

Champion of High Dam at Pleasant Valley Counted Out by Government Developments

BY A. ROBERT SMITH
Mail Tribune Correspondent
Washington — The champion of a high dam at Pleasant Valley is down for the long count.

Whether Secretary of the Interior Fred A. Seaton can get up off the canvas once more will determine the future river development in the canyon of the Snake below Hells Canyon.



Seaton is literally, as well as figuratively, flat on his back these days, having suffered a painful recurrence of a boyhood back injury. He's been in Walter Reed Army Hospital here since March 8. A successful operation last week is expected to put him on his feet very soon.

Figuratively, Seaton has been flattened by a haymaker blow from within the Eisenhower administration. The whole serves to clear up confusion which has existed since the election on whether or not the administration was planning to change its controversial "partnership" power policy.

As Secretary Seaton, the man who set out to make some changes, has now learned, this policy of encouraging local utilities to build dams stands as firm as ever like a monument to the faith the administration has in the private electric utility industry.

Since taking office last summer, Seaton had never publicly expressed any desire to change the power policy he inherited when he succeeded Douglas Mc-

Kay. Privately, he had. So what has transpired in the meantime in the private sanctuaries of the administration has not become a cause of public embarrassment to the able youngest member of the cabinet. The account of these recent months reveals what has been happening.

A few days after the November election, in which Republicans suffered severe losses in the western states, a rash of stories appeared in print about a review of the "partnership" power policy, looking to substantial changes. These stories stemmed from unattributed comment by Seaton's closest associates at Interior. Vice President Nixon, who had carried the burden of the GOP campaign in the West, was said to be in agreement with Seaton that the power policy had cost the party heavily.

This reporter then learned that Seaton was considering advocating a high dam in Pleasant Valley, where a combine of four power companies was planning a smaller dam in conjunction with its Mountain Sheep project just downstream in the Snake river. Shortly thereafter, Seaton made his first post-election speech to the National Reclamation Association in words that were generally interpreted as an effort to quell any impression that drastic changes were in the works.

When a syndicated columnist took the secretary's words at face value and commented that it looked as though Seaton were going to ignore the elec-

tion returns and take up just where McKay left off Seaton was so troubled he telephoned the columnist to insist this was not so. He then (in early December) told the columnist of his plan for a high dam at Pleasant Valley, which would conflict with two separate private utility schemes.

Publicly Announced Support

On a network television program Jan. 20, Seaton publicly announced his support of the high dam. He said he would ask the Federal Power Commission to defer any decision on the private power application for a 50-year license for the site until Reclamation Bureau engineers could present all the data in support of a high dam. He reported his intentions to this reporter privately after the program, estimating the delay might be for a year.

A month ensued before Seaton acted by sending a letter to the FPC—but the letter surprisingly made no requests for a delay or for any other action in behalf of the high dam. The reason for the long delay between Seaton's decision in December and his action, and the weakness of the action itself, tell the heart of the story.

Seaton, according to informed sources, originally drafted a strong letter to FPC Chairman Jerome Kuykendall. When Kuykendall got advance word of this letter, he protested to the White House. The White House sided with Kuykendall and the power

companies who wanted the secretary of the Interior to keep "hands off." But having announced his intent to communicate with the FPC, Seaton had to be permitted to go through with this action. Hence, the original letter was emasculated of its original request, and wound up saying, in effect, only: "Dear Jerry: Here at Interior we are studying a high dam at Pleasant Valley. Hope all is well with you. Regards, Fred."

Meaninglessness Demonstrated

The practically meaningless nature of the letter was demonstrated by Kuykendall when he told reporters he did not consider it a request for a delay. And then applying the final crusher, the Commission formally voted against including the Seaton letter in the record of the Pleasant Valley case. This is significant because the FPC, in rendering a decision, is supposed to be limited to the facts presented in the record.



VEGETABLES PRETTY SIGHT — Fresh spring vegetables piled high on produce counters made a pretty sight these days. Raw or cooked quickly, they're jam-packed with good nutrition. Today's food columns make a plea for preservation of their fine food values.

Feeding the Family

By ZOLA VINCENT
Food Editor

It's a Crime What Some Women Do To Those Fine Fresh Vegetables

If you love a vegetable, don't cook it to death. It's murder. That's what it is when some women get hold of a fresh or frozen vegetable.

Many a cook's idea of vegetable cookery is to first drown the vegetable in a few quarts of water, boil it vigorously until it is as limp as a rag doll, pour all the vitamin and mineral packed liquid down the drain, then serve the remains to the family dressed up in butter and seasonings to give the poor thing a little flavor.

You don't believe it? Within the week, we've seen the mother of a movie starlet toss a package of frozen peas into two quarts of briskly boiling water, cook them for 20 minutes and pour the water down the drain. We've seen the housekeeper for a concert pianist shred cabbage, cook it in a soup kettle until it turned grey and listless. We've seen a grandmother old enough to know better, snap green beans and suffocate them with a ham hock for two hours.

One sees Brussels sprouts taking a beating bouncing around in a kettle of water to which a pinch of soda has been added. We know that some cooks assassinate asparagus, black jack broccoli, commit hari kari on carrots and cauliflower, kale and kohlrabi, massacre mushroom, smother spinach and put an end to broccoli flavor and color.

Those are a few of the things that a great many (perhaps) otherwise good cooks do to vitamin—and mineral — packed vegetables. Vitamins are still being discovered and clues indicate that there are many nutrients lurking unknown and unnamed in foods. So no one really knows what is being cooked to death and poured down the drain besides vitamins A and C and many members of the B complex family, list of which keeps growing.

Not only vitamins are rendered useless but such fine minerals as calcium, phosphorus, iron, copper, magnesium, manganese, potassium, sodium chloride (table salt) and seven others which we probably can't spell and which you'd perhaps have difficulty pronouncing.

For 14 years now nutritionists, home economists and food editors have urged cooks to retain natural food values of vegetables in ways like these:

Vegetable Vitamin Savers

Vegetables, given an opportunity in the raw state and in the saucepan contribute much toward keeping the family healthy, full of energy and pep. They brighten the eye, put pearl on the teeth, natural rouge on the cheeks, silk on the hair, quicken the step and otherwise make life worth living.

Store perishables at low temperature in closed containers. Use as soon as possible.

Use vegetables in the raw as often as possible.

Scrub rather than pare whenever possible. If you pare, keep parings as thin as possible.

Cook vegetables quickly in small amounts of water, being sure not to overcook.

Save the cooking water which actually is a vitamin-mineral packed "pot liquor" and use in gravy or soup.

Do not add soda to vegetables under any circumstances.

Do not strain foods while hot. Keep the more hardy staples such as potatoes and onions in a cool, dry place.

Serve foods as soon as possible after cooking.

Don't soak vegetables in water. Rinse quickly in cold water. Don't crush or bruise. Bruises spoil texture and appearance and speeds spoilage.

Pot Liquor Popular

Nowadays most of the cooking liquors are consumed along with the vegetables. For liquor not so consumed, many nutrition-wise mothers have a "stock" jar for use in making gravies, sauces and soups. Many combinations make a fine vegetable cocktail when well-seasoned and chilled; perhaps blended with tomato or lemon juice.

liquid simmer down for use, seasoned and thickened as natural sauce for vegetable.

Spices Give Fillip to Everyday Vegetables

Appetizing, delicious and important nutritionally, a variety of vegetables should appear daily on our menus. Serve them buttered, creamed, au gratin, scalloped or in souffles. Depend on spices and herbs for flavor excitement in ways like these:

Beets. Season with bay leaf or cloves.

Green Beans. Season with bay leaf, whole cloves for Spanish style. Dill is different, too.

Lima Beans. Add dash of cayenne, celery salt or onion salt.

Cabbage. Season white cabbage with onion salt, celery seed, caraway seed or curry in sauce. To red cabbage, add allspice which is particularly good when cabbage is cooked with apples. Cole slaw, by the way, takes on new interest with caraway seed or celery seed.

Carrots. This golden vegetable takes naturally to finely chopped mint, parjoram or a dash of chili powder.

Cauliflower. Poppy seed or celery seed, white pepper in white sauce. Dill, too, is good.

Eggplant. New flavor is found by adding allspice, bay leaves, or oregano.

Onions. Add celery seed or, if in cream sauce, flavor with dash of cloves.

Peas. Add rosemary, savory, thyme, or finely chopped mint leaves to cooking water.

Baked Potatoes. Plenty of freshly ground pepper and finely chopped green onions folded into sour cream is first choice of most men. Second choice probably would be a topping of cheese sauce with generous sprinkling of dry mustard.

Spinach. This leafy green cooked with only water clinging to the leaves takes well to nutmeg. Tarragon vinegar is a favorite of many.

Tomatoes. Try a goodly dash of all spice or celery salt. A dash of chili powder will give added zest. Basil is a natural with tomatoes, as are oregano and sage.

Artichokes. For something deliciously different add a sprinkling of pickling spice during cooking.

Asparagus. Thyme added to a butter sauce is especially good.

Sweet Potatoes. Mashed sweet potatoes become real flavor treats when cinnamon, nutmeg, ginger or allspice are introduced. Use sparingly. You can always add more.

Fresh Spinach And Lamb Stew

There's no doubt about it. The Armenians have many wonderful ways with lamb, and this is one of them. 'Tis a main dish and vegetable dish in one. Makes six servings.

1 pound lean shoulder of lamb
1 cup sliced onion
1 cup boiling water
2 pounds fresh spinach
2 cups diced fresh tomatoes
1 1/4 teaspoons salt
1/4 teaspoon black pepper
2 tablespoons flour
2 tablespoons cold water

Trim excess fat from lamb and cut into one-inch cubes. Brown on all sides in fat fried out of trimmings. Add onions and cook slowly 15 minutes. Do not brown onions. Add boiling water. Cover and simmer until meat is tender, about one hour. In the meantime, rinse spinach and cut into large pieces. Add to the lamb along with tomatoes, salt and pepper 15 minutes before end of cooking time. Mix flour to a paste with the two tablespoons cold water; stir into stew. Cook only until slightly thickened.

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Spicy Meat Balls For Party Eating

If you've wondered how one of your favorite hostess makes those small meat balls served as appetizers, chances are she used this recipe.

Combine and blend one-half pound ground beef, one egg, one-fourth cup dry bread crumbs, 1 1/2 teaspoons minced onion, one-half teaspoon salt, one fourth teaspoon black pepper, one-half teaspoon prepared horseradish, one-eighth teaspoon nutmeg, dash of tabasco. Shape into tiny balls. Sauté in hot fat until all sides are lightly browned, about four minutes. Roll each ball in grated American or Italian style cheese. Insert toothpick and serve hot.

Nutmeg Flavored Coconut. Ever try a combination of nutmeg and coconut as a topping for puddings, cakes and/or pies? Well, if you haven't here's what to do. Just sprinkle one-fourth teaspoon ground nutmeg over one cup shredded moist coconut and toss a minute or so until nutmeg is well distributed. We think you'll become a willing addict.

Russia Warns Mid-East Of Retaliatory Power

London —(U.P.)— Moscow Radio warned Mid-East nations that United States bases on their territory would be destroyed if war came.

The warning to the already troubled area followed similar threats against European countries. The threats emphasized the retaliatory power of the Soviet Union in an atomic war.

Eugene —(U.P.)— Lloyd Millhollen, who has been director of secondary education for the Eugene school district, has been named as assistant superintendent of schools for the district.

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