



ELEGANT DINING ON SALMON—Poached salmon served with Hollandaise sauce and sliced cucumbers makes elegant dining for devotees of our Pacific coast salmon. These and other Lenten menu suggestions are included in today's food columns.

Feeding the Family

By ZOLA VINCENT
Food Editor

Meatless Meals Easy to Plan With Plenty Fish

Today's homemaker providing meals for a family that observes Lent finds it much easier going than earlier generations who truly fasted on each of the 40 days including Sundays. For those who fast now, meat can be served at the one main meal each day except on Friday, ember days, Ash Wednesday and Holy Saturday.

Meatless meal planning is easy with such popular replacements as fish, shellfish, spaghetti, macaroni, noodles, eggs, and cheese varieties with special emphasis on cheddar and cottage cheese. All are plentiful, reasonable in price; combine with each other and many other good foods in ways like these.

Poached Salmon With Hollandaise

The secret to poaching salmon or any other fish (fillets, steaks, whole or pieces) is not to let the "court bouillon" boil while the fish is cooking. A gentle simmer will do the job best. Court bouillon, incidentally, is a seasoned broth made with or without the head and bones of the fish. When served with a smooth, tart Hollandaise, poached fish is truly a dish for royalty as inferred by the court bouillon bit.

1 3-pound piece salmon, halibut or other fish
1 1/2 quarts water
1 carrot, sliced
1 stalk celery, sliced
1 onion, sliced
1/2 cup wine vinegar
1 bay leaf
6 peppercorns
1 teaspoon salt

Make a court bouillon by adding the sliced carrot, celery, onion, vinegar, and seasonings to the water in a large kettle. (If head and bones of fish are available, simmer them in water for one-half hour, strain and proceed as above.) Bring to boiling point and let simmer five minutes. Place salmon on pie pan. Tie in piece of cheesecloth and lower into bouillon. Just as the bouillon reaches the boiling point, lower heat and let fish simmer, covered, for 25 to 35 minutes, or until it flakes easily when tested with a fork. When cooked, transfer to a large, hot platter. We suggest our favorite Hollandaise Sauce* and sliced cucumbers as ideal accompaniments.

***Favorite Hollandaise**
Break one cube (one-fourth pound) butter into pieces in a small sauce pan. Separate the yolks and whites of three eggs. Add only the egg yolks, slightly broken, to the butter along with three tablespoons lemon juice. Place at back of stove or other convenient warm place for 45 minutes. Just before serving time, place over boiling water or very low flame and heat, stirring constantly with a wire whisk, for two to three minutes or until it attains the consistency you like.

Sauce Remoulade
This rich tasting sauce for fish is outstanding because it adds the subtle flavor of crabmeat to that of the baked, broiled or poached fish of your choice.

2 cups mayonnaise
2 cloves garlic, pressed or finely chopped
1 tablespoon finely crushed tarragon
1 tablespoon dry mustard
1 teaspoon anchovy paste
2 hard-cooked eggs, finely chopped
1 tablespoon capers
1 tablespoon finely chopped parsley

1/2 cup crabmeat
Blend first five ingredients thoroughly. Add remaining ingredients and stir gently until well mixed. Let mixture stand two hours before serving.

Shrimp Creole on Rice Exciting One Dish Meal

There are as many fine recipes for shrimp creole as there are imaginative cooks. We chose this one because of its delightful medley of vegetable, flavors and textures as well as its ease of preparation. Served on fluffy white rice 'tis practically a one dish meal. Spiced peaches or apricots are nice accompaniments.

1 pound raw, shelled shrimp, fresh or frozen
2 tablespoons butter
1 medium onion, chopped
1/2 cup chopped celery
1/2 cup chopped green pepper
1/2 cup chopped pimiento
1 No. 2 1/2 can solid-pack tomatoes
Salt, pepper and chili powder to taste
1 tablespoon cornstarch
2 tablespoons water
1 tablespoon chopped parsley
1 tablespoon wine vinegar, optional

Remove sand vein from back of shrimp. In slightly salted water simmer shrimp four to five minutes or until shrimp turn pink. Drain. If shrimp are large you may want to cut them into bite size pieces. Melt butter, add onion, celery and green pepper and saute until onion becomes translucent. Add pimiento and tomatoes; bring to a boil and simmer 10 minutes. Add salt, pepper and chili powder to taste and continue simmering, the longer the better. Covered, of course. Mix cornstarch with water and stir into tomato mixture. Cook until sauce is thickened. Add vinegar, if desired, parsley and shrimp and cook only long enough for shrimp to heat through. Serve on hot fluffy rice. Makes four servings.

Fish Stick Variations

Popular fish sticks lend themselves well to a number of interesting toppings. Here are a few suggestions. Arrange fish sticks on baking sheet. Cover each stick with one of the following: chili sauce, prepared mustard mixed with celery salt, sauteed chopped onions, grated American or Parmesan cheese, a strip of American or Swiss cheese. Heat as directed on the package.

Cheddar Continues as America's Foremost and Favorite Cheese

Cheddar cheese continues to be so far and away America's foremost and favorite cheese that the United States marketing standards require that the term "cheddar" when used without further description shall mean Cheddar. This smooth, fairly hard, usually light to golden yellow cheese has a flavor range from mild to sharp. It is used in a multi-

JESSI Program At Oregon State Scheduled in June

Corvallis—The fourth annual Junior Engineers and Scientists Summer Institute for high school boys interested in careers in the two fields has been scheduled for June 14 to 27 at Oregon State college.

The JESSI program has received wide praise and adoption in other areas of the country since it was launched at OSC in 1956 with 129 boys and one girl.

This year's program is expected to attract some 200 selected high school boys from Oregon and adjoining areas of Washington, California and Nevada. A separate program for girls will be held at the same time at Linfield college.

To qualify for selection, students must have demonstrated high scholarship, have completed at least three courses in science and mathematics, and be recommended by their high school. Sophomores and juniors are given preference.

Covers All Fields

The two-week program covers all fields of engineering, mathematics, physics, chemistry, zoology, geology, bacteriology, botany and modern languages. OSC professors are instructors and classes are kept small to permit individual discussion and training.

Students also have an opportunity to visit college research laboratories and observe operation of specialized science and engineering instruments, including the cyclotron, nuclear reactor, electron microscope, high voltage laboratory, and electronic computers.

Sponsor of the program, in cooperation with the college, is Scientists of Tomorrow, a non-profit Portland corporation formed in 1955 to promote interest in science. Stanley H. Shirk, is executive director. At Oregon State college, F. A. Gillfillan, dean of science, and George Gleeson, dean of engineering, are in charge of planning the course of study.

Industries and organizations of Oregon, Washington, and California assist by providing scholarship funds for students who would not be able to attend otherwise.

tude of dishes for any meal of the day.

Cheddar, melted with just a bit of water and served over toast or biscuits, is a wonderful, tasty, "protein-wise" breakfast dish. Hot or cold cheese sandwiches, plain or in combination with bacon, tomato, pickle relish, sandwich spreads, turkey or chicken slices, or a wide range of other sandwich fillings have been giving lunchtime enjoyment to millions for a long time. Supper and dinner dishes include souffles, cheese sauce, macaroni products, potatoes topped with cheese, Welsh rarebit, fondue, to name but a few of the most popular. And, of course, apple pie topped with slices of sharp aged cheddar cheese then placed under the broiler just long enough to melt the cheese is an all-time favored dessert.

Cheese Rice Ring

This party-looking cheese rice ring becomes a one-serving-dish meal when filled with slightly mint flavored buttered peas and surrounded by a garnish of tomato wedges and parsley. Recipe makes eight servings.

1/4 cup butter, melted
1 1/4 cups scalded milk
1 cup soft bread crumbs
2 cups cooked rice
1 tablespoon chopped onion
1 teaspoon salt
3 cups grated sharp cheddar cheese
3 eggs, well beaten
1 teaspoon worcestershire sauce

Combine all ingredients and mix thoroughly. Pour into a well-buttered ring mold. Set in pan of hot water and bake in moderate (375 degree) oven 55 to 60 minutes, until delicately browned. Place on large warmed platter and fill center with buttered vegetables. Garnish as suggested above.

An average family bound for a Florida vacation travels 700 miles or more in two or more days and plans to stay an average of nine or more days.

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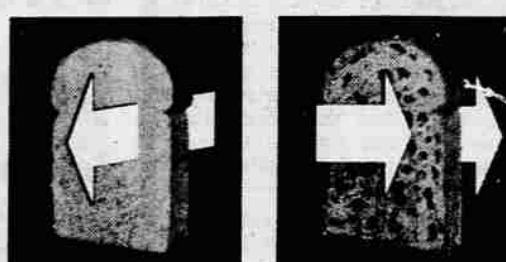
2. The soft rolls are then gently twisted together... tightening the air cells... squeezing the air pockets.



3. The twisted dough is placed in the pan for rising... this tightens the twist... seals in the freshness and flavor.



4. Slice at left is made of twisted dough... texture cells are completely sealed off.



Ordinary slice on right permits drying air to pass through the unsealed texture cells.

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