

Feeding the Family

By ZOLA VINCENT
Food Editor

Halibut Treats

Tender and Sweet
Fish eaters are finding delight in halibut, the mighty flounder of the north Pacific. It offers fine flavor, nutritive values; is economical and easy to prepare. Both fresh and frozen halibut steaks and fillets are abundant; make good eating indoors or outdoors.

Halibut can be barbecued, broiled, baked or poached. Plan for leftovers to add interest to green salads another day.

Poached seasoned halibut steaks have distinction. Plan 1½ pounds for four generous servings. Boil together two cups water, 1½ teaspoons salt, one slice lemon, one slice onion separated into rings, a bay leaf, few peppercorns and sprigs of parsley or celery leaves. Boil five minutes; reduce heat. Add halibut steaks, cover and simmer gently for 10 minutes or until fish flakes easily with a fork. If fish is thick, turn once during cooking. Do not overcook. Serve hot with drawn butter, shrimp sauce or other sauce using the fish stock.

Orange Fried Chicken
Plentiful fryers get orange-sauced for a dish that will delight family and friends. Take a cut-up frying size chicken and coat pieces by shaking in a bag containing one-half cup flour, two teaspoons grated orange rind, two teaspoons paprika, two teaspoons salt and one-fourth teaspoon ground pepper. Brown slowly in medium hot fat in skillet, turning with tongs. When chicken is lightly browned, 15 to 20 minutes, reduce heat and add one tablespoon water.

Cover lightly and cook slowly until fork-tender, another 20 or 25 minutes. If you like crisp skin, uncover during last eight or 10 minutes to recrisp skin. Remove chicken to warm platter and prepare gravy as usual substituting juice of one orange for an equal amount of milk. Pour over chicken or pass sauce in a gravy boat.

Frosty Frolic. For refreshments for afternoon energy break or to double as drink and dessert for an outdoor meal: Add scoop of chocolate ice cream to three-fourths cup chilled chocolate milk and beat or shake smooth. Add chocolate or coffee ice cream to icy-cold strong coffee and beat, shake or stir. Shake or beat big scoop sherbet with three-fourths cup chilled butter-milk.

Summer Reminders
Looking for menu ideas? These should make meal planning easy. All are on plentiful list.

Corn-on-the-cob . . . sliced cucumbers with sour cream . . . french fried summer squash . . . french green beans with touch of grated onion . . . fried chicken or broilers . . . sliced cold meat loaf . . . fresh salmon fillets or halibut steaks . . . cottage cheese with sliced tomatoes or with sliced peaches or with any of the berries . . . deviled eggs . . . tomato aspic.

Blueberry muffins, boysenberry cobbler, fresh raspberry sherbet, peach shortcake, any kind of berries and cream, soft ice cream or sour cream.

What about a home made cake from any of the cake mixes? Chilled cantaloupe or watermelon?

Give lemonade a new whirl with fresh mint, gingerale and lemon ice or provide a candy stick stirrer.

Lemonade Sherbet
If there's an easier or more satisfying "made" dessert than this one, we cannot think of it. Simply whip one 14-ounce can chilled evaporated milk until stiff. Slowly add one six-ounce can of frozen lemonade, blending thoroughly. Add sugar to taste; pour into tray and freeze firm, stirring at least twice during freezing.

Super Cole Slaw
Plentiful, solid-headed, nutri-

tious cabbage gets flavor treatment in this cole slaw which deserves doubling to start because it keeps well if you're lucky enough to have any left over. For each four servings:

Place these ingredients in large bowl in order given. One teaspoon salt, one-fourth teaspoon pepper, one-half teaspoon dry mustard, one teaspoon celery seed, two tablespoons sugar, one-fourth cup chopped green pepper, one tablespoon chopped red pepper or pimiento, one teaspoon grated onion, three tablespoons salad oil, one-third cup vinegar or lemon juice, three cups chopped or finely shredded cabbage. Mix well, cover and chill thoroughly. Garnish with water cress and sliced stuffed olives.

Season Fruits.

Vegetables Featured
Since we're told that meat makes the meal, we'll consider meat first in our market roundup. Plenty of poultry of all kinds with specials on fryers, broilers and stewing chickens for enjoying now and for home freezing for economical meals later also. Small turkeys for frying, broiling, barbecuing. Lots of larger turkeys for roasting for fine eating same day and for (many think) even better eating when cold.

Pork cuts from the loin and spare ribs for barbecuing, braising, stuffing or serving with sauerkraut are very good buys. Bacon is low in cost but remember that it doesn't store well; should be used within the week. Beef bargains continue in ground beef for making hamburgers, meat loafs, meat balls. Lamb is an exceptionally good buy for this season of the year. Fine for roasting and for lemon-marinated shishkabob grille d over coals or oven-broiled.

Eggs are very good buys in both large and medium size, A and AA grade. Buy from refrigerated cases and refrigerate them as soon as you get them home. A couple of days at room temperature makes grade B eggs of grade A eggs.

Berries are seasonal delight. Strawberries are of good quality with season past peak. Boysenberry and other bush berries are increasing in supply with season all too short. Talk over berry freezing and preserving plans with fruit man. Enjoy them while you can without expecting bargain prices. If you find a bargain, grab it quickly, take it home, "put it up."

Other Fruits. Cherries of our coast-grown sweet varieties offer seasonal eating pleasure. Prices with only occasional exceptions, are not low; not likely to be. Peaches, plums, apricots, nectarines are arriving in greater quantity.

Cantaloupes are of good quality at reasonable cost. Chilled watermelon makes fine eating.

Vegetable bins offer good buys in snap beans, cauliflower, cabbage, celery, corn, cucumbers, eggplant, potatoes, onions, summer squash. Plenty of makings for tossed green salads. Good tomatoes are likely to be expensive since quality ranges widely.

Portland Will Screen Charity Organizations
Portland — (U.P.) — A committee of Portland citizens hereafter will screen organizations seeking to collect funds for charity in the city.

The city council yesterday approved establishment of such a committee on the recommendation of Commissioner Ormond Bean. Last week the council refused to issue a license to the Oregon Institute of Social Welfare to solicit funds and the screening committee was suggested at that time.

Use Tribune Want Ads
QUICK and EASY!



WORKERS TURN ON RED LEADERS—Rioters in trucks at right pass by streetcars stacked up at a deserted stand near the trade fair in Poznan, Poland. The mob of strikers demanded bread and were angered over the slaying of a boy by Red troops.

Umatilla Escapes Quickly Captured

Pendleton — (U.P.) — Three men escaped from the Umatilla county jail last night and were recaptured by Pendleton police 15 minutes later.

Back in the county jail after their brief excursion beyond its walls last night were Paul Lehman Stelle, 39, being held for trial on charge of kidnaping, and also wanted by Washington state authorities as an escapee from the Walla Walla penitentiary; Charles L. Milner, 36, being held for trial charged with burglary not in a dwelling; Leroy W. Worley, 27, awaiting trial on a charge of attempted burglary.

The men escaped by getting the night jailer into their cell. They locked him in, took the jail keys, went downstairs and kicked out the front door.

Friday, July 6, 1935

MEDFORD (OREGON) MAIL TRIBUNE—SEVEN

San Francisco — (U.P.) — Joseph Gritsch Sr., 52, wealthy executive of the Oregon-Nevada-California Fast Freight Lines, is in a suicide attempt Wednesday serious condition as a result of night bullet wounds inflicted during Use Mail Tribune Want Ads

The MEAT CENTER

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309⁹⁷ \$10 Down, Terms
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 - Holds 515 lbs. of Frozen Foods
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319⁹⁵

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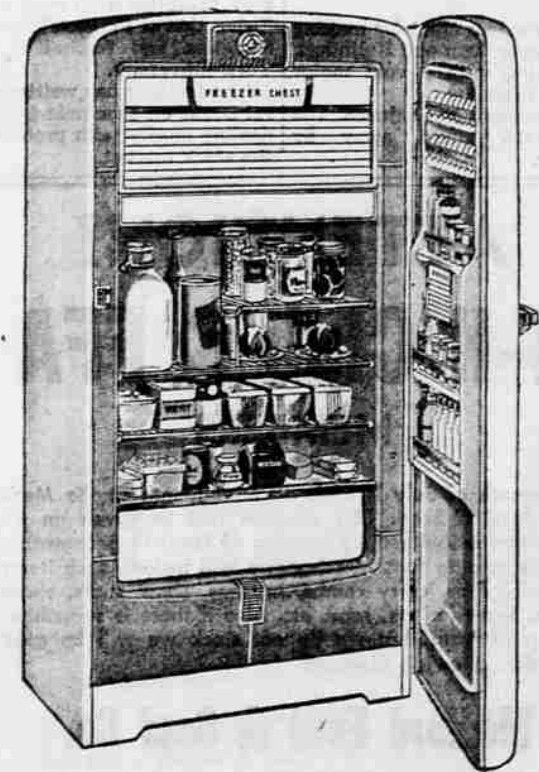
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