

Feeding the Family

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Food Editor

Seafood Rabbit Is Rare Bit of Eating

Call it rabbit or rarebit, this recipe is a rare bit of good eating. One of the easiest, most delicious luncheon or mid-night supper dishes is a seafood combination. Seafood and cheese are flavor-mates in a sauce knowingly seasoned with mace.

Make two cups of medium white sauce by your favorite method. Add two cups grated sharp cheddar cheese and 1 1/2 cups cooked shrimp, crabmeat or lobster, one-half teaspoon salt, one-fourth teaspoon black pepper and one-fourth teaspoon ground mace.

Cook over low heat or hot water, stirring slowly until cheese is melted. Serve hot over toast points or large round pilot crackers. Garnish with paprika. Serves six.

Mashed Potatoes Get New Look when Baked

Mashed potatoes have been a menu item ever since white potatoes were invented; are on many menus several times a week. How about giving them a new look, new excitement like this? Don't wait for company. Try them out on the family.

Here potatoes and marjoram team up in a potato dressing that goes into the oven; can be served ideally with pork, beef, lamb or poultry.

Combine four cups hot fluffy mashed potatoes with 1/2 cup dry bread crumbs, two-third cup butter or margarine, two tablespoons instant minced onion, two tablespoons milk or water, one-half cup chopped celery, two teaspoons ground black pepper, one-half teaspoon ground marjoram, one egg, beaten.

Bake in a greased 8 x 8 x 2 inch pan in a preheated oven, 350 degrees, for 30 minutes or until browned. Eight servings, maybe more.

Quick Dessert

Add raisins to canned apple sauce; top with sliced bananas and a generous dollop of cream, whipped cream or dairy sour cream.

Liberian Contribution to International Good Eating

A number of years ago delegates to the United Nations were asked to "write down" their country's favorite recipes. These were published as a collection in "Favorite Recipes from the United Nations." The delegation from Liberia, a country of almost 3 million population and a land area of 43 thousand miles, suggested one of their favorite cakes and named it United Nations Cake.

When the book was published, Mrs. Eleanor Roosevelt, at that time a member of the board of directors for the American Association for the United Nations said, "This book is unique and can give an international flavor to any table. To take dishes from every UN country is one of the ways to bring about better understanding."

This spicy cake recipe is just as it appears in the aforementioned cookbook.

2/3 cup butter
3/4 cup sugar
4 eggs
2-1/4 cups flour
3/4 teaspoon soda
1/2 teaspoon each allspice and cinnamon
1/4 teaspoon mace
1/2 teaspoon baking powder
1/8 teaspoon cloves
2/3 cup light molasses
1/2 cup milk
1/3 cup citron, cut very fine
1/2 cup seedless raisins, chopped
1/2 cup shredded coconut

Heat oven to 350 degrees (moderate). Cream butter and sugar. Add eggs, one at a time. Sift together dry ingredients and stir in alternately with mixture of milk and molasses. (Start and end with dry ingredients.) Stir just until smooth. Fold in fruit and coconut. Pour batter into two greased and floured loaf pans. 9 x 5 x 2 1/2

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Modern Food Packaging Reflects Marketing Efficiency

Today's homemakers are evidenced by the dramatic creasingly package-conscious as changes in the buying pattern of our nation's consumers during recent years. We refer not only to packaged cereals, bakery products, mixes, canned and frozen foods, but to the pre-packaging of meats, poultry, delicatessen products, fresh fruits and vegetables.

Pre-packaging is one of the main reasons for the constantly growing efficiency of our grocery markets. Pre-packaged produce, for example, frequently costs the consumer less than the bulk product because of the savings made by the retailer. Lower transportation costs, less spoilage, the convenience of having the produce bagged, weighed and priced in advance thus leaving the clerks free for other tasks . . . and, the by-product and object of all this, increased sales make for lower prices.

The food industry works continuously to bring the American homemaker newer and better packaging . . . always with an eye to the best possible product at the lowest price.

Overnight Use Of State Parks Higher Than 1962

SALEM — Overnight camping attendance in Oregon state parks for the first eight months of this year increased more than 27,000 above last year, according to figures compiled by the State Highway department.

From January through August of 1963, the state parks had 801,939 camper nights as compared to 774,745 camper nights for the first eight months of 1962, or an increase of 27,194. This increase developed despite a late rainy season.

The 10 parks with the greatest camping attendance were Jessie M. Honeyman, Fort Stevens, Cape Lookout, Beverly Beach, Willowa Lake, Detroit Lake, Harris Beach, Sunset Bay, Tumalo and Devil's Lake.

Devil's Lake replaced Humber Mountain in the top 10 parks for number of camper nights.

Days use of the parks from January through August totaled 11,877,099. This is 306,786 more than the 12-month total for 1962, which was 11,570,313.

The top 10 parks with day-use attendance for the first eight months of this year are Yaquina Bay, 941,512; Honeyman, 703,464; Sunset Bay, 454,460; Crown Point, 440,228; Umpqua Lighthouse, 437,208; Fort Stevens, 413,856; Willowa Lake, 404,572; Battle Rock, 342,526; Harris Beach, 284,584; and Rooster Rock, 266,816.

Hawaii Tidal Wave Fails To Develop

HONOLULU (UPI)—The Hawaiian Islands mobilized for a tidal wave assault in the early morning hours Sunday but experienced nothing more serious than tides just a little higher than normal.

A tidal wave alert was sounded on all islands just after midnight when a wave, generated by a strong earthquake in the Kurile Islands north of Japan was reported rolling across the Pacific toward the 50th state.

Civil defense officials ordered the evacuation of all beachfront areas and opened shelters on some islands. The greatest fear was held for Hilo, 200 miles south of Honolulu on the island of Hawaii, which had suffered severe property damage and loss of life from two tidal waves in the past 18 years.

A four-hour cycle of waves, which fluctuated only two and one-half feet, started pounding Hawaii's beaches at 12:35 a.m. (HST) 8:55 a.m. (EDT). The ocean advanced only a little above normal high tide marks and no damage was reported.

JUDGE GETS WARNING

LOS ANGELES (UPI)—The receptionist in the Superior Court Jury Commissioner's Office warned the man who came to return his jury summons that "we don't excuse people because of their jobs."

But when she learned the reluctant prospective juror was Judge Elmer D. Doyle, who presides in a courtroom just around the hall from her office, she wrote on the summons: "Permanently excused from jury duty."

Pakistan Taking Steps To Curb Mounting Population Trend

KARACHI, Pakistan (UPI)— Family planning centers are established throughout Pakistan in an attempt to curb the country's runaway birth rate.

Government officials fear Pakistan's mushrooming population will continue to increase faster than economic production, and thus cancel out the government's efforts to improve the standard of living.

S. A. Subhan, acting secretary of the government's planning commission, is so concerned that he has recommended sterilization of all men and women who have four or more children.

Subhan recently warned that all benefits from foreign aid, including the \$3 billion received in the past decade from the United States, could be wiped out unless serious attention is given to birth control immediately.

'Death Control'
Subhan said so much emphasis is being placed on improving health and increasing longevity that "in short, we are practicing death control."

Besides the sterilization plan,

he urged the government to help stem the tide of babies by encouraging use of birth control devices and raising the legal marriage age to 16 years for girls and 21 years for boys.

Subhan estimates the present population growth at 2.6 per cent annually—or 7,500 persons a day—and predicts it will soar to 3 per cent by 1970 and 4 per cent by 1980 if present trends continue.

"Unless we can expand national income faster than we have been now doing, we may not be able to do more than maintain our present standards," Subhan says. "This is a prospect which we as a na-

tion dare not contemplate."

In addition to the establishment of family planning centers, the Swedish government is sponsoring many family planning pilot projects to help control births.

The highest birth rate is in village areas, where the majority of Pakistan's 100 million population live and where child

marriages still are common. The rate of illiteracy in such areas is estimated at 85 per cent. Many girls in the villages are married and mothers by the time they are 14.

Because of widespread ignorance and superstition among village people, social workers face strong opposition to family planning. The workers also feel the lack of entertainment and recreation in village life is a contributing factor to the high birth rate.

Subhan said recently the third five year plan, scheduled to begin in 1965, was designed to increase national income by 30 per cent, a target well above

the United Nations recommendation of 5 per cent for developing nations by 1970.

May Be Slower
Due to population growth, however, Subhan said the per capita income may increase much slower than 5 per cent. "It will keep us from getting wealthier, healthier, and wiser

DESTROYS LOVE LETTERS
BOLGONA, Italy (UPI)—Pvt. Luigi Tovaglione, 24, a soldier in charge of sorting mail at an Army base near here, was charged today with tearing up love letters addressed to other soldiers because his own girlfriend had jilted him.

for it means that primary education — already a high task — will have to cope with more and more millions of children than expected," Subhan said. "Full employment will become a dream, and adequate social welfare services will have to wait."

Subhan said he appreciated that birth control is a touchy subject because of widespread religious objections.

The alternative, he said, is "the prolongation of the existing misery, illiteracy, unemployment and even hunger. If that happens, political and social tensions are bound to increase, and the social order is bound to be threatened."

Population Growth Said World Problem

WASHINGTON (UPI)— The problem of uncontrolled population growth emerges as one of the most critical issues of our time since it influences the welfare and happiness of all the world's citizens, says Frederick Seitz, president of the National Academy of Sciences.

"It commands the attention of every nation and society; the problem is no less grave for the technically advanced nations than for the less developed," he added, in a statement published by the Population Reference Bureau.

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