

Feeding the Family

By ZOLA VINCENT
Food Editor

Pacific Coastal Waters Yield Many Tasty Delicacies of Deep

The wide variety of denizens of the deep, both fish and shellfish, caught by commercial fishermen in our Pacific coastal waters contribute millions of dollars each year to the economy of our state. Today, however, we confine ourselves to talking about swim-fish. Definitely a fish is a cold-blooded aquatic animal with fins, permanent gills used for taking air out of the water, a backbone and a skull.

Though there are hundreds of fish in the sea they can be divided into two distinct kinds: (1) Demersal fish are those which live on or near the ocean's bottom. The most popular of these for commercial purposes are cod, flounder, sole, halibut and other lesser known flat fish. (2) Pelagic fish swim near the surface of the sea. To the consumer who confines his or her fishing to the local supermarket or fish-monger, salmon, tuna, swordfish and barracuda are the best known of this variety.

Nutrition-wise fish have a valuable place in menu planning. The protein in fish contains all the biologically essential amino acids which are the components necessary to the body for building and repairing body tissue. They are a gold mine of dietetically valuable minerals and other inorganic compounds necessary for the proper operation of the body. Namely: iron, phosphorus, calcium, iodine, cobalt, copper, manganese, potassium, and other trace minerals.

To top it off, all these values are readily available in a wide variety of flavors and textures: convenient, easily prepared and economical; fresh, frozen or canned; as well as smoked and barbecued.

How Much To Buy

When purchasing fillets or other boneless cuts, plan on about 1/2 pound of fish per person. Fish steaks, because of the bone, requires approximately 1/2 pound per serving. Whole fish for baking—1/4 to 1 pound dependent on size of fish. The larger the fish the less weight is waste.

Fish Cookery

Important things to remember when cooking fish are not to overcook and to keep the temperature low. Whether

broiling, baking, boiling, steaming, pan frying, deep fat frying or using fish as an ingredient, cook just long enough to enable flesh to be flaked easily with a fork.

Sole Fillets Meuniere

Featured by Chef

Fillets of Sole Meuniere is a specialty of many chefs. Yet it is so easily accomplished that a novice cook on her first try can delight family and guests with its tender, flaky goodness. Halibut or other whitefish fillets may be substituted for the sole. Recipe makes six servings.

- 2 pounds fillet of sole, halibut or other whitefish, fresh or frozen
- 1 teaspoon salt
- Pepper
- 1 cup flour
- 1/2 cup (1 stick) butter
- 1 tablespoon lemon juice
- 1 to 2 tablespoons chopped parsley

Thaw frozen fillets. Cut fish into serving-size portions. Sprinkle with salt and pepper. Roll in flour. Melt butter in frying pan; add fish and fry slowly until brown on one side. Turn carefully and brown on other side. Cooking time is approximately 10 to 15 minutes depending on thickness of fish.

Remove fish from pan and place on hot serving platter. To browned butter, stir in lemon juice; pour over fish. Sprinkle lavishly with chopped parsley.

Salmon Steaks with Egg and Caper Sauce

Wonderful fresh salmon steaks, ranging in color from a delicate pink to red, are available now at reasonable cost. Gently broiled and brought to the table topped with this well-seasoned Egg and Caper Sauce, made smooth with "evap," they are sure to please the most discriminating palates. Recipe is for four servings; doubles easily.

- 4 salmon steaks broiled
- 1/2 cup (1 stick) butter
- 3 tablespoons flour
- 1 teaspoon Worcestershire sauce
- 1 teaspoon prepared mustard
- 1 tablespoon lemon juice
- 1 tall can evaporated milk (1-2/3 cups)
- 3 hard-cooked eggs, cut in eighths or diced
- 1 tablespoon capers
- Paprika

Melt butter in medium-size saucepan; remove from heat.



TASTE TREAT—Broiled fresh salmon steaks topped, as pictured, with an egg and caper sauce are a taste treat that will long be remembered by those fortunate who partake thereof. Recipe and other fishy suggestions in our columns today.

Blend in flour, Worcestershire sauce, mustard and lemon juice. Gradually stir in evaporated milk. Cook over medium heat, stirring constantly, until thickened. Remove from heat; gently stir in eggs and capers.

To broil salmon steaks or bone clinging to surface of salmon steaks. Toothpicks may be inserted through ends of each steak to hold them together while broiling. Place steaks on foil-lined broiler rack. Sprinkle lightly with salt and pepper; brush both sides of salmon with melted butter. Broil 2 inches from heat until fish browns lightly. Turn carefully with a broad spatula; continue broiling until fish flakes easily with a fork. Top with sauce. Garnish with chopped parsley, paprika and/or lemon wedges, if desired. Serve immediately.

Molded Grape Cream Eye-Catching Dessert

This luscious Molded Fresh Grape Cream, starting peak-of-the-season Thompson seedless grapes, is an eye-catching dessert. It is of interest to note that this year's Thompsons are larger and meatier than usual. Clusters of these golden-green grapes garnish

the mold for extra servings. Recipe makes 8 servings.

- 2 envelopes unflavored gelatine
- 1/2 cup cold water
- 1/2 cup sugar
- 1/2 teaspoon salt
- 3 eggs, beaten slightly
- 2 cups milk
- 2 teaspoons pure vanilla extract
- 1/2 cups Thompson seedless grapes
- 1 cup heavy cream, whipped
- Thompson seedless grape clusters

Soften gelatin in cold water. Combine sugar and salt in a saucepan or top of a double boiler. Blend in slightly beaten eggs. Stir in 1/4 cup of the milk. Heat remaining milk and add. Cook over low heat or hot (not boiling) water until mixture coats a metal spoon. Remove from heat, stir in gelatin and pure vanilla extract; chill. Wash grapes and cut in half. When mixture begins to thicken, fold in grapes and whipped cream. Turn into an oiled 1 1/2 quart mold. Chill until firm and ready to serve. Garnish with clusters of grapes. Fried tomato rings are a delightful garnish to serve

Servicemen

INDUCTED

Three Jackson county men were inducted into the armed forces Aug. 21 in Portland, according to the selective service. Two, Sam William Jennings and Robert Douglas Evans, are from Medford, and the other, Terry Ernest Cooper, is from Gold Hill.

VISITING PARENTS

Fire Control Technician Third Class Timothy Gold is visiting his parents, Mr. and Mrs. John Gold, and sister, Kathleen, all of Rogue River. Gold is stationed aboard the destroyer USS Braine in San Diego. Since joining the Navy he has become a member of the San Diego Skydiver club.

with chicken livers, ham or bacon, for brunch, lunch or supper. Cut tomatoes into 1/2-inch crosswise slices, dip in flour seasoned with salt and pepper, or seasoning salt; brown on both sides in bacon fat, butter or margarine.

Classified Rates

1 day per word	8c
2 days per word	12c
3 days per word	15c
5 days per word	19c
6 days per word	20c

Minimum Size: Two Lines

By Line Per Month \$3.00
Box Number Service Charge 50c
(Minimum Cash Ad 80c)

Business Directory

Each line per month... \$2.25
Minimum per month... \$4.75
Dead Line on Classified Ads 5:00 p.m. for following day, except 10 a.m. for Monday; 10 a.m. for Saturday; 10 a.m. for Sunday and Monday; 3 p.m. the day before publication for Tues. through Fri.

CLASSIFIED PERSONAL

- Lodge Notices 1
- Special Club Notices 1
- Personal 3
- Lost and Found 4
- Wanted Male Help 10
- Wanted Female Help 11
- Wanted Situations 13
- Wanted Miscellaneous 14
- Financial 14

AD DIRECTORY

- For Sale Miscellaneous 40
- Building Supplies 40
- Appliances 41
- Furniture 41
- Musical Equip. Radio, TV 42
- Sports and Games 42
- Miscellaneous 43
- Dress 43
- Real Estate 43
- Automotive & Equipment 43
- Machinery and Tractors 43
- Boating Equipment 43
- Equipment For Rent 62
- Trailer 62
- Parts and Accessories 72
- Cycles and Scooters 72
- Cars and Trucks 72
- Unclassified Copy 72

LEGAL NOTICES

NOTICE TO CONTRACTORS

Sealed proposals addressed to the City of Medford, Oregon, and directed to the City Engineer, will be received at the office of the City Recorder until 10:00 A.M. on the 15th day of September, 1963, and thereafter will be publicly opened and read and the bids referred to the City Council.

2-SPECIAL CLUB EVENTS

Harvest Dance

Jacksonville Community Hall
Friday, August 30, 8 p.m. to 1 a.m.
Music by the Melodious Four
Sponsored by Centennial Post 1000, American Legion

3-PERSONAL

WANTED

One Heel Boom & Grapple Man To load logs.

Must Be Experienced.

Call Collect - HY6-3249
Hamburg, Calif.

LEGAL NOTICES

NOTICE TO CREDITORS

I have been appointed by the Circuit Court of the State of Oregon for Jackson County, Executor of the Will of Vina Eismann, deceased, and have qualified All persons having claims against the estate of said decedent are hereby notified to present them with proper vouchers to me at the office of Skyrman & Heisel, attorneys for said Executor, at Room 202 Medical Center Building in Medford, Oregon, within six months from the date of this notice.

NOTICE TO CREDITORS

NOTICE IS HEREBY GIVEN that the undersigned has been appointed as Administrator of the estate of John Spackman, deceased, and all persons having claims against said estate are hereby notified to present the same with proper vouchers, at 10 Brophy Building, Medford, Oregon, within six months from the date hereof. Dated this 22nd day of August, 1963.

NOTICE OF SALE

NOTICE IS HEREBY GIVEN that on the 6th day of September, 1963, at the hour of 9:00 A.M. at the Court House, located at Main and Oakdale streets, in the City of Medford, Oregon, I will sell at public auction for cash to the highest bidder, all right, title and interest of Roy D. Anderson, Vera Mae Blessing, formerly known as Vera Mae Anderson, Thomas E. Whittle, and Jackson County, Oregon, a political subdivision, in and to the following described real property, to-wit:

NOTICE OF HEARING ON FINAL ACCOUNT

NOTICE IS HEREBY GIVEN that on the 6th day of September, 1963, at 9:30 o'clock A.M. at the Court House, located at Main and Oakdale streets, in the City of Medford, Oregon, I will sell at public auction for cash to the highest bidder, all right, title and interest of Hilton F. Griffiths, husband and wife, in and to the following described real property, to-wit:

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3-WANTED MALE HELP

WANTED

One Heel Boom & Grapple Man To load logs.

Must Be Experienced.

Call Collect - HY6-3249
Hamburg, Calif.

TV STATION TECHNICIAN

FLANERMAN wanted immediately for 412-12th Street, Medford. Excellent only need pay. Excellent working conditions, family housing available, good schools in the heart of the best hunting fishing in the West. Call or Write Lovness Timber Co. EL3-2272, Bly, Oregon.

11-WANTED FEMALE HELP

BABY Sitter—Steady, experienced & refs. Please 772-5452 after 6 p.m.

WOMAN to live in care for partially paralyzed woman, 22-178 MATURE lady as companion for elderly woman. Country home. Rm. board & wages. Write Tribune Box 4011.

WOMAN Salary or Comm.

for demonstration & sales of new cosmetic product. Prefer beauty school graduate. Excellent business experience. Refs. req'd. 772-4437

LADIES

Work 9:30 A.M. to 3:30 P.M. Permanent, pays well. Commissions. For further information, call Mrs. J. M. Lutz, 2108, After 3 P.M. or before 9:30 A.M. Lutz Cosmetics.

12-MALE OR FEMALE HELP

COUPLE to live on ranch. Must like stock. Furn. cabin & utilities. Able to work piano farm. Non-drinkers. 305-1217

MARRIED COUPLE as head renter in Men's Dormitory. Must be able to work piano farm. College courses. Apply at Dormitory Office, So. Ore. College, Ashland.

13-WANTED SITUATIONS

WILL work shovel, garden, etc. for \$1 hr. 773-4747.

DRESSMAKING & all kinds of alterations. 772-8953

BABY SITTING, Hour or day. Fenced yard. 616 West 11th.

4-LOST AND FOUND

FOUND—Special Permanent, \$10 & up. Lost keys, 772-1963. Call 773-3211, 32 N. Oakdale.

5-INSTRUCTIONS

LOOKING

For a truly satisfying occupation? Do you know what you really want? Investigate Personal Success Profile first. See what it can do for your future. No obligation. Write

MAN.....!!!!

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30-FOR RENT HOUSES

1-BDRM. unfurn. house, 2 1/2 bdrms, 2 1/2 baths, 2 1/2 car, 212-1344

2-BDRM. unfurn. carpet, utility rm. One small child welcome. No dogs. Inquire 214 Lincoln.

NEARLY new 3-bdrm duplex, 2 1/2 baths, fenced yard, fireplace, family rm. 890-664-2641.

2-BDRM. unfurn. house. Close-in. 772-2404

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AD DIRECTORY

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LEGAL NOTICES

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3-PERSONAL

30-FOR RENT HOUSES

11-WANTED FEMALE HELP

WOMAN Salary or Comm.

LADIES

12-MALE OR FEMALE HELP

13-WANTED SITUATIONS

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LOOKING

MAN.....!!!!

Peaches

BEAR CREEK ORCHARDS

Two Miles South of Medford on Highway 99

Excellent for canning, freezing and eating fresh, but do not qualify for our gift boxes.

Bring your own containers.

Open 8:00 a.m. to 5:00 p.m.

CLOSED SUNDAYS