

Rhea Creek Unit Studies Wardrobe

Wardrobe building was the topic for discussion at the March 7 meeting of Rhea Creek Home Extension unit, with Mrs. John Graves and Mrs. Harold Wright as leaders.

Making a careful appraisal of one's present wardrobe and then planning what is needed before buying, was stressed. Samples of clothing were shown which demonstrated color, design and texture. One of the members modeled a basic dress which was changed by the use of accessories.

The business meeting followed a potluck dinner, with 18 members attending. The unit sponsored a food sale and card party Saturday night at the Grange hall. Due to a heavy snow that night, attendance was not large compared to past years, but the food and fun were excellent, according to reports.

to 30 minutes, or until fish flakes easily when tested with a fork. Garnish and serve hot. Serves 6.

The bureau of fisheries left us pamphlets on "Tips on Cooking Fish and Shellfish." Why not call 6-9642 or call at the county agent's office for a copy.

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Chats With Your Home Agent

Fish Cookery Is Timely Topic of County Agent

By ESTHER KIRMIS

I came across this little jingle the other day and it started a whole train of thoughts about fish.

"Now fish can be quite elegant And cost a pretty penny; But fish can save your money, too When you have hardly any!"

With the high cost of food these days it's a real problem both to give your family enough of the proteins, minerals, and vitamins they need and to serve a tempting variety.

Yet there is one class of foods that will really help you in your meal planning, and every day in the week. Very few people have any idea of what fish and shellfish have to offer.

Fish and shellfish have high nutritive value and are easy to digest. That's why they are particularly good for children and elderly people.

Fresh and frozen fish are marked in these forms or "cuts":

Whole—just as they come from the water. In this form, about 45% of the fish is edible. Drawn Fish—Whole fish with insides removed, (about 45% edible).

Dressed Fish—Whole fish with scales and insides removed, usually with head, tail and fins removed. Ready to cook as purchased.

Steaks—Cross-section slices from large dressed fish. Ready to cook as purchased.

Fillet—Slices of the fish, cut length-wise away from the backbone. Ready to cook as purchased. Practically boneless.

Sticks—Are pieces of fish cut from blocks of frozen fillets into portions of uniform dimensions. All you need to do is heat them through.

Canned Fish—Is ready for use and includes many varieties of both fish and shellfish.

What to look for in buying—In selecting whole fresh fish look for bright, clear, bulging eyes; gills reddish pink, free from slime or odor; firm, elastic flesh—spring back when pressed. When buying fillets or steaks, see that the color resembles freshly dressed fish, that the flesh is firm without traces of browning about the edges, without a dried outlook, and with a mild odor.

Frozen fish should be solidly frozen, have little odor, wrapped in vapor-proof material, and whole frozen fish should have a glaze of ice on them when bought.

How much a serving—Servings of fresh or frozen fish are generally based on one-third to one-half a pound of edible part for each person.

Easy to cook—There's no trick to cooking fish. The basic rule is not to overcook. Swimming is easy work for fish—doesn't develop tough muscles—so they're tender to begin with. Just remember when broiling, baking, or planking lean fish, it's best to baste frequently with melted fat to avoid dryness.

While attending several "Seafood Schools" put on by the bureau of commercial fisheries, Seattle, and the Oregon fish commission the past years, I came across several good recipes in preparing fish, (other than frying). I'd like to share one with you.

Fillet Baked in Spanish Sauce

2 pounds fillets
1/4 cup chopped onion
3 tablespoons fat or salad oil
2 tablespoons flour
2 cups canned tomatoes
1/4 chopped green pepper
1 bay leaf
1 whole clove
1 teaspoon salt
1/2 teaspoon sugar
Dash pepper

Cook onion in fat until tender. Add flour and blend. Add all remaining ingredients except fish and cook until thick, stirring constantly. Remove bay leaf and clove. Arrange skinned fillets in a well-greased shallow baking dish and cover with sauce. Bake uncovered in a moderate oven 350 degrees for 25

SCHEDULE IV Bond Interest and Redemption Fund ESTIMATED RECEIPTS AND BEGINNING CASH BALANCE

Fiscal Year Ending June 30, 1960 (1)	Actual	Fiscal Year Ending June 30, 1961 (2)	Budget Allowance Current Fiscal Year (3)	Item (4)	Estimated For Ensuing Fiscal Year (5)
71,667.50		71,285	43,124	Total Receipts	103,228
71,667.50		71,285	43,124	Total Budget Resources	103,228

ESTIMATED EXPENDITURES

64,000.00	65,000	41,870	1381.1 Principal on Bonds (Include negotiable interest-bearing warrants issued under ORS 328.260)	67,000
7,667.50	6,285	1,254	1382 Interest on Bonds	36,228
71,667.50	71,285	43,124	Total Expenditures	103,228

SCHEDULE V School Lunch Fund ESTIMATED RECEIPTS AND BEGINNING CASH BALANCE

Fiscal Year Ending June 30, 1960 (1)	Actual	Fiscal Year Ending June 30, 1961 (2)	Budget Allowance Current Fiscal Year (3)	Item (4)	Estimated For Ensuing Fiscal Year (5)
6,397		6,221	6,500	36 Federal Money Received Through State	6,200
35,710		36,689	36,500	77 Sale of Lunches	37,800
42,107		42,890	43,000	Total Receipts	44,000
3,573		3,142	1,000	Beginning Net Cash Balance (or Deficit)	2,000
45,680		46,032	44,000	Total Budget Resources	46,000

ESTIMATED EXPENDITURES AND RESERVE

3,635	4,499	4,500	910 Salaries	4,500
36,755	35,471	34,000	921 Food	35,000
		2,500	922 Supplies	2,500
1,348	1,976	1,500	935 Replacement of Equipment	2,000
801	869	500	999 Other	500
42,539	42,815	43,000	Total Estimated Expenditures	44,500
3,141	3,217	1,000	Reserved for Expenditure in Future Years	1,500
45,680	46,032	44,000	Total Expenditures and Reserve	46,000

SCHEDULE VII Construction Fund (From Bond Issues) ESTIMATED RECEIPTS AND BEGINNING CASH BALANCE

			From Bond Sales	870,000
			Total Budget Resources	870,000

ESTIMATED EXPENDITURES

			Buildings	800,000
			Equipment	25,000
			Sites Development	10,000
			Furniture, Fees	35,000
			Total Estimated Expenditures	870,000
			Total Expenditures and Reserve	870,000

SCHEDULE VIII Serial Levy Building Fund ESTIMATED RECEIPTS AND BEGINNING CASH BALANCE

117,000	130,000	130,000	Total Receipts	None
13,000	60,000	60,000	Beginning Net Cash Balance (or Deficit)	12,500
130,000	190,000	190,000	Total Budget Resources	12,500

ESTIMATED EXPENDITURES AND RESERVE

8,000	20,000	20,000	Fees, Sites	2,500
63,367	170,000	170,000	Buildings, Equipment, Furniture	10,000
71,367	190,000	190,000	Total Estimated Expenditures	12,500
58,633			Reserved for Expenditures in Future Years	
130,000	190,000	190,000	Total Expenditures and Reserve	12,500

SCHEDULE IX Teacherages and Special Buildings Fund ESTIMATED RECEIPTS AND BEGINNING CASH BALANCE

	3,000		Rentals	3,000
	150		Other	150
7,400	3,150	3,150	Total Receipts	3,150
	5,000		Beginning Net Cash Balance (or Deficit)	24,350
7,400	8,150	8,150	Total Budget Resources	27,500

ESTIMATED EXPENDITURES AND RESERVE

	1,350		Teacher Housing	24,000
	1,350		Taxes and Site Development	2,850
	1,350		Total Estimated Expenditures	26,850
7,400	6,800		Reserved for Expenditure in Future Years	650
7,400	8,150		Total Expenditures and Reserve	27,500

Water Outlook In 3 Counties Dims Slightly

The 1962 outlook for irrigation water supplies in Umatilla, Morrow and Gilliam counties has been dimmed slightly from the near adequate outlook of February 1 by a shortage of snowfall during most of February, according to a report released today by W. T. Frost, snow survey supervisor for U. S. Department of Agriculture, Soil Conservation Service, cooperating with Oregon State university and the state engineer. Forecasts have been revised slightly downward and storage water is seriously short in McKay reservoir.

Water content of the mountain snowpack is 32 per cent below the 15 year average (1943-57) and 39 per cent greater than on March 1 last year. A stepped up intensity of snow storms for the remainder of the winter will be needed if this area is to have average water supplies.

Moisture in the top 3 to 4 feet of the soil immediately under the snowpack at upper elevations is about 80 per cent of capacity and is favorable to a good runoff from melting snow. Storage of water in Cold Springs reservoir is now up to 40,400 acre feet and heading for its capacity of 50,000 acre feet.

McKay reservoir contains only 18,800 acre feet, the lowest for the March 1 date since 1955 when only 13,000 a. f. were stored. Last year there were 35,000 acre feet in this reservoir on March 1. McKay Creek is forecast to flow 40,000 acre feet in the March-July period or

83 per cent of the 15 year average (1943-57). Together with the 18,800 acre feet now held in the reservoir, this source will provide about 59,000 acre feet and the reservoir will not be apt to fill. A real old-time "Chinook" in the next few weeks would be valuable to McKay Creek water users but it would reduce the total water outlook for others in the area who are without reservoirs to catch and hold early runoff.

Flow of the Umatilla at Pendleton is forecast at 81 per cent for the April-September period or 151,000 acre feet. Forecast for the South Fork of the Walla Walla near Milton calls for an 84 per cent flow of 64,000 acre feet in the April-September period.

Smaller streams such as Birch, Butter, Willow, Rhea and Rock Creeks will have below average flows this season. Statewide, 1962 irrigation water supplies should be adequate, although the situation will call for careful water management in many areas of the state. Shortages of stored water create special problems in the southeastern counties, and in Umatilla county for water users depending on McKay reservoir.

The next report on snow surveys and water supply conditions will be issued on April 8.

The Gazette-Times is interested in news about you and your friends. Call 6-9228 by Tuesday of each week with your items.

Head of Girls School To Be Here March 22

Miss Hedwig Zarb, head mistress of the St. Paul's Episcopal School for girls near Walla Walla, Wn., will be a guest speaker at a specially scheduled meeting at All Saints' Episcopal parish hall here on Thursday evening, March 22, at 8:00 p. m.

The purpose of Miss Zarb's coming is to explain to interested parents in this area facts concerning the program now in operation at the St. Paul's girls school. She has traveled extensively, returning just recently from a tour in Russia, and has been an instructor in an Episcopal Boys' school in Honolulu; and has had extensive training in this field.

Mrs. Jack Barak has been instrumental in securing Miss Zarb for the meeting, in response to interest of parents of seventh, eighth and high school students in this area. She may be contacted at 3-8178 for further information, or Rev. Father Bruce Spencer can supply needed information.

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