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ILLINOIS VALLEY NEWS
Thursday, October 26, 1950



MEAL-TIME MAGIC

BY Adelaide Kerr

FOOD RESEARCH CONSULTANT,
HOME-MAKER'S CLUB, INC.

BAKED SCALLOPS

1 quart scallops
1/4 pound fat bacon
2 eggs
Cracker crumbs
2 tablespoons vinegar
Wash the scallops in salt water and drain. Pour-boiling water over them, add the vinegar, let stand for two minutes, and then drain in a colander. Wipe dry. Season fine cracker crumbs. Roll the scallops in the crumbs, then dip them in the eggs beaten slightly, and then again in crumbs. Lay the scallops close together in a shallow pan. Cut the sliced bacon in narrow strips and scatter over the scallops. Bake about twelve minutes in a 450°F. oven, or under the broiler. Serves six.

SCALLOPS AND SWEETBREADS, CREAMED

1 pint medium sized scallops
1 pair sweetbreads
4 tablespoons butter, fat, or oil
3 tablespoons flour
2 cups milk
1 teaspoon salt
4 good-sized mushrooms, sliced
Buttered toast
1 cupful dried bread-crumbs
1/4 teaspoonful paprika
Wash the scallops in very cold water. Cover with cold water, bring to a boil, and simmer gently for fifteen minutes, but do not allow them to shrink or become tough. Prepare and cook the sweetbreads. Cut the scallops in very large e-t them in halves or in quarters. Melt two tablespoons of the fat and saute the sliced mushrooms until golden brown. Combine with the scallops and sweetbreads. Make a white sauce with remaining ingredients, except bread-crumbs, then add the scallops, sweetbreads and mushrooms. Put the mixture into a greased casserole, sprinkle with the bread-crumbs, and bake for ten minutes in a 450°F. oven. Serve on toast. Serves six to eight.

SHRIMPS, CREAMED WITH CELERY

1 can shrimps
1/2 cupful diced celery

Gordon A. Sabine, dean of journalism at the University of Oregon, visited the NEWS office last Thursday.

1 1/2 cupfuls milk
1/2 cupful celery liquor
3 tablespoons flour
3 tablespoons butter, fat, or oil
1/2 teaspoonful salt
1/2 teaspoonful pepper
Cook the celery until tender in water to cover, drain the shrimps, and freshen in cold water. Make a white sauce of the fat, flour, seasonings, milk and celery liquor. Add the celery-cubes and shrimps and serve on buttered toast with a garnish of celery hearts. This makes four large or six small portions.

SHRIMPS AND OLIVES IN ASPIC

1/4 cupful cold water
1 1/2 tablespoons granulated gelatine
1/2 cupful stuffed olives
1 pint highly seasoned clear consommé or chicken broth
2 cupfuls shrimps
Prepare the shrimps, either canned or fresh-cooked, removing the viscera and cutting into large pieces. Soften the gelatine in the cold water. Prepare the consommé or chicken broth and bring to the boiling point. Add the softened gelatine and stir until dissolved. Strain through a cloth and chill almost to the point of congealing. Wet a mold and arrange the jellyed consommé in layers with the shrimp and sliced stuffed olives. Have a layer of jellyed consommé on top. Chill, unmold, and garnish with water-cress. Serves six.

SHRIMPS, CONCORDIA CREAMED

2 hard-cooked eggs
1 can shrimps
Buttered toast
2 cupfuls white sauce
1/2 teaspoonful paprika
1/8 teaspoonful mace
Shell the hard-cooked eggs. Wash the canned shrimps, remove the viscera and chop them rather coarsely. Meanwhile prepare the white sauce, seasoning it highly, adding the paprika and mace. To the white sauce add the hard-cooked eggs sliced thinly and the chopped shrimps. Combine and serve on rounds of buttered toast. Serves six.

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School Lunches Will Get Increased Funds

Oregon schools participating in the national school lunch program have been allocated \$608,130 for local food purchases during the 1950-51 school year, it has been announced by the U. S. department of agriculture's production and marketing administration.

The allocation represents an increase of \$37,402 over the amount received for the last school year when 519 out of the state's 1543 secondary and elementary schools participated. About 68,000 out of a total 247,000 Oregon children enrolled in the schools received lunches under the program.

In addition to federal funds allocated to repay participating schools in part for their local food purchases, schools receive the bulk of surplus foods delivered by the USDA to state distributing agencies. During the 1949-50 school year, Oregon schools received more than 5,296,000 pounds of surplus foods valued at \$858,361.

Potatoes and butter made up the bulk of the surplus food, but large quantities of cheese, dried milk and dried eggs were also distributed.

One of the more recent surplus food allocations for the Oregon schools is 52,703 pounds of turkey acquired by the USDA's commodity credit corporation in carrying out the final phase of the 1949 turkey price support program. Turkey was also distributed to schools last spring.

Congress appropriated \$83,500,000 for the national school lunch program this year of which \$17,250,000 is available to the USDA for purchase and distribution to states of foods needed to meet specific nutritional requirements of school children.

Oregon's allotment is part of the \$5,751,000 ear-marked by the USDA for the nine western states and Alaska. Funds are apportioned on the basis of a formula which takes into account the number of children of school age and the per capita income of each state.

Odd Pieces of Venison Make Fine Mince Meat

No Thanksgiving is quite festive without the traditional venison mince pie, observes Miss Agnes M. Kolshorn, O. S. C. extension nutritionist.

A homemaker from Klamath county is responsible for the following recipe for five quarts of venison mince meat: 5 cups cooked beef or venison, chopped (salt when cooking it) 2 1/2 cups suet, chopped; 7 1/2 cups apple, chopped; 3 cups cider; 1/2 cup vinegar; 1 cup molasses; 5 cups sugar; 1 pound mixed chopped fruit; 2 1/2 cups whole raisins; 1 1/2 cups currants; juice of 2 lemons; juice of 2 oranges; 1 tablespoon each of mace, cloves, nutmeg; 2 tablespoons each of cinnamon, allspice, lemon extract; 1 teaspoon almond extract; 3 cups meat liquor. Mix ingredients in order given and let simmer 1 1/2 hours.

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VFW Auxiliary Will Have Bazaar Next Week

The V. F. W. Auxiliary will have a bazaar Saturday, November 4, at 1 p. m. Aprons, fancy work and cooked foods will be on sale. Tea will be served in the afternoon.

Anyone wishing to donate anything toward the bazaar can contact Mesdames Ben George, Mabel Ramsey or Sharlot Slack.

Forest Service Seeds Several Oregon Ranges

Reseeding of 6000 acres of range land on the national forests of Oregon and Washington was started last week by the U. S. Forest Service. This area will be planted to the most suitable grasses this fall as part of the Forest Service program to make national forest ranges more productive.

One thousand acres of the 1950 planting will be within the sagebrush types on the Fremont national forest in southeast Oregon and 500 acres on the Umatilla national forest in northeastern Oregon. The remainder of the planned seeding work will be on logging-disturbed areas throughout the region. During the past five years more than 20,000 acres of national forest land in the Northwest have been seeded to forage grasses.

This seeding work has been done on all 14 national forests that embrace the range area of the region, according to Fred Kennedy, assistant regional forester in charge of wildlife and range management. However, the bulk of the seeding on depleted range areas has been done on the Fremont forest. The Ochoco national forest in central Oregon has seeded the largest acreage of logging-disturbed area. In 1949, it seeded 1700 acres. This includes sowing grass on abandoned logging roads, skidways, and landings. This procedure now is being widely practiced on all of the forests in eastern Oregon and eastern Washington.

"Grazing capacities have been increased materially," Kennedy said. "As little as 2 acres per cow month is required after seeding compared to 15 or 20 acres before reseeding. Crested wheatgrass has proven to be the most successful grass in the sagebrush-grass areas. Other promising grasses for the dry, rocky sites include intermediate wheatgrass and pubescent wheatgrass, both introduced varieties. The limited amount of seed available of these latter species has prevented their use on a large scale up to now." Seeding prevents erosion and produces additional forage for livestock and big game. It also reduces the establishment of noxious weeds and undesirable grasses, foresters say. Orchardgrass, timothy, smooth brome, tall meadow oatgrass, and in some places slender and crested wheatgrass have proven to be the best grasses to seed logging-disturbed areas.

The Forest Service says that approximately 300,000 acres of depleted range land must be artificially seeded on northwest forests if maximum forage production is to be realized and watersheds placed in satisfactory condition. An additional 10,000 to 15,000 acres of logging-disturbed areas should be seeded annually east of the Cascades to keep pace with the sustained yield cut in the pine forests in that region.

The Jim Akins, in a party of six, went on a week's hunting trip at Burns. One deer and a pheasant were shot. While in Burns, the Akins visited with Mrs. Akins' mother, Mrs. J. H. Cawker.



From where I sit ... by Joe Marsh

You Can't Build A Better Mousetrap!

"They're not the best-looking boarders a man ever had," Hack Turner said one day, "and they've got awful tempers. But I've found it pays to have 'em around."

Hack was talking about a family of barn owls, nesting in his silo this year. Some folks believe those little white-faced screechers kill chickens—and ought to be shot on sight. But Hack disagrees.

"Up at State University they've studied barn owls for years—and never known one to eat a chicken. On the other hand, a daddy owl will clean up around 300 mice a

month. Farmers that kill barn owls are throwing away the best mousetraps known to man!"

From where I sit, when someone shows a prejudice against any group of animals or humans—it's usually just based on misunderstanding. For instance, some folks are plumb intolerant about those of us who enjoy an occasional quiet glass of beer. Get to really know us and you're liable to find we're pretty good birds at that!

Joe Marsh

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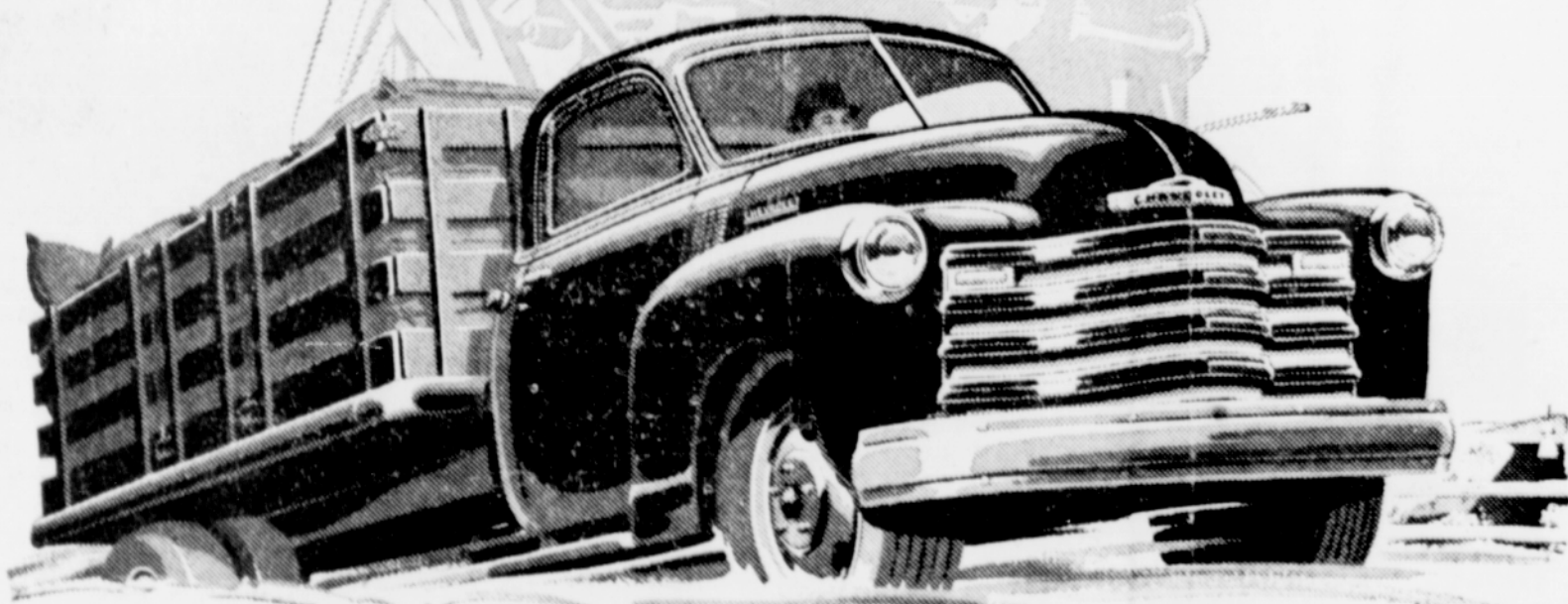
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