

# FRIDAY LOSES SIGNIFICANCE AS ONLY FISH DAY

## Food Economist, in Suggestions Offered Shatters Tradition

By MILDRED NYE

The old idea of Friday being the only day in the week when one could procure and serve fresh fish is as antiquated as the horse-and-buggy type of transportation which was necessary to get these so-called fresh fish to not-very-far inland markets. Nowadays the housewife can get practically any kind of fish in season at local markets any day of the week.

Another objection to serving fish in days past was the drudgery of skinning whole fish and removing heads, tails, entrails, and such work needed in preparing it for consumption. Now, any day in the week, and in any part of the country one may obtain thick slices of haddock or salmon with all waste removed. These are filets.

The process is simple as it is speedy. The fish are caught at sea, rushed to port, cleaned, skinned and boned, leaving the "sides" or tenderloin steaks of the fish. Then comes the modern miracle—the filets are chilled in 38 minutes, wrapped in parchment paper, shipped in special refrigerated cars, and so are as cold and safe when they reach you, as if they had just been taken from the sea.

The chilling which the fresh fish undergoes completely prevents deterioration. The other factor of great importance is the cooking. Fish should never be cooked a long time. Quick cooking prevents most of the food value from being "cooked out" and saves the delicate substances which hold the tissues from becoming dissolved. The quick methods save not only time.

Nothing but the best of oils such as are used for salad dressings but the nutritive elements as well, should be used for frying or searing fish. For deliciously fried filets, the following recipe gives something just a little out of the ordinary in flavor.

**FRIED FISH FILETS**  
2 pounds filets of fish, in serving portions  
Flour  
1 egg  
1 tablespoon lemon juice  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 cup salad oil

Finely sifted bread crumbs  
Roll the filets in flour, shake off all loose flour. Beat the egg lightly with a fork, add the seasonings and beat all together. Dip fish in egg, then roll it in dried bread crumbs. Put oil in hot frying pan; fry fish not more than eight minutes, turning it once with spatula. Serve with tartar or drawn butter sauce.

Any hostess would be proud to serve dainty little fillet rings stuffed with a savory dressing. Not only are they attractive to serve but simple as well, since they may be prepared even a day ahead, stored in the refrigerator until ready to bake, and then put into the oven just a half hour before dinner is to be served. And they are truly delicious!

**NORDIC HADDOCK RINGS**  
3 Nordic fillet Haddock  
Lemon juice  
Salt and pepper  
2 pieces celery  
2 tablespoons butter  
2 tablespoons onion  
12 crackers  
3 strips bacon  
1 tablespoon parsley  
Milk

Put the filets in two, lengthwise.

1/2 cup celery, cut fine  
Remove bones from fish and break meat into small pieces. Combine seasonings, eggs, and milk with crumbs. Combine mixture with fish and mold into a loaf. If mixture is too moist, add more crumbs. Bake in a moderate oven, 400 degrees, for an hour. Garnish with parsley and serve with sauce tartare.

**CREAMED CODFISH WITH GREEN PEPPER AND ALMONDS**  
1 cup salt codfish cubes  
2 tablespoons butter  
2 tablespoons flour  
1 cup milk  
1 egg, lightly beaten  
Toast points  
Strips of green pepper  
Toasted almonds

Cut tenderloins of salt codfish in small cubes to fill a cup; turn into a small sauce pan; cover with cold water and let stand several hours. Set over the fire in the same water and heat to just below the boiling point, then drain. Melt the butter and in it cook the flour, gradually adding one cup of milk. Stir until the sauce boils. Beat the egg, add the fish and stir until the egg is set. Serve on toast points; garnish with strips of green pepper and toasted almonds.

### HEN ACTRESS LAYS TWO, AVERTS DEATH

Burlington, Wis. (AP)—Amelia is a hen. Yes, and more than a hen. She is an actress. Her parts in the cackling, strutting scenes of home talent production have endeared her in the hearts of Burlington theatergoers.

But of what value is a hen actress?



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dress halled another Duse, if she never has laid a single egg? That thought entered the mind of Albert Weiler, Amelia's owner. Armed with an ax, Weiler, against the protests of Amelia's public, marched defiantly toward the chicken coop determined to annihilate the hen who refused to lay an egg. Perhaps some telepathic sense reposed beneath Amelia's comely comb. At any rate when Weiler approached the coop, the hen cackled proudly and marched around her nest. There, gleaming white and pearl-like in their newness, lay two eggs.

Weiler spared the ax and Amelia has shown gratitude by keeping up the "act."

### BOOTBLACKS GREAT DAY

Vienna (AP)—Austria's Minister of Education, Prof. Dr. Innitzer, was among the guests of honor who personally attended the ceremony and the President of the Republic, Wilhelm Miklas, was among those who sent congratulatory messages to the "Princes of Peace" church of the city when Eduard Stindel, a boot-black who has occupied his shoeshine stand near the opera for 30 years and his wife recently celebrated their silver wedding anniversary together with their 10 children.

They're All Pipin Hot

**STEAM TABLE SPECIALS**  
SUNDAY—READY AT 12 O'CLOCK  
—ROAST PORK  
—BAKED POTATOES  
—BUTTERED CARROTS  
—CHICKEN & NOODLES  
—CHILI CON CARNE

**LITTLE LADY'S STORE**  
12th and CENTER STREET—PHONE 1357  
LUNCHES PUT UP TO LAKE OUT

## Food Budget for Family Of Five Is \$15 Per Week States Home Economist

New York (UP)—Malnutrition and semi-starvation suffered by entire families in the metropolitan area because they are unable to feed themselves on \$15 a week can be turned into health and full stomachs by careful planning and buying, according to Ruesita Day Blinks, author, home economist, and former professor in Iowa State college.

Mrs. Blinks told the New York State Federation of Women's clubs in the home making center at the Grand Central palace that her plan not only is workable by every family consisting of parents and three children, but that she is, and has been, operating her own table on \$15 a week to prove to herself that her theories were practicable.

Roughly, her method is to split the allowance into fifths and devote one to milk and other dairy products, the second to meat, third to fruit and vegetables, and the remainder to bread, cereals, and eggs.

Food, Mrs. Blinks declares, is easily obtainable by clever buyers at prices within reach of the \$15

budget, and she stresses the importance of the properly balanced diet that must be obtained through this limited allowance.  
The malnutrition suffered by families, she said, is not due so much to under-eating as it is to ignorance of food values.  
In her \$15 weekly budget she allows each child a quart of milk daily and allows a pint to each adult. She allows meat, but her mandate is that this should cost no more than fruit and vegetables combined, and she insists that it cannot encroach upon the milk allowance.  
Bread, macaroni, rice and breakfast cereals are included in the dry grocery allowance.  
Mrs. Blinks said that the house-

wife who wants to keep within the budget must acquire a knowledge of food seasons. Lamb, for example, is cheaper at a certain time during the year; there are certain periods when canned goods become cheaper; she advises dealing in futures when potatoes and apples can be bought by the barrel and stored so they won't spoil.  
Mrs. Blinks urges women to buy in bulk, even milk, provided the quality obtained is good. She warns them, too, to pay cash, but where this is not practicable, she urges them to go over every item on the bill very carefully. A factor in making the budget workable, she declares, is by personal

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**Sugar, pure cane . . . 18 lbs. \$1.00**

Libby's or MacMarr Milk—Tall Cans . . . 3 for 25c

BEST FOODS MAYONNAISE 19c  
1/2 Pints  
Pints 35c

KARO SYRUP—Blue or Red 22c  
Label—2 1/2 tins  
BREAD AND BUTTER 19c  
PICKLES—Jar

**ORANGES** Reddland Best Large Size dozen 49c

**MacMarr Coffee** "Adds pleasure to any meal"  
1 lb. . . . 39c  
3 lb. . . . \$1.15

**MacMarr Flour** "Uniform in quality—Always dependable"—49 pound sack \$1.69

CLOROX—"Makes clothes White"—Pint Bottles . . . 15c

BULK MACARONI— 25c  
4 pounds

OREGON PRUNES—Large Size, 3 pounds 29c

BEANS—Small White, Red or Pink, 3 lbs. . . . 25c

RAISINS—Choice Seedless— 27c  
4 lb. bag

CRYSTAL WHITE SOAP— 39c  
10 bars

Quaker Oats—Large (55 oz.) Pkg., Regular of Quick . . . 25c

JELL WELL—Choose your flavor—3 packages for 19c  
CALUMET BAKING POWDER—1 lb. can 27c

DRIED FIGS—Black or White, 2 lbs. for . . . 25c

KELLOGG'S BRAN FLAKES 11c  
Per package

RINSO—Large Package— 45c  
2 for

Groner's Fancy Large Franquette Walnuts, 3 lbs. . . . \$1.00

Canada Dry Ginger Ale—3 bottles . . . 57c

<b>ONIONS</b> From Lake Labish— 12 Pounds 25c 100 lbs. \$1.35	<b>Washington's Birthday</b> Special two layer cake—Each 39c	<b>Grape Fruit</b> Imperial Valley Seedless— 3 for 17c
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## —MEAT FEATURES—

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HALF OR WHOLE <b>HAMS</b> .29c lb.	Mild Sugar Cured <b>Bacon Back</b> Half or whole back 25c lb.	Sirloin, Rib or <b>T-Bone Steak</b> Cut from our best beef 29c lb.
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We are Offering this Friday & Saturday

Sirloin T-Bone or Rib Steaks— Quality Steer Beef, lb. . . .	17 1/2c
Steer Beef Pot Roast, lb. . . .	14 1/2c
Pork Shoulder Roast— (young grain fed) lb. . . .	14 1/2c
Loin Pork Chops, lean, lb. . . .	20c
Eastern Bacon, lean streaked sugar cured, lb. . . .	22 1/2c
Cudahy's Ham—Smoked sugar cured, half or whole, lb. . . .	22 1/2c
Cudahy's Pure Lard— Pound . . .	11c
Swift's Vegetable Shortening— Pound . . .	11c
Hamburger or Sausage— Salem's best, 2 lbs. . . .	25c
Armour's or Cudahy's Bacon Squares, lb. . . .	14 1/2c
Beef or Hog Liver— Pound . . .	10c
Red Salmon— Pound . . .	12 1/2c
White Ling— 3 pounds . . .	25c
Rex Nut Margarine— Pound . . .	14c

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