

Feeding the Family

By ZOLA VINCENT
Food Editor

Coast-Caught Fish, Shellfish in Variety

West coasters are privileged to enjoy a great variety of distinctive, flavorful, easy-to-cook denizens of the deep and of the shallows too. One of the most healthful and nourishing foods known to science, fresh and frozen-fresh fish and shellfish are readily available in local markets. Canned and smoked seafoods also beckon the shopper.

All are rich in many chemical elements that are absolutely essential for normal human life. Vitamins A and D, known as the sunshine vitamins, essential to the health of growing children, are found in fish and shellfish.

Try New Kinds

Treat the family to some of these varieties for a change: cod, fish sticks, flounder, halibut, rockfish, sablefish, swordfish, Dungeness crabs, oysters, scallops, shrimp. Packaged frozen fillets (pronounced to rhyme with skillet) are displayed in good variety with excellent suggestions for preparation right on the packages.

The salmon season recently opened in the Columbia River with limited landings. However, there is plenty of frozen salmon for baking whole or in part, for pan-broiling sliced.

Fish Buying, Storing

When buying whole fish, allow one-half pound for each person to be served. When buying solid fish such as steaks and fillets, allow one-third pound per person.

In storing fish, always store fresh fish in the coldest part of the refrigerator. For a few hours, it may be stored in the wrappings in which it is received. For more than a day's storage, however, wrap fish in fresh waxed or parchment paper as soon as it reaches the kitchen and place in a tightly covered container.

In storing packaged frozen fish, keep it in its original container in the freezing compartment or coldest part of refrigerator until used. Defrost fish according to package directions just before using. Do not allow to thaw and then refreeze.

Fish Cookery

Fish cookery can be a fine art worthy of your best efforts. There are only a few general rules. Do not overcook. More good fish are ruined that way.

Rich sauces usually accompany lean fish. Fatty fish generally rely on lemon wedges to precipitate their full flavor. Lean fish are often poached. For poaching, tie the cleaned fish in a piece of cheese cloth. Cover with hot, salted water to which any favored pickling spice or spices may be added, together with a small onion. Simmer gently until fish falls from bones; drain. Serve with well-seasoned tomato or tangy fish sauce.

Broiling, either pan or broiler, is a quick and satisfactory way to cook small fish and slices one inch or less in thickness. Any size and any kind of fish may be baked. Celery Fritters

Plentiful, crunchy, delicious, bargain-priced celery is superb simply as a relish with salt handy. Use the outer stalks for these fritters then serve them with a tomato or cheese sauce.

Cut the large outer stalks of celery into three-inch pieces and cook until tender in the contents of a can of bouillon or two bouillon cubes added to enough boiling water to barely cover the celery. Allow celery to cool in the stock. Then dip each piece in beaten egg and roll in cracker crumbs. Fry in shallow fat and serve hot with sauce as suggested above.

Unflavored Gelatin Salad Recommended for Dieters

Because protein is so necessary on a reducing diet, unflavored gelatin which is an all-protein food is a valuable daily supplement. Used with fruit juice or vegetable juice, this gelatin creates a variety of low calorie salads of which this is far and away the most popular.

Tomato Aspic

A serving of tomato aspic—a simple combination of tomato juice and plain gelatin—has a count of only 27 calories.

If shredded cabbage, diced celery and green pepper are added to give the aspic added flavor and crisp texture interest, a serving will still amount to only 34 calories. Here is recipe for six servings, 34 calories per serving.

- 1 envelope unflavored gelatin
- 1 1/4 cups tomato juice, divided
- 1/4 teaspoon salt
- 1/2 teaspoon sugar
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon Tabasco
- 2 tablespoons lemon or lime juice
- 1 cup shredded cabbage
- 1/2 cup diced celery
- 2 tablespoons chopped green pepper

Sprinkle gelatin on one-half cup of the tomato juice in saucepan to soften. Place over low heat, stirring constantly until gelatin is dissolved. Remove from heat; add remaining 1 1/4 cups tomato juice, salt, sugar, Worcestershire sauce, Tabasco and lemon juice. Chill until mixture is the consistency of unbeaten egg white. Fold in cabbage, celery and chopped green pepper. Turn into a four-cup mold or individual molds. Chill until firm. Unmold on lettuce.

Shrimp-Mushroom Broil Is Dieters' Delight

Two pounds of raw shrimp and a pound of fresh mushrooms are fine fare for those fighting the battle of the bulge, when prepared like this for six servings with only 231 calories per serving.

- 2 pounds raw shrimp
 - 1 pound fresh mushrooms
 - 4 tablespoons butter or margarine, melted
 - 4 tablespoons lemon juice
 - Finely chopped parsley
- Shell shrimp; remove veins. Place shrimp on six skewers. Wash mushrooms; cut thin slices from stem end. Place in shallow baking pan. Combine melted butter and lemon juice. Place shrimp and mushrooms in pre-heated broiler three inches from source of heat. Brush with butter mixture.



MENU FOR DIETER—Handsome menu on a diet. Menus for the dieter can be inviting and substantial as well as low in calories. Offered here are shrimp and mushroom broil, herbed zucchini and popular tomato aspic salad. Recipes are included in today's food columns.

Broil about five minutes or until shrimp turn pink, turning both shrimp and mushrooms once. Remove from heat; sprinkle shrimp with parsley.

Herbed Zucchini

Two pounds of popular zucchini squash herbed like this for pleasurable eating of six servings nets only 40 calories per serving.

- 2 pounds zucchini
 - 1/2 teaspoon salt
 - 1 tablespoon butter
 - 1/4 teaspoon basil
- Scrub zucchini but do not peel (ever); cut off stem end. Cut into one-half inch slices. Add salt to one-half inch boiling water in saucepan. Add zucchini slices; cover and cook briefly, eight minutes or so, until tender; drain. Add butter and sprinkle with basil.

Vegetable Bake Is Meatless Main Dish

The variety of green beans known as Blue Lakes are at their very best in this Vegetable Bake. They keep their shape and fresh green bean flavor to perfection. Six satisfying servings for a meatless meal.

- Combine one (one pound) can cut blue lake green beans, undrained, one (one pound) can golden hominy, one eight-ounce can tomato sauce, one tablespoon instant minced onion, one-half teaspoon salt, one-eighth teaspoon pepper, one-eighth teaspoon crushed oregano, one-eighth teaspoon garlic powder, one-half cup sliced ripe olives; turn into a nine-inch square baking pan; top with one-half cup shredded cheddar cheese. Bake in moderate, 350 degree, oven 15 to 20 minutes until cheese melts.

Senate Approves Cutting Powers of Political Parties

Salem—UPI—The Oregon Senate has approved a bill cutting powers of political parties in Oregon and Sen. Vernon Cook (D-Troutdale) declared that the bill was "conceived in spite and malice."

The vote was 17-12 with conservative Democrats and Republicans on the majority side and Liberals on the other. SB457, carried by Sen. Thomas R. Mahoney (D-Portland) went to the House.

Intra-Party Squabble
No one said so, but the bill involves a Democratic intra-party squabble between conservative and liberal elements. It would prohibit state parties from endorsing candidates and forcing party members to adhere to party platforms.

Cook and Sen. Alfred Corbett, both Liberal spokesmen, attacked the bill.

Corbett, Portland Democrat, termed it a "direct attack on the vitality and vir-

ity of political parties." It would create "party-waist parties," he said, parties unable to follow up on an adopted platform.

Cook said it "violates every concept of freedom of speech" envisioned by America's Founding Fathers.

The Democratic party is headed by a Liberal, Sen. Robert W. Straub (D-Eugene). The exchange was the biggest battle between the two elements in the legislature so far.

Garbage Collectors To Get White Collars
London—UPI—Rural councils plan to turn their garbage collectors into white collar workers.

To remove the "stigma" of being a garbage man, they plan to introduce waterproof paper bags to be collected "by smart young men in white collars."

Mahoney called the Liberals "Self-appointed Saviors" who contend that the people aren't able to choose between candidates themselves and need "guidance."

Said Not Liberals
Mahoney said the party likes to endorse a certain candidate and "hold up as the real Democrat, or the real Republican."

"You're not Liberals," he declared, "you're reactionaries of the worst kind."

Corbett said a party is entitled to be "firm, forceful and even foolish" if it wants to, because it is a matter of internal party policy.

Those voting against the bill were: Sens. Chapman, Cook, Alfred Corbett, Flegel, Grenfell, Groener, Hopkins, Key, Lewis, Naterlin, Straub and Sweetland.

Escaped Mental Patient Nabbed in Glide Area

Roseburg—UPI—A search of more than a year ended Wednesday in the Glide area east of here when Steve Solovich, an escaped mental patient from the Veterans Administration hospital here, was taken into custody.

Sheriff Ira Byrd said three deputies captured Solovich without resistance about 11 a.m. He was brought to the Douglas county jail here.

Minister Cycles at Least Twenty Miles

Needham, Mass.—UPI—Rev. John H. Westerhoff III of the Needham Congregational church rides a bicycle as he makes his parish visits. He estimates that he covers at least 20 miles a week on his two-wheeler. "It's time-saving getting through traffic," he said, "and I can always find a parking spot."

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Bills Approved By Legislature

Salem—UPI—Measures approved Wednesday:
By the Senate
SB140—Quarantine.
SB36—Water pollution.
SB143—Marriages.
SB145—Air pollution.
SB256—Notices to heirs.
SB298—Water resources.
SB305—Bankruptcy proceedings.
SB417—Exemptions from ad valorem taxation.
SB457—Political parties.
SB—Dentistry.
By the House
HB1081—Rural school districts.
HB1292—State library.