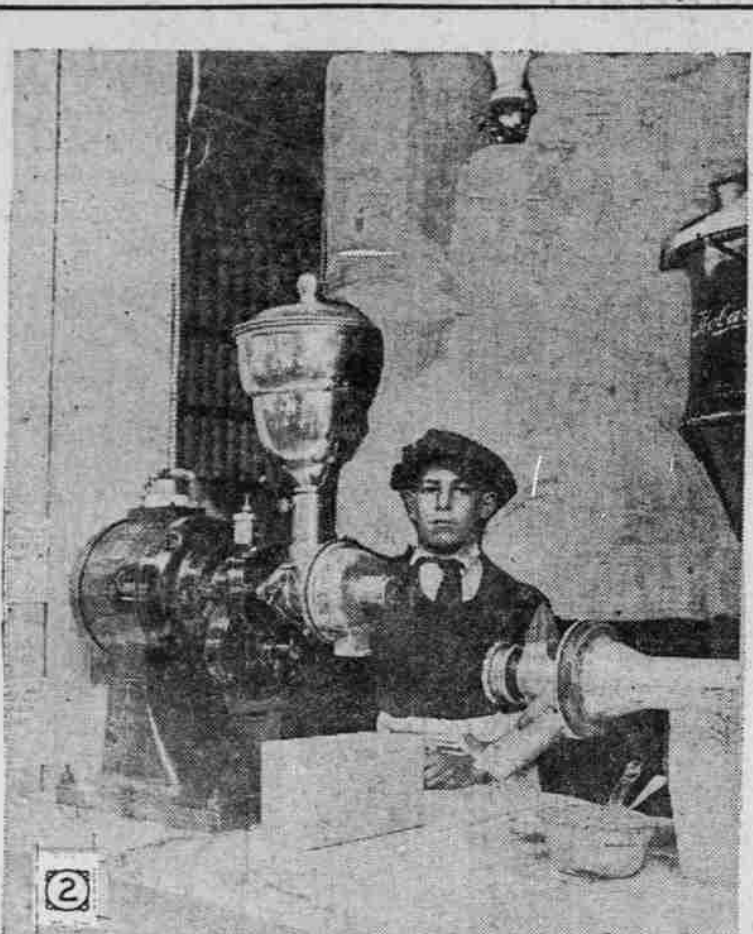


EPICURES MARVEL AT POSSIBILITIES OF PORTLAND CUISINES

With Lavish Hand Nature Pours Forth Flood of Choice Viands for Benefit of Local Residents Who Appreciate Savory and Varied Menus.



MANY an exceedingly happy home has been founded on the well-proven promise that the most direct route to a man's heart is via his stomach. Erudite philosophers, novelists, historians and other writers unite in demonstrating for us that from time immemorial there have been few males able to resist the combination of feminine charms plus the tantalizing fragrance and flavor of a well-cooked meal. Sit Mr. Mere Man down at the table, serve him a savory and satisfying repast, Miss Portland, and he is yours. Keep it up and he becomes more abjectly your slave day by day, all the more so if he has had to get out in the rough world and experience the terrors of hotel and restaurant cooking. What a prodigious advantage the Portland girl has in this respect. Coupled with her justly celebrated beauty she has placed to her hand the glut of the markets of the world, and in most cases knows how to make use of the abundant and varied provisions at her command. Few other cities in the world have such a cosmopolitan selection of edibles in their markets. Most are handicapped by being far from the base of production. Here it is different. Nearly all of the ingredients native to far-distant climes and used as component parts of their savory dishes are to be found on sale in Portland's shops, stores and markets. Where it is impossible to obtain these native products the American has, with his accustomed genius, duplicated them with careful attention to detail and has in many cases improved on the original. Consequently, with the complete selection of foreign provisions at present obtainable, with the American duplicates of those not to be had, and the wonderful array of domestic foods, especially those from the nearby territory, local housewives have a comparatively easy time to get variety in their greatest sense, and can serve a table fare here difficult to equal anywhere.

Prices Force Careful Buying.
Of course, in writing on any subject as vital and well understood as food during these times of excessive living costs it is hardly necessary to urge temperance in eating, for the normal present-day pocketbook will not allow many fanciful flights into the realms of costly epicurean delights. On the other hand, it is far from necessary to confine the diet to a routine system of minor foods on account of their apparent reasonableness in price. Variety can be had very easily and at practically the same outlay by the careful searcher. Inexperienced market hunters find scant difficulty in locating what

they desire and though profiteering is unquestionably rampant at present it is in most cases confined to those foods more generally in demand.

Judging from a number of conversations with retailers of provisions, the main difficulty that the majority of modern housewives find is in getting something to eat that is easy to prepare and serve. They seem to prefer the more costly cuts in meats and fish, for it calls for the minimum of work and effort. Home from the afternoon party, matinee or drive barely in time to prepare the evening meal, what is easier than a smoking skillet and a quickly-fried steak? Roasts, pot meats and fish, and other viands requiring a greater amount of effort are becoming less in demand day by day, though they have had to come back to these cheaper and savory dishes through inability to pay the excessive cost of the cuts more in demand. And so it is through all the market list, excessive demands and costs, and then, on the other hand, waste of foods not desired, though wholesome.

Occasionally skeptical remarks are heard regarding some story bruited about a woman making a success of feeding her household on a cost but slightly higher than that of pre-war days. The fact is that there are foods that have not increased in cost during that time, though it must be admitted that most of them have skyrocketed at an alarming rate. Of course the chances are that few would care for a continued diet of black cod, which costs just half as much as halibut, but it is well to remember that such fish as the above named, herrings, fresh sardines, red snappers, flounders and sole, have increased in cost but slightly if at all, and that these fish are palatable even though somewhat more difficult to prepare.

Conspicuous of Plenty Is Here.
But the most impressive and outstanding feature of Portland's well-stocked provision stores is in their variety. Many a tale has been heard of the wonders and delights of the foreign cuisine. There is no need for any resident of this city to become a tourist on this score for the supplies are right at hand for the preparation of practically every imaginable culinary triumph, and in addition to those famed in other countries we have the game, fruits, fish, vegetables and other products native to our own locality and justly celebrated among voluptuaries who have had the good fortune to relish their pleasures. While bread is yet undoubtedly holding its position as the staff of life

and basic prices for grains have the reputation of setting pace for other food necessities, the problem of the shopper possibly centers about meats first of all. The more familiar carcasses are a matter of study and scientific carving, and there are few housewives who are not familiar with the varied cuts and details of the anatomy of domestic animals ordinarily on sale. However, when it comes to game meats many are mystified.

During the open seasons Portlanders are offered various treats in the way of game animals killed by hunters. In addition to this each year witnesses the further development of the captive breeding game industry. Buffalo are frequently proffered by butchers in the same manner as are cattle. Deer are being raised and sold as butcher's meat. Goat flesh is almost a staple. Bear are by no means an oddity, and so on through the list of animals.

The game-breeding method for the propagation of wild animals has been found in force in European countries for a number of years, but has been mainly a pastime of the rich. The animals were for the most part cared for on preserves belonging to the nobility as a means of furnishing them with sport. Here we have the same animal in all its pristine glory, and in its natural environment, and where the flesh would be considered extremely desirable in Europe it is much more palatable here where it is the real thing instead of being a semi-artificial product.

Game Paradise Contributes.
Closely adjoining Portland on every side are the huge natural game preserves where the wild animals are protected by federal and state laws. The most populous elk region in the United States is in the Olympic reservation where large herds of these splendid animals roam at large. Literally it is a sportsman's paradise, but though many have read these words in type, few realize what they mean.

Taking the inner passage from Portland to Alaska nearly every species of game native to the American continent and now extant can be readily located in some locality. Ideal hunting is had, and many successful pot shots are made from the decks of the hunting launches used for cruising through this prolific country. Rapid progress is being made here in the development of the game-raising industry and in semi-protected preserves. Numberless small islands are being taken up for propagation purposes. From this region comes much marketable game. Deer, mountain goat,

elk, and a number of varieties of bear, including grizzly, cinnamon and black are killed and some of the carcasses have been marketed here. Arrangements have been made for others for the ensuing season.

Domestic buffalo are frequently for sale in the local markets, and in this case is offered a startling lesson on the excellent results of scientific breeding. A bison weighing equal and to all outward appearances the same size as a well-bred steer is generally found to be a huge loss when dressed in weight on account of the shrinkage. The steer, properly bred and handled, loses less than 10 per cent in weight for offal and other shrinkage when dressed, the buffalo approximately 40 per cent. However, it has been found on game meats offered locally that they meet a ready sale and that the prices are nearly the same as for domestic beef.

Not only has the searcher for novelty and delicious meats a choice assortment with venison, bear, buffalo and other fresh game flesh offered in season, but there is in addition a numberless collection of imported dried meats of various kinds and in the same category a number of dried and smoked and prepared fish.

Commercial Fish Are Propagated.
Fish native to different climes, vary but slightly in assortment. The ocean affords more advantages for the dissemination of standard fish types than the land does for similar distribution among animals. In this Portland has some of the most delicious fish foods possessed by any city, for not only are the many ocean fish easily had, but

there are in addition, the river and lake game fish right at hand. Similar to the propagation of game is the propagation of fish, with the exception that the work in this respect has been longer in effect and is carried on a larger scale. Commercial fish farms have been in existence for a number of years and have proven extremely successful. They offer the many varieties of game fish, and they find it possible to supply them irrespective of season.

Eels, of which a number are caught in the vicinity of the Oregon City falls, are highly esteemed by voluptuaries. Prepared in a number of ways they make a most savory and delicious dish. The roe of the different varieties is also eagerly sought after, and makes a tasty dish. The sturgeon roe or eggs are used in the manufacture of caviare, formerly made in Russia alone, and just to gain an inkling of how expensive it is, price some in one of the shops. Yet it is possible for anyone to go to the public library and ascertain how it is made and get the ingredients here.

Freak fish such as whale and shark and some of the coarser filtered water denizens offered for sale during war times as a method of saving foods have not made a popular hit and their sale has practically ceased, though the searcher can find them if persistent enough. Oysters and shell fish are plentiful here in endless variety and with the exception of the abalone, Portland may be said to be able to cover the entire gamut of crustaceans, and the missing varieties can be easily purchased either dried, salted, smoked or in cans.

While yet on the subject of flesh it is

not wise to neglect the smaller game animals and birds. True economy can be affected by those people who will use the rabbit. Poor Jack seems to have a bad reputation as a food hereabouts and how he ever got it is a mystery to many, for though he is admittedly a pest when at large in an agricultural community, he is a comfort when peacefully reclining in a big pot with herbs and dumplings and raisins and choice vegetables. Large jacks killed in the drives nearby and delivered fresh a few hours after their death at local markets sell as low as 25 cents each, and they often weigh as high as five pounds. The British government made use of an immense supply of these handy animals during the late war, shipping them frozen to the troops in France from Australia, and they were much appreciated in the field messes.

For variety in the game bill-of-fare there are the numberless kinds of birds native or resident in this state and offered each year during the open season. Under this head come pheasants and upland birds, and the duck and marsh birds. Also there are the domestic squab and the domestic raised hare, both offered at extremely reasonable prices considering the demand and the difficulty in raising. In game birds it

is doubtful if any reach the low price level and are as tasty when prepared as are the wild geese, usually killed in immense numbers during their fall migration through the grain fields of eastern Oregon. Dealing with the rather unusual viands available here the product of the lowly goat must not be neglected for the goat is coming more and more into his and her own. Extremely easy to handle and raise and highly profitable they are rapidly becoming popular for both their meat and milk. There are several stores in Portland that specialize on the products of the goat. The milk is palatable and has particular health-giving properties, especially for nursing children and infants and for sick people, and is frequently prescribed for those suffering from tuberculosis. In some foreign countries nearly every family has its goat and as the yield in milk runs from four to eight quarts daily and the cost for keep, even here, seldom exceeds \$6 a year it can readily be seen that they are a real asset. One expert who has a small herd of them in outskirts of the city holds that they make the best pets imaginable for children and says that there should be a goat for each child in the city. (Concluded on Page 7, Column 3.)

