

Feeding the Family

By ZOLA VINCENT
Food Editor

Tuna Makes Many Fine Main Dishes

Tuna tops all canned fish by a wide margin. Phenomenal growth of the industry attests popularity of this versatile, nutrition-packed, economical seafood.

Tuna canneries are dotted all along our Pacific Coast with the greatest concentration in picturesque San Pedro and San Diego. The canneries are as modern and mechanized as American ingenuity can make them, scrupulously clean throughout, and with rigid quality control at every step of the process.

Thanks to modern refrigeration carried aboard the fishing freighters and clipper, tuna is received at the cannery almost as fresh as when pulled from the water. Recently, I visited a major tuna packing plant and its fleet kitchen. Watching the thawing, cleaning, pre-cooking, cooling and canning, I realized that only the fine textured, delicately flavored loins of the fish, comprising some 35 per cent of the total weight of the fish, are used for canning.

Styles of Pack
Canned tuna which is as staple as sugar and flour in grocery stores is available in three different styles of pack. This is not a quality difference. Style of pack refers only to the sizes of the pieces in the can.

Fancy or solid pack which I earnestly recommend for all cold plates, tuna salads and for prepared dishes where texture is desirable, comes mostly in the one-half flat container with net content of seven ounces. A recent newcomer, the economy 13 ounce can is growing in popularity.

Chunk style comes mostly in 6 and 8 1/2 ounce cans though some packers now offer a 12 ounce can. This pack is especially adaptable to economy salads and dishes where tuna chunks are most appreciated. Flake and grated tuna, thought ideal by many for sandwiches, comes in 6 and 11 ounce containers.

Tuna Florentine

Tuna Florentine, so labeled for spinach in the recipe, starts with canned tuna and a basic cheese sauce. The tuna and sauce are turned over cooked spinach and the dish is brought to serving temperature under broiler heat. Six servings.

- 1 pound fresh spinach or 1 pound frozen spinach
- 2 cans (6 1/2 or 7 ounces each) tuna - in vegetable oil
- 3 tablespoons flour
- 1/2 teaspoon salt
- 1 1/2 cups milk
- 1/2 cup grated Swiss cheese
- 1/2 cup light cream
- 1/4 teaspoon Tabasco
- 1/2 cup bread crumbs
- 1 tablespoon butter, melted

Cook spinach; drain well and chop fine. Transfer to two-

quart baking dish or casserole. Drain oil from tuna, measure two tablespoons into saucepan. Blend in flour and salt. Gradually add milk and cook over low heat, stirring constantly, until mixture thickens and comes to a boil. Add cheese, cream and Tabasco; stir until cheese is melted. Remove from heat, stir in tuna.

Pour creamed tuna mixture over spinach. Toss bread crumbs with melted butter; sprinkle over tuna. Place under broiler heat until crumbs are browned.

Tuna Louis

In a salad, tuna finds a flavor peer in company with a Louis Dressing. This dressing is a smooth and rich blend of mayonnaise, lemon juice, mustard, chili sauce, chopped green olives and onions. Add a few capers if you like for a superb main dish salad.

This recipe makes four generous servings; for more, step up ingredient quantities accordingly.

- 2/3 cup mayonnaise
- 2 tablespoons lemon juice
- 1 teaspoon dry mustard
- 1/2 teaspoon Tabasco
- 1/3 cup chili sauce or catsup
- 1/4 cup chopped pimiento
- 1/4 cup stuffed olives
- 1 tablespoon minced onion
- 1 tablespoon capers, optional
- 1 head lettuce
- 2 cans (6 1/2 or 7 ounce)



WAYS WITH TUNA—Here are three ways with popular, versatile, economical canned tuna as a meal's main dish: Tuna Florentine in foreground; Tuna Louis, center, and Sherried Tuna which can be skilleted or chafing dished. Recipes are included in today's food columns.

tuna-in-vegetable oil, chilled

To make dressing, combine all ingredients except tuna lettuce; chill. To serve, shred lettuce or mixed greens and pile into salad bowl. Add tuna; then spoon dressing over. Toss just before serving.

Tuna Sherried

For a main dish with a distinctive air, canned tuna may be heated in a white sauce to which sherry, chopped parsley and ripe olives contribute interest. This tuna combination can be served from skillet or chafing dish "as is" or on toast points or fluffy rice. Four servings plain or 6 servings on toast or rice.

- 2 cans (6 1/2 or 7 ounces each) tuna
- 2 tablespoons flour
- 1/2 teaspoon salt
- 2/3 cup milk
- 1/3 cup sherry
- 1 tablespoon lemon juice
- 1 tablespoon chopped parsley
- 1/3 cup pitted ripe olives

Drain oil from tuna; measure two tablespoons into chafing dish or skillet. Blend in flour and salt. Gradually add milk and cook over low heat, stirring constantly, until mixture thickens and comes to a boil. Add sherry, tuna and lemon juice; heat to serving temperature. Sprinkle with chopped parsley; garnish with ripe olives. Serve as suggested above.

California Relish

East Indian relishes have long been thought of as specialty or gourmet items because of the spicy zest they lend to meat, poultry and fish courses. Here we take Cali-

fornia's wonder fruit, tart-sweet prunes, as main ingredient for a rare and spicy relish to add to your collection of home-made specialties for frequent enjoyment.

- 1 pound dried prunes (or 2 cups cooked, chopped prunes)
- 1/3 cup brown sugar
- 1/3 cup cider vinegar
- 1/4 cup candied ginger, chopped
- 2/3 cup chopped onion
- 2/3 teaspoon chili powder
- 1/2 teaspoon salt
- 2 teaspoons mustard seed
- 1 4-ounce can pimiento, dried
- 1/2 cup chopped walnuts

Cook prunes; drain, pit and chop coarsely. Combine with brown sugar, vinegar, ginger, onion, chili powder, salt and mustard seed. Bring to a boil and simmer 15 minutes. Add pimiento and walnuts. Chill before serving. Makes 3 1/2 cups, a good supply for serving on several different occasions.

Danish Apple Pudding

Extra Easy, Extra Tasty

Canned apple sauce is being specialized everywhere. Today's apple sauce isn't to be compared with sauces of yesteryear or with homemade for that matter because today's canners combine several varieties of apples for a perfect

88.18 Billion Phone Calls Made in 1959

New York—(UPI)—Americans engaged in 88.18 billion telephone calls in 1959. Of these 3.2 billion were long distance calls. That's an average of 496 calls per person. But Canadians made more calls per person—530.

flavor blending and texture. Your foods editor in Denmark recently realized that this is truly a menu staple of that country. Only difference is that we do it with canned applesauce, mostly.

Tear day-old bread slices into crumbs (about three cups). Combine one-fourth cup butter and one-half cup sugar in skillet; heat until well blended, stirring constantly. Add bread crumbs, stirring until they are coated with mixture and lightly browned. Put half of the crumbs in a layer cake pan. Spread with apple sauce (one can, one pound) and top with remaining crumbs. Chill several hours.

Serve topped with spoonfuls of whipped cream using one-half cup or more whipping cream or dairy sour cream. Garnish with a bit of preserves or jam.

Scout News

Pack 8

Cub Scout Pack 8 held its Blue and Gold dinner recently at the Jackson school cafeteria.

Cubmaster Blaine Trickle introduced special guests Mr. and Mrs. Harry Barneburg, Mrs. Bernard Rice, and David Wisely. Mrs. Rice, Jackson school PTA president, presented Cub Pack 8's charter.

The following awards were presented by Russell Speer.

Bob cat badge: Charles McCasland, Darrell Colner.

Wolf badge: Andrew Dispensiere, Duane Powers, David Emery, Bobby Beyer, Darrell Colner, James Ronander, Curt Roberts, Bobby Spencer, Mike Hilkey, Mike Beddingfield, Bill Vanderpool, Rodney Kuschel.

Wolf gold arrow: Andrew Dispensiere, Duane Powers, David Emery, Clark Curtis, Larry Hinkle, Mike Netherland, Bobby Speer, Nick Jones.

Wolf silver arrow: Andrew Dispensiere, Duane Powers, David Thompson, Clark Curtis, Larry Hinkle, Mike Netherland.

Bear badge: Dennis Darby, Jimmy Morrissey, Gary Sing-

ler, Gary Williams, Jeff Jones. Bear gold arrow: Dennis Darby, Jimmy Morrissey, Gary Singler, Tommy Paddock, Timmy Barker, Larry Funk, Terry Witter.

Bear silver arrow: Dennis Darby, Gerry Douglas, Tommy Paddock, Steven Fixsen. Lion badge: Jay Beach, Steven Fixsen.

A perfect attendance pin and a 50th anniversary award went to Nick Jones.

Denner stripes: Larry Hinkle, Gary Singler, Larry Funk, Keith Murray, Kenny Phillips.

Assistant denner stripes: Bobby Beyer, Rodney Kuschel, Bill Vanderpool, Richard K. Lee, Joe Smith, Bruce Cox, Darrell Colner.

Year pin: Bobby Spencer, Mike Hilkey, Keith Murray, Joe Smith, Nick Jones, Jeff Jones.

Den mothers receiving pins were: Mrs. Richard Ackerman, Mrs. Irving Thompson, Mrs. George Witter, Mrs. G. A. Powers, Mrs. Glenn Williams, Mrs. Clark Curtis.

Glenn Williams announced the awards won by Pack 8 in the Scout Week window displays. Mrs. Thompson's Den

3 sang a song which was enjoyed by the group and then it was announced that Mrs. Powers' Den 5 had won the attendance cup for the month.

Troop 43, Post 43

A joint court of honor by Boy Scout Troop 43 and Explorer Post 43 was held at the Gold Hill Grange hall recently.

Councilmen were Bob Bolch, Vaughn Whitmore, Clayton Netzel, James Coward and Keith Richardson.

Tenderfoot awards were presented to Gary Richardson, Butch Clements, Lyland Marple, and Ward Hutton. Joseph Reuter received five awards for activities. Earl White received four awards.

Average Grad Will Get \$470 A Month

New York—(UPI)—The average starting salary for the 1961 college grad will be about \$470 a month, according to Sales Management magazine. Engineers will draw a top average starting salary of \$520 while the average graduate going into a sales department will draw \$451 a month, the publication said.

and Jim Arnold received two awards.

Post 43 is sponsored by the Veterans of Foreign Wars post, Gold Hill, and is now engaged in giving a hunter safety course to the Scout troop.

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Chunk Tuna S & W Fine Foods 3 cans 89^c

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Sliced Potatoes Minute brand Reg. 41c box 22^c

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