



DEMOLISHED CAR—The driver of this car, Marvin Lee Hamilton, 19, of 895 Gibson rd., is reported in poor condition at Rogue Valley hospital today suffering from a fractured right leg and head injuries received in the accident Saturday evening. His condition was reported "slightly im-

ARRESTS GANG
Salisbury, N.C. — UPI — Police Thursday announced the arrest of 12 teen-age girls in connection with a shoplifting ring that stole only small items. Police Chief Dave Shuler said the girls, ranging in age from 13 to 16, even took a bottle of pink champagne but decided "it ain't so hot."

Step Into Spring



9292
SIZES 36-50
by Marjorie Martin
Bright-as-May look — just what you need to revive winter-weariness right now! Sew this elegant-sleeved step-in of cotton, Dacron, linen.
Printed Pattern #292; Women's Sizes 36, 38, 40, 42, 44, 46, 48, 50. Size 36 requires 3 1/2 yards 39-inch fabric.
THIRTY-FIVE CENTS in coins for this pattern — add 10 cents for each pattern for first-class mail. Send to Marjorie Martin, Medford Mail Tribune, Pattern Dept., 232 West 18th St., New York 11, N.Y. Print plainly NAME, ADDRESS with SIZE and STYLE NUMBER.
FREE OFFER! Coupon in Spring Pattern Catalog for one pattern free — any one you choose from 300 design ideas. Send 50 cents now for Catalog.

Feeding the Family

By ZOLA VINCENT
Food Editor

Good Ways With Fresh Grapefruit
Broil Grapefruit — Prepare grapefruit by cutting in half, removing seeds and separating sections. Sprinkle one teaspoon brown sugar, honey, maple syrup or maple sugar over each half. Broil 10 minutes or until golden brown. Serve hot as first course or for dessert.
Mint Grapefruit — Notch edges of prepared fresh grapefruit and dip in chopped fresh mint. Top center with one-half cube of mint jelly.
Daisy Style — Arrange fresh navel orange sections around prepared grapefruit halves to resemble petals of a daisy. Place a fresh strawberry or cherry in center. If desired, notch edges of grapefruit.
Hawaiian Style — Fill center of prepared fresh grapefruit with wedges of fresh pineapple. If desired, sprinkle with one teaspoon sugar.
Grapefruit Slaw — Here are eight generous servings. Slice one small (one pound) head cabbage into paper-thin shreds. Peel one small fresh grapefruit, cut into sections and add to cabbage. Combine one-quarter cup mayonnaise, one teaspoon fresh lemon juice, one teaspoon horseradish sauce and one-half teaspoon salt. Toss lightly with cabbage and grapefruit. Garnish with sliced tosted almonds or peanuts, if desired.
Teen Tower
Anyone who thinks the younger generation is not creative should watch a teenager build a sandwich. There are more than 200 varieties of sausages and cold cuts, says the American Meat Institute, and the teens seem to have a working knowledge of the entire list.
Between two slices of bread and interlaced with a surprising array of condiments, a Teen Tower may contain bologna, salami, minced ham, summer sausage, jellied corned beef, pepperoni, pickle loaf, liver sausage, head cheese, cervelat, tongue loaf . . . and of course whatever may be leftover from yesterday's roast.
Swiss Style Rockfish Fillets
Rockfish, similar to sole, reaches the market usually as a fresh or frozen fillet. Each fillet is a flat, boneless piece of tender meat from the sides of the skinned fish. Weight of these fillets ranges from a quarter to a full pound, depending on the size of the fish.
Almost any cooking method may be used. The meat is lean and requires additional fat in cooking. Like most seafoods, it should not be overcooked or it will become tough and dry.
2 pounds fresh or frozen rockfish fillets
3 tablespoons lemon juice
1/2 teaspoon grated onion
1/2 cup fine bread crumbs
1/2 cup grated Swiss cheese
1/4 cup butter or margarine
Combine lemon juice and grated onion. Pour over fish fillets. Roll fish in bread crumbs that have been added to grated cheese. Melt butter or margarine in baking dish and place fillets side by side in dish. Bake at 350 degrees, 20 minutes, or until fish is easily flaked with fork. Serve with tartar sauce. Five servings.
Cereal Speed-Up
A cinch for speed is your breakfast bowl of cereal with its whole parcel of food values. You needn't mention this to the children but actually cereal with milk and sugar gives them vitamin B complex, protein, energy values, calcium, iron and phosphorus. That's good. Too, there's almost endless variety from which to choose; wheat, corn, oats and rice in all kinds of shapes, sizes, textures, tastes and even sounds.
There's nothing in the Blue Book of Etiquette that says that ready-to-eat cereal should not be served right at the table with children and father to do their own thing and re-filling as appetite demands. Put them all on a tray for easy transportation to and from the table.
Eggs, Poultry, Beef, Pork, Pears, Potatoes Good Buys
January plentifuls are many. We can't begin to list them all in the headline but we'll try for more here.
Eggs are plentiful, high in quality, lower in cost. Eggs are recommended daily for people of all ages. Nutritionists insist that morning working efficiency is increased considerably when a hearty breakfast is built around a couple of eggs. So send the family to work and to school well fortified for the morning's problems with "two, sunny side up" or in other family-favored ways.
Beef Buys. There are many good buys in economy beef cuts — those that require long slow cooking. Now is ideal time for beef stew, beef short ribs, chuck or shoulder pot roast, flank or shank. How about corned beef for a change?
Pork Cuts. Pork supplies, both cured and fresh are increasing right along. Prices are favorable among shoulder roasts, chops, spareribs and hams. For something different, try shoulder butt, picnic shoulder, pork hocks. And that brings to mind, sauerkraut and apple sauce, cornbread and buttermilk.
Poultry. Abundance of broiler — fryers, stewing hens, turkeys continues.
Plenty of Potatoes. Potatoes lead the vegetable parade; a bargain in good eating at any meal for fixing in ways beyond numbering. Plenty of artichokes, carrots, green and red cabbage, cauliflower, egg plant, lettuce, dry onions, sweet potatoes.
Winter Pears. Rejoice in the Anjou, the Comice, the Winter Nellis and the Bosc which long since ceased to be luxuries. Their abundance puts them easily in any budget. Other fruit plentifuls include apples, avocados, bananas, grapefruit, grapes, navel oranges and highly seasonal tangerines which tarry briefly.
Dairy Products. The dairy industry keeps well ahead of population trends with an

The Family Council

Editor's note: The Family Council consists of a judge, a psychiatrist, three clergymen, three editors and a women's editor. Each article is a summary of a family disagreement presented to the council. The Council deals with problems, major and minor, encountered by guidance counselors and social workers. Edited by Mrs. Alma Denny. (Copyright by General Features Corp.)

Beatrice Y. — She's in deep mourning. Why is she ashamed to show it?
Sara B. — I'd act the same way. Why upset everybody else?

Beatrice Y. — We disagree about our neighbor. She has just lost her father, when he failed to recover from injuries in an automobile crash. Since her mother had died when she was 14, he was her only parent and they were very close. Nevertheless she hasn't shed a tear.
I've heard this is bad for a person. It's better to let yourself go. But with Mrs. W., even her husband is puzzled. At the funeral she was busy comforting him and their four children. She was the calmest one there. Somehow I know she's holding her grief back and that's not healthy.

Sara B. — Why should Mrs. W. carry on just because neighbors like Beatrice expect her to? She has her own way of bearing her sorrow.
I know the pain must be deep. Her dad had an apartment block away from her home. They're a happy family and the older man was included in everything that went on — picnics, holiday celebrations, and birthday parties. Both Mr. and Mrs. W. loved to have him around.
But maybe now she feels a certain peace. He is out of pain, even though she isn't. She has the comfort of knowing, however, that she was a loving daughter and did her best for him. And now she prefers to set a good example of quiet courage to her own children.

The Council: One of the baser motives which undoubtedly impel people to attend funerals is to watch, and measure, the display of grief. It's a ghoulish interest. The bereaved are then categorized as anything from "prostrate" to "hard as stone."
We applaud the neighbor under discussion for keeping her own council on what to do with her grief. She refuses to put on an act which assured abundance of all kinds of fluid milks, cottage cheese, cheddar cheese, buttermilk, dairy sour cream, ice cream and a score more products made from milk.
Fish and Shellfish. Treat the family more often to seasonal abundance of sea bass, swordfish, oysters, crabs and crab meat. Fish fillets and fish sticks are bargains along with canned tuna and sardines.

OSU Groups Oppose Meal Cost Increase

Corvallis—UPI—The women's interhall council and men's inter-dormitory council at Oregon State University have announced opposition to a proposed \$40 a year increase in meal costs.
In a joint statement the two groups said they would continue the opposition "as long as the service and the quality of meals" do not improve.
T. F. Adams, director of dormitories, said the increase is needed because student and civil service employees are seeking higher wages.

FOOD For Thought

Low Prices -- Stamp Savings
Make Good "CENTS" at Your Friendly

TUNA 4-CATS
11 FOR 99¢
SAVE 30¢ PLUS THRIFTY GREEN STAMP SAVINGS

MARK'S Groceteria
THE PLACE TO GO FOR THE BRANDS YOU KNOW
Sixth and Grape
Limit Rights Reserved
LOTS OF FREE PARKING

GROUND BEEF



Fresh Lean
3 lbs. ONLY
\$1
Grand for Meal Loaf

Our Meats Are the Best USDA Choice Our Service Is the Friendliest

SPAM Luncheon Meat
12 oz. **43¢** Save 10¢

Quaker Oats
Large Package Quick or Regular **39¢** SAVE 10¢

SARDINES
Beach-Cliff **10 FOR 99¢** Save 46¢ Plus Thrifty Stamp Savings

Chocolate
2-Lb. 6-oz. Box **69¢** SAVE 30¢
1-lb. box **29¢** SAVE 16¢

Hunt's TOMATO JUICE
Save 35¢ on Hunt's 46-oz. Tin
4 FOR 89¢

Kraft Miracle Whip SALAD DRESSING
Qt. Jar **49¢** SAVE 10¢

Velveeta Cheese Loaf 2 lb. Pkg. **77¢** Save 22¢

WE GIVE THRIFTY GREEN STAMPS AND REDEEM THEM FOR CASH

Zee-80 Count Package **Napkins** **10¢** Save 5¢

Tomatoes
Fresh Medium Size— Firm, Red Ripe Prime Ingredient for Salads, Sandwiches
29¢ lb.
Red Emperor Grapes 2 lbs. **29¢**
Sno Boy Fancy Celery Hearts **29¢** per lb.
Our Produce is the Freshest

Try and Stop Me

By BENNETT CERF

ONE OF THE most powerful, and certainly the most eccentric, of the old newspaper tycoons was James Gordon Bennett, owner of the New York Herald. In a fascinating biography of Bennett, Richard O'Connor tells how this amazing press lord scored a four-day-beat on all the rest of the country by printing the complete story—denied as long as possible by the War Department—of Custer's disastrous defeat at Little Big Horn. Bennett also was the man who sent one of his lesser correspondents, Henry Morton Stanley, to search Africa for Dr. Livingstone.
It was Bennett, furthermore, who introduced polo to the U. S., founded the still-successful Paris Herald, and built the Newport Casino.
A wealthy but rather staid banker from Oklahoma brought a beautiful young bride home with him from New York. "She's the last word to me," enthused a friend. "How did you manage to meet her?"
"There was nothing to it," boasted the banker. "I just opened my wallet and there she was!"
A lady in Tennessee has just entered suit against a neighbor for using abusive language, claiming \$90 damages—less \$40 for the abusive language she used in return.
© 1963 by Bennett Cerf. Distributed by King Features Syndicate



IN ANY WEATHER GREYHOUND IS 17 TIMES SAFER

Official safety records over the years prove that Greyhound is 17 times safer than driving yourself. And Greyhound is safer than trains and planes, too. Wherever you travel, in any weather, for safety GO GREYHOUND . . . AND LEAVE THE DRIVING TO US.

Exclusive Scenicruiiser Service* at no extra fare. For example:
PORTLAND 7.45 SAN FRANCISCO 8.85
SALT LAKE CITY 26.65 NEW YORK 84.10
CHICAGO 58.30 NEW ORLEANS 63.60
Save 10% extra each way with a round trip ticket.

Greyhound Terminal 212 N. Bartlett Phone 772-2202

GO GREYHOUND
...and leave the driving to us