

Feeding the Family

By ZOLA VINCENT
Food Editor

April Abundance of Fish

Challenge Cooks to New Recipes

West coast fishermen are hauling in fresh fish in ever increasing quantities as the season moves forward. We focus attention on fish so often because the vast fishing industry is vital to our state's economy and because fish makes such good eating. Many a family might well enjoy fish more often, for variety and amazing nutritional values.

The younger generation, fortunate enough to live in this area, should grow up with a wide acquaintance with our finny friends from both salt and fresh water sources. Tempting fish dishes are so easily prepared. Their cost is low.

Local favorites right now include flounder and sole, halibut, rockfishes, sablefish, Dungeness crabs, shrimp and the popular fish sticks.

Sea Bass Bulletin

As we go to press, we have news that sea bass is abundant. Sea bass comes in black, white and striped. The "striper" is strictly for sportsmen, shows up in the Fall. The white sea bass which isn't actually a sea bass at all but a member of the croaker family, is most popular with west coast consumers.

Whether you choose the smaller (up to 60 pounds) so-called white sea bass or the larger (up to 500 or so pounds) black sea bass, they're equally delicious when broiled, baked, deep fat or pan fried. Two pounds of sea bass fillets or steaks will serve six.

Fish Care, Storage

Store fish as soon as it reaches the kitchen. Wrap it in moisture-proof paper or place in a covered dish, then into the refrigerator with it.

Any fish that has been frozen should not be refrozen. Keep the fish frozen hard until ready to cook. Fish is frozen commercially when the run is good. Sometimes this fish is thawed at the fish markets. If so, do not buy it for your freezer; plan to use right away. Packaged frozen fish properly goes into freezer or freezing compartment of refrigerator.

Avoid Over Cooking

Again we remind you that there is no such thing as tough fish. Basic rules for cooking fish are few and easy to follow. Fish is cooked when it flakes easily when tested with a fork; usually a matter of minutes when fish is poached, fried or broiled. Handle fish as little as possible during and after cooking because the flesh is tender and delicate.

Fish Fillets Creole

Fillets are boneless, ready to cook quickly in a great many ways. They're often dressed up in flavorful, colorful sauces like the one we've pictured today. Figure a pound of fillets for each three servings.

Melt two tablespoons butter in skillet; add 1/4-cup chopped onion and cook gently until tender. Add one tablespoon flour and stir over low heat until browned. Stir in one No. 2 can tomatoes and one-fourth cup chopped parsley. Add one cup water, three tablespoons lemon juice, three whole cloves, one bay leaf, one-half teaspoon salt, one-fourth teaspoon allspice and one-fourth teaspoon pepper. Cook over moderate heat 10 minutes. Add one pound of fresh fillets or one package frozen fillets that have been thawed to room temperature. Cook only eight to 10 minutes or until fish flakes easily with a fork. Remove fish to serving platter; pour hot sauce over. Our family likes this with cubed fried potatoes. Plenty of lemon wedges, of course.

South Sea Fillets
This is quite different and very good. Plan on six generous fillets of sole or flounder for six servings. Enough for four persons if growing boys and working men are involved. Saute fillets in two tablespoons fat until nicely browned on each side; remove from pan.
Brown one clove crushed garlic in fat in pan. Remove garlic and saute one large green pepper that has been cut in long thin strips together with two tablespoons finely chopped onion and 1/2-cup finely chopped celery, until lightly browned. Add one cup water, one-half teaspoon ground ginger, two tablespoons vinegar, two tablespoons brown sugar and usual dash of salt; simmer 10 minutes. Add fried fish and simmer gently until heated thoroughly, a matter of a few minutes.

Fish Florentine
This means fish with spinach which is a fine combination, makes a main dish needing only potatoes or rice in some favored way, a salad and dessert. Use one box frozen spinach or two pounds fresh spinach to each pound of your choice of fish fillets for each four servings.
Chop cooked spinach fine; spread in buttered casserole. Place pound or so of fish fillets on spinach. Combine three tablespoons lemon juice, four tablespoons melted butter, salt, pepper, over low heat. Add the yolks of two eggs and one-third cup of cream. Simmer sauce a few minutes to thicken, then additional seasonings to taste. Pour sauce over fillets, sprinkle with buttered bread crumbs. Bake in 375 degree oven for 30 minutes. Plenty of lemon wedges!

Fish Garnishes Many
The importance of garnishes for fish cannot be over-emphasized, especially if fish is poached, broiled, pan fried or oven baked without a sauce. The dash of color in the garnishes turns a plain platter into a very attractive one; adds eating enjoyment. Lemon wedges, as we mention often, are a must no matter what else is offered. Consider these:
Cooked whole or sliced pickled beets... slices or sticks of cucumber... sticks or rings of red or green peppers... slices, wedges, deviled or grated yolks of hard-cooked eggs... leaves or shredded lettuce... sprinkling of paprika... sprigs or chopped parsley... whole, sliced or chopped pickles... whole or sliced radishes or roses therefrom... sprigs or chopped water cress.

Fish Sauces DeLuxe
Tartare Sauce is tremendous favorite. Easily made by combining one cup mayonnaise, one tablespoon minced pickles, one tablespoon minced capers and one tablespoon minced onion. Mix all together just before serving.

Maitre d' Hotel Butter is made by creaming one-half cup butter and gradually working in 1 1/4 teaspoons lemon juice, one-eighth teaspoon each of salt and pepper and one teaspoon minced parsley. With paddles or butter knives, roll into balls. Chill. Bring fish to table topped by melting butter balls.

Date Nut Bread
So Easy, So Good
California's date crop matured late this year which means there are plenty of those luscious dates available for out-of-hand eating, for enjoying with cereals, in salads, desserts, in breads and in cakes. Perhaps the most popular

of all date bread recipes is this one:
3 cups sifted flour
4 teaspoons baking powder
1/2 cup sugar
1 1/2 teaspoons salt
3/4 cup fresh chopped dates
1/2 cup chopped nuts
1 egg, well beaten
1 1/2 cups milk
2 tablespoons melted shortening
Sift the flour, baking powder, salt and sugar into a mixing bowl. Add the dates and nuts. Mix the beaten eggs, milk and shortening and add to ingredients in bowl; stir just until blended. Turn into a well-greased bread



ECONOMICAL EATING—Fresh or frozen, fish fillets (pronounced as spelled with the "t" sounding) promise fine, economical April eating as supplies increase. Ways to prepare plentiful fish and other good things are included in today's food columns.

loaf pan (about 8x4x4 inches) and let stand at kitchen temperature for 20 minutes. Bake in moderate oven, 350 degrees, about 1 1/4 hours. Let stand in pan a few minutes to steam slightly, then loosen sides and turn out on rack.
Serving Suggestion. For superlative sandwiches for parties or for home folks, try these: Slice date bread thin and spread with Philadelphia cream cheese and strawberry jam. Or if a more nutty flavor is liked, spread with cream cheese and peanut butter.

Lamb Rosettes

Plentiful lamb chops make

Thursday, April 12, 1956

MEDFORD (OREGON) MAIL TRIBUNE—FIVE

GM President Paid \$776,400 for Year

Washington — (U.P.) — Harlow W. Curtice, president of General Motors Corp., earned a total of \$776,400 last year in salaries, fees, stock awards and bonuses, it has been disclosed.

GM revealed the 1955 pay off of its top executives in a prospectus filled with the Securities and Exchange Commission in connection with the sale of 1,378,833 shares of common stock by the Alfred P. Sloan Foundation.

After federal income taxes, the prospectus said, Curtice was left with \$121,328 of his \$776,400 income.

superior eating with a piquant orange sauce. For each four servings of lamb chops, choose four three-fourth inch lamb rib chops that have been boned. Wrap narrow end of chop around wide part of chop pinwheel fashion and fasten with a pick.

Combine juice of one orange, juice of one lemon, one-fourth teaspoon curry powder and one tablespoon shredded orange peel. Cover chops with sauce. Let stand three to four hours. Remove chops from sauce and pan-fry until well done and browned on both sides. Remove chops. Add sauce to drippings and heat. Combine two teaspoons cornstarch and one-fourth cup water to make a thin paste. Stir slowly into sauce and boil until thickened. Pour hot sauce over chops.

Minnesota Leery On Raising Turkeys

St. Paul, Minn. — (U.P.) — Minnesota game and fish biologists are going easy on suggestions of rearing wild turkeys in the state as proposed by several sportsmen's groups.

The state's game supervisor, Richard J. Dorer, pointed out that, despite opinions to the contrary, the wild turkey never was native to Minnesota.

He said the state tried planting 50 mature birds of the hardiest strain in what appeared to be suitable habitat, but within eight months the birds had disappeared with no clues as to what had happened to them.

Dorer said at least two gun clubs are holding captive wild turkeys, that will be released when the weather moderates.

But he said he doesn't see how the projects can succeed.

Night Bus Service at Eugene To Be Curtailed

Eugene — (U.P.) — Night bus service on many of Eugene's schedules will be abandoned effective Sunday night, the City Transit Company has announced.

The company says that growing operating losses on the night runs has forced the curtailment of service. The company's franchise with the city allows for schedule changes on lines that are money losers.

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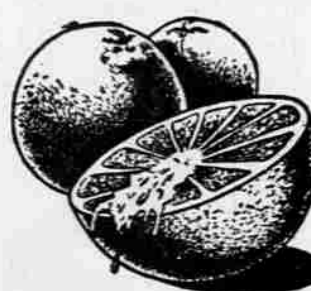
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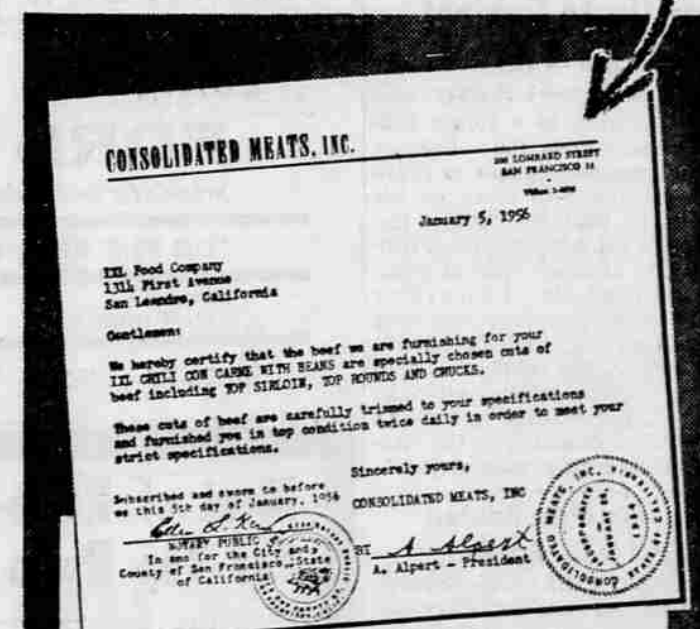
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