



FRESH OREGON GROWN FRYERS star for any meal. Shown here is a platter of fried chicken for the Labor Day dinner. Or you might want to go real fancy and serve spicy chicken with gingersnap gravy. Recipe suggestions and the photo are courtesy of Oregon Fryer Commission, 4096 Center Street NE, Salem. Recipes are tested by the Poultry and Egg National Board.



MAYBE NOT GLAMOROUS, but the new cellular knit undershirts for men copy the Scandinavians in providing warmth without weight. Back in the stores this year are red flannel "longies" for the outdoorsman, hunter and sportsman. You can have red flannels in one piece or two pieces, as you wish.

Undercover Secret

Undercover news for men this fall ranges from the briefest of briefs to the return of the "Long John" style. Once a very dull story, says the American Institute of Men's and Boys' Wear, male underwear this season has more variety than ever—wash-wear shorts, stretch yarn "Bikinis," squared-off briefs, cellular knit and form-fitting "muscle-builder" T-shirts, and the traditional athletic shirts as well as mid-length, "Long John" and "union suit" shirts and drawers. Wash-wears take an added interest via colors, patterns and "gag" ideas. The new stretch-fit "Bikinis" are the aforementioned briefest of briefs and offer excellent support. The squared-off briefs are longer than the jockey styles but not as long as the cut-and-sewn boxers. Cellular knit T-shirts, tried and tested by mountaineers, offer a maximum of warmth in a minimum of weight and bulk. The form-fit T-shirts come in colors such as bright red and deep blue

as well as in the traditional whites. For outdoorsmen, there are newly constructed undergarments that eliminate the need for many of the heavyweight and binding garments that plagued hunters, skiers and skaters. Built on scientific principles, these warm undergarments provide insulation against the cold while making the most of the wearer's own body heat.

OLIVES
Wyandotte Olives are available pitted or with pits. Stuff the pitted ripe olives with a small celery stick for a handle for before-dinner nibbling with chilled tomato juice or your favorite cocktail. For Halloween, stuff pitted ripe olives with American cheese or pimiento cheese spread for the lovely orange and black color combination.

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OREGON FRYERS

"Fried chicken for all on Labor Day" . . . could be a mighty popular plank in a political platform! But for any family, on any day, plenty of fried chicken makes a mealtime worth being together for. To make sure your fried chicken is a hit, choose Oregon-grown naturally fresher fryers. Good chicken must be fresh to start with. Then fry it right and serve plenty of it. Here is a simple recipe that guarantees tasty, juicy chicken.

PAN FRIED CHICKEN
2 fryers, about 2½ lbs. ready-to-cook weight, cut-up with giblets and neck
½ cup milk
1 teaspoon paprika
1 cup flour
2 teaspoons salt
½ teaspoon ground pepper
2 to 3 cups fat for frying each chicken

Place chicken in medium size bowl. Pour milk over chicken and turn chicken to completely moisten. Drain over bowl then shake chicken, two or three pieces at a time in a paper bag containing the thoroughly blended flour, salt, paprika and pepper to coat evenly. (Save any leftover flour and milk for gravy). Meanwhile, melt enough fat in two skillets to have a ¼ inch layer. Brown chicken slowly in the medium hot fat, with 2 spoons or tongs turn pieces until lightly and evenly browned (about 15 minutes). Cover tightly, reduce heat but have fat bubbling moderately. Turn chicken 2 or 3 times to continue browning and cooking evenly. Cook until thickest pieces are fork tender (use table fork), 15 to 20 minutes. Total cooking time 30 to 35 minutes. Makes 8 to 10 servings.

Note: If desired, liver and pre-cooked heart, gizzard and neck (cooked in seasoned water until fork tender) may be browned with chicken the last 15 minutes. For a holiday crowd it may be easier to serve french fried potatoes, a simple tossed salad, and sliced tomatoes. But for a family dinner, it's hard to beat fluffy gravy. Add to them a fresh vegetable. Jell-o salad and top the meal off with a light refreshing sherbet.

OLD-FASHIONED SPICY CHICKEN
1 fryer, 2½ to 3 lb. ready-to-cook weight, cut-up
½ cup salad oil
½ cup white vinegar
1 tablespoon salt
Tip of bay leaf
4 peppercorns
2 cloves
1 small onion, sliced
¾ cup flour
1 tablespoon paprika
¼ teaspoon pepper
Marinate chicken covered, refrigerated, about 12 hours in a mix-

"Quips and Quotes"



Life is real, life is earnest—and sometimes it's very humorous. Try these short takes for laughs. They're in the August 31 Family Weekly In The SUNDAY Herald and News

and pepper. Brown the chicken in the oil skimmed from the top of the marinade mixture. When the chicken is browned, about 25 minutes, add the leftover vinegar marinade and cover. Cook slowly for about 30 minutes until the chicken is fork-tender. Uncover the last 10 minutes to recrisp in a bag containing flour, paprika

platter. Prepare gravy with the pan drippings. Makes 4 or 5 servings.
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