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Today's Women

By DOROTHY ROE
AP Women's Editor

The way you set the table is a key to your personality, outlook and way of life, says Helen Chamberlin, of Seattle, a natural-born hostess who has made a career out of it.

"For instance," says this vibrant, sparkling westerner, "there's the traditional gal who clings to grandmother's damask

Chukars Freed In Oregon

"Since 1951, 30,714 chukars have been released in Oregon."

So reads part of the first Oregon chukar partridge report compiled by Vic Masson, chief upland game biologist for the Oregon Game Commission.

The report summarizes the chukar production carried out in the state and gives the information that 88 per cent of the eggs set at the game farms were hatched, which compared to other artificial raising of wild birds is high. Also, an interesting fact listed was the 8 per cent loss of birds to predators on the farm at Hermiston.

The two main predators were named as the common house cat and the weasel. The majority of the losses was directly attributable to these two marauders.

During the past summer, some chukars have been recorded in all counties where liberations have been made since 1951. Numbers sighted varied from one to 150 birds. Best results from the early introductions appear to be in areas along the Deschutes, Crooked, John Day, Owyhee, and Malheur river drainages. Good numbers have also been reported in the Abert Rim and Hart Mountain areas in Lake County.

Though conditions for nesting have been good during the past nesting seasons, no season on the newly introduced Asiatics is anticipated within the immediate future. Approximately 10,000 adult chukars will be released each year.

Hunters are urged by the game commission to watch for the birds and not shoot them accidentally for Hungarian partridge. They are similar in color but larger. The free game commission pamphlet "Oregon's Upland Game Birds" contains a description of this and other game birds found in the state.

FOIL NOTE
In recipes that call for baking meat, fish or vegetables in foil, the trick is to make those bundles really snug as the purpose is to hold in all natural juices and diffuse flavors.

A Smart Woman

Reads ...

Martha Shops

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NOTE

To have your business reported in "Martha Shops" just phone 8111 and ask for MARTHA!

Chicken Time Is Any Time

It's fried chicken and stewing chicken time throughout America, at home and in public eating places. There are abundant supplies of chicken for the fall season, according to the Oregon Poultry Council.

The plentiful supplies of chicken are due to increased marketings of stewing chickens from farms and new and bigger crops of young plump broiler-fryers grown commercially to meet everyday demands for chicken.

Chicken has as much personality as there are ways to cook it.

Broiled chicken knows no season. It is one of the popular hotel and restaurant menu items, but why not enjoy it at home? It is one of the easiest methods of chicken cookery. Gentle cooking is the rule for broiling. Broiled chicken halves, juicy, rich with flavor and crisp-crustured are cooked slowly in the broiler pan, as far from the heat as possible. This method of cooking does not require constant attention. Start the chicken halves skin side down, that is, the cut side toward the heat. Turn and baste the chicken two or three times during the broiling. For basting, use any desired melted or softened fat, barbecue sauce, or thinned with water if it is the thick type, or your favorite French dressing.

Broil until the drumstick can be twisted readily out of the high joint, without tearing skin or meat. If you are broiling a two to two and one-half pound, ready-to-cook weight chicken (which is the popular size), in 45 to 60 minutes you will have delicious chicken that brings calls for "Let's have this again soon, Mom!"

Fried chicken knows no season, either. There is no hard-and-fast best way to fry chicken. It can be pan-fried or it can be oven-fried. Oven frying is a popular method with the arrival of cooler days. Brown the coated chicken in a small quantity of fat in a skillet. Transfer to a shallow pan, making only one layer of chicken. Bake, uncovered, in a slow oven (325 degrees) about one hour, or until thickest pieces are fork-tender. During the oven cooking, baste with a mixture of half butter or margarine and chicken broth or milk. Turn once during oven cooking. By the time the chicken is tender, all or nearly all of the basting mixture should be cooked into the chicken.

Another type of chicken, equally as popular as the broiler-fryer, is the stewing chicken. Stewing chicken, probably more than any other kind, brings nostalgic sighs of happy family meals. The popular weight is three and one-half to five and one-half pounds, ready-to-cook weight.

Stewing chicken plays many roles in the preparation of favorite dishes. When made into hearty soup, stewed with vegetables or served with rice, macaroni or dumplings, such tantalizing fragrances are created that appetites can hardly wait for the call to meal time.

Chicken is one of our high quality protein foods everyone needs for balanced meals and optimum health. It also furnishes several of the important and necessary vitamins and minerals.

Hildebrand

By MRS. T. P. MICHAEL
Mrs. Louis Kleppel and son, Jimmy, returned home Sunday from a three week's visit in Los Angeles and Wasco, California.

Leroy Welch left Friday to visit his grandmother, Mrs. Kate Phillips at Grants Pass and friends at Kirby.

Mrs. Betty Johnson, Douglas and Cathy, of Eugene, are visiting her parents, Mr. and Mrs. J. Ernest Nail at Hildebrand.

Former resident, Owen King, now of Grants Pass, visited over the weekend.

Bud Casper left Friday for his home at Louisville, Kentucky, after several months' visit with his parents, Mr. and Mrs. R. E. Bisee.

Dr. R. T. Lindley

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9187 SIZES 2-8
by Marian Martin

Beginner-easy-to-sew! Only two main pattern parts to jumper! For variety — make several plaid 'n' plain detachable bibs to mix and match! Without bib, jumper becomes an adorable full-flaring skirt! Thrifty! Make many tiny-collared blouses, too!

Pattern 9187: Child's Sizes 2, 4, 6, 8. Size 6 jumper, 1 1/2 yards 35-inch fabric; blouse, 1 1/4 yards. This easy-to-use pattern gives a perfect fit. Complete, illustrated Sew Chart shows you every step. Send thirty-five cents in coins for this pattern — add 5 cents for each pattern for 1st-class mailing. Send to Marian Martin, care of Herald and News, Pattern Dept., P.O. Box 6740, Chicago 80, Ill. Print your name, address, zone, size, style number.

Barbecued Pork Chops With Sliced Pineapple

4 pork chops
1/4 cup chili sauce
3 tablespoons lemon juice
1/2 tablespoon brown sugar
1 tablespoon grated onion
1 teaspoon prepared mustard
1/2 teaspoon each salt and Worcestershire
1/2 teaspoon chili powder
1-3 cup water
4 slices of pineapple

Brown pork chops on both sides. Combine chili sauce, lemon juice, brown sugar, mustard, salt, Worcestershire, grated onion and water and pour over chops. Cover closely and cook over very low heat 45 minutes to an hour or until tender. Turn once during cooking. Place pineapple slices over chops. Spoon off fat in pan and serve chops and pineapple with sauce poured over them.

HAM AND FRUIT GRILL

Here is another pleasing combination of textures and flavors combining ham with fruits that makes good company fare for brunch.

1 thick slice of ham to serve four
4 slices of pineapple, drained
2 firm bananas, cut in half lengthwise

Melted butter or margarine
Slash edge of ham at 2-inch intervals to prevent curling. Place ham on broiler rack; broil about 6 inches from heat for 6 or 7 minutes, or until lightly browned. Turn ham. Brush fruit with melted butter and placed around ham slice. Return to broiler and continue broiling for 5 to 6 minutes longer until fruit is cooked and ham sizzling hot. Makes four servings.



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