

Edited by Marion Lowry Fischer

Mid-Winter Menus Need 'Lift'; Marts Offer Great Variety



Coast Fish Full of Food Values...

By ZOLA VINCENT

You'll be serving yourself and your family better in the new year if you resolve now to purchase more of our fine "home grown" fish and shellfish in your menus more often. It's a very real problem to give your family enough of the food values they need... in tempting variety... at reasonable cost. Yet our infinite variety of foods of the sea is ready and waiting to help solve these problems to the satisfaction of every one, any day in the week, at any mealtime.

Health of Variety. Our fish dealers can supply more varieties than you've ever dreamed existed; practically a never-ending variety since seasons change constantly. January markets feature 31 different fresh varieties; and those frozen, canned and smoked must run to more than 100 kinds from which to choose.

High Nutritive Value. An average portion of fish or shellfish provides nearly all the animal protein you need each day to help build and repair body tissues. In addition, fish are valuable sources of iodine, calcium, iron, copper and phosphorus and also supply essential vitamins. Since fish is easily digested, it is particularly good for children and for elderly people whose diets often present problems.

Ways to Fix. These are be-

Economy Pointers Listed

Are your pet economies extravagant or real? Do you "economize" by buying a large quantity of food and then serving it so often that the family gets fed up on it and demands more expensive food "for a change"?

Do you "economize" by buying a cheap cut of meat and then adding quantities of butter and fancy vegetables to make it palatable? Do you "economize" by using fewer eggs and milk than the amounts advised by nutrition experts and then consult a doctor to find out why the children are underweight? Of course you don't, but you probably have a relative or neighbor who does these very things.

Stretch Food Dollars

A tenece rubber scraper will save dollars worth of food. Use it to scrape butter off butter plates, gravy off meat platters, butter out of mixing bowls, etcetera.

If milk or cream begins to sour, let it become well thickened, then use it in enriching pancakes, waffles, doughnuts, gingerbread, spice cakes, muffins, etcetera. When you empty cream bottle, rinse out the cream that clings to the bottle with milk; then pour it into the milk bottle.

Use left-over egg yolks in yeast rolls, plain cookies, etcetera, using 2 egg yolks plus 1 tablespoon milk in place of 1 egg. Or add egg yolks to whole eggs when fixing scrambled eggs. Or use them in custards, salad dressings, cream pies, puddings.

Quick Tuna Specialty

Combine a can of tuna with a can of condensed mushroom soup. Season with dash of curry powder and serve hot on toast, rice or noodles.

beyond numbering as breakfast dishes, luncheon, supper and dinner specialties, appetizers, soups, salads, sandwich fillings.

Easy to Cook
There are only five basic ways to cook fish; all are easy and they apply to all species. Only important difference to remember is that when broiling, baking or planking lean fish, it's best to baste frequently with melted fat to avoid dryness. Fish require very little cooking because they are tender by nature.

Tartar Sauce
Press out all moisture from 1/2 cup finely chopped sour pickles and 2 tablespoons finely chopped capers. Then add

them to 2 cups mayonnaise along with 1 tablespoon prepared mustard, 1 tablespoon mixed chopped parsley, tarragon and chervil, mixing together well. Add 6 ripe olives finely chopped and 1 teaspoon chopped chives. Very good eating!

Easy on Budget. Everyone knows that fish is an economical buy. Naturally, the most abundant varieties cost less. Watch advertisements, look over displays, ask your fish man about varieties available, especially those most plentiful in this area.

How to Buy Fish. Fresh and frozen fish are marketed in various forms for different

uses. Knowing the forms or "cuts" is important. Best known are:

Whole Fish—as they come from the water. Before cooking, these must be scaled and "cleaned" and usually the head, tail and fins removed. Your fishman will do this for you.

Dressed or Pan-dressed. Whole fish with scales and entrails removed usually with head, tail and fins removed. Ready to cook as purchased.

Steaks are cross section slices from large dressed fish; ready to cook as purchased.

Fillets. Sides of the fish, cut lengthwise away from the backbone. Ready to cook as purchased. Practically boneless.

Sticks. Pieces cut lengthwise or crosswise from fillets or steaks into portions of uniform size, usually approximating size of index finger.

How Much to Buy. A serving of fish is generally 1/3 to 1/2 pound of edible flesh. For whole fish, allow about 1 pound per person. For dressed fish, allow 1/2 pound per person. For steaks, fillets or sticks, allow 1/3 pound per person.

Fish Sticks Ideal
Popular new way of preparing any fish fillets is to cut fillets into strips about size of index finger. Dry thoroughly; roll in flour, then in beaten egg to which a tablespoon of water has been added. Coat with fine bread crumbs. Fry in deep hot fat or oil until golden brown. Drain on paper towels. Serve with plenty of lemon wedges and this Tartar Sauce:

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Pear-Cheese Salad
Use up some of those holiday Anjou or Comice pears like this. For each two persons, wash and dry 2 ripe juicy pears. Whip together 1 3-ounce package cream cheese, 2 tablespoons orange juice and 1 teaspoon grated orange rind to a good spreading consistency. With a silver knife or spatula spread cheese mixture over pears. Roll in coconut or sprinkle coconut over pears if you like. Serve on dessert plate with fork.

Variations: After working in the flour, mix in 1/2 cup chopped nuts, raisins, dates, coconut or semi-sweet chocolate pieces.

Icebox Cookies, made by the following recipe, are sure-fire hits because they're rich and taste so good. Equally important, they're the kind you make up and keep unboxed in the refrigerator, making any small amount as you need them. Wonderful for emergencies and wonderfully simple to make.

Icebox Cookies
1/4 cup soft butter or margarine
2 eggs
1 tsp. vanilla
1 pkg. white cake mix

Apples Good as Garnishes, Too
Apples make a fine garnish. Cut unpeeled apples in rings 1/4 inch thick. Brush with melted butter or margarine; broil with chops or ham until lightly browned, turning once. Or brown in hot fat in skillet. Sprinkle lightly with sugar before serving as garnish with meat. Sweeten 2 cups sieved apple juice to taste; add 1 tablespoon lemon juice and 2 tablespoons or more prepared horseradish. Serve hot or chilled with ham, pork, veal

Good Buys In January Markets

Grapefruit prices usually are lowest in January. Rich in vitamin C, grapefruit, along with lemonades, orange juice and orange segments, are important in fighting the "common cold" so prevalent at this season. Keep citrus fruits on hand for frequent eating.

Onions, particularly the yellow globe type continue plentiful with prices low. Along with plentiful potatoes, you've the makings for many a fine soup or chowder, salad, scalloped potatoes and of course potatoes and onions to be fried in a dozen different ways. Or you can bake the potatoes and serve them with plenty of butter or sour cream with finely chopped onions on the side.

Winter Pears. Of course the plentiful pears are the winter varieties for which Oregon, Washington and California are world famous. Fine for eating out-of-hand, they're also excellent in salads and desserts. Try halving, coring and baking pears in orange juice, cider or in cranberry sauce with maybe a clove or two in each pear half.

Fish and Shellfish
Good supplies, mostly from western waters. Oysters, lobsters, crab eastern and western scallops, fresh clams and shrimp. Fish fillets are in good supply and good to the budget; cod, rockfish, sole, ocean perch, flounder. For steaks and baking, there's swordfish, halibut, salmon, long cod and sablefish. Some fresh water fish, too. Then there are pan-readies such as brook trout, rex sole, Columbia River smelts and eastern whiting.

Other Plentiful
So many good things and we're running out of space. Main dish specialties are broiler-fryer chickens, eggs, beef and frozen fish. Plenty of large dry lima beans, all dairy products, peaches, raisins, fats and oils for cooking, salad and table use.

Vegetable Buys
Plenty of cabbage, most bunch-

Ideas on Fixing Varieties of Waffles

If you want waffle success, waffle batter must be poured rapidly on the waffle iron grids and the top closed at once to insure uniform baking, prevent sticking, breaking.

Three out of ten women who have "bad luck" baking waffles are leisurely dipping the batter out of the bowl onto the waffle iron. Either dip it out fast or, better still, put the batter in a pitcher and pour quickly.

This and other waffle ideas was told us by the home economist for a popular ready-to-bake waffle mix and goodness knows they should know other ideas:

For a bridge luncheon, asparagus stalks rolled in thin slice of ham, covered with cheese sauce are very good served on waffles.

For a family dinner try casserole or creamed chicken or tuna on waffles.

Country breakfast de luxe is scrambled eggs, sausage and waffles.

Creamed chipped beef on waffles make a fine economical supper.

Spread waffle with sour cream and then with strawberry jam for something super.

To Frost Glasses
A reminder. For fruit juice cocktails, dip the rim of the glass in lemon juice, then in granulated sugar. Chill in refrigerator, for at least an hour before serving. Fine holiday meal opener is to pass cranberry juice in the living room before announcing dinner.

ed vegetables, broccoli, cauliflower, celery, onions, potatoes, winter squash varieties, parsnips, sweet potatoes. Reasonable prices mark lettuce, spinach and tomatoes. Light supplies of cucumbers, egg-chin, okra, beans, artichokes, zucchini.

Fruit Buys
Loose apples, small oranges, Emperor grapes, pears, are all plentiful. Good marketing!

Veal Schnitzel Offers Variety

If you haven't had this recently and can find some veal at a reasonable price... or even if the price doesn't seem reasonable your family will find this a rare treat.

Veal Schnitzel
2 pounds veal steak cut 1/4 inch thick
4 tablespoons fat
Seasoning

1 egg, slightly beaten
1 tablespoon water
1 cup fine bread crumbs
1/4 cup tomato juice

Lemon slices
Heat fat in skillet. Cut veal into serving pieces; season with salt and pepper. Dip each piece in the egg mixed with the water, then in the crumbs. Brown meat in hot fat until well browned, about 10 minutes. Add tomato juice (or water, milk or sour cream). Cover and cook slowly until fork-tender, about 30 minutes. Sour cream may be used with the fat in the pan to make a sauce to pour over. Garnish with lemon.

Cookies Easy With Mixes

Many users of cake mixes these days take pride in the variety of fine baking they can produce from a package of mix. Most popular are cupcakes, strawberry shortcake and upsidedown cakes. Now, even more surprising, you can use cake mix to make tasty, crisp cookies.

Make 'em plain, or dress 'em up with chocolate pieces or other variations given below along with the basic recipe.

Easy Mix Cookies
1/4 teasp. baking soda
1/4 cup water
1 egg, well beaten
6 tablesp. soft butter or margarine

1 pkg. yellow, white or devil's food cake mix (the kind that calls for fresh eggs)
1/2 cup sifted all-purpose flour

In mixing bowl, dissolve soda in water. Stir in egg and butter. Add cake mix. Stir until all the mix is moistened. Add flour. Work in well with hands or spoon. Shape dough into 1-inch balls. Place on ungreased cookie sheet, 2 in. apart. Bake in moderate oven (350) on rack slightly above center for 12 to 15 min. or until light brown. Makes about 50 two-inch cookies.

Variations: After working in the flour, mix in 1/2 cup chopped nuts, raisins, dates, coconut or semi-sweet chocolate pieces.

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