

Feeding the Family

By ZOLA VINCENT
Food Editor

Fresh Halibut and Salmon Among Newsworthy Items

Few cooks realize how many varieties of fish and shellfish are available in the market. Although only about seven species of fish are well known to the average person, there are actually about 140 varieties of fish available in our coastal and inland waters. And perhaps 40 varieties of shellfish.

From salt cod to caviar, there are fishery products to fit any budget any time of year. Headliners right now are the tremendously popular halibut and salmon, both of which are jam-packed with good nutrition as well as fine flavor. And there's nothing more easily cooked. Other August available along our coast include bonito, clams, flounder, mackerel, mussels, perch, rock bass, rockfish, sablefish, sandbars, black sea bass, white sea bass, shrimp, smelt, sole.

Fish Storage. Fresh fish should be stored immediately in moisture-proof paper or container in the refrigerator. If fish cannot be thoroughly refrigerated, plan to cook at once; then reheat for serving.

Do Not Overcook. While the flavor, texture, appearance and size varies according to species, fundamental rules for cooking most fish are easy to follow. Main thing is to avoid overcooking since there is no such thing as tough fish requiring "tenderizing."

Fat and Lean Fish. Keep in mind variation in fat content. Both fat and lean fish can be cooked by any basic methods but lean fish require added fat during cooking to keep moist.

Handle fish as little as possible during and after cooking. Fish flesh is tender and delicate. For this reason, oven methods are very popular.

Review of Fish Cookery Good Idea Now and Then

Nowhere in the world will you find greater variety of fine flavored fresh and frozen-fresh fish than along our west coast. Treat the family to a new variety occasionally. Right now halibut and salmon are plentiful; are ideal for cooking in any of the ways given here.

Broil Fish. Place fillets or steaks in preheated broiler two to three inches from heat source. Broil fillets about 10 minutes without turning. Steaks or whole fish five to eight minutes on each side, basting with melted butter seasoned with salt, pepper and if you wish, chopped dill pickle, minced onion or dried savory. Lemon wedges on the side.

Bake Fish. Use fillets, steaks or large whole fish, dressed. Place in buttered, shallow baking pan. Baste with melted butter seasoned with salt, pepper, lemon juice and minced onion. Bake at 350 degrees 10 to 12 minutes for fillets, 20 to 25 minutes for steaks or small fish; about 40 minutes for larger fish. Lemon wedges, of course.

Pan Fry Fish. Dip fillets, steaks or small whole fish in egg beaten with two tablespoons cold water or beer for a change. Coat with fine dry bread crumbs seasoned with salt, pepper and paprika. Fry over moderate heat in skillet containing melted butter or shortening to cover bottom well. All three to five minutes on each side. Plenty of lemon wedges.

Oven Fry Fish. Prepare fish as for pan-frying. Place side by side in buttered, shallow baking pan. Dot with butter. Bake in heated 325 degree oven 15 to 20 minutes or until easily flaked with fork. If desired, add dried, crumbled rosemary, grated cheese, minced onion or dry mustard to crumbs. Lemon wedges on side.

French Fried Fish. Use scallops, shrimps or small whole fillets. Prepare as for pan-frying or use a fritter batter. Drop seafood, a few pieces at a time, into deep fat heated to 375 degrees for three to five minutes. Drain on absorbent paper. Lemon on the side.

Poach Fish. Place fillets or steaks in skillet with boiling water that barely covers fish. Season with parsley, celery, onion, peppercorns or lemon juice. Simmer, covered, until easily flaked with fork—10 minutes or less.

Fish Sauces, Garnishes
Choice of sauces and garnishes can do much to dress-up old favorites. They can add color, change flavor and texture, provide additional food value to dishes they accompany.

Lemon wedges are a positive must for accompanying any fish or shellfish. Next in popularity probably are tomato sauces for white fish, tartar sauce, and variations beyond numbering of the traditional cream sauce to which are added anchovy paste, curry, grated cheese, finely chopped hard-cooked eggs, finely chopped parsley, mustard, dill, horseradish, fine herbs or finely minced cooked shellfish of any kind.

Crisp raw vegetables, paprika and various kinds of pickles are

excellent. Many think that cucumbers in sour cream are a perfect accompaniment.

We Repeat Famed Tomato French Dressing

Each summer we repeat this popular French dressing which has a can of condensed tomato soup as base. Considered perfect on lettuce wedges, it is fine with mixed green and other vegetable salads also.

In a one-quart jar combine two tablespoons sugar, two teaspoons dry mustard, one teaspoon salt, one teaspoon paprika and one-half teaspoon pepper. Add one can condensed tomato soup, one-half cup salad oil and one-half cup vinegar. Stir in two tablespoons minced onion. Shake well. Store in refrigerator until needed. Shake well before using. Makes a generous quantity of dressing; about 2 2/3 cups or enough for several salad-makings.

Jellied Peach and Blueberry Ring

Dissolve one package cherry flavored gelatin in one cup boiling water. Add three-fourths cup cold water and chill until it begins to thicken. Gently stir in one cup blueberries and two peaches, sliced. Pour into large ring mold rinsed in water. Or you can arrange peach slices in mold, pour over part of gelatin, let stand until partially set, then add balance of gelatin with berries. Chill until firm. Unmold; fill center with cottage cheese if you like. Six to eight servings.

Home Freezing of Fruit—Berry Pies

Homemakers who long have thought that quick-cooking tapioca is ideal for thickening fruit and berry pies will be pleased to know that U.S. Department of Agriculture experts also recommend minute tapioca as the most effective thickener in preventing the boiling over of juice when frozen pies are baked.

Fruit pies generally should be frozen before baking because pies frozen unbaked have flakier, more tender crust and fresher flavor than those baked before freezing. Further, USDA advises that the fresh fruit should be prepared as usual and placed directly in the unbaked pie crust but slits should not be made in the top crust before freezing.

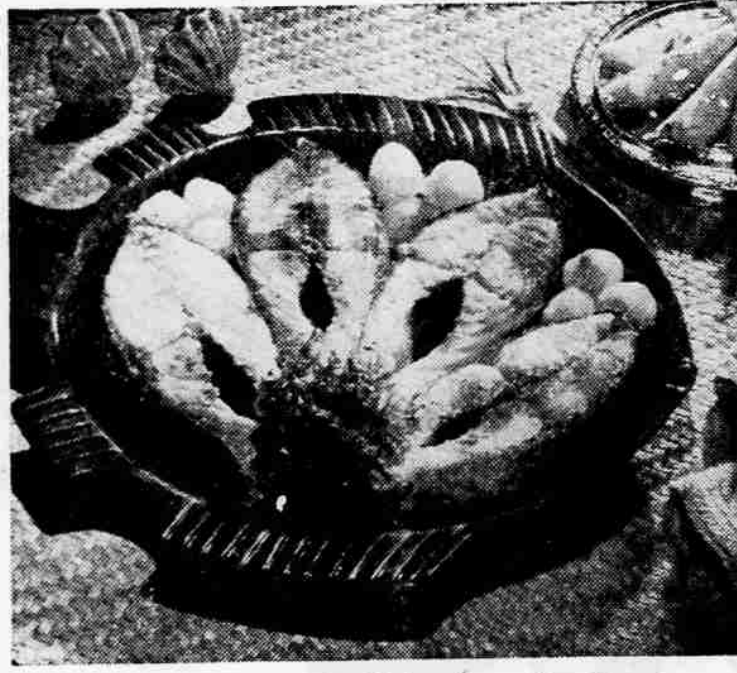
Pies should be wrapped in moisture-vapor proof material. If desired, they may be covered with stockinet or put in paper box before freezing. Generous slits should be cut in the top crust before baking so that the thawed fruit as it expands has plenty of steam vents to prevent bubbling juice from breaking top crust.

Thickening Rule. When thickening pies with quick-cooking tapioca, use the same amount of tapioca as you would cornstarch.

Use three-fourths as much tapioca as flour. For instance, three tablespoons instead of four.

Good Old Succotash
Here's a succotash pudding packed with flavor and good nutrition. Use freshly cooked, canned or frozen corn and ditto lima beans. Six servings.

Combine two slightly beaten eggs, 1/4 cups milk, 1 1/2 cups drained cooked whole kernel



SALMON FLAVOR—Fresh Pacific coast-caught salmon has such distinctive flavor that no special seasonings are needed to perk it up. Just plenty of lemon wedges alongside. In the above photo, salmon steaks are broiled to perfection. Much about fish cookery is included in today's food columns.

corn, 1 1/2 cups drained cooked lima beans, salt and pepper; mix well. Pour into buttered shallow baking dish, 1 1/2 quart capacity. Set in a pan of hot water in a moderate oven, 350 degrees for 40 to 50 minutes or until custard is just set.

Frozen Pineapple
For salad or as dessert, this frozen pineapple will rave. Mix two cups thick sour cream, one tablespoon lemon juice and three-fourths cup sugar. Fold in one cup drained, sweetened, crushed pineapple and one-fourth

Eagle Point

Eagle Point—Mr. and Mrs. Jim Wallace and family, Eagle Point, returned recently from an 18-day vacation trip. They visited relatives and friends in Eau Claire, Wis., Duluth, and St. Paul, Minn. They also saw the Bad Lands of South Dakota, Mt. Rushmore and spent two days in Yellowstone National Park.

Mr. and Mrs. Elgin Noble and family and Vern Matthews of Nichols Branch district left Aug. 15 for a 1,500 mile trip north into British Columbia where they visit at the George Millard ranch.

Gordon Stanley and family went back with Bertland Stanley and family, as they returned to their home in Fort Klamath to help a few days with ranch work.

Mr. and Mrs. Marvin Cheek and two daughters have returned to their home here on Rhodes ranch from San Francisco, Calif., after having been called there by the illness and death of Mrs. Cheek's mother.

Henry Montgomery and family of Port Angeles, Wash., are living in their trailer in Ted Geeber's yard in Eagle Point while looking for a place to move to permanently.

Indian Youngster Wants To Play Indian
Pendleton—(U.P.)—Clarence Burke, Umatilla Indian chief, today said he thinks his grandson is forgetting his ancestry.

The chief said that on a visit to an Indian museum at Umatilla, Ore., his grandson grabbed a cardboard and turkey feather headdress sold to tourists and shouted, "Comon... let's play Indian!"

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As We Live

Jealousy Behind Comments On Mother's New Slimness

A person who allows herself to get so fat that no clothes look well on her is likely to be jealous of a person who can wear what she would like to wear.

"Several years ago I weighed nearly 180 pounds and had to wear extra-large sizes in all by clothes. My doctor put me on a strenuous diet, and I now weigh only 132 pounds. Since I am fairly tall, this makes me look quite slender. I am 48 but look 30 years younger."



Dr. Herlock

Since I lost the extra weight, and I have almost no gray hairs. Like anyone who has had to wear large sizes for years, I have taken great pleasure lately in being able to wear really stylish clothes. I must admit it has done me a lot of good to have people compliment me on my looks and my figure.

"My daughter, who is married, has three children and is rapidly getting to be as fat as I was. She is always making little comments about the way I try to hide the

By ELIZABETH HURLOCK, PH.D.

fact I am a grandmother, not dressing my age, etc. I'll admit that this rather upsets me. I wonder if other people feel as she does, even though they tell me how well and young I look."

(A) Of course it upsets you to have your daughter make such comments, but hasn't it dawned on you that this is her way of expressing jealousy? When she looks at you and then at herself, she is the one who is upset. She tries to ease her feeling of guilt over allowing herself to get so fat by ridiculing you.

The kindest thing you could do would be to overlook her com-

ments and keep on dieting and dressing as you wish. But urge her to go to a doctor and let him prescribe a reducing diet for her. Tell her how much better she will feel and look, and give her an incentive by promising her a new dress for every 10 or 20 pounds she loses.

If you could only help her start to reduce, I am sure you would find a great change in her attitude. As her weight went down, her jealousy would grow less and the critical comments would become fewer and fewer.

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Dead line Sunday Classified is at noon Saturday, 10 a.m. Monday for Monday; other days 5:30 previous day.

Portlander Sentenced For Theft of Mail

Portland — (U.P.)—A former Portland mailman was sentenced to a year and a day in federal prison yesterday for mail theft. Lynn F. Biggerstaff, 39, was charged with the theft of one letter, although 180 rifled letters were allegedly found in his apartment at the time of his arrest. He pleaded guilty to the charge in Federal Court here.

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