

the THINKING WOMAN

Dorothy Johnson's Food Forum Extended Jurisdiction - A Change For The Better

March 1, 1977 will mark one of the most significant events in the history of American Fisheries. On that day the Fishery Conservation and Management Act of 1976 goes into effect. Seafood consumers will be pleased to learn that the Act provides the mechanisms to protect the future of their favorite species. Historically Am-



erica's coastal waters have been one of the most bountiful seafood areas in the world. In recent years, this has attracted so many foreign and domestic fishermen that several favorite species are threatened with over-fishing.

The Act will extend the exclusive fisheries jurisdiction of the United States from 12 to 200 miles, establishing a zone contiguous to the territorial sea in which the United States assumes exclusive fisheries management authority. Un-

der the Act, a Total Allowable Catch (TAC) will be established for each species and it will be determined at that time what portion of this total can be harvested by American fishermen. The remaining surplus will then be apportioned among foreign fishermen.

The management program will encourage the use of little-known or under-utilized species as well as providing the means for assuring adequate supplies of traditional species.

The Pacific Northwest produces a number of popular species, several of which are introduced in a leaflet that may be obtained by writing:

Washington Seafood Recipes Leaflet, Northwest Seafood Products, 1600 South Jackson Street, Seattle, Washington 98144.

One of the recipes include is Sautéed Sole with Citrus-Almond Butter. The fish cooks quickly and very easily, as all fish does. This particular recipe produces a main event that looks picture-pretty and tastes as if it is the masterpiece of a famous chef.

2 pounds pan-dressed, skinned sole, flounder, or other small flatfish, fresh or frozen
1 teaspoon salt
Dash cayenne pepper
1/2 cup margarine or cooking oil
Paprika

1/3 cup sliced blanched almonds
2 tablespoons lemon or lime juice
1/2 teaspoon grated lemon or lime rind
1 small ripe avocado peeled, seeded, and sliced

Thaw frozen fish. Sprinkle with salt and cayenne pepper. Heat 1/4 cup margarine or cooking oil in large frying pan. Arrange fish in single layer in frying pan (about 1/2 at a time) and brown lightly on both sides, turning once, 5 to 7 minutes total cooking time or until fish flakes easily when tested with a fork. Transfer cooked fish to heated serving platter; sprinkle with paprika and keep hot. Add remaining 1/4 cup margarine to frying pan; heat. Add almonds and toast lightly. Remove from heat; stir in juice and rind. Spoon over fish. Top with then slices of avocado. Makes 6 servings.

Boning cooked fish is easy! Just run blade of dinner knife gently down center of fish and the tender cooked fish can then be lifted off from each side starting at center. Turn fish and repeat process.



HOLIDAY HAIR

A lot of very together women have trouble creating a great party hair style. When the invitation says "party" or "formal" they think they have to tease their hair or wear a cascade of fake curls. GLAMOUR magazine says keep party hair simple so you'll get compliments to your face instead of whispers behind your back.

Model Beverly Johnson experiments with her hair for styles that can go right from hard-working days into hard-partying nights. (1) An elegant, no-care style where hair is all pulled back. (2) Exotic bangs pulled down straight. (3) Side parted and fluffed back. (4) Curled under all around for a soft, feminine look.



PATRICIA WILLIAMS, PRESIDENT OF THE ECONOMIC OPPORTUNITY BOARD Youth Council, accepts a Community Services Administration Commendation from James Hawkins, CSA Regional Representative. Joining in the presentation is Charles Sawyer, EOB Youth Organizer and Edita Perez, EOB Manpower Services Administrator. The Youth Council was cited for sponsoring a recent conference enabling disadvantaged young people to voice their concern and priorities for the future. Topics discussed at the conference, the first of its type in the region, included Youth Involvement in Politics, Education, Equal Employment Opportunities and Juvenile Justice and Drug Abuse.



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