

Vegetable-Herb Dressing Enhances Halibut Dish

Stuffings are commonly used with fowl and meats but rarely do we think of using them with fish. This recipe for Halibut Double Decker developed by home economists in test kitchens of the U. S. bureau of commercial fisheries features a vegetable stuffing with carrots, celery, onion, thyme and other ingredients which will enhance the flavor of the fish and provide a hearty, nutritious meal.

Halibut Double Decker
Two halibut steaks (one pound each) or other fish steaks, fresh or frozen; one and one-half teaspoons salt; vegetable stuffing; two tablespoons melted fat or oil; one teaspoon lemon juice; paprika.

Thaw frozen steaks. Sprinkle both sides with salt. Place one steak in a well-greased baking dish, 12 by 8 by 2 inches. Place stuffing prepared in advance on steak and cover with the other steak. Combine fat and lemon juice; brush over top of steak. Sprinkle with paprika. Bake in a moderate oven, 350 degrees F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serves six.

Vegetable Stuffing
One cup grated carrot; three-fourth cup chopped celery; one-half cup chopped onion; one-third cup melted fat or oil; two cups soft bread crumbs; one tablespoon lemon juice; one-half teaspoon salt; one-fourth teaspoon white pepper; one-fourth teaspoon thyme.

Cook vegetables in fat until tender, stirring occasionally. Add remaining ingredients and mix lightly.

German Mustard Sauce Is Made With White Wine

This German Mustard Sauce, made with white wine and bouillon cubes, will be the answer to those who enjoy mustard sauce with meat dishes.

The ingredients needed are one-half onion, cut into one-inch pieces; two slices white bread, cut into one-inch pieces; two cups water; two teaspoons prepared mustard; one-fourth pound butter, cut into pieces; one-half cup white wine; two bouillon cubes.

Put onion, butter, bread, bouillon cubes, mustard and water into an electric blender and blend until smooth. Empty into saucepan and cook until the mixture becomes thick, stirring constantly. Gradually add white wine and simmer 10 minutes, continue to stir. Serve with meat.

For babies six months and older: A new bib fits snugly at the neck, covers the shoulders and has a deep catch-all pocket which goes all the way across the bottom. Sold in supermarkets.

The newest in long-line lipstick promises a "flirty" fashion look with a range of six shades and a slender ease with tapestry-like finish.



Mrs. Adella Kasting, 302 Lozier lane, has been awarded a grant by Medford Altirusa club to aid her in enrolling in the Southern Oregon School of Practical Nursing. Mrs. Kasting is pictured here with her two sons, Danny, 5, and Joey, 2. The grant is one of a series given by the club in recent years to enable women to train themselves for gainful

employment and is part of a nation-wide program of this organization for business and professional women. The women in this area who have received grants are now employed as teachers, nurses, or in other occupations. Mrs. L. G. Miles headed the Altirusa committee which selected Mrs. Kasting for the grant.

Fall Schedule Under Way at Senior Center

Mrs. Leroy Thompkins, route 1, box 368, Talent, whose hobbies are photography and birds, will show colored slides to the Arm Chair Travel group at the Senior Activity center Monday, September 30, starting at 1:30 p.m.

The show is the first of its kind to be given at the Center as it will be entirely of Oregon birds in their habitat. Mrs. Thompkins is a member of the Thomas McCamant Bird society which promotes bird watching in this region and her program will be of interest to many.

The committee in charge of these weekly Monday afternoon programs headed by Dr. Frank Roberts, notes that during September all five shows were given by the courtesy of travelers and observers from Ashland, Talent, Phoenix and the Rogue Valley Manor in Medford.

The viewers have come from many of the towns in Jackson county, as do those who take part in the activities the rest of the week.

Since the Rogue Valley Council on Aging was organized to serve the seniors of the whole county, either in their own communities or from some central center, the trend in attendance is pleasing to the volunteers committee and council which sponsor the Senior center at 601 East Jackson street.

Spanish Class
The two fall programs, which are also on Monday, are the Spanish class from 10 a.m. to noon, and the knitting class from 3 to 5 p.m. Both groups are still open for new members.

The Tuesday oil painting class which is taught by Mrs. Nettie Williams, had a class hour experimenting in color last Tuesday and will welcome beginners in painting to attend these basic seminars from 1 to 4 p.m.

Wednesday, October 2, will be Senior Crafts days at the center when the receiving committee will be on hand from 10 a.m. until 2 p.m. to meet new craftsmen, check in their hand-crafted items, which will be considered by the jury at 4 p.m. the same day.

The new Evergreen Craftsman shop in the Colorama Paint Center, 315 East Main street, which opened on September 14, is very successful and new types of crafts are needed as well as more craftsmen. Those whose articles have already been sold may take replacements on Wednesday.

Food Storage Life Extended By Vitamin K-5

CORVALLIS — A vitamin famous for its life-saving qualities is being recognized for another more unusual trait—its ability to extend storage life of foods.

Research on Vitamin K-5 will be continued at Oregon State university this year with a \$12,546 grant to Dr. H. Y. Yang, OSU food scientist. This is the fourth year that the U.S. department of health, education and welfare has supported the project. Vitamin K was discovered in 1929 as a substance which helps stop bleeding.

So far, OSU workers have found that Vitamin K-5 is several times more effective than most common preservatives in tests on vegetables, fruits, meats, poultry, and dairy foods. A small amount added to some of these foods extended shelf life as much as two weeks at room temperature, and even longer when refrigerated or irradiated.

Rate Effectiveness
This year, OSU worker's will rate the vitamin's effectiveness in killing food spoilage organisms, its ability to increase storage life, and develop a method to determine how much residual K-5 might be left after it fulfills its role as a blocker to growth of food organisms.

Exactly how Vitamin K-5 prevents food spoilage is not completely known, says Dr. Yang. OSU tests indicate that the vitamin robs food spoilage organisms of certain key enzymes needed for survival.

OSU first got interested in using Vitamin K-5 to preserve foods several years ago in search for a substitute for sulfur dioxide, used to preserve fruit juices. Vitamin K-5 had several promising qualities—it was heat stable and effective against a wide range of food organisms. OSU and Massachusetts Institute of Technology are the only schools conducting studies on the vitamin.

Assisting with the OSU study are Margaret Beals and Ann Wilkins, both Corvallis; Teryl Beebe, Lebanon; and graduate assistant Larry Merrifield, St. Helens.

Those who wish to have advice and counseling to improve their craft to make it saleable, may confer with Eugene Bennett between 2 and 4 p.m. on appointment, which may be set up by telephoning the chairman, Mrs. E. H. Lovenses, 772-5090.

Any man or woman, 50 years or older can become a senior craftsman on application and by submitting his craft for consideration on the first Wednesday of each month at the center.

Council Sponsors
If the craft submitted to the jury meets the requirements of craftsmanship, design and originality and is considered saleable, it will be placed on sale at the Evergreen Craftshop at once. The selling price must include 25 per cent of the sales price which goes to maintain the shop.

The Rogue Valley council sponsors and promotes interest in the project, encourages new craftsmen, appoints the jury and receiving committees to handle the project as a public service to gifted seniors who have skills which can aid them financially.

One dollar membership dues required on application, gives a double membership in the Evergreen Crafts and in the Rogue Valley council, which is supported entirely by membership dues and sponsors many projects.

Thursday, October 3, the Senior orchestra meets for rehearsal under the leadership of William Pickell. On September 20 the orchestra gave a concert from 2 to 4 p.m. for the Talent Garden club's fall garden and flower show in the Talent city hall.

It was the second concert

held in September for community organizations. The group will play for clubs, lodges, church and Grange groups and in nursing homes on invitation. In one year they gave 18 programs in addition to their weekly practice periods at the center.

Bridge Class
The Saturday bridge class is growing, it was stated. The Rogue Valley council reported that the center is in need of more tables for use in the art, Spanish and bridge classes. Any organization or person who wishes to donate a table for the center should contact the house committee chairman, John Gribble 772-8541, or W. H. Walwyn 772-8541.

Persons who would be willing to teach copper tooling, wood carving or be song leader for the Singing Seniors, are needed. Volunteers may contact Mrs. Fred Rankin, 772-8448.

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and pancakes and helps to tenderize meat.

Whether used plain as a refreshing beverage or as an ingredient in prepared dishes, you will find it an advantage to have buttermilk on hand in your refrigerator.

If you have an old favorite recipe calling for sour milk, substitute the same amount of buttermilk and you will find it works equally as well.

Class Favorite



9084
SIZES
6-14
by Marianne Martin

Onion Herb Bread Filled With Flavor

Baking is one of the joys of autumn when the weather is more conducive to spending more time in the kitchen. You will look a long time to find something to bake with better flavor results than abound in "Onion Herb Bread."

Convenience products such as instant minced onion and biscuit mix help to take the work out of preparing this delicious hot bread, made with cream cheese, blue cheese, eggs, milk and fines herbs. (If your spice shelf doesn't contain fines herbs, make up your own blend of spices such as thyme, oregano and sage.)

Instant minced onion is a true time-saver whenever and wherever it is used. It lets you forget about the tiresome task of peeling, slicing and chopping onion and at the same time it provides the original flavor of freshly harvested onions in a host of soups, salads and main dishes.

Just measure from the container the amount of instant minced onion you want and rest assured that you will get fresh, pungent onion flavor to dress up a favorite recipe.

ONION HERB BREAD
One cup biscuit mix; two eggs; one-third cup milk; two tablespoons instant minced onion; one package (8 oz.) cream cheese; one-fourth cup crumbled blue cheese; one teaspoon fines herbs.

In a mixing bowl, combine biscuit mix, one egg, milk and one tablespoon onion; beat well. Turn into well-greased 8-inch square pan and spread evenly. Beat cream cheese with remaining egg until softened; stir in remaining onion, blue cheese and fines herbs. Spread over biscuit mix layer. Bake in 425-degree (hot) oven 20 to 25 minutes. Cut into squares and serve hot. Makes six to eight servings.

Popular vest- and-pleated-skirt look—a DANDY one this school year! Choose wool checks for vest 'n' skirt, cotton for demure blouse.

Printed Pattern 9084, Girls' Sizes 6, 8, 10, 12, 14. Size 10 vest, skirt take 1 1/2 yards 34-inch; blouse 1 1/2 yards 35-inch. Thirty-five cents in coins for this pattern—add 15 cents for each pattern for first-class mailing and special handling. Send to Marianne Martin, Medford Mail Tribune, Pattern Dept., 232 West 18th St., New York 11 N. Y. Print plainly NAME, ADDRESS with SIZE and STYLE NUMBER.

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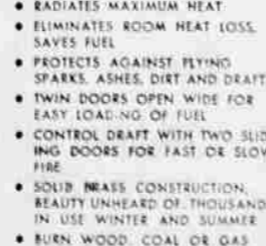
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