



By Lynn W. Watkins
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How Many Signs Advertise Fish That Aren't Fresh?
Whether true or false, the sign will always read "fresh fish." No one would advertise seafood as stale, for freshness in sea food is a necessity. Old age in nearly any type of sea food is but a matter of a little time. Even an interval of half an hour can often turn some sea foods into an article unfit for human consumption. There are some sea animals that can, under certain conditions, become actually poisonous if they die too long before they are cooked for food.

The lobster, crawfish and some of their relatives deteriorate very rapidly after death. It is a wise housewife who can definitely tell just when these foods are safely fresh.

Meticulously Packed
Fishermen who make their living selling lobsters have perfected a method of packing the animals alive in a cushion of seaweed and cracked ice. By this arrangement the lobsters reach the consumer alive and in a semi-active state, even after a long trip to a distant city.

If a housewife can see the lobster move she will know for sure it is alive and therefore fresh. But what about those that are brought to our table already cooked? Even here there is a fairly accurate way to determine the freshness. If the cooked seafood has a strong odor, similar to ammonia, the chances are pretty good that the poor critter died some time before it was plunged into hot, cooking water.

Eyes Can Speak
Many people can judge the lapse of time between the removal of a fish from the sea and its appearance in the frying pan by the eyes of the fish. Usually, deep set eyes indicate the fish has been out of its natural element for some time. Some folks claim that the eyes of a fish long dead will have more of a glassy look; even more so than the naturally fishy eye, which is always staring.

The best method, however, would seem to be the finger pressure method. Press a finger firmly on the fish's body and observe how rapidly the depression made by the pressure of the finger returns to normal. The quicker this happens, the fresher the fish, providing the fish is not frozen so hard that the finger leaves no depression.

Seafood is a beneficial and healthful food, probably very necessary to the continued well-being of all of us. Seafood contains elements not found in meats or vegetables and contributes a large amount of vitamins and minerals that go to make up a well balanced diet.

Brain Food?
However, the old belief that fish is brain food is all fiction and no fact. There appears to be no scientific basis for believing that the more fish we eat the more intelligent we will be. If this were true, the porpoise, sea lion, seagull and pelican should all be intellectual giants. We certainly wouldn't want any such thing to happen for it would deal our human ego such a wallop that we would never get over it.

Nevertheless, the brain food idea in connection with eating fish has persisted and there are a number of people that still believe it. It would be as reasonable to presume that cornmeal is fingernail food or that a confirmed celery eater would never be bothered with any kind of nervous trouble.

Generous amounts of seafood, eaten cooked or even raw, will never take the place of a high school education, but if it is fresh it will contribute a delightful taste thrill and lend its bit to the healthful building of your body.

Brush Fire Mopped Up By State Crews

A fire which burned 13 acres of brush in the Hopkins gulch area west of Jacksonville was being mopped up Saturday.

The fire broke out around 5 p.m. Friday. A 40-man State Forestry department crew controlled it at about 7 p.m. Twenty men remained on the job Saturday to complete mopping up operations.

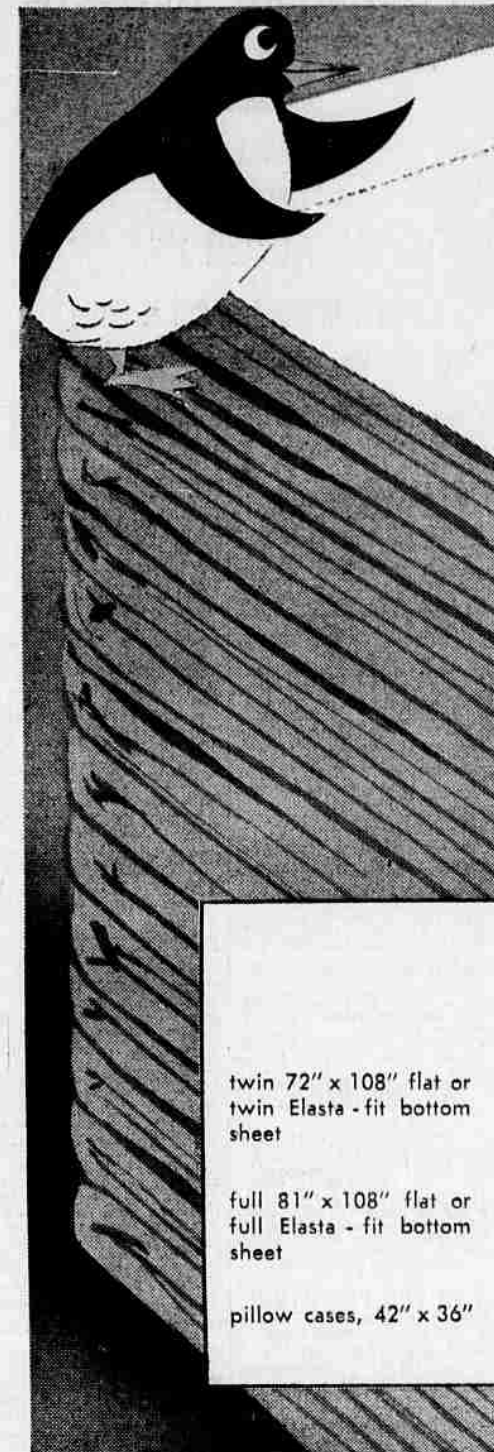
The cause of the fire had not yet been determined Saturday afternoon.

Sweet potatoes are an important U.S. crop. For an average growing year they require about 450,000 acres.

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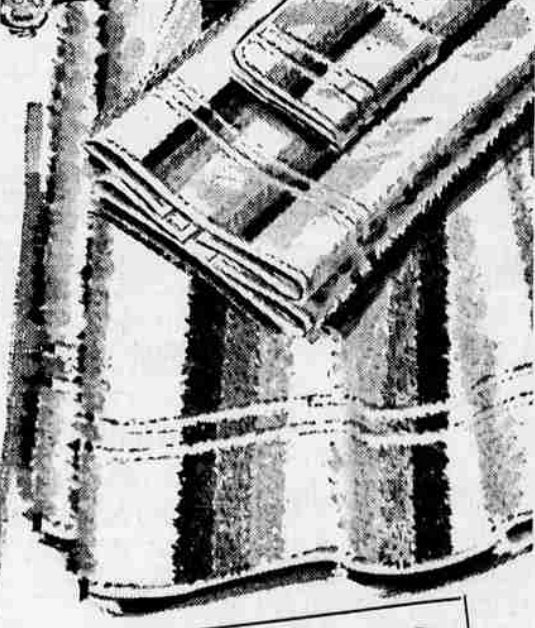
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twin 72" x 108" flat or twin Elasta-fit bottom sheet 147	twin 72" x 108" flat or twin Elasta-fit bottom sheet 199
full 81" x 108" flat or full Elasta-fit bottom sheet 168	full 81" x 108" flat or full Elasta-fit bottom sheet 232
pillow cases, 42" x 36" 2 FOR 78¢	pillow cases, 42" x 36" 2 FOR 99¢

PENCALE® famous, fine combed cotton percale	
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full 81" x 108" flat or full Elasta-fit bottom sheet 199	full 81" x 108" flat or full Elasta-fit bottom sheet 273
pillow cases, 42" x 38½" 2 FOR 99¢	pillow cases, 42" x 38½" 2 FOR 121



SPECIAL!
exciting bedspread selection... quilt tops... flounced skirts... lovely pastel solid colors... fresh new florals...
5⁸⁸
TWIN OR FULL

Give your room a fresh, new look for Penney's small price! Choose pink, blue, lilac, gold or white... or new floral prints to accent your color scheme. Fine cotton tailored with diamond quilting (polypropylene filling), extra full flounce. Machine washable in lukewarm water.



FABULOUS

fashion stripes on big 24"x46" bath towels!
SPECIAL 2 FOR \$1

Hard to believe, but Penney's remarkably low price means you can have 3-piece sets—big bath towel, face towel and washcloth—for a total of \$1! Fluffy white cotton terry with stripes of baby pink/shocking pink, yellow/orange or fawn/blue.
face towel, 3 for \$1 washcloth, 6 for \$1



SUPER-SIZE SCATTER RUG SPECIAL
\$3
30" x 50"

OBLONGS AND OVALS... RICH CUT-AND-LOOP PATTERNS... BEAUTIFUL COLORS... ALL PLUSH VISCOSE RAYON PILE... SKID-RESIST BACKS... MACHINE WASHABLE!
Don't delay—these tremendous values will go fast! Choose yours in bisque beige, camel brown, sunflower orange, turquoise, soft pink, or bamboo green... machine washable in lukewarm water!



luxury 100% Soft Acrylic
now more luxurious, more beautifully machine washable with SUPERNAP!
Compare! REDUCED! 5⁸⁸
Count on Penney's to make even this famous Creslan acrylic blanket more beautiful with Supernap! Come see how deep the nap, feel how light, how warm, how soft. Learn about its fabulous washability! Choose from double bed or twin-full size at the same price! Luxury-detailed from fashion colors to extra wide nylon binding! Hurry!
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SPECIAL! SHEET BLANKETS
NOW **\$2**
Velvety soft, extra large size, 80"x108" cotton sheet blankets. Creamy rich, 100% unbleached cotton with strong whipped ends.
PENNEY'S STREET FLOOR

SPECIAL! PLAID BED SPREADS
NOW **3⁸⁸**
Deep-tone, rich colors of brown, green, charcoal in both twin and full size. Plaids are woven in. Machine washable.
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SPECIAL! FOAM BED PILLOWS
NOW **\$3**
Polyfoam rubber filled pillows. Soft, comfy. Ideal for cabins or dens. 100% cotton covers in white, pink or blue, 17"x26", washable.
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FITTED MATTRESS PAD & COVER
TWIN **2⁶⁶**
Reversible mattress pad and cover of all bleached cotton fill. Double needle binding. Cotton skirt with sturdy elastic. Full size, 3.66.
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CUSHION FOAM MATTRESS TOPPERS
NOW TWIN **2⁴⁴**
50"x70" full size **2.88**
• Quality polyurethane foam with millions of tiny air cells.
• Adds new comfort to old mattresses.
• Cushions buttons and protects new mattresses.
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SPECIAL! CHENILLE BEDSPREADS
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Heavily tufted on durable cotton. Machine washable... easy care. Fringed borders... Twin or full bed size. Choose from 6 inviting colors.
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SPECIAL! COTTON SHEET BLANKETS
NOW **\$1**
Machine washable cotton plaid sheet blankets, 60x76 inch size, strong whipped ends, famous Beacon quality, ideal for camp and cottage use.
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