

Wine Sauce Is Featured In Filet of Sole Amandine

There is real culinary showmanship in cooking the main course of a meal right at the table. That is perfectly possible, and delicious, too, when the menu centers around Filet of Sole Amandine. This classic dish features sole seasoned with wine and garnished with almonds.

Chablis would be an excellent choice for use both in the recipe

and as the mealtime beverage. The relatively high acid content in chablis makes it a complimentary favorite to serve with fish.

Directions for cooking Filet of Sole Amandine in an electric skillet are contained in "The Electric Epicure's Cookbook," authored by Poppy Cannon and recently published by The Thomas Y. Crowell company of New York. Miss Cannon has adapted and streamlined many recipes that can be prepared advantageously on the small electric appliances so dear to American women.

FILLET OF SOLE AMANDINE

Four filets of fresh sole, or one one-pound package frozen; one teaspoon salt; three-fourth teaspoon pepper; three-fourth teaspoon paprika; four tablespoons flour; one-fourth cup salad oil; one-half cup Chablis wine; two tablespoons lemon juice; one-fourth cup toasted slivered almonds; lemon sections. Serves four.

If frozen filets are used, thaw just enough to separate. Combine salt, pepper, paprika, and flour. Coat fish on both sides with seasoned flour. Heat oil to 370 degrees in an electric skillet and brown the filets.

Add Wine

Remove fish to a hot platter and keep warm. Add wine and lemon juice to the oil in the skillet; simmer at about 200 degrees for 3 minutes; replace fish in sauce and keep warm at 150 to 180 degrees.

Do not cover the skillet or the fish will lose its crispness. At serving time, sprinkle with almonds and serve with lemon sections.

Variation: Peel four small bananas, cut into halves lengthwise, and simmer in the wine sauce above. One-half teaspoon ground ginger may be added also.

Ashland Girl Returns Home

Ashland — Seven year old Shawn Silver, daughter of Mr. and Mrs. Harold Silver, 173 Helman street, returned home recently from Alaska where she spent three months as the guest of Mr. and Mrs. Joe Hicklin in Anchorage. Shawn flew to Seattle where she was met by her mother and her grandmother, Mrs. Leland Silver, 743 B street, and by her uncle, John Davis, Hillview drive.

The desirable weight for a man 5'10" tall of average frame is from 146 to 160 pounds, according to life insurance statistics. (UPI)

Quiz Designed To Test Knowledge of Appliances

Chicago — (UPI) — Modern appliances offer convenience at the homemaker's fingertips, if she knows which switch to flip. But recent surveys show that the housewife is not always aware of all the improved features of her new appliances.

Test your "Appliance IQ" with this "true-false" quiz designed by the Whirlpool corporation. Score 6 points for each correct answer. For a score of 60-66, consider yourself brilliant; 42-56, pretty smart; 24-38 average; 12 or less confused.

1. An automatic burner performs the same function as a thermostatic burner.
2. Frost never forms in an automatic defrost refrigerator.
3. Technical advances in gas ranges make it possible to fry an egg in a paper plate.

4. A timed-electrical outlet can be used to operate the coffee percolator automatically, turning it on or off when the coffee has perked for the length of time selected.
5. A timed-electrical outlet performs the same functions as a minute timer.

6. Wash 'n wear cycles in automatic washers eliminate drip drying.
7. It is possible to use the kitchen faucet while the automatic dishwasher attached to it is in operation.

8. Surveys show that most housewives use too much detergent in their automatic washers.
9. A bleach dispenser is an unnecessary "extra" on an automatic washer.

10. Dishes should be rinsed before being loaded in an automatic dishwasher.
Answers to Appliance Quiz: —

1. True. The automatic burner permits complete control over surface heat, eliminating boil-overs, burning, curdling.

2. False. In the automatic defrost, frost forms in the freezer section but never in the fresh food section. In the no-frost or frost-free type, frost never forms in the fresh food section, or in the freezer section.

3. True. Engineers have improved the gas range by inserting a cushion of air between the flame of the burner and the pan. This permits heat to be distributed evenly over the entire surface of a pan, preventing burning, even on a paper plate.

In Talent

Talent — Craig Marshall, son of Mr. and Mrs. Gene Marshall, Springfield, Ore., is visiting his grandmother, Mrs. Norma Glasscock, Front street, and his aunt and family, Mr. and Mrs. Virgil Baldwin, Foss road, this week.

4. True. The timed electrical outlet, which permits selecting a starting time in advance for any electrical appliance, is often overlooked because of its small size.

5. False. A minute timer serves only as a convenient warning that the sauce has simmered the determined number of minutes.

6. True. Wash 'n wear cycles in automatic washers include a cool-down period during which clothes are rinsed in cold water to prevent heat-set wrinkles.

7. True. A bleeder valve is attached to some dishwashers and water can be drawn while the appliance is in operation.

8. False. Many women are afraid to use an adequate amount of detergent to do a thorough cleaning job. Surveys have shown that too little detergent results in tattle tale gray and yellowing problems.

9. False. Dispensers prevent expensive spotting and burning problems by accurately diluting and dispensing bleach into the wash cycle at the proper time.

10. False. The newer dishwashers only require excess food to be scraped before loading.

Design Center Says Rooms Are Sophisticated

New York — (UPI) — Sophistication highlights the latest "best dressed" list. For rooms, that is, not women.

At the National Design Center here, the best dressed rooms were reported "more designed than decorated" with architectural detail and no "contrived decorating tricks."

According to the staff of the center's research bureau, these were the noticeable trends: —Blue, from deep blueberry to morning glory, replaced golden tones as the number one color. Running a close second was tortoise-shell brown.

—Strong prints and weaves in fabrics combined a wide array of accent colors.

—Fine woods, especially antique doors and panels, were almost universal.

—Floors generally were simpler and less patterned both in hard surfacing and carpeting.

—Walls more elaborate with wood paneling, fabric, and vinyl coverings highly popular.

—The use of antiques and fine reproductions mixed with occasional well-designed furniture was a continuous trend.

—Windows treatments were divided into those which combine draperies with gossamer casements and those which were tailored with increasingly popular window shades.

In Portland — Ashland — Mrs. Agnes Henning, 574 Allison street, spent a 10-day vacation in Portland visiting her mother, Mrs. Sarah Hedberg, and her brother and his wife, Mr. and Mrs. C. Elwood Hedberg, formerly of Medford.

Use a thin solution of starch in rinsing silk scarves after washing. The starch gives them added body.



Paris — This cocktail ensemble from the fall - winter collection of Yves Saint-Laurent is of cloque silk in a bright Mediterranean blue worn with a cap of matching velvet. (UPI)

Expressionism Topic for Talk Given for C

Mrs. Eileen Mole gave the meeting-of-the Southern Oregon Society of Artists with a talk on expressionism in art.

Mrs. Viola Moore told of the watercolor exhibit now at Mon Desir Dining Inn which is the work of artists in Astoria. The members of the society here have been invited to exhibit at the Sea Fare restaurant in Seaside during the months of October, November and December.

Robert Onstad of Ashland gave a demonstration on the potter's wheel and answered many questions.

Paintings to be hung in the Public Library of Medford and Jackson County during September are by Mrs. Barbara Moser, Mrs. LaVesta Gardner, Harry Marx, Mrs. Viola Moore, Mrs. Donna Frances and Mrs. Arlita Pletsch.

Refreshments were served by Mrs. Nettie Williams, Mrs. Helen Dittmanson and Mrs. Enid Rankin.

Guests

Ashland — Guests of Mr. and Mrs. Roy Hatley, 130 Third street, have been their daughter and family, Mr. and Mrs. Ken Bergerson and daughters, Lori and Sheri, Beaverton, Ore. They stopped on their way to southern California where they will visit Mr. Bergerson's parents in Westwood Hills.

Stress Education

Columbus, Ohio — (UPI) — When you say "physical education," stress the second word.

That is the advice of Prof. Delbert Oberbauer of Ohio State university. Physical education, he believes, should involve the mind as well as muscles and includes appreciation programs, sports ethics study and even a little spectator education.



A shoe that will stop traffic on city or country roads is this olive suede tie-stitched and perforated to meet this season's more detailed look. The diamond shaped stacked heel, notes the National Shoe Institute is a sturdy companion for walking. Margaret Jerrold is the designer. Patterned stockings also make a fashion point in this season's darker hues.

Gardeners Plan First Meeting

Talent — Talent Garden club will hold the first fall meeting Wednesday, September 4, at the home of Mrs. Herman Sommers. Mrs. Leon Lockwood will be co-hostess for the meeting.

To Meet

Phoenix — A meeting of the Phoenix Neighbors of Woodcraft lodge is set for Thursday, September 5 at 8 p.m., in Phoenix City hall. Mrs. Carl Christ will be the hostess.

Remove splattered paint from tile with nail polish remover.

Sale of Candy To Be Held By Sorority Units

Rogue Area council of Epsilon Sigma Alpha international sorority met recently to lay final plans for their annual candy sale. The sale of Brown and Haley mints will be held September 10, 11 and 12. Mrs. Arthur Pollard is candy sale chairman for the Alpha Lambda, Beta Nu and Delta Omega chapters in the Eagle Point and Medford area.

The sale will also be conducted in Ashland by Alpha Kappa chapter and in Grants Pass by Alpha Iota and Gamma Rho chapters of the Southern Oregon district.

This is an annual state wide philanthropic project with all proceeds donated to the Children's Hospital school in Eugene. Last year over \$11,700 was given to the school by Oregon's 60 chapters. The six chapters in the Southern Oregon district gave \$1,050.

Mrs. Lyman Smith, area president, listed recent appointments. They are Mrs. Ernest Black, vice president and Mrs. Chester Peterson, publicity.

Important dates announced for the future are a district council meeting September 18 at the Red Cross building, Medford; district formal ball February 8 at Rogue Valley Country club and the state convention April 24-26 at the Hilton hotel in Portland.

Square Dance To Be Saturday

An open heddown square dance will be held at the Country Square, Colver road, Talent, Saturday, September 7, from 8:30 p.m. until midnight. Callers will be Floyd Workman, Byron Dibble and Arthur Shoemaker.

All square dancers and callers are welcome. All those attending are asked to take potluck finger foods for refreshments.



Paris — Designer Rose Valois hopes to win approving smiles this fall with the weeping willow look. Effect is created by jade green ostrich feathers cascading over brocade blue turtleneck. Diamond clip in center is from Boucheron. (UPI)

Two Leave Friday For Nevada Vacation

Talent — Mrs. Allred Wheeler, Hendricks road, Talent, and her granddaughter, Marsha Day, left Friday morning for a vacation in Nevada City, Nev. They will visit Mr. and Mrs. L. Persons. Mr. Persons is a cousin of Mrs. Wheeler. Mrs. Persons was formerly Miss Jeannette Gore, who taught school in Talent in the 1930's.

GIGANTIC St. Ann's Altar Society RUMMAGE SALE!

Fri. & Sat.—Sept. 6 & 7 ST. MARY'S GYM 9 a.m.—5 p.m.

west house furs

"Weatherseal" nylon anorak keeps you weatherproof via drawstring hood and bottom... zip neck, elastic shirred cuffs. After ski, sail or golf fold it into its own zip-chest pocket! 5-mil. 8.00. Color-cued to "Wall St." wool-nylon flannel s-l-r-e-t-c-h pants, 5-15, 14.98.



Parker

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nothing's nicer

Then Our Sensational Orlon

KNITS

AT JUST \$17.98



(Above)

Enchanting is this new Fall fashion designed by Helen Whiting. A two-piece 100% Virgin Turbo Orlon (double P.K. Knit) featuring a sheath skirt, and overblouse with a large double cowl collar... AND IT IS COMPLETELY WASHABLE. In Black, Red, Royal. Sizes: 7 to 13.

(Left)

Smart is the word for Helen Whiting in its choice of fabric and styling for the Junior... a 100% Virgin Turbo Orlon (double P.K. Knit) three piece suit with sheath skirt, sleeveless blouse and chanel jacket... AND IT IS WASHABLE. In Red or Camel with Black trim. Sizes: 9 to 15.

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