

Feeding the Family

By ZOLA VINCENT
Food Editor

Canadian Beefsteak Pie
Canada, our coast-to-coast neighbor has a land area of over 3 1/2 million square miles and a population of approximately 18 million. A French possession in 1534, it was gradually acquired by the British until in 1859 the entire area came under British control. Today 48 per cent of the population is English and 31 per cent French. Their cuisine is a happy mixture of both countries and a few others besides.

As a part of the British Commonwealth of Nations, Canada is a member of the Security Council of the United Nations. According to their representatives this hearty, meat-in-a-dish beefsteak pie, frequently thought of as a traditional English dish, is likewise a Canadian favorite.

1 1/2 pounds beef, round or chuck
4 tablespoons drippings
2 teaspoons salt
1/2 teaspoon pepper
2 medium onions, sliced
3 cups hot water
4 tablespoons all-purpose flour
6 tablespoons cold water
1 tablespoon steak sauce cat-soup or chili sauce

* Plain Pastry
Cut beef into two-inch pieces. Brown in hot drippings in a deep frying pan. Add salt, pepper, sliced onions, and hot water. Cover and simmer for two hours. Remove meat to a two-quart baking dish. Blend flour and cold water to a smooth paste; stir into gravy. Boil one minute, stirring constantly. Add steak sauce. Four gravy over meat in baking dish; let mixture cool. Cover with pastry crust. Bake in a hot, 450 degree, oven 10 minutes; reduce oven temperature to moderate, 350 degrees, and bake 35 minutes longer. Serve hot. Makes four servings.

* Plain Pastry for Beefsteak Pie: Sift together one cup sifted all-purpose flour and one-half teaspoon salt. Cut in one-third cup shortening with pastry blender or two knives until mixture is size of small peas. Sprinkle two to three tablespoons cold water over, tossing mixture lightly with fork. Gather dough together and press firmly into a ball. Roll out to fit top of baking dish; cut air vents in crust.

Honey-Nut Bread
Moist and Tender

This honey-nut bread, so moist and tender, has just the right sweetness for serving with fruit salads. Spread with butter, cream cheese, creamed honey

or honey butter, it is delightful snacking any time. It freezes well and slices thick or thin without crumbling. Recipe makes one 9x5x3-inch or comparable size loaf.

2 tablespoons salad oil
1/2 cup honey
2 eggs
1 cup whole bran cereal
1 cup buttermilk
1 1/2 cups unsifted all-purpose flour
1 teaspoon salt
1/2 teaspoon baking soda
2 teaspoons baking powder
1 cup walnuts, coarsely chopped

Blend oil and honey. Add eggs. Beat well. Stir in bran and buttermilk. Let stand 10 minutes. Combine flour, salt, baking powder. Add to first mixture, stirring only until liquid and dry ingredients are combined. Grease bottom of 9x5x3-inch loaf pan and line with waxed paper. Then grease paper. Turn batter into pan, sprinkle nuts over top. Bake in slow, 325 degree, oven about one hour or until bread is done in center. Cool 10 minutes before removing from pan. For easy slicing—cool bread over night. Bread freezes well. Slice, then reassemble as a loaf, wrap in freezer paper and freeze.

Macaroni and Cheese
Macaroni and cheese can become a dish of distinction simply by adding grated onion, chopped green pepper and/or sliced pimiento stuffed olives. Bite-size pieces of cooked sausage, salami or frankfurters will give new flavor and texture to this ever-popular main dish.

Shoppers Urged To Stock "Better Breakfast" Foods
September is the time for all good menu-planners to come to the aid of breakfasts, according to United States Department of Agriculture in its support of Better Breakfast Month. Good health and good looks begin at the breakfast table, and there's mid-morning magic in an adequate breakfast that is especially vital to teenagers, nutritionists keep reminding us.

Essentials in basic breakfast pattern are fruit or fruit juice, cereal with milk or cream, bread and butter, milk and/or other beverage. Plusses are many.

Breakfast Suggestions
Readily available at reasonable cost are infinite varieties of fresh, canned and frozen fruit and vegetable juices. There are eight favorite ways of fixing eggs for breakfast. Bacon, dried

Air Safety Week Announced by FAA

LOS ANGELES — A nine-state program to focus attention on air safety and pilot proficiency will be launched this month by the Federal Aviation Agency's Western Region.

The week-long program has been designed Western Region Flight Safety Week by Joseph

H. Tippets, director of the region. Flight Safety Week will be from Sept. 16 to 22.

Tippets said the aim of the program is to call attention of all pilots to the need for acquiring knowledge and skills required to control an aircraft in flight by reference to instruments in the cockpit. The program also will encourage pilots to obtain FAA Blue Seal certification upon successful completion of basic instrument flight training.

FAA pilot examiners and approved flight school will provide simulated half-hour instrument flight demonstration to all interested pilots. Approximately 250 flight school chief pilots and 132 FAA examiners will conduct the program in the states of California, Oregon, Washington, Idaho, Nevada, Colorado, Wyoming, Utah and Arizona.

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The Harkins, who own and operate a neighborhood grocery, have five other children ranging in age from 16 months to 6 years.

"It's a good thing I own my own grocery," said Harkins. "I'd be in real trouble if I didn't."

beef, ham and pork sausage are popular breakfast meats. Cereals, ready-to-eat and for quick cooking, are almost beyond numbering.

There are many hearty canned soups to be served hot with crisp cereal bits as garnish. We counted 24 kinds of breakfast breads, coffee cakes, doughnuts and other nourishing sweetstuffs in the local bakery department. Spreads include butter, margarine, peanut butter, honey, honey butter, jams, jellies, marmalades and syrups. Breakfast beverages, besides milk, tea and coffee, include cocoa, instant cocoa and bouillon.

September Plentiful
Broiler-fryers rate a feature spot on the United States Department of Agriculture's list of Plentiful Foods for September in our area. Other foods on the list are turkeys, lamb, peanut butter, canned tuna and late summer vegetables.

Melons and grapes come in for special attention. They are excellent in both quality and supply. Equally top-quality seasonal vegetable favorites include corn, tomatoes, green peppers, green beans, cucumbers, several kinds of squash, carrots, cabbage, lettuce, eggplant, onions and potatoes.

Quadruplets Born In Mississippi

JACKSON, Miss. (UPI) — Thomas P. Harkins, a 50-year-old Jackson grocer, passed out cigars by the handful today to celebrate the birth of quadruplets to his pretty 27-year-old wife Saturday night.

The quads — all girls — were reported in good condition at St. Dominic's hospital today. They were encased in isolettes but had been taken off oxygen.

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A-Too Late To Classify

FOR RENT — 4 rms. duplex close in. 772-4313.

FOR RENT — Eastside 3 bdrm. duplex, gas forced air furnace, garage, water & garbage pd. no pets. 772-4437.

FOR RENT — 3 rms. & bath. Furn. Garage, hot & cold water pd. Gas & water. 772-1761.

FOR SALE — 1961 Buick Wildcat. Call 772-4437 after 5:00 p.m.

GOODS PEACHES CERTAINLY ARE! For Sale Improved Gens & Rio Ovas. Herb Good. 531-1633.

FOR SALE — Country living 2 bdrm. home with den 1200 sq. ft. Old water. 1 acre. 100 ft. gated. Close to school. 3405 Lone Pine.

FOR SALE — Good meadow hay. 4000 lbs. 772-3307.

FOR SALE — 300 Savage K-22. 30-30 & Jap rifle, customized.

FOR RENT — 3 rm. turn house. 850, 1465 Spring St. 772-9721.

FOR RENT — Nice house, 2-bdrms. & den or 3-bdrms. at 3128 Madison Lane. \$125. Call 772-6139 Medford or ME5-3556 Tigard, Ore.

LEGAL NOTICES
NOTICE TO CREDITORS
Notice is hereby given that Alice Thomas has been appointed executrix of the estate of Margaret Christie, deceased, and all persons having claims against said estate are notified to present the same, duly verified, to the undersigned executrix or her attorneys Gene L. Brown and R. Gene Smith, 206 Wing Building, Grants Pass, Oregon, on or before six months from Sept. 9, 1963.

Alice Thomas
Executrix of the estate of Margaret Christie

NOTICE TO CREDITORS
In the Matter of the Estate of NATHANIEL S. SMITH, deceased, also known as N. BERT SMITH, also known as BERT SMITH, deceased.

Notice is hereby given that I have been appointed executrix of the estate of NATHANIEL S. BERT SMITH, also known as N. BERT SMITH, deceased, and all persons having claims against said estate are hereby notified to present the same, duly verified, by law required to me at the office of James C. Wilson Jr., 216 East Pine Street, Central Point, Oregon, within six months from the date hereof.

Dated and first published August 19th, 1963.
LILLIAN C. ANDERSON, Executrix
James C. Wilson Jr., 216 East Pine Street, Central Point, Ore., Attorney for Executrix

September 9, 1963
PUBLIC NOTICE
NOTICE IS HEREBY GIVEN THAT application was made on the 23rd day of August, 1963, by the Western Union Telegraph Company to the Federal Communications Commission to discontinue their telephone-operated agency office at Jacksonville, Oregon.

If application is granted, substitute service will be available by telephone through the Western Union Telegraph Company's offices at Medford, Oregon, the combined hours of which comprise an "always open" basis.

Any member of the public desiring to protest or support the closing of this office may communicate in writing with the Federal Communications Commission, Washington 25, D.C. on or before September 29, 1963.

NOTICE
Examination for Certified Public Accountants of Oregon will be held in Portland from 1:30 p.m. Wednesday, Nov. 6, through Friday, Nov. 8, 1963. Applications must be filed with the Secretary on or before Sept. 27, 1963. McNAMARA M. ROSE, SECRETARY, Oregon State Board of Accountancy, 473 State Office Building, Portland 1, Oregon.

1-LODGE NOTICES
Medford Rods Scottish Rite, Monday, Sept. 9, 1963, 8:00 p.m. Stated Lodge & Chapter Refreshments. Visiting brethren welcome. Fred A. Purdin, Secretary.

Stated Meeting of Table Rock Council No. 15 R.A.S.M. Medford, Tuesday, September 10th. Meeting preceded by Pot-Luck dinner at 6:30 p.m. Visiting members & wives welcome.

M. Patrick Dunn, I. M. Medford Lodge No. 63, I.O.O.F. meets Tuesday, Sept. 10 at 8 p.m. Visitors welcome, refreshments.

2-SPECIAL CLUB EVENTS
RUMMAGE SALE by Chapter BE-PEO, Tues. Sept. 10, Fehi Bldg 9 to 4:30.

Table Rock Encampment Aux. Rummage Sale, Tues. Sept. 10, 9 to 5 and Wednesday, Sept. 11, 9 to 1 Odd Fellows Bldg., W. 6th St.

3-PERSONAL
IT'S terrific the way we're selling Blue Lustre for cleaning rug and upholstery. Rent electric shampooer \$1. Johnson Paint Center.

IRRIGATION ASSESSMENTS
Third quarter 1963 Irrigation Assessments now due delinquent after September 15, 1963. Pay at office Grants Pass Irrigation District, Courthouse Annex, entrance on 5th Street, Grants Pass, Oregon.

HAIR Styling — Coloring — Permanent waving — Cutting — Done to your individual preference at Mary's Trim 'n' Curl, 215 N. Central, Phone 772-3233, 2298 Eves. by appointment.

THE REGULAR monthly meeting of the Grants Pass Irrigation District will be held on Sept. 10th at 9:00 A.M.

NEED good, clean home for elderly in good health. 772-8796, or 772-8132 eves.

CREDIT EQUITY, INC.
is a debt consolidation agency licensed & bonded by the State of Oregon with the purpose of planned debt reduction.

201 Medical Center Bldg. 33 N. CENTRAL, 772-7193

KINDER KOLLEGE — The unique pre-school, 772-8635, 772-4257.

MISS PAT'S NURSERY SCHOOL
All day care includes kindergarten transportation. 772-3382.

ANYONE having a drinking problem, please call the Medford Group of Alcoholics Anonymous, 8:30 p.m. Tues. & Sat. rear of 215 N. Oakdale. 772-4848. All-Ann Group every Tuesday.

MERLE NORMAN Cosmetic Studio, 214 Fisher Bldg. 772-9611

3-PERSONAL

CASH FOR COINS at new high buying prices. Especially need U.S. Proof Sets & Indian Head cents. 772-4322.

KNIT SKIRTS SHORTENED
Knit alterations Garments assembled. Phone 772-3382.

RAWLEIGH PRODUCTS
Pedersen 772-4138

LEARN TO KNIT
Classes starting immediately. For beginners-advanced knitters. Miss Pat 772-3382.

VICTOR Says CRATERIAN

BEAUTY SHOP
moved in Modern 1 1/2 block from our more convenient parking at our own lot, Deerson Richmond, across the street.

LEON'S HAIR FASHIONS
HI LADIES
We would like to welcome you to come in & have your hair styled. Consult us about all your beauty problems.

BACK TO SCHOOL SPECIAL
Come in & see us now. Call for appointment. 772-1352.

AUTO INSURANCE PROBLEMS?
If age driving record, un-insured accident financial responsibility filing etc., is making it difficult for you to secure proper insurance, see us. Convenient monthly installment. Don Statton Insuror, 1005 E. Main, Medford, 772-6658. Open Mon & Tues. 9:00 a.m.

Coins & Stamps bought & sold. JEFFERSON COIN SHOP, 13 N. Fir 772-2859.

ASK about our Junior permanents at Medford Beauty School, twenty junior students to serve you. For appointment phone 772-6135.

DRINKING YOUR PROBLEM?
Contact A.A. Sun. 8 p.m. Thurs. 8:30, 404 Walnut. Ph. 664-2006 772-1251.

MISS PAT'S KINDERGARTEN
for 4 and 5 year olds transportation. Register now for the Fall term. Phone 772-3382.

4-LOST AND FOUND
LOST — Man's stainless steel ring. Reward. 335-2236.

LOST in Anderson creek area 6 mo. old black & brown puppy. Answers to Cindy. Please call 335-1292. Reward.

FOUND — Special Permanent, \$10 & up. Lady Medford Beauty Salon. 772-3211, 32 N. Oakdale.

5-INSTRUCTIONS
A-B-C KINDERGARTEN
Now Open for Registration, Bus service, Pre-reading skills. Mrs. Judith Adams, Instructor. 772-3034.

5-INSTRUCTIONS

MOTEL MANAGEMENT
MEN, WOMEN & COUPLES
NEEDED
for immediate training in Motel Management. Study at home, followed by actual experience in modern motel.

American Motels, Inc.
For interview write to Tribune Box 4140.

MAN . . . !!!!!
You haven't seen anything yet! If you haven't seen this NEW WORLD BOOK encyclopedia, look at it "Now" — Today! Get better grades. Write P. O. Box 62, Ashland, Oregon. 402-3119.

MIDFORD NURSERY SCHOOL
Mrs. Ethel Tennant 772-3047.

KINDER KOLLEGE
The Unique Pre-School Kindergarten. Full or part time. Music & art. Mary Friedman, Lewis & Clark graduate. 772-4257 or 772-8635.

TEENAGERS!
Enrolling now for Fall ballroom classes. THURSTON DANCE STUDIO, 772-3117 or 772-6181.

10-WANTED MALE HELP
CAN EARN \$3 & up per hr. as a Hawleigh Dealer, full or part time, in Medford. Income based on Sales. For details write Hawleigh, 206 Adeline, Oakland, Calif. 94607.

KLAMATH Falls retail lumber firm needs man with experience in all phases including counter & outside sales. Write Mail Tribune Box 4322.

WANTED — 2 men for inside — outside sales or service. Comm. Call 772-3333. Kirby Co.

SERVICE Station attendant, must be experienced. Open immediately. 826-4441.

10-WANTED MALE HELP

MORE MONEY IN MOTEL MANAGEMENT

Make excellent salary plus your apartment as motel - hotel manager. Live and work in location, climate of your choice. New motels and hotels are being built every day. Many opportunities for managers & assistant managers. Men - Women - Married Couples. Free placement assistance. Get information about age & requirements necessary to qualify for a position in the motel - hotel industry. Write now for complete details. No obligation.

NORTHWEST SCHOOLS
Motel Training Dept. 38-37, Tribune Box 4225.

Name _____
Address _____
City _____
State _____ Age _____
Nearest phone _____

WANTED — Heating Salesman. Top pay, profit sharing plan. Apply 243 N. Riverside, 9-12 a.m. CAT skinner, wanted for HD 21. Call 482-4428 between 6 & 7 p.m.

WANTED — COMBINATION Maintenance & Electrician. Must have current Oregon Maintenance Electrical Card.

Contact WILLAMETTE PLYWOOD CORP. ASTORIA, ORE. Ph. 743-2131. Area Code 503.

COMM. Salesman. Excellent opportunity. No canvassing. Stark's, 622 No. Riverside.

10-WANTED MALE HELP

Experienced TIRE RECAPPER
needed immediately. Permanent position with excellent changes for advancement. Independent tire dealer in business over 40 years. List references. Salary plus bonus. PECK BROS. 725 W. 1st, Eugene.

FULL OR PART TIME
Canvassers for Building remodeling. Must be neat appearing. Salary plus bonus. 772-2719.

Salesman
Leading Tire Company needs Salesman to fill vacancy in retail selling & Service. Over 25. Salary & Comm. with good fringe benefits. Write—giving full particulars & phone number to Tribune Box 5020.

Experienced Heating Salesman. Top pay, profit sharing plan. Apply 243 N. Riverside, 9-12 a.m. CAT skinner, wanted for HD 21. Call 482-4428 between 6 & 7 p.m.

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LIFE INSURANCE

One of the West's fastest growing life insurance companies desires an experienced agent to represent it as a General Agent in the Medford Area. Top commissions and merchandise plus financial assistance.

If you would like to discuss this opportunity in confidence call Bob Fisher, Cedar Lodge Motel, Medford-773-7361—Saturday, Sunday, Monday or Tuesday, September 7, 8, 9 or 10.

Sunset Life Insurance Co. of America — Olympia, Washington

13 Wanted To Rent

DAIRY farm on thirds 17 years experience. 767-7437.

WANTED: house, 8 rooms or more with space for small shop. Preferably edge of town. 872-8762.

WANTED TO LEASE — 375 sq. ft. office space. Business District. Xena, Ohio. 904 opening 1:30 p.m. (687) Nov. 1, 1964. For information and lease forms, call write or write GENERAL SERVICES ADMINISTRATION, Public Buildings Service, 446 U. S. P. O. & 23300 Cincinnati 1, Ohio. 273-2390. Ltr. 501.

14 Business Opportunities
TWO rooms & bath & kitchen to business.

TWO places, one in Medford, one in Ashland.

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Roy Carle, DR 2-5719

LUMBER
Rough oak — all dimensions Xena's Farmers Exchange, 424 W. Main, Xena, O. DR 2-5061.

PITTSBURGH delivered, 810 stock. 2 for \$18. 137-2460.

23 Household Goods
HEARLY addition next sofa. Needs recovered. \$1. 107-7288.

1964 FRIGIDAIRE deluxe automatic washer. I.

DIAPHERUS like table & chair.

SIX pc. din. room table.

IN Medford.

IN Medford.

IN Medford.

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24 Miscellaneous For Sale

TRIPLE Seal balls for solid tank valve. \$10 per box of 100. DR 2-4255.

LARGE Biegler-matic oil heater, used 2 months. 272-8744.

OIL heating stove, roll-away bed, complete. 772-3382.

EXPERIENCE
Open M.

JOE MUNTZ'S
TUGBOAT ORCHARD
3 miles E. of Xena on Rt. 35 next to Milburn's Cold Station. 372-0547.