

# Red Cross Films Will Be Shown Over Television Locally

The first of a new American Red Cross motion picture series, "The Home Nursing Story," will be shown over television station KMED-TV starting at 9 a.m. Monday, June 24, the Jackson county Red Cross chapter has announced.

The series of 10 films will be shown in conjunction with practice sessions under the direction of Red Cross-trained home nursing instructors.

"For maximum training benefits from these films," Mrs. Thomas Donahue, chairman of nursing instruction of the Jackson County Red Cross chapter, said, "home television viewers are encouraged to attend three two-hour work-

shop sessions in which they will practice home nursing techniques under the guidance of a Red Cross-trained instructor."

The practice sessions, she said, will be conducted for viewers in Medford, Grants Pass and Klamath Falls by the local chapters of the American Red Cross June 26, July 1 and at the conclusion of the series July 8.

### Register In Advance

Persons interested in taking the course for certification should register in advance by telephoning one of the three offices. A time schedule for the practice sessions will be announced at a later date and will be determined by the number of students registering for certification.

Viewers in the Klamath Falls area should contact the chapter house there by telephoning TU 4-4125. In Grants Pass call 476-2587. In Medford the number to call is 772-4405.

Red Cross home nursing certificates will be issued to viewers who have attended all three workshops and who have been recommended for certification by the instructor.

The 11-hour combined film-and-practice course is recommended, but persons also will receive valuable home nursing information merely from viewing the films on television, Mrs. Donahue added.

The motion pictures, based on the regular Red Cross care

# State Mental Health Program Revealed

Portland - (UPI) - Plans to draw up a coordinated, statewide mental health program with help of a federal grant were announced Tuesday.

Dr. Joseph Treleven, administrator of the Oregon mental health division, said a study would be directed by Robert E. Stevens of Dallas, who is supervising analyst with the State Department of Finance and Administration. The division is an agency of the State Board of Control.

Dr. Treleven said the federal government had allotted Oregon \$50,000 for the next fiscal year and that much more was virtually assured for the second year of the study.

Dr. Treleven said mental health was the number one health problem in the country and that one person in 10 needed hospital treatment for it at some time in his life.

He said the study in part would seek to draw guidelines as to the type of patients who should be treated in state hospitals, those who should be treated at local centers and those who should be cared for as outpatients by psychiatrists.

of the sick and injured course, were made for the Red Cross by the U.S. Army Signal Corps, using funds provided by the office of civil defense of the U.S. Department of Defense. Television viewing time is being contributed locally by KMED-TV as a public service.

# Feeding the Family

By ZOLA VINCENT  
Food Editor

### Fine Barbecue Fare

Literally, to "barbecue" means to cook slowly over a hot bed of coals—usually in a pit. But with the increased popularity of outdoor cooking the word has come to stand for almost any kind of informal broiling or roasting where meat, poultry or fish is frequently turned and basted with a sauce. The tantalizing aroma of good smoke and the delicious flavor of the meat, poultry or fish done this way makes a barbecue to remember.

National Barbecue Month reminds us to tell you of Pacific-aught fish currently abundant and adaptable to barbecue cookery.

Salmon, halibut, barracuda and swordfish are well-known favorites that are superlative for barbecuing. Yellowtail flounder, found abundantly in our southern waters, is a rare treat. Mahi-mahi, an Hawaiian favorite, is becoming popular in our area as more travelers visit Hawaii; are pleased to find mahi-mahi flown into some of our local markets.

### Best Methods

Broiling fish on the barbecue grill takes a special technique because fish tend to stick to the hot grid, even after greasing. One way to overcome this is to use a hinged broiler; another is to wrap the fish in foil. Fish steaks, fillets or split small fish may be barbecued over medium heat. Care must be taken not to overcook fish.

When fish flakes easily with a fork, it is done.

Fresh fish 1 to 1½ inches thick will take from three to six minutes on each side over medium heat to cook well done. When using frozen fish, do not thaw. The time, of course, will be longer.

### Basting Sauces

In barbecuing fish, part of the enjoyment and flavor is in basting a sauce employed. Here are a few suggestions:

In broiling salmon, an application of lemon juice for 30 to 45 minutes before cooking adds greatly to the flavor. A dusting of flour, salt and pepper just before placing on the grill will seal in the flavor.

For any barbecued fish, a simple combination of melted butter, crushed garlic, salt and pepper will bring out flavor when brushed on fish while grilling.

Savory lemon butter is another variation for basting fish: Heat half cup butter or margarine until lightly browned. Add juice and grated peel of one lemon, half teaspoon savory and half teaspoon salt. Brush on fish while barbecuing.

A slightly oriental flavor is provided by combining the following in a basting sauce: half cup soy sauce, half cup dry white wine, half cup cooking oil, one teaspoon instant minced onion, one teaspoon grated green or preserved ginger.

### Favored Seasoning

Flavor variations may be achieved by adding one or more of your favorite herbs to the sauce. Thyme is ideal with fish as are marjoram, tarragon, bay leaves, dill, fresh or frozen chopped chives or green onion tops, as well as other herbs. For garnish and extra nutrition, add colorful slices of hard-cooked eggs and lots of lemon wedges.

### No-Work Barbecue

For those who want all the enjoyment of barbecued fish without any work, there's an easy solution. Both barbecued cod and barbecued salmon are available at most local markets packaged in Cryovac bags. These are kippereed, or smoked, and are ready to eat cold but are equally delicious when hot.

**Boysenberry Pie Lends Itself to Fancy Toppings**  
Boysenberry pie is a treat all by itself, but for versatile flavor variation, no pie lends itself to more interesting "dress-ups."

The season of fresh boysenberries will be coming along soon. While a good supply of this tart-sweet bush berry delight is consumed fresh with sugar and various types of cream, most of the boysenberry crop goes into commercially baked and frozen-for-baking pies that are readily available in local bakeries or freezer cabinets. As production increases, more boysenberries are being utilized in juices, syrup, juice drinks and in the form of preserves.

Though not much more than two decades old, the boysenberry, a native of the west coast, has gathered a vast fan club and ranks high in popularity. A three-way between blackberry, raspberry and loganberry, it boasts an exceptionally large size, fine flavor and relatively few seeds.

### Frozen Pie Memo

If you choose frozen boysenberry pie, take several home and keep them on hand for quick desserts for any occasion. Before you begin dinner preparation, unwrap the frozen boysenberry pie, place it on a cookie sheet (this helps to brown bottom crust) and put the pie in a preheated, 400 degree, oven for 45 to 60 minutes. Cool slightly and top in any favored way.

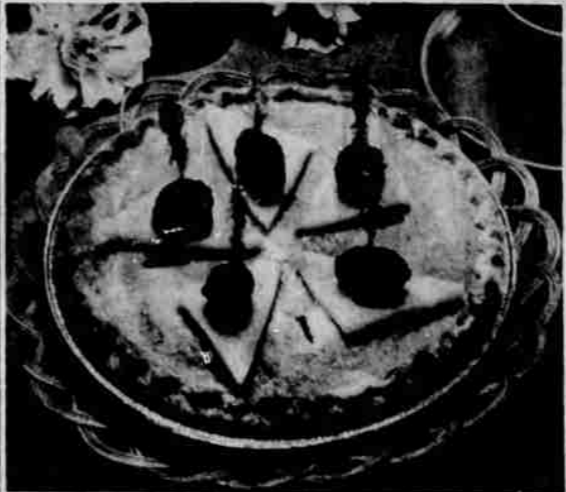
**Boysenberry Pie Toppers**  
Top your commercially-made (now) and your home-made (later) boysenberry pies in ways like these:

For our picture today, we chose to top the pie effectively with wedges of mild cheddar cheese topped with a quick frozen whole or fresh berry.

Top boysenberry pie with scoops of vanilla ice cream, with generous blobs of whipped cream or with dairy sour cream to bring out that delicious boysenberry flavor and add a lavish appearance to your dessert.

### Steak and Kidney Pie

**Long-Time British Favorite**  
Steak and kidney pie evidently originated in the United Kingdom (Great Britain and Northern Ireland); has been identified with the cuisine for centuries. Comprising nearly 94,000 square miles, the population of the area approximates 53 million, made up of English, Scotch, Welsh and Irish. Livestock occupies a predominant position in British agriculture accounting for about 40 per cent of the total farm output. Leading food imports are meat, fruits, vegetables and cereals.



**PIE DRESS-UPS** - Boysenberry pie is a treat "as is"; it lends itself also to dress-ups suggested in today's food columns. Treat family and friends to a freshly baked boysenberry pie from your favorite bakery or one of the excellent frozen pies from a supermarket freezer cabinet.

table or green peas are often served with the pie. Recipe makes five servings.

- 2 beef kidneys
- 1 pound round steak
- 1½ tablespoons fat
- ½ teaspoon sugar
- 1 tablespoon flour
- ½ cup sliced onions
- 3 cups stock or 3 cups water with 1 tablespoon beef extract
- 1½ teaspoon pepper
- 3 teaspoons salt
- Pie crust or rough puff paste for topping
- 1 egg white, slightly beaten

Soak kidneys in salt water for 30 minutes. Cut steak and kidneys in one-inch cubes. Melt fat in saucpan; add sugar and heat until sugar is caramelized. Add pieces of

meat and saute until brown on all sides. Blend in flour, add remaining ingredients, and simmer for 1½ hours or until meat is tender. Cool slightly; place meat and onions in baking dish; add liquid to almost cover; save the rest for gravy. Cover the dish with pastry. Make a small hole in center of the crust and decorate with leaves cut from pastry. Brush with egg white and bake in a hot, 425 degree, oven for 25 to 30 minutes or until brown. Serve hot with remaining gravy.

The highest tourist road in Europe is the mountainous Grand Alpine route, leading for some 375 miles through Austria, France, Germany, Italy, Monaco, Switzerland and Yugoslavia.

# Infant Killed in One-Car Accident

Springfield - (UPI) - Three-month-old Timothy Scott Snider of Mohawk was killed and three other members of his family injured Wednesday night when their car crashed into a light pole in a supermarket parking lot here.

The father, Fred L. Snider, 27, suffered a broken arm. His wife, Cora, 25, and daughter, Julie, 2½, were cut by flying glass. Police said Snider's car broke a heavy mercury vapor light loose from the pole and sent it crashing into the front of the vehicle.

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