

Fish are Low Cost Food High in Nutrition Value

By the Bureau of Home Economics, U. S. Department of Agriculture. In most localities, fish of some kind are likely to be relatively cheap at any time of year. This is worth remembering now, says the Bureau of Home Economics, because fish has high food value and in some of the best fishery products there is comparatively little waste. It pays to watch the market, then, for bargains in fish as in other kinds of food.

For some kinds of fish, bargains are a matter of locality and season. The haddock comes up the Atlantic coast in the spring. Atlantic salmon are caught in New England rivers in early spring and summer. At that same time the boats and nets are out for lake trout in the Great Lakes, for mackerel along the middle Atlantic coast, and for Pacific salmon on the West Coast. Spring and summer are the seasons for sunfish and crappie in the inland waters and for squeteague or "sea trout" on the Atlantic coast, but buffalo fish and suckers in the middle west and smelts in the northeastern lakes are caught in the fall, winter and spring.

Some of the best bargains in fishery products, however, are all-year fish from both fresh and salt water that are shipped, fresh or fresh-frozen, to different parts of the country. In these days of quick freezing methods and fast transportation, fresh haddock and mackerel from the Atlantic ocean are sold in city markets all across the continent. Fresh halibut, salmon, fresh cod, and various other fishes from the Atlantic and Pacific are frozen and shipped to many distant markets, while lake herring and blue and yellow pike from the Great Lakes, with carp and catfish from the fresh water rivers and lakes, may likewise be on the market all the year in many hundreds of miles from their native waters. And frozen fish, it should be remembered, are fresh fish.

Fish prices vary with the locality and for various local reasons, but fresh fillet of haddock, which is solid lean meat, with no waste whatever, is likely to be a bargain in any market. In many places far from the fishing grounds cod, halibut and Boston mackerel are to be had at surprisingly low prices, as are fresh sea and river herring, croakers, butterfish, "sea trout," and even shad in the height of the season. Mullet from the Gulf of Mexico and eastern Florida waters is the fish that has the largest market in the south.

Some of the cheapest and most familiar fishery products, which are also among the most nutritious, are canned sardines from the coasts of Maine and California, kippered herring, canned "pink" salmon, salt cod, cod flakes and canned sardine roe. Pickled herring (in brine) and Scotch cured herring are other favorites with many. The popularity of these products is so great that for quantity of catch the pickard, or California sardine fishery, ranks first in the United States, with Pacific salmon second, sea herring third, and cod in the seventh place. The prices of these canned and cured fishery products in most markets run lower, oftentimes, than the fresh fish.

Like other animal foods, fish flesh is rich in protein. It is rich also in minerals, especially in phosphorus. Salt water fish and shellfish are rich in iodine which is another substance required by the human body, and this iodine content becomes important in the "goiter belt," where the soil, and consequently the drinking water and the vegetables grown in that soil, are poor in iodine.

According to nutritionists of the U. S. Bureau of Fisheries, some kinds of fish, notably cod, salmon, haddock, and sea herring, have been found to be good sources of vitamins A and D. The full vitamin value of canned salmon will be retained and the salmon flavor will be increased if the oil in the can is used in sauce for creamed or scalloped salmon, or in salad dressing. Canned salmon is one of the foods which the U. S. Public Health Service has found will prevent pellagra, a disease which is caused by a deficiency in the diet.

LOW-COST MENU FOR ONE DAY
Breakfast: Hot Cereal, Toast, Coffee (adults), Milk (children).
Dinner: Fish baked in Milk, Potatoes, Harvard Beets, Cornbread and Butter.
Supper: Cottage Cheese and Lettuce Salad, Toasted Cornbread, Strawberry Shortcake.

Tea (adults) Milk (children)
Fish Baked in Milk
1 1/2 pounds haddock or other lean fish.
Salt.
Pepper.
1 tablespoon flour.
1 large onion sliced very thin.
1/4 cup crushed crackers or bread crumbs.
1 1/4 cups milk (fresh or evaporated).

Clean and wipe the fish with a damp cloth. Cut in pieces for searing and broil with salt, pepper and flour. Put the pieces of fish in a single layer in a shallow greased baking pan. Cover the fish with the onion and then sprinkle with the crushed crackers or bread crumbs. Add sufficient milk barely to cover. Bake in a moderate oven (350 degrees Fahrenheit) from 45 to 50 minutes. If the crackers or crumbs do not brown in that time put under the flame of the broiling oven.

Broiled Fresh Fish
Have the fish split down the back, wipe clean, and remove any scales and the head and tail, if desired. Lay the fish skin side down on a greased shallow pan. If the fish is oily, no fat need be added; otherwise add enough to season well. Place under the flame in a broiler at moderate heat and cook for 20 to 30 minutes. Slip the broiled fish carefully onto a hot platter, season with salt and pepper, pour on the drippings, garnish with crisp parsley and sliced lemon, and serve at once. If the fish is very large and thick, heat for 15 to 20 minutes in a moderate oven before putting under the broiler flame.

Scalloped Salmon
1 pound can salmon (2 cups).
2 tablespoons butter or other fat.
2 tablespoons flour.
1 1/2 cups milk.
1/4 teaspoon salt.
1 cup buttered bread crumbs.
Break the salmon into pieces and remove the bones. Prepare a sauce of the fat, flour, milk and salt. Place a layer of the salmon in the bottom of a greased baking dish, add some of the sauce, then another layer of salmon, and so on until all the ingredients are used. Cover the top with the buttered bread crumbs and bake in a moderate oven until the sauce bubbles up and the crumbs are brown.

Harvard Beets
6 medium sized beets.
1/2 cup sugar.
1 tablespoon cornstarch.
1/2 teaspoon salt.
1/2 cup vinegar.
2 tablespoons butter or other fat.
Wash the beets, cook them in boiling water until tender, remove the skins, and cut the beets into thin slices or cubes. Mix the sugar, cornstarch and salt, add the vinegar, let the sauce boil for 5 minutes, stirring constantly. Add the fat, pour the sauce over the beets, and let stand for a few minutes to absorb the sweet-sour flavor of the sauce.

450 CARLOADS CELERY OREGON'S EXPECTANCY

PORTLAND, June 3.—(AP)—A crop of around 450 carloads of celery is expected this season under normal growing conditions, according to Percy Wells of the Oregon Gardeners' association. Wells estimated that this year's crop will be at least normal, perhaps a fraction better.

Tagore Takes to Flying
KARACHI, India.—(AP)—Rabindranath Tagore, India's 70-year-old poet and philosopher, recently had his first airplane ride, flying over Calcutta. He told about it when he stopped here en route to Teheran, where he will be guest of the Shah of Persia for several months.

Find Ancient Rubalvat
LUCKNOW, India.—(AP)—What experts claim is the oldest manuscript copy in the world of the rubalvat of Omah Khayyam has been found here in the archives of an old family. It was made in 1423, or 37 years before the Qualey manuscript in the Bodleian library at Oxford.

Istanbul Billboards Walk
ISTANBUL.—(AP)—Camels, jobless in the new Turkey of motor trucks and railroads, have fallen to low estate. A publicity agent here uses the former "lords of the desert" to parade the streets with advertisements placarded on their humps.

Pierce's Hothouse Tomatoes can now be had at your grocers. Remember they are vine ripened.

JIMMY WALKER ON STAND



Here is Mayor James J. Walker in a typical pose as he testified in the Hofstadter committee's investigation into New York city affairs. He is adding emphasis to a reply to Investigator Seabury's question.

PHOENIX YOUTH WINS MASTER DEGREE QUICK

PHOENIX, June 3.—(Sp.)—Those of the community club acquainted with Meredith Sheets will be glad to learn of his securing a master's degree at University of Oregon. This spring term completes the fifth year of college work for Meredith, and much credit is due him for work accomplished in that length of time, enabling him to receive his master's degree. He graduated from Phoenix high school with the class of 1927, and with the 1931 class at the university at Eugene, and during the past year has been taking a post-graduate course at the university.

Temblors Shake Mexico Capital

MEXICO CITY, June 3.—(AP)—Three earth shocks coming in rapid succession struck the city at about 4:45 a. m. today, frightening the people, but doing no considerable damage. They were the heaviest in more than a year and thousands of persons spent the rest of the early morning hours outdoors.

Miss Ishbel Woos Luck
LONDON.—(AP)—Ishbel MacDonald, the prime minister's daughter, confessed she has superstitious moments when she appeared recently at a charitable meeting. She told her audience that she had put on a stocking wrong-side out that morning. "That's supposed to be lucky," she said.

HAWLEY CAMPAIGN COST \$1646 SAYS REPORT TO HOSS

SALEM, June 3.—(AP)—W. C. Hawley, defeated candidate for reelection as representative in congress from the first district, filed his expense account with the secretary of state today as totaling \$1646.32. The item was entered as the amount spent by the Hawley-for-congress committee, of which Ronald C. Glover of Salem was secretary. A sum of \$557.29 was spent in the campaign to nominate Robert N. Stanfield United States senator on the Republican ticket. Frederick Stiever's campaign totaled \$379.52. The campaign of James T. Brand of Marshfield for position No. 2 on the Oregon supreme court cost \$253. John H. Barnett expended \$239.10 in behalf of the candidacy of Harry Wells as representative in the legislature from Clackamas and Multnomah counties, while Wells spent \$89.75.

I. H. Van Winkle spent \$68.48 in his campaign for reelection as attorney-general while Earl E. Sande spent \$71.21 in the campaign to nominate Rufus C. Holman as Republican candidate for state treasurer. Hal E. Hoss, who won the Republican nomination for secretary of state, spent \$319.96 on his campaign. The Oregon Hop Growers' association spent \$314.70 in behalf of Robert N. Stanfield and other candidates. H. A. Cornoyer, secretary of the association, reported in his statement. The American Federation of Veterans spent \$309.14 in behalf of "certain candidates."

Call Schools a Business
ISTANBUL.—(AP)—Claiming that private schools and hospitals are commercial enterprises, the Istanbul chamber of commerce is trying to force the American and other institutions of this ilk to pay the membership fee or fine countenanced by Turkish law for failure to enroll in the chamber.

Meteorological Report

June 3, 1932.
Forecasts.
Medford and vicinity: Fair east and cloudy west portion tonight and Saturday. Moderate temperature.
Oregon: Tonight and Saturday cloudy. Moderate temperature.

Local Data.
Lowest temperature this morning: 46 degrees.
Temperature a year ago today: Highest, 78, lowest, 42.

Total precipitation since September 1, 1931, 20.83 inches.
Relative humidity at 5 p. m. yesterday, 65 per cent; at 5 a. m. today, 94 degrees.

Sunset today, 7:41 p. m.
Tomorrow: Sunrise, 4:37 a. m. Sunset, 7:42 p. m.

Observations Taken at 5 A. M. 120th Meridian Time

City	High Temp.	Low Temp.	Wind	Clouds	Weather
Baker City	64	40	T		Clear
Boston	70	36	T		Rain
Boise	64	44	05		Clear
Chicago	72	62	18		P. Cdy.
Denver	74	58	T		Rain
Des Moines	74	60	144		Cloudy
Fresno	78	54			Clear
Helena	56	48	T		Cloudy
Los Angeles	64	56			Cloudy
Medford	66	43	03		P. Cdy.
New York	74	62			Cloudy
Phoenix	92	62			Clear
Portland	64	54	02		Cloudy
Reno	58	48	04		Cloudy
Roseburg	62	54	22		Cloudy
Salt Lake	62	56			Clear
San Francisco	62	52			Clear
Seattle	62	54	T		Cloudy
Spokane	66	52	T		Cloudy
Washington, D.C.	66	62			Clear

CHURCHMAN SAYS REPUBLICANS NOT SOLD ON REPEAL

NEW YORK, June 3.—(AP)—In a statement issued just prior to an announcement of his resignation as chairman of the Allied Forces for Prohibition, Dr. Daniel A. Poling predicted today the Republican party would go farther this year in a plank for solution of the wet and dry problem than it did in 1928. "Too political minded" to adopt any plank calling for submission of a proposition for repeal, but he said he would be glad to see a test believed in the Raskob plan, for he believed it could be easily defeated by the dry forces.

Dr. Poling's resignation was announced at a luncheon in his honor. It is effective June 6 and it came as no surprise, since he had set June 3, 1932, as a retirement date when he became chairman in May, 1931. He said his regular activities had been neglected. "Any plank dealing with the 18th amendment, which does not first declare for the enforcement of law and for loyalty to the constitution would be entirely inadequate," he said.

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NOTE:—Tests show the steadiest "drip" of Golden West to be perfect for "drip" ... and other methods of making coffee.
The secret to GRAND FLAVOR!
Golden West Coffee, made the "Drip" way in the Golden West maker.
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CHESTERFIELDS are seasoned with just the right amount of fine aromatic Turkish tobacco. Not too much, but just enough.
CHESTERFIELDS are made right—the right size—to give a cool and smooth smoke. They're mild—yet not flat. They're not oversweet—but sweet enough.
They're as pure as the water you drink.
The Cigarette that's **MILDER...**
The Cigarette that **TASTES BETTER**
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