



The unusual mixture of fish and cornbread combines to make this delicious and nutritious stew.

## Seafood Stew: Cheap and delicious

One of the most versatile and frequently one of the most moderately priced fishery products is fish fillets. There are many varieties to please every taste and suit every occasion. Fish fillets are ready to cook, easily digested, and are power-packed with good nutrition. They are always a good buy because these meaty, tender pieces of fish are practically boneless, and almost 100 per cent edible. Fish fillets are in a unique class both nutritionally and economically.

This Seafood Stew with Cornbread Dumplings recipe combines the fillets with sliced onions, partially-thawed mixed vegetables, canned mushrooms, canned soup, and milk. Have you ever heard of baking a stew? This stew is oven-baked to save you time and for your convenience. The grand finale is a dumpling-topping made from a corn muffin mix and crisp bacon. The succulent seafood stew can be ready to enjoy in approximately 35 minutes cooking time. It is uniquely satisfying as well as hearty and we'll wager that this recipe is one you'll keep handy for ready reference in your favorite recipe file.

### SEAFOOD STEW WITH CORNBREAD DUMPLINGS

- 2 lbs. thick fish fillets, fresh or frozen
- 1 1/2 cups sliced onions
- 1/4 cup margarine or cooking oil
- 1 package (10 oz) sliced mushrooms, undrained
- 2 cans (10 1/2 oz. each) condensed cream of celery soup
- 1 cup milk
- 1 teaspoon salt
- 1/2 teaspoon leaf thyme
- 4 slices bacon, diced
- 1/2 package (18 oz.) corn muffin mix
- Milk

Thaw frozen fish. Cut fish into 1-inch pieces. Cook onions in margarine or cooking oil until tender but not brown in 6-quart Dutch oven with heatproof handles, stirring often. Add frozen vegetables and mix. Add mushrooms, soup, milk, salt, and thyme. Heat and stir until hot. Fold in fish. Cover and bake in a hot oven, 400° F., 15 minutes or until hot and bubbly. Fry bacon until crisp; drain on absorbent paper. Prepare muffin mix as directed on package label, reducing milk by half. Stir in crisp bacon lightly, and drop 6 to 8 mounds of batter onto hot fish mixture. Return to oven. Bake 20 minutes or until dumplings are done and fish flakes easily when tested with a fork. Makes 6 to 8 servings.

## Survey tests nutrition knowledge

Do you think you have to eliminate foods like popcorn, peanut butter and honey from your diet before you can lose weight? A recent survey conducted across the country by Weight Watchers International asked this question and others to determine current national awareness of nutritional needs. The results were unpredictable, often surprising, but before revealing them, here is an opportunity for you to test your own nutritional knowledge against the national average.

### Sample questions from The Weight Watchers International Quiz

True False

- 1. Exercise increases your appetite.
- 2. The best way to lose weight is to eliminate starches like bread, pasta and potatoes from your diet.
- 3. Men burn up calories faster than women.
- 4. You can eat sweet potatoes, peanut butter and honey, or drink beer and wine while on a diet.
- 5. To lose weight you must always broil or boil your foods, you should never stir-fry or saute them.

Now that you have answered "true" or "false" to these questions, see how your responses stack up against the rest of the country.

(1)—If you answered "True" to question one, you were not alone. Over 61 per cent of the Americans surveyed in ten major cities including San Francisco, Atlanta and Washington, D.C., also believe that exercise increases the appetite. Actually, this is incorrect. Under normal circumstances, exercise reduces your desire to eat and only serves to tone and tune your body. So the next time you get a craving to eat, take a walk instead.

(2)—What was your answer again? Over 37 per cent of those surveyed said "true" when they shouldn't have. Starch is a necessary part of everyone's diet. It is not the spaghetti but the fats in those heavy sauces and the butter or oil that should be avoided.

(3)—If you answered "true" to this one, you are absolutely correct. Men do burn up calories more quickly than women and 68 per cent of those surveyed recognized this fact. In other words, women have to work a little harder than men to achieve the same weight loss.

(4)—If your responses are anything like those of the national average, you have about a 50-50 chance of being right in this category. It is hard to believe but all of these food are part of the Weight Watchers Program. So how do you stack up? Almost 49 per cent of the national

respondents believe that sweet potatoes are acceptable; almost 50 per cent sanctioned peanut butter; 45 per cent think honey can be part of a diet; only 44 per cent okayed beer; and, surprisingly enough, just 43 per cent wine is fine in a diet.

(5)—Variety is also an important element in cooking. If you answered "true" to this question, join the crowd. Over 72 per cent of the people surveyed believe that to sautee or stir-fry is a dieting no-no—another myth.

## K's Place

K's BURGERS

K's TUMULTOUS BURGER .....  
1/3 lb. Beef, lettuce, tomato, pickle, onion, mustard and ketchup. With cheese, 15¢ extra.

K's SUPER BURGER .....  
1/4 lb. Beef, 2 patties, cheese, lettuce, tomato, onion, pickle, and a special sauce.

K's BURGER .....  
Regular burger, ketchup, mustard, pickle, and onion. With cheese, 15¢ extra.

K's BARBEQUE  
BARBEQUE STYLE RIBS .....  
Tender, juicy ribs in our special barbeque sauce.

**Bar-B-Q Ribs & Chicken**  
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Oregon Grown  
Crisp & Juicy  
Sweet Flavor Lb. **39¢**

**SHARP Cheddar Cheese**  
Best Buy Medium Sharp  
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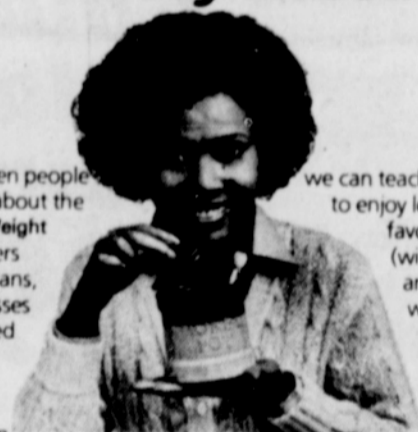
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| Hot Dog Buns Mrs. Wright's 10" Off Label 11-oz Pkg 59¢ | Bel-air Waffles Frozen Heat & Serve 5-oz Size 3 \$ 1       | Truly Fine Diapers Disposable Toddler, 40's \$4 99                 |
| Cream Cheese Kraft Philadelphia 8-oz Size 89¢          | Chow Mein Beef, Chicken, Pork, or Shrimp 42-oz Size \$2 49 | Toothpaste Colgate Reg. or Gel, 25" Off Label, 6.4 to 7-oz. \$1 19 |
| Apple Juice Seneca Frozen 6-oz Size 4 for \$1          | Chow Mein Noodles Chun King 5-oz. 79¢                      | Revlon Flex Shampoo 16-oz. \$1 59                                  |
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