Fish Ideal for Summer Cooking

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Bait family and friends with a change of pace in your September menus. Anyone looking for a tempting flavor change and an easy way to cook should look in the fish counter. Both fresh and frozen fish are in great abundance now. Only the size of the market, and hence the size of the fish case, limits your selection. No market is really typical, but you can probably choose: swordfish, haddock, halibut, salmon, trout, sole, red snapper, butterfish, lobster, shrimp, crab, and scallops.

In considering nutritive value, fish ranks high as a rich source of high quality protein, B-vitamins and minerals, especially iron and phosphorus. Because fish is a tender food, it may be broiled, panfried or oven-fried. All of these methods are easy and require short cooking time.

For tasty flavor fare, try broiled salmon steaks. Fresh salmon is truly a seasonal delicacy. It is usually available at local landing piers and fresh fish markets from the middle of April to the end of September. As with other varieties of lean fish, basting is suggested when it is cooked by a dry method such as baking or broiling. A simple but delicious basting sauce consists of melted butter, lemon juice, salt, pepper.

BROILED SALMON STEAKS

Remove broiler pan and preheat compartment about 5 minutes.

Brush both sides of the salmon with butter sauce.

Place fish on cold broiler grid. If you prefer not to turn the fish during the cooking time, place the steaks in individual "boxes" of aluminum foil. Cut off a piece of foil about an inch larger than the fish and turn up a ½ inch edge to form the box. (This trick should be used only for those foods free from fat such as fish or liver. Other foods need the fat drainage provided by the broiler pan which is designed to eliminate excessive spattering in the broiler.

Replace the broiler pan so that the surface of the fish is 3 to 4 inches from flame.

Brush the fish with melted butter serveral times durnig broiling.

One-inch-thick steaks and fillets only require about 10 to 15 minutes total cooking time. Avoid overcooking the fish. When it flakes easily with a fork, it is done.

Ski Lessons Planned at Rec Center

Ski lessons will begin tonight at the Joslyn Center, 3335 Torrance Blvd., and continue for five weeks through Oct. 18.

Students instruction will be divided into three categories. Beginners will learn equipment orientation and progress to stem turns. Intermediates will practice beginning through advanced stem christies. Advanced students will polish their technique with beginning through advanced parallel christies.

At the first session, all skiers will report to Joslyn Center from 7 to 10 p.m. for a ski film, fashion show, and equipment lecture.

Anti-Rumford Group Files For Incorporation Papers

Capitol News Service

SACRAMENTO — A group with the stated purpose of attempting to repeal the Rumford Housing Act has filed articles of incorporation with Secretary of State Frank M. Jordan.

Jordan said the articles were filed for "The Rumford Act Repeal Committee," to become a non-profit corporation. Directors, all from Los Angeles County, were listed as Bruce Stevens, of Lynwood; Christine Jones, of Paramount; and Charles Douty, of Gardena.

The Rumford Act, adopted in 1953, prohibits discrimination in the sale or rental of most housing on the basis of race, creed, color or religion. The people voted to overturn the act in 1964, with Proposition 14, but the U.S. Supreme Court held this action in violation of the federal constitution.

Airman 1/C Julian R. W. Skorupski, son of Mr. and Mrs. Chester V. Skorupski of 161 W. 222nd St., has arrived for duty at Selfridge AFB, Mich.

Airman Skorupski, a precision measuring equipment specialist, previously served at Naha AB, Okinawa.

He is a graduate of Banning High School.

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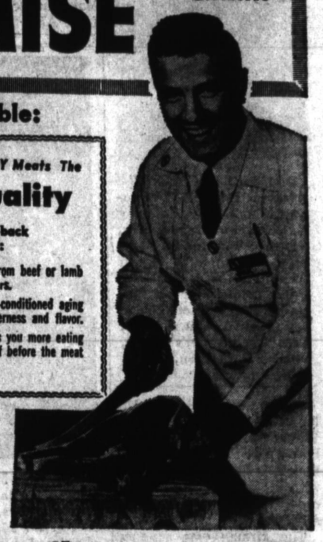

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