

Feeding the Family

By Zola Vincent
Food Editor

Many Good Ideas For Outdoor Cooking

As thousands of new fans join the millions already on the roads each summer headed for a favorite fishing stream, lake resort, beach or mountain cottage or other campsite, the traditional cook-out is becoming an easier, happier thing.

The food department is lighter, more compact and yet provides a healthy measure of good eating. Experienced campers and cabin cooks know that fancy foods belong to dress-up occasions: that good, sturdy, wholesome foods are essential to outdoors appetites which take on amazing proportions.

Any food store now offers a wide array of dehydrated, processed and concentrated foods that are ideal for "carrying." Even though the camp is within walking distance of a general store, you will probably carry with you a supply of canned and dried foods, cereals, pancake and biscuit mix, and the like for basic meal preparation. Important to everything one cooks are seasoning salts. Instead of carrying along a bag of onions or garlic or celery for seasoning, small jars of onion, garlic and celery salt take care of this department; add flavor and interest to practically anything except watermelon. Westerners like black pepper, use lots of it; better take plenty along with a full box of salt.

Every skilled fisherman has his own way of cooking fresh-

caught fish over the open fire. Some experts roll the cleaned fish in white corn meal; others dip the trout in undiluted evaporated milk then roll in pancake flour and fine bread crumbs. Some wrap fish in strips of bacon and grill them. We belong to the crispy fried trout school.

Crispy Fried Trout

Whatever your fisherman fancy, this is basic: Wipe fish dry after cleaning and washing quickly. When frying, have skillet hot and hot before putting in fish. Use just enough butter, bacon fat or salad oil to keep fish from sticking, adding more as needed. Turn carefully with pancake turner or wide spatula. Baste with lemon juice or serve with lemon wedges, as you like. And never let anyone forget that the skin is the most wonderful part of the fried trout.

6 average trout
1 cup milk
1/2 teaspoon each of celery salt, onion salt and garlic salt
1/4 teaspoon ground black pepper
2/3 cup white corn meal
12 slices bacon
1/3 cup butter
lemon

Clean trout, remove heads and tails or not as you prefer. Dip in milk. Combine seasonings and sprinkle over fish. Dip in corn meal. Fry bacon until crisp. Reserve in warm place. Add butter to bacon fat. Fry fish gently until crisp and brown. Serve garn-

ished with bacon and lemon. Serves 6. Confidentially, the above recipe is perfect for any kind of individual fish and for fillets, as well.

Other Fine Trout Ways

We realize that you're likely to have trout and trout and trout perhaps unto the sixth day. So you'll need different ways of doing it.

Salt and pepper and otherwise season your fish, roll them in flour and fry in deep shortening or cooking oil.

Substitute cornmeal for flour and bacon or ham fat for shortening or oil.

Roll fish is prepared white pancake flour and fry in half and half shortening and bacon fat.

Camping skillet secret of success is to take two skillets when you go camping. Before setting skillet over open campfire, rub its underside with bar soap. Makes for easier washing later.

From a Chico fisherman, we learned this wonderful way with fish. On your way to camp, stop in the lower elevations and cut a few branches of bay (laurel). When you get ready for this way with trout, crush a handful of two of the bay leaves and pad the bottom of each creel with them. Go fishing as usual, catch 'em as usual and drop 'em into the creel as usual. When the trout are cleaned and washed, dump out the spicy leaves, put in ferns you usually use to pad your fish for carrying and return to camp expecting something just a little different in flavoring. Skillet fry the fish.

Just fix this up in a skillet and put anywhere where it can simmer for one hour.

1 1/2 pounds, ground chuck
1 small green pepper, chopped
3/4 cup bread crumbs
1 cup milk
1/2 teaspoon celery salt
1/2 teaspoon onion salt
1/4 teaspoon garlic salt
1/2 teaspoon ground black pepper
3 cups stewed tomatoes

Combine all ingredients except tomatoes. Mold into 6 individual meat loaves. Place in greased frying pan. Cover with tomatoes and simmer for one hour. Serve at once. Serves six. It's the final seasoning dash that counts when it comes to



SEASONING OF FISH—Whether your favorite angler pulls them out of the stream or you catch them in the local market, you'll find fine tips on seasoning game fish in today's food feature.

hamburgers. Salt and pepper as usual, but make a combination of equal parts of onion and celery salts with a liberal dash of garlic salt and sprinkle generously when you first turn the sizzling hamburger. Keep this combination handy at home and for cooking out.

Beef stew slowly simmered over an open campfire has a quite distinctive flavor when you add 1/4 teaspoon each of onion and celery salt, 1/4 teaspoon garlic salt and a bay leaf to each 3 pounds of beef you're "stewing."

Striped Bass Fishermen and Wives Take Note

Most anglers wives in this part of the country know how to cook the occasional fish their husbands bring home, but in this state recipes are rarely published for preparing striped bass, a fish not available in the market because the state law reserves it for port fishing.

Now a fisherman has published a book titled *Striped Bass Fishing in California and Oregon*. It has an entire chapter on ways to prepare striped bass. Author is Leon Adams of San Francisco. He not only tells how to cook "the striper" but also tells where they're biting today, how to rig tackle to make monsters strike, to troll, cast, fish with bait . . . cook what you catch. Fun to read, too, with exciting fishing yarns and oh! yes, he tells also about the love life of "stripers."

On one thing, most agree. Best way to prepare striper meat is in fillets. Don't try to get the skin off the fillet. Instead simply lay the fish wet with skin down and slice the fillet off the skin. Leon Adams says it's easy and he should know.

2 pounds of fillets
1 large onion, sliced
1 cup sautee or any white table wine
3 tablespoons butter
2 sliced tomatoes
1/2 green pepper, sliced
2 teaspoons worcestershire sauce

Sprinkle fish fillets with salt and pepper and cover with the sliced onion. Pour wine over all and let soak overnight. Melt butter in large shallow baking pan. Remove and sprinkle with salt. Bake until fish is tender, about 35 minutes in moderate oven, 375 degrees. (Don't overcook). Baste frequently with wine in which the fish was soaked, mixed with worcestershire sauce. Makes four large or six moderate servings. Especially tasty when served cold.

Toscanini Settles Band Players' Tiff

New Albany, Miss. — (U.P.) — Members of the high school band here recently got into a heated dispute about: (1) whether musicians must sit erect at all times; (2) whether Arturo Toscanini sits during rehearsals.

John White, who was reprimanded for slumping in his chair, took pen in hand and wrote Toscanini. He received a letter from the conductor's son, Walter, which said in part: "In reply to your question, my father never sits during a rehearsal. Some conductors do but he has never been in the habit of it and it is just impossible for him . . . As for the men in the orchestra, it would be impossible for them to play well if they did not sit erect."

Pollution Rules Cut Smoke Content

Chicago — (U.P.) — The American Municipal Association says air pollution ordinances have been effective in reducing the smoke and dirt content in air over cities.

A survey by the Municipal League of Seattle and King County showed, however, that cooperation in enforcement of the ordinances was lacking from the general public.

Industry, which has to bear much of the expense in providing smoke-abatement devices, displayed much more interest in solving the problem.

Cost of enforcement of the air pollution ordinances varies from city to city, depending on the number of people employed in enforcement. Tacoma, Wash., budgets about \$9,000 a year for this purpose; Minneapolis, Minn., \$15,000; Pittsburgh, \$50,000; St. Louis, \$100,000, and Los Angeles with its combination smog and smoke problem, has a budget of nearly half a million dollars.

In every case the surveyed cities found enforcement of the air pollution ordinance was made easier as soon as the public and industry cooperated in solving the problem. Penalties were used only when it became obvious that cooperation was not forthcoming.

Penalties show a wide variation. Peoria, Ill., has a fine system ranging to \$100, while Winston-Salem, S. C., can take as much as \$500 from an offender. St. Louis, Mo., and Los Angeles classify air pollution as a misdemeanor.

Insults Flare as Racing Date Nears

Bar Harbor, Me. — (U.P.) — A precautionary check may be needed to make sure no firearms are aboard sloops which cross the starting line in the annual Maine Retired Skippers' Race Sept. 11.

The preliminary comments have been salty. Capt. Horace Griffin of Portland, a 79-year-old retired Casco Bay seaman, tossed in his entry with the comment that last year's winner "isn't fit to handle a dory-load of geraniums."

Capt. Phil Haskell of Deer Isle, whose sloop was first over the finish line last year, loftily recalls that Bucksport skippers had insulted Deer Isle seamen in similar fashion before the 1952 race.

The Bucksport deer-water men had glibed that Deer Isle sailors were really "mostly lobstermen, clam diggers and the like."

A retired skipper must be at least 65 years old to compete in the race.

CANDLE GUESS

Berwick, Pa. — (U.P.) — Mrs. Angelo Magrone, is the recognized authority here on burning the candle—at least at one end. Her guess of 138 hours five minutes was right on the nose in a contest to determine how long a giant candle would burn. The candle was lit in honor of the 50th anniversary of the Berwick Bank.

Folding Trailer Gives Ample Sleeping Room

Buffalo, N. Y. — (U.P.) — Charles S. Jones, father of four, has developed a two-wheel folding trailer that provides ample sleeping room for the entire family on week end trips.

An electrical instructor, Jones made his first trailer after he and the family were turned away at a popular resort and were forced to drive 100 miles home.

The trailer unfolds and is covered by a waterproof tent. It has facilities for indoor cooking, and a 14-foot boat can be carried on top. The entire device weighs 1,200 pounds.

Longer Life Seen For Nylon Hosiery

New York — (U.P.) — A means of lengthening the short life of fragile nylon hose has been developed by the firm responsible for putting the synthetic fabric on women's legs.

The laboratories of du Pont have come up with a chemical composition called "nylast" that will wash, coat and strengthen nylon threads in stockings or other wear in one operation. Only after exhaustive tests, involving office workers, movie companies and housewives, were various manufacturers permitted to put the inexpensive product on the market.

Use of the product is simple. A spoonful is added to the water

in which nylon things are being washed.

FELT SLIGHTED
Knoxville, Tenn. — (U.P.) — The Knoxville Association of Credit Men recently changed its name to the Knoxville Credit Association. An officer said "the women members demanded it."

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