



FOOD & MARKET PAGE



HALIBUT, RIVAL OF SALMON, IN MARKET FRIDAY

Halibut, the flaky white fish that rivals Chinook salmon for favor with local housewives and their families, will be a feature of the local fish mart this week-end. This excellent food fish ranges from the delectable "chicken halibut," little halibuts whose flesh is deliciously fine-grained and tender, to the great big halibut, one slice of which makes a meal for an average family.

Halibut is also one of the easiest fish to cook. Its flavor needs no addition, no disguise; it is enjoyable plain fried or baked. Halibut is an Italiane, baked covered with onions and a highly-seasoned tomato sauce is delicious; and when rolled in corn meal, fried in deep fat and served piping hot with tartar sauce, the family will be sure to ask for a "repeat" on the menu.

Salmon, silverside and Chinook remain the steady favorites of discriminating buyers. Black cod, some red snapper, and mackerel from southern California waters, are other excellent fresh fish offered locally this week-end.

The shell-fish are here in abundance. Eastern oysters, great big hiccups oysters that are marvelous for serving fresh or cooked, are just making the acquaintance of local cooks. Pacific coast people have been used to the tiny Olympian oyster for so long that the big Eastern variety, while raised under cultivation on the Pacific coast, are still a novelty.

Crabs, butter and steam clams are other shell fish on the market.

CREAM CHEESE CAKE DELECTABLE NOVELTY

In an effort to obtain something different, something unusual for the family palate, one bright housewife created a cream cheese cake, with cottage cheese as its principal ingredient. The ingredients call for one package Zwickback or 1 1/2 cups toast crumbs; two tablespoons butter; two tablespoons sugar; four eggs, yolks and whites beaten separately; one-half pint cream; one pound cream cheese, one cup sugar, two tablespoons flour, pinch of salt; and one teaspoon vanilla.

Roll the Zwickback into crumbs and add to the butter. Two tablespoons cream previously creamed together. Rub this mixture until the ingredients are thoroughly blended. Put in the bottom of a baking pan and press down even all around. Beat yolks one at a time, then add remaining ingredients. Lastly, add egg whites beaten until stiff and fold into the mixture. Pour this mixture into the baking pan on top of the crumbs. Bake one hour, with cover at a temperature of 325 degrees F.

CAMPING PARTY HAPPY
Independence—Mr. and Mrs. Bruno Homberger, Mr. and Mrs. M. C. Williams, who were on a fishing and camping trip to Rogue river, have returned and report a good time and plenty of fish. The first two days of their fishing was very good but a heavy rain came and the waters became murky and fishing was not so good thereafter. Dr. and Mrs. Knott, who were also in the party, stopped over to visit some relatives on the way and expect to return here in a few days. Mr. and Mrs. Tom Jones of Corvallis, who have been occupying the Williams home on C street and looking after the Williams Drug company business while the family was off on a fishing trip, returned to their home Tuesday.

MISS FLOOK IMPROVING
Scio—Miss Lillian Stern of Scio has received word that her granddaughter, Gwendolyn Flook of Mill City is making good recovery from appendicitis, for which she was operated on a week ago. The young woman is a graduate of Mill City high, 1929, and had entered upon a course in nursing at St. Vincent's hospital in Portland when she became ill of appendicitis. She expects to resume her training soon after the first of the new year.

VISITING SCIO FRIENDS
Scio—Mrs. Dixey Hagey of Orling, Wash., is visiting relatives and old friends in the Scio region for a few weeks.

ELECTRICAL LIGHTS FOR BRUSH COLLEGE

Brush College—Electric lights which have been available to residents along the Wallace road for some time have now been extended, the lines running through Michigan City around the Spring Valley road out to the Charles McCarter, Al Kinton, and V. L. Gibson homes, which are being wired for the new convenience.

SANDWICHES VARIED WITH DARK BREADS

For clever, tasty sandwiches, vary your sandwich fillings for the same party or afternoon tea. Cut your sandwiches in triangles, squares, oblongs, circles or fancy shapes. Keep moist until ready to serve by wrapping in oiled paper or damp towel or by placing in a stone crock or metal bread box. Graham, bran, whole wheat, rye or Boston brown bread sandwiches, with appropriate fillings, make a pleasing change from the use of white bread.

APPLES FIND FAVOR WHEN CRYSTALLIZED

Eating apples and cooking apples are abundant on the market these bright fall days, and apple pies, apple jellies and apple butter or jam are among the many goodies that regale daddy, mother and the youngsters. An easy and effective way to prepare apples for a wholesome and delicious snack for the children, and effective decoration for cakes, relative puddings and salads, is crystal apples, made with a proportion of one cupful of granulated sugar and one-half cupful of water to three sweet apples, pared, quartered and each quarter cut in three slices.

Boil the sugar and water until it threads. Drop slices of apple into the hot sirup and cook until clear like preserves. Do not let the slices touch while cooking. If the sirup becomes too thick while the slices are being cooked, add a spoonful or two of water. A wide shallow dish is best for cooking purposes.

Drain on a waxed paper for twenty-four hours, then roll in granulated sugar for three successive mornings. While these slices are delicious made plain this way, they are much more effective if flavored and colored. Use a little mint flavor and green coloring, cinnamon with pink coloring and orange, lemon or almond with yellow coloring.

SENIOR LUTHERANS ORGANIZE LEAGUE

Silverton—A senior Luther league was organized in the Immanuel Lutheran church this week when the following officers were elected to serve the coming year: President, Clara Johnson; vice president, Elmer Johnson; secretary, Clara Holman; treasurer, Hazel Richardson; organist, Mamie Holman.

The topic of the meeting, "How to organize and improve a Luther league" was discussed by several members.

Miss Clara Larson gave several vocal selections, accompanied on the piano by Selma Jorgenson.

In the near future laws and by-laws of the league will be drawn up by an appointed committee. This senior Luther league expects to meet every Sunday evening.

TROPICS OFFER FOOD SUPPLIES FOR BREAKFAST

New Orleans (AP) — Civilization may not be shifting so rapidly, but in the last decade the source of supply of the American breakfast table has moved from the plains of the middle west to the jungles of the tropics.

While the preceding generations depended on the farmer of the middle-west for their breakfast delicacies—the materials for the modern breakfast table come from Cuba, Mexico and the South and Central American countries.

Breakfasts are not what they used to be. The old-fashioned breakfast of crisp sausages, bacon, potatoes and heavy cereals is losing out. Coffee, sugar and fruit, in fact, almost everything for the modern breakfast except the toast and bacon, are supplied by the laborers of swartly negroes.

Each day brings many ships, heavily loaded with tropical cargo into the docks of New Orleans. A great part of the fruit and coffee used in the country passes through this port. Just at this time of year, hundreds of longshoremen are busy unloading large shipments that they may be sent north as soon as possible.

Mexico, Brazil and Costa Rica are supplying large quantities of unusually high grade coffee, while the exceptionally fine fruits are coming more and more from Cuba. A \$21,000 cargo of bananas from Mexico, along with \$278,000 shipment of Brazilian coffee passed through the port in July. Hundreds of small shipments are bound north to supply the breakfast tables of the nation.

The cane fields of Cuba contribute large amounts of sugar. Huge barges bring the raw cane up the Mississippi to refineries, which turn out the fine grain and powdered sugar bought by the housewife from the corner grocer. The cane, after the sugar is extracted is utilized in making cologne.

Much government revenue is furnished by the duty on coffee, sugar and fruits. Some of the fruits, however, are proclaimed duty free due to their perishability. The plantain, a fruit which is not known in the north is one of these "free" imports. Similar to a large banana in appearance, it is a reddish black color and when baked or fried is a palatable and popular dish in the south.

Many shipments of avocados, or alligator pears, come in each day. These shipments are small because of the perishability of the fruit, which demands careful packing, that they may arrive on northern markets in good condition. Though they bring a fancy price in northern hotels and restaurants, they are purchased in markets here for five cents each.

AUXILIARY LOOKING TOWARD FALL BAZAAR
Donald—The regular meeting of Venus auxiliary was held in the hall. Sewing and planning for the bazaar October 25 were the pastimes of the afternoon.

Committees for the various booths were appointed, Mrs. Ida Yergen, chairman of the fancy work booth; Mrs. Ray Yergen,

VEAL STEAK BASIS OF NEW MEAT DISH

From the present season on, meats that have to be boiled, baked or stewed will interest the homemaker as greatly as the quicker-cooked steaks and chops. An unusual recipe and one that is very tasty is "Paprika Schnitzel," which is made by cutting one pound of thick veal steak in small pieces and rolling in seasoned flour, frying brown. Remove from the frying pan and add one tablespoon of flour to the fat. Brown and pour in juice from one-half can of tomatoes. Add a slice of onion, slice of carrot and a bit of mace. Return the meat and simmer, or put in casserole for one-half hour. Before serving the sauce season with salt and paprika.

Kingwood—Dr. and Mrs. Frederick J. Laird and son, Charles, of Portland, a brother of Mrs. Hall, Miss Laura Sparling, her niece of Monmouth and Mrs. Clayton E.

Hamilton of Salem were recent guests at the Robert Hall home on Kingwood Terrace.

Scio—For a consideration of \$1285 Lyle Shelton recently has purchased the Anton Kmotras tract of 7.63

Lyons—Mr. and Mrs. Roy Wiley of Plymouth were Lyons visitors Wednesday.

Apple Turn-overs
Lemon Cake
Lemon Sponge Cake
Pumpkin Pie

On the STEAM TABLE
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