



**FISH PROMOTION** - Baked fish steaks or fillets and vegetables will please your palate and your purse. It's an excellent dish to help celebrate the national Fish and Seafood Parade promotion which is now pointing up the nutritional and economical value of our vast fishing industry.

### Feeding the Family

By ZOLA VINCENT  
Food Editor

#### Fish Parade, Shrimp Fiesta Call Attention to Foods

Each year in October the vast fish and seafoods industry in cooperation with the Department of the Interior goes all out to promote greater interest in and enjoyment of all types of fresh and salt water fish and shellfish. The Fish and Seafood Parade began on Oct. 6 and lasts thru Oct. 12; while the Shrimp Fiesta runs the entire month.

It is time when the fishing industry points with pride to the advances in fishing and marketing methods; calls attention to new products and stresses the nutritional and economical advantages of our consuming greater quantities of their good products.

As a result of the strides made by the fishing industry and its allied processors over the past decades, today's housewife can find just the right fish or shellfish to fit her menu plans and budget.

#### Baked Fish and Vegetables Has Piquant Lemon Flavor

It has been said that lemon is the Romeo to any fish, and good cooks the world over continue to prove it. In this delectable fish and vegetable combination, lemon brings out the flavor of the fish by being added right along with the other seasonings before baking. Six servings.

- 1 1/2 pounds fish (steaks or fillets) Salt and pepper
- 1 No. 303 can juliene carrots OR 2 cups cooked fresh carrots, cut in strips
- 1 10-ounce package frozen peas, thawed
- 2 tablespoons butter or margarine, melted
- 1/4 cup fresh lemon juice
- 1 teaspoon grated lemon peel
- 1 teaspoon mixed herbs (parsley, celery seed, basil, rosemary)
- 1/4 cup grated parmesan cheese

Parsley and lemon wedges for garnish. Sprinkle fish steaks or fillets on both sides with salt and pepper; arrange in center of greased 8 X 14 inch shallow baking dish. Drain vegetables, reserving liquid. Arrange vegetables around fish. Combine melted butter or margarine, lemon juice, lemon peel, one-fourth cup liquid from vegetables and the mixed herbs. Pour over fish and vegetables. Cover baking dish; bake in moderate oven, 350 degrees, about 45 minutes; remove cover. Sprinkle fish and vegetables with parmesan cheese, bake 10 minutes longer. Garnish with plump lemon wedges and sprigs of parsley.

#### Tempting Fish Sauces

With fish and shellfish getting such a play during the month of October, here are two tempting fish sauces to add further interest to these gifts from the sea.

**Lemonaise:** Beat one egg; add one teaspoon sugar, 1 1/2 teaspoons salt and 1 1/2 teaspoons dry mustard. Gradually add one pint salad oil while beating steadily. After all the oil has been taken up, add

juice of one lemon and beat until smooth. Store in refrigerator in covered jar. Makes one pint.

**Onion Sauce:** Saute one-fourth cup chopped onions and one-fourth cup chopped stuffed olives in six tablespoons salad oil until onions turn golden brown. Add one teaspoon dry mustard, one-fourth teaspoon sugar, two tablespoons finely chopped almonds, one-half cup fresh lemon juice, one-fourth cup fish stock, if available, otherwise one-fourth cup water or bouillon. Stir until well blended and serve hot with broiled fish.

#### Alaskan Tribute Revealed Many Riches

The Jade Room of the Waldorf Astoria became an Alaskan mining camp as Carnation Company, celebrating the beginning of their 60th anniversary year entertained newspaper food editors and paid tribute to some of their earliest customers, the sourdoughs.

The decor included everything from a can of Carnation Evaporated milk, circa 1899, imbedded in a huge gold nugget to totem poles and a team of Alaskan huskies.

Center of attention for this foods writer, however, was the news that Carnalac, a prepared infant feeding formula made of evaporated milk, maltodextrine and vitamin D, is now nationally distributed, readily available in our part of the country.

Second item of interest was a display of fruits and vegetables of mammoth size; heads of cabbage that tipped the scale at 50 pounds, lettuce of comparable proportions, super long carrots and outsized celery, potatoes and turnips; all flown fresh from Alaska especially for the occasion. We'd better be looking to our agricultural laurels!

Food offerings for tasting included hot breads, fish, shellfish, dessert specialties, candies and sauces made with evaporated milk. Here are recipes for two of the sauces.

#### 3-Minute Cheese Sauce

This was served with battered-fried shrimp, but may be recommended for dressing many other foods. Simmer 1-2/3 cups (one large can) evaporated milk, one-half teaspoon salt and two teaspoons dry mustard in saucepan over medium heat or just below boiling (about two minutes). Add two cups (about one-half pound) grated process American cheese; stir over medium heat until cheese melts (about one minute longer). Makes 2 1/2 cups.

#### Butterscotch Sauce

Very good on ice cream, puddings, day-old cake. Place one cup firmly packed brown sugar, one-half cup granulated sugar, 2/3 cup evaporated milk, one-fourth cup butter, two tablespoons corn syrup and one-fourth teaspoon salt in saucepan over medium heat. Cook three minutes,

### Jubilee Association Is Organized in CJ

Cave Junction—Final steps were taken Monday to form the Illinois Valley Jubilee association, an independent association with no affiliation with any existing organization.

A chairman and six board members make up the administrative power, with two members serving for a one-year term, two for a two-year term and two for a three-year term.

Otto Tryon was elected chairman. Other officials are Slim Hammerick, secretary; Mrs. Robert Rausch, treasurer; Claude Reinehl, Ab Castleberry, Ed Cooke and Melvin Gray, board members.

#### West Oregon Forest Closures Removed

Salem—Gov. Robert D. Holmes has lifted forest closures in Coos, Curry and eastern Lane counties.

Lifting of the closures involved both loggers and hunters.

stirring constantly. Remove from heat. Cool slightly and add one teaspoon vanilla. After sauce cools, stir in one-third cup undiluted evaporated milk.

#### Coffee Sophisticate

Sophisticated synopation entranced newspaper food editors in New York as resources of the theater were dramatically displayed in the telling of research, production and distribution factors in the Standards Brands Company operation.

A musical research revue with full orchestra and a bevy of young Broadway performers sang original lyrics involving Standard Brands family of products which includes yeast, coffee, tea, margarine, gelatin, pudding . . . and dog food. Room decorations recreated famed Shubert's Alley of the Broadway theater district. Refreshments offered included this Coffee Sophisticate.

- 1 bakers' 9-inch chiffon, sponge or angel cake
- 2 cups heavy cream
- 3/4 cup sifted confectioners' sugar
- 2 tablespoons instant (Chase & Sanborn, of course) coffee
- Dash salt
- 1/4 teaspoon brandy flavoring or rum extract, optional

Slice cake into three layers. In a chilled bowl, combine cream with sugar, instant coffee and salt. Beat until stiff; fold in flavoring. Spread cream between layers and on top and sides of cake. Serve at once; or refrigerate. Cake will keep 24 hours if refrigerated. Twelve delectable servings.

#### Coffee Memo

Again we were reminded to remind you that instant coffee is at its best when prepared by the potful and let stand a few minutes covered before serving "so that the full-bodied, richer-roast flavor can mellow to the peak of its goodness."



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