSH?.....

"GO" MEN--NOT "WHOA" MEN

Richard WALSH is a young "GO" man. He has filed for councilman with enthusiasm and confidence in Medford. WALSH will bring to the city council an attitude concerning growth that is refreshingly bright and hopeful. "If it sounds reasonable, let's give it a try" should be the by-word of a forward looking administration. IMAGINATIVE, RESOURCEFUL COUNCILMEN ARE THE DRIVE-WHEELS OF A "GOING" CITY. Let's get Medford in gear as regards healthy, sustained growth. LET'S GET MOVING ON A "GO" BASIS WITH WALSH.

PARKING METERS OBSOLETE?

Recently WALSH stated:

"Parking meters have just about run their course of usefulness in many communities. When first introduced they (meters) helped keep the flow of traffic moving in an orderly fashion. However, we are 10 years ahead of meters. Shopping complexes have been springing up like grass all over the nation. Those cities with foresight SET ASIDE A GOOD SHARE OF THE PROCEEDS TOWARD THE DAY WHEN OFF-STREET PARKING LOTS WOULD HAVE TO BE PURCHASED. Medford has not done this satisfactorily. We have no parking funds, to speak of, to show for our nickel dropping. IF ELECTED I PLAN TO MAKE THIS PARKING MATTER A PERSONAL CAMPAIGN, and get positive action underway as soon as the facts are brought to light."

HORSE & BUGGY ORDINANCES

WALSH says many state and local ordinances should have been reviewed and up-dated long ago. Some present building restrictions are not compatible with new construction techniques and materials. Investment in new construction is being hampered by outmoded codes and land usage zoning. The DO-IT-YOURSELF HOME-BUILDER is often completely discouraged when confronted with a barrage of seemingly contradictory building codes. WE CAN STREAMLINE OUR PRESENT BUILDING AND INSPECTION POLICIES.

"YOU CAN'T BUCK CITY HALL"

"You can't buck City Hall" is an old, and too often true, phrase. Generally it means that you can't understand how the administration arrived at a given policy or decision. WALSH PLEDGES TO THE VOTERS OF WARD ONE A COMPLETE REPRESENTATION. He will make himself available at all reasonable times. The councilman who only visits City Hall on meeting nights is not doing his job for the people. HOW BEWILDERING IT IS TO HAVE A QUESTION or a PROBLEM that seems never to get resolved in the complex of city administration. THERE WAS NEVER A POLICY THAT WOULD FIT ALL OCCASIONS. EVERY PROBLEM IS INDIVIDUAL. Each individual is entitled to an explanation and solution. WALSH pledges to give freely of his time to your problems. "This is true representation . . . anything less is cheating you of your constitutional rights."



160 X RICHARD (DIC) WALSH

For Councilman Ward 1

Mr. WALSH has been a resident of Medford since 1930. He attended the Medford School system, Santa Ana College and is a veteran of 8 years Marine Corps service. Prior to his return to Medford in 1956 WALSH headed the Camouflage Branch of the Marine Corps at Quantico, Va. Owner of a commercial art and advertising display service, Mr. WALSH is married and has 6 daughters. He has been most active in all community affairs including past-president of the Lincoln School PTA and currently a director of the Crater Lions Club.

WALSH IS A MAN WITH A PLAN FOR ACTION!