COOKING OF FISH—Fish make fine eating when quickly baked, broiled, pan-broiled, steamed or poached. They're also very good when given this Spanish treatment in a fish pie enhanced with almonds, onions, tomatoes, garlic and paprika. Recipes are included in today's food columns.

Feeding the Family

By ZOLA VINCENT
Food Editor

No Such Thing as Tough Fish; Most People Overcook This Food

From the Pacific and Atlantic oceans, from gulfs, from fresh water lakes and streams come fish, most plentiful of all natural foods. Each variety of fish and shellfish has a distinct flavor brought out when cooked. We state unequivocally that most people overcook fish.

There's no such thing as a tough fish. Effortless swimming develops no fish muscles. Fish needs cooking only long enough to develop the flavor, coagulate the protein. Only overcooked fish is flavorless, dry, tough or rubbery. Many people thoroughly enjoy fish in restaurants; are often critical of home-cooked fish and properly so. Restaurants have "fish" cooks who are skilled in cooking it just enough to enable the flesh to be flaked easily from the bones leaving the fish moist and tender. You too can do it.

Fish Variety

Through the year at least 180 edible varieties of fish are available in local markets. They come fresh, quick frozen, canned, smoked and dried to give menu variety at reasonable cost. Resolve now to look over varieties displayed in local fish markets; give family new taste treats.

Basic Fish Cookery

There are five basic methods of fish cookery: baking, broiling, pan-frying, steaming and poaching. You can also oven-fry and French-fry and make many a fine specialty.

How to Bake Fish. Use fillets, steaks or large whole fish, dressed. Place in buttered, shallow baking pan. Baste with melted butter seasoned with salt, peppr, 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 large fish.

How to Boil Fish. Place fillets or steaks in pre-heated broiler (on aluminum foil is good idea) 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.

How to Pan-Fry Fish. Dip fillets, steaks or small whole fish in egg beaten with two tablespoons beer or cold water. 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. Allow three to five minutes on each side.

How to 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.

How to Steam Fish. Use large whole fish or steaks. Fill deep saucepan or Dutch oven with two inches water adding seasoning as for poaching. When water boils, place fish wrapped in cheesecloth on rack above water level in pan. Cover tightly and let water simmer to steam fish about 10 minutes.

How to Oven-Fry Fish. Prepare fish as for pan-frying. Place side-by-side in buttered, shallow baking pan. Dot with butter. Bake in preheated 525 degree oven 15 to 20 minutes or until easily flaked with fork. If desired add dried rosemary, grated cheese, minced onion or dry mustard to crumbs.

How to French-Fry Fish. Use scallops, shrimp or small whole fillets. Prepare as for pan-frying or use a fritter batter. Drop seafood, a few piecs at a time, into deep fat heated to 375 degrees for three to five minutes. Drain on absorbent paper.

Check Lemon Supplies. The Lenton season with its menu emphasis on fish and shellfish put lemons on the buying list more often. Generous wedges are favored as accompaniment.

Spanish Fish Pie Is Lenten Treat

The Spanish call this "pastel de pescado". It is a great favorite with them, and having made it, we realize why. For six generous servings use 1½ pounds fish fillets. Mashed potatoes line casserole.

3 tablespoons olive or salad oil
½ cup slivered almonds
1 cup chopped onions
4 cups diced fresh tomatoes
Garlic salt
Freshly ground black pepper
1 tablespoon paprika
1½ pounds fish fillets
4 cups seasoned mashed potatoes

Heat oil in a large saucepan. Add almonds and fry until golden. Remove and set aside. Add onions and saute until limp and transparent. Add tomatoes, garlic salt and black pepper. Cook 10 minutes, stirring frequently. Mince and mash one-quarter of the fish. Cut the remaining fish in one inch piecs. Add both to tomato mixture along with the almonds.

Cook 10 minutes, stirring frequently. Line bottom and sides of 1½ quart greased casserole with some of the mashed potatoes. Fill with tomato and fish mixture. Ring top with remaining mashed potatoes, swirling attractively. Bake in preheated moderate oven, 375 degres, until potatoes brown. Garnish with paprika.

Paprika, Red Jewel Of Spice Family

Radiant red paprika is to all light colored foods what lipstick is to a glamour girl's face; a bright focal point of allure, a cosmetic in spice. It has eye appeal. Fourth in popularity in the spice parade, America's paprika consumption exceeds 10 million pounds a year. Much of it goes into canned and processed foods. Today we get paprika from Spain and California.

Paprika enlivens all sorts of potato and egg dishes, cottage cheese and creamed soups and sauces. It adds lilt when dashed over a green salad. It gives rosy tinge to gelatine salads. Stirred into the batter of fried chicken it makes for a rich toasty golden color. It enhances fish and shellfish, stews, gravies and casseroles, mashed potatoes and cheese rarebits.

Fish Garnishes Are Important

The importance of garnishes cannot be over-emphasized when it comes to fish serving. A dash of color or a touch of garnish adds drama, color, texture. We suggest these:

Cooked whole or sliced beets . . . Carrot tops, sticks, curls or shreds . . . Celery tops, hearts, sticks or curls . . . Green or red pepper sticks or rings . . . Cucumber slices or sticks . . . Hard-cooked eggs in slices, wedges or grated yolks . . . Lemon slices or wedges . . . Lettuce leaves or shredded lettuce. . .Paprika sprinkled sparingly. . . Parsley or watercress, either in sprigs or chopped . . . Whole, sliced or chopped pickles . . . Radishes, whole, sliced or roses.

Vegetable Plates

The Lenten season brings vegetables plates to the table more often. Choose vegetables for variety in color, flavor and texture. Cook them quickly to retain full nutritive values; then season them interestingly.

Tomato cheese rarebit on toast points, buttered asparagus and a cloe slaw with sour cream dressing.

Green peppers stuffed with macaroni and cheese, with tuna or salmon; pickled beets, green beans with dried onion flakes or chopped onion.

Baked acorn or Hubbard squash, buttered beets, carrots and peas, wilted lettuce with cheese strips.

Casserole of mixed vegetables, cottage cheese and peanut salad.

Scalloped potatoes, stewed tomatoes with celery and onion added, buttered peas.

Succotash, Harvard beets, baked potato with cheese, raw celery hearts.

Onions au gratin, baked potato, sauteed eggplant slices, sliced cucumber and tomato salad.

Hashed brown potatoes, spinach with lemon butter, baked tomatoes with cheese topping, raw carrot slivers or green pepper rings.

CENTRAL POINT
PTA Meeting Held

By DORIS HUGHES

Central Point — Funders day was observed at the Central Point elementary and junior high school PTA meeting Feb. 20 at Jewett elementary school cafetorium.

The second grade mothers from Jewett school were hostesses for the affair. Springtime was the theme.

Mrs. Clifford Bailey, room chairman did the decorating.

The past presidents of the Central Point PTA were honored and each one was presented a corsage by Mrs. Leo Ghelardi, PTA president. Mrs. Norman Carothers sang two songs.

The fathers entertained the group with a style show. The highlights of fashion in men's clothing from caveman days to the present time were shown. Models for the show were Angue Pomeroy, C. A. Meyer, Bill Colley, Wilton White, .C. W. Anhorn, Keith-Johnson, Franklin Gebhardt, John Smock, Don Squire, Milton Gorden, Wally Bowen, H. P. Jewett, Clinton Charley, Jim Glenn and James Scott.

The Women's Christian Circle of the Central Point First Presbyterian church met Feb. 20 for a dessert luncheon meeting. Mrs. Russell Fair, Mrs. Elizabeth Faber and Mrs. Clifford Smith were hostesses. Mrs. Della Tex presided over the business meeting. Devotions were led by Mrs. Lewis Kilbourn.

Newly appointed committee chairmen were announced. They are Mrs. Homer Jeffries, program; Mrs. Marie Disney, literature; Mrs. Max Clark, fellowship; Mrs. Lewis Kilbourn, foreign fields; Mrs. Orville Hamilton, Christian education; Mrs. Merrill Harsh, sewing; and Mrs. O. T. Wilson, membership.

Members decided to hold the Fellowship potluck dinner March 2, following church service. Mrs. Orville Hamilton spoke on the topic "Historical events in the life of Apostle Peter."

The next meeting of the Circle will be March 20 at the home of Mrs. Max Clark. Mrs. O. T. Wilson will be the cohostesses. Mrs. Harie Disney will give the topic study. Mrs. A. E. Reames will lead devotions.

Don Hubbard spent last week end visiting at the home of his grandparents, Mr. and Mrs. Frank Smith. Don is a student at OTI, Klamath Falls.

Harvey Tonn, student at Linfield college, visited last week end at his home. He is the son of Mr. and Mrs. Harry Tonn of Central Point.

Recent guests at the home of Mr. and Mrs. Frank Smith were Mr. and Mrs. Arthur Gott and son, Frankie, of Applegate.

Mrs. Fred Bloomingcamp and Charles Bloomingcamp of Hornbrook, Calif., visited Sunday at the home of Mr. and Mrs. Richard Wyatt.

Mr. and Mrs. Robert Padgett and daughter, Lea, went to Klamath Falls Sunday to visit relatives.

Jerry Griffeth, who was injured in a logging accident Sept. 16 and is in Sacred Heart hospital, is reported to be making progress now. He has started to us his braces.

Miss Lea Padgett was winner of the sectional davenport given away at the Central Point Volunteer Firemen's ball.

Mrs. A. F. Lyon Jr., said she will be coming home from Japan March 1. Lyon, who is in the Army, has been stationed in Japan for the past year. He will go from there to Texas. While in Japan, the Lyons adopted a little Japanese-American boy.

David T. Allison of Glenn Way, Central Point, who with Ralph Cross and Delbert Beers of Medford bought the building which was formerly the Myron Root Packing plant, reports progress in dismantling the structure. The men are selling the material as they remove it.

Mr. and Mrs. Donnie C. Taylor of Central Point are visiting friends in and around Phoenix, Ariz.

Pfc. James Cook, son of Mr. and Mrs. Bert Cook, is home on leave from Fort Polk, La.

Mr. and Mrs. Burl C. Johnson of Eureka, Calif., are visiting friends and relatives in the Central Point area. The Johnsons were caught in the wind storm south of Crescent City, Monday night. After finding that a tree had been blown down across the road ahead of them, they turned to go back, only to discover that another tree had fallen across the road a short distance behind them. An auto court was in the area between the fallen trees. After spending the night there, the Johnsons continued on to Central Point.

Mrs. Faye Smith who is a former Central Point resident now living in Vista, Calif., is visiting friends in the area.

A dinner party was given Monday evening at the home of Mr. and Mrs. A. D. VanHorn, Central Point. Guests were Mr. and Mrs. J. D. Hendrickson and Sherril and Steve of Gold Hill, Judy and Jody VanHorn and Mr. and Mrs. Adrian VanHorn Jr.

Airman James E. Chisum, son of Mr. and Mrs. Rollie Chisum, 473 North First st., visited Feb. 19 to Feb. 24 at Auckland, New Zealand. Chisum is board the heavy cruiser, USS Bremerton, en route to duty with the Seventh fleet in the Far East. He left from Long Beach, Feb. 3, and will remain in the West Pacific seven months operating with units of the fleet, conducting patrols and visiting ports in Japan, Formosa and the Philippine Islands.

Guests Saturday at the home of Mr. and Mrs. Robert Padgett were Mr. and Mrs. Wayne Griffeth and daughter, Renelda, of Prospect.

Mrs. Elsie Trigg was a dinner guest Friday at the home of Mr. and Mrs. Richard Wyatt. Mrs. Trigg, who is from Nora Springs, Iowa, has spent the winter here visiting at the home of her neice, Mrs. Ray Wyatt, of Table Rock. She left Wednesday for San Francisco where she will visit before continuing to Iowa.

Portland Mural Sketches Secret

Portland—(AP)—The Port of Portland commissioners and the Portland Art Commission today declined to bare for public view the sketches being studied for a mural to be installed in the new Portland airport terminal.

So far the public has seen only black and white reproductions of a color sketch prepared by Portland artist Louis Bunce, a muralist of national stature. The contemporary abstraction designed to convey the spatial movement of flight was first rejected by port commissioners who said the terminal mural should be understandable to everyone.

The commissioners later withdrew their rejection pending consultation with the Portland Art Commission. Wednesday, Richard Turner, chairman of the art commission, promised his agency would do "a very objective job" before deciding whether to recommend the Bunce mural for the terminal. The commission, he said, would study the mural behind closed doors.

ILLINOIS VALLEY
Timber Management

By HELEN BOTTEL

Cave Junction—U.S. Forest Service personnel from Gold Beach, Brookings, Powers, Galice and Illinois Valley ranger stations are attending the Siskiyou Timber Management training meeting at the Illinois Valley ranger station this week.

Over 20 men have enrolled in the course, which started Monday and will extend through February 28. Instructions, both in the classroom and in the field, are being given in log grading, scaling and utilization plot cruising, and contracts and appraisals.

Eight members of the Future Farmers of America parliamentary team from Illinois Valley High school will compete in the sectional contest at Junction City, Ore., Friday. They were second place winners in the Rogue-Umpqua district contest in January, in which Crater High won top honors.

Mrs. J. W. England of Cave Junction has announced her candidacy for election on the Josephine county-unit school board, to replace Ray Frost of Selma who says he will not run again.

U.S. Forest Service men from the Illinois Valley ranger station embarked on a tree-planting expedition Monday in the Page Mountain area but came down Tuesday when snow temporarily stopped the work.

Mr. and Mrs. Ray Ellstrom, who will leave soon for Portland, where Ellstrom has received an appointment as forester in the Regional U.S. Forest Service office, were honored at two going-away parties recently.

Siskiyou District Forest Service personnel gave a party for the Illinois Valley District ranger and his wife at the Izaac Walton club house Feb. 7, while last Friday the two were feted at a dinner given at Nowman's cafe, Cave Junction, by local USFS men and their wives.

Gary Meredith, who in January was nominated as an alternate to West Point by Congressman Charles Porter, has received notice to report for his examinations March 12 at Fort Lewis, Wash. The Illinois Valley High school senior is also a nominee for the U.S. Merchant Marine Academy at Kings Point, N.Y.

Stan Love, of O'Brien, Illinois Valley High school senior who was recently nominated for the Air Force Academy in Colorado Springs, has received notice to report for his entrance examinations to the Air Force base near Alameda, Calif.

At the Pacific Slope press conference for high school journalists last week were Charles Brouillette, editor, Lorrayne Frost, news editor, Karen Berkner, reporter, and Leslie Adkins, advisor, for the Illinois Valley High school Cougar's Echo. Some 1200 young people attended the conclave which was held at the University of Washington, Seattle.

A big cedar tree crashed on the Redwood highway near Siskiyou Mountain Camp at the state line Monday night during the heavy rain and wind storm here. The road was closed for nearly an hour while California State Highway department workers sawed the tree in five place to clear a way for traffic.

Mrs. Mable Mohr was in Arcata, Calif., recently, attending a former valley resident, Mrs. Bud Sedlack, who has been ill.

A birthday party which has been an annual affair for over a dozen years was celebrated Sunday at the home of Mr. and Mrs. A. E. Hutchison near Holland.

Honored guest was Al Brown, for many years a miner on Althouse creek. Also present were Mr. and Mrs. T. E. Ranes of Grants Pass, daughter and son-in-law of Mr. and Mrs. Hutchison.

Recent Sunday dinner guests at the Hutchison home were Mr. and Mrs. Clay Ramsey of Kerby, who stayed for an evening of pinochle. High point of the game came when Mr. Ramsey made 1500 trump.

Mr. and Mrs. Neal Robertson of Grants Pass, former residents of the Illinois valley, visited Mr. and Mrs. Bert Scott and other friends here Saturday.

The Illinois Valley Cougars have drawn Brookings as their first competitors in the sub-district basketball tournament Thursday at Ashland. The game will be played at 9 p.m.

Crater High school music students will entertain at an exchange program at Illinois Valley High school Friday. This is the second such event in which the local school has participated. I.V. band and chorus students will travel to Eagle Point March 14 to entertain at an assembly there.

Charles Marmolejo, who won first in the district wrestling contest in the 106 pound class, gained second place in state competition last week end at Corvallis.

The Illinois Valley high school sophomore was the only local grappler to enter the state contest. First place in the 106 pound class was taken by the Klamath Falls boy who had lost to Marmolejo in the district meet.

Five students from Illinois Valley High school took part in the Linfield college annual Forensic Tournament last Thursday, Friday and Saturday. Richard Rauber entered the extemporaneous and impromptu speaking contests, while Jean Knight, Karen Kuil, Mike Johnson and Norman Sowell competed in debate work.

Mrs. Frank Hamilton will be hostess to the Cave Junction Community church missionary society Wednesday, March 5, at her home on the Redwood highway.

A birthday party which started with a dinner Friday night and extended over a whole week end of visiting, was given in honor of Ronine Rausch last week, by her parents Mr. and Mrs. Bob Rausch.

Miss Rausch brought her two roommates, Karen Capitzky and Nancy Chase home from Shasta college to spend the week end in Cave Junction. En route, they stopped at Southern Oregon college to pick up Judy Collman, daughter of Mr. and Mrs. A. N. Collman of Cave Junction, and her roommate.

The five were dinner guests at the Rausch home Friday night, and spent the remaining two days visiting friends and relatives in the valley.

Benje Lemmon, son of Jess Lemmon of Cave Junction, is spending his Air Force leave in the valley. He was recently stations in Washington, D.C., and has been transferred to Spokane, Wash.

Mrs. Naomi Rutledge of Des Moines, Iowa, is visiting this week at the home of her cousin, Mrs. Earl Boyd. She came west to attend the wedding of her daughter in Redwood City.

SURE SIGN OF SPRING

Asheville, N. C. — (AP) — Henry Howard gauges winter more or less by his 1948 automobile, which he lays up during cold weather. This winter arrived last November when cold put the car out of action. Howard decided Tuesday that winter may be over — someone stole his car.

Kansas Man Killed In Crash Near Baker

Baker — (AP) — Otto Charles Hasse, 73, Humboldt, Kan., died Wednesday night when his car crashed into a cliff after leaving Highway 30 about 26 miles southeast of here.

Police said Hasse may have suffered a heart attack. An autopsy was scheduled.

New York — (AP) — Nicola Lallie, 65, a designer of women's coats and suits, died Wednesday of a heart ailment.

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DEAR CONFUSED: Most boys like their NULADE eggs fried, scrambled, or as the case may be, in Spanish omelets. Even though you dropped the NULADE eggs and cracked them, that's no excue fsor losing your temper. For goodness' sake, keep those muscles up your sleeve. You'll have plenty of opportunity to use them after you are married. Invite that young man over for one of your special omelets. Someday you may be fixing him a daily breakfast of local farm-fresh NULADE eggs.

* * * * *

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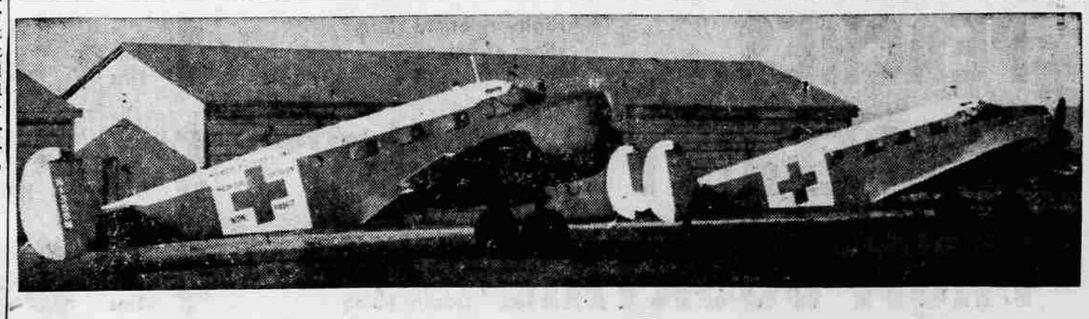

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