

DOMESTIC SCIENCE DEPARTMENT

Conducted by Mrs. Belle De Graf Domestic Science Director Sperry Flour Co.

Cooking of Sea Food, Palatable and Wholesome

Fish must be well cooked to be palatable and wholesome. It is cooked sufficiently when the flesh separates easily from the bones.

When perfectly fresh, the eyes are bright and clear, the flesh is firm and odorless.

Fish may be divided into three classes, namely: white, oily and shell fish. The white and oily fish may be served in place of meat; and in general, the methods of cooking fish are the same as those used in meat cookery.

Slices of fish require but little attention. They should be carefully wiped with a damp cloth, or let the cold water from the faucet run over them then wiped dry.

White fish is not so nourishing as oily fish. In this type of fish all of the oil is contained in the liver, making the flesh somewhat dry.

The oily fish, such as salmon, mackerel, etc., have the oil distributed throughout the flesh. Therefore this type of fish is more nourishing than the white fish.

In composition, fish is much like meat; but unlike meat in that it must be eaten soon after it is killed as it deteriorates very quickly.

All of the various methods of cooking may be applied to fish—baking, frying, sauteing, boiling, steaming and broiling.

Frying, sauteing and broiling are the most popular methods of preparing fish. All fish are greatly improved for serving if the bones are removed.

Then too, many attractive dishes can be made from the leftover fish, and to many persons these dishes appeal more than when the fish is freshly cooked.

Creamed fish is always acceptable either served on toast or in individual ramekins. Fish croquettes or timbales offer an attractive way to use a small quantity of leftover fish.

Fish salad is easily and quickly made of cooked fish and a dish of this kind will supply the main course for luncheon.

It is less wasteful to steam fish than it is to boil it. However, it is possible when boiling to add flavoring which will make the fish more palatable.

Use cold water for the fish as it will draw out the juices—have the water hot but not boiling, then bring to the boiling point and simmer gently until the flesh will leave the bones and is tender.

Fish will hold its shape and can be handled easier if wrapped in a piece of cheesecloth before placing in the hot water.

To bake fish with stuffing, prepare a bread stuffing, fill the opening two-thirds full and then sew firmly. Cut two or three gashes in the side of the fish and lay a piece of salt pork in each gash.

Fried fish are seasoned, rolled in flour, cornmeal, or fine bread crumbs, dipped in egg, rolled in crumbs again, then fried in deep fat.

Fillets of fish are also prepared in this same manner and can be fried or sauteed.

FISH SAUCES

Maitre d'Hotel Butter Beat one-fourth cup of butter to a cream, add gradually and very slowly one tablespoon of lemon juice; season with one-fourth teaspoon of salt and a dash of pepper, and one teaspoon of chopped parsley. Spread on the hot fish.

Melt one tablespoon of butter, add one tablespoon of flour, mix until smooth, cook until frothy, then add one-half cup cold milk or fish stock. Stir until thick and add one tablespoon of anchovy paste.

Two tablespoons butter, two tablespoons flour, one cup of milk or fish stock, one egg yolk, well beaten; one tablespoon lemon juice and one-fourth teaspoon salt.

Melt butter, add flour, mix well, cook until frothy then add cold milk and cook until smooth. Add beaten yolk diluted with some of the sauce; season and add lemon juice very slowly, and take one tablespoon of butter, break into bits and add gradually, heating well.

To one-half cup of thick mayonnaise add one teaspoon of onion juice and three sour pickles, chopped fine. Additional flavoring may be added by using chopped olives and capers.

Will Check Grafting Upon Business Men Of the Community

All solicitors for funds from local merchants and all promoters of advertising campaigns outside the recognized mediums of publicity will hereafter have their plans sanctioned by a special committee of the chamber of commerce, announced Secretary Stanley today.

The main street merchant, because of easy access, is a first target for every fund-raising campaign in any community and a mark for all fake advertising schemers. In consequence he contributes more than his share.

A classified Ad will sell it.

DEPARTMENT OF THE INTERIOR

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allotment, he must submit a separate bid for each allotment he desires to purchase, and if he wishes less than an entire allotment, he must submit a bid for one or more legal subdivisions of such allotment.

The right to reject any or all bids is reserved to the Commissioner of Indian Affairs. Land sold is usually conveyed direct to the purchaser by Patent in fee simple from the United States.

Approved leases hold until such time as they will expire, but the rental, after approval of the sale by the Interior Department will be payable direct to the purchaser.

The terms of this sale, under the cash payment plan, are ten per cent with the bid, and the additional ninety per cent within thirty days after the date of notice of acceptance of bid by heirs or owners.

Bids may also be made by deferred payment plan, ten per cent with bid fifteen per cent within thirty days from date of notice of acceptance, twenty-five per cent one year from such date, twenty-five per cent in two years and twenty-five per cent in three years, with interest on deferred payments at eight per cent.

Owners of tracts will be urged to accept deferred payment bids if to their advantage, but they frequently refuse to sell on this plan, and the bidder runs the risk of his offer being refused.

The township plats in the Agency Office at Klamath Agency, Oregon may be examined at any time during office hours. Further information desired will be given upon request either in person or by letter.

Bidders may submit as many separate alternate bids as they desire to make. These conditional bids should be marked "Alternate bid to be in effect only in case that my bids on other (specified) tracts are unsuccessful."

"Tbr"—denotes tracts that have some commercial timber on them.

Good agricultural lands can be found in Twp. 35, R. 7. Fine hay lands are located in Twps. 30 and 31, ranges 8 and 9. Remaining lands are suitable for grazing and hay raising.

WALTER G. WEST Superintendent.

Table with columns: No., Name, Descriptions, Area, Appraised Value, Lease Expires, Timber. Lists various land parcels with details on location, size, and value.