



Dress up kitchen with accessories

"Counter" your winter doldrums with "utili-tiques"—beautiful and functional accessories that will update your kitchen.

Imaginative accents can provide utility and storage as well as decoration. Today's fashionables may very well be tomorrow's collectibles.

Handwoven baskets, hefty white stoneware, colorful casseroles, nostalgic salt-and-peppers, and other novelties can make a cocina-come-

alive!

Mount on a wall a gleaming white ceramic cow's head that patiently, willingly holds your towels or aprons on her horns.

Everyday items like pot holders take on a freshness when they're green asparagus "stalks" tied with red yarn. (Here's a nifty idea: hang a row of them across the top of your kitchen window to make a smashing valance treatment that's washable and treated to resist stains.)

Sturdy porcelain canisters feature wooden-peg handles and a cookie jar is designed to look like a stack of plates topped with "pottery" cookies to clue what's hiding inside.

A copper-finished wire basket makes a gleaming and dandy holder for eggs, potatoes, vegetables, or fruit... or can even be set in the sink to rinse produce. For a fancy party, it nestles, rolls, napkins, or cutlery.

Low sodium soups are flavorful

Hypertension is a leading health problem in this country. Studies show that blacks are twice as likely as whites to develop symptoms of high blood pressure. A combination of hereditary and dietary factors may be responsible for this predisposition.

Low-sodium diets are often prescribed for patients suffering from hypertension. If you want to reduce salt intake, try these recipes for flavorful soups made without canned broths, usually high in salt. Pacific Chowder and Lentil Soup are made with unsalted margarine.

An easy and effective way to reduce overall salt consumption is by substituting unsalted margarine for all your margarine and butter needs. It's now available in the dairy case and is kosher and parve (milk-free).

PACIFIC CHOWDER

Makes 6 (1 cup) servings

- 3 tablespoons unsalted margarine
- ¼ cup chopped green pepper
- ½ cup chopped onion
- 1 clove garlic, minced
- 2 cans (16 oz. each) low-sodium tomatoes
- ¼ teaspoon sugar
- 1 bay leaf, crushed
- Pinch oregano leaves
- 2 pounds fresh or frozen halibut or haddock fillets, cut into 1-inch pieces

Melt unsalted margarine in a large saucepan over medium heat. Add green pepper, onion, and garlic; saute until tender. Add tomatoes, sugar, bay leaf and oregano. Cook, covered, over low heat about 50 minutes. Add fish to sauce. Cook 5 to 10 minutes longer, or until fish flakes easily with fork. Serve.

Sodium: 175 MG. Per Serving

LENTIL SOUP

Makes 9 (1 cup) servings

- ½ cup (1 stick) unsalted margarine
- 2 cups chopped onion
- 1 pound dried lentils
- 2 ham bones (about 1 pound)
- 8 cups water
- 2 cups chopped carrots
- 1 cup sliced celery
- 3 tablespoons chopped parsley
- ½ teaspoon ground black pepper
- 3 bay leaves
- ½ cup vermouth

Melt unsalted margarine in a large sauce pan over medium heat. Add onion; saute until tender. Stir in lentils, ham bones, water, carrots, celery, parsley, thyme, oregano, pepper, and bay leaves; bring to a boil. Cover partially and reduce heat; simmer 1½ hours, or until lentils are tender. Stir in vermouth for last ½ hour of cooking time. Discard bay leaves and ham bones before serving.

Sodium: 90MG. Per Serving

Rose Jewelry

Fine Jewelry Manufacturing
Gold, Diamond, Rings, Watches, and Repairing
625 S.W. Broadway
Portland, Oregon 97208
(503) 224-8640

School Menus

March 1: Cheeseburger, tater triangles, tossed salad greens w/Thou-san Island dressing, apricot halves, milk.

March 2: Roast turkey in gravy, whipped potatoes, mixed vegetables, french bread, fruit crisp, milk.

March 3: Hot dog on a bun, hash browns and cheese, green beans, chilled pears, milk.

March 4: Oven-fried chicken, potato salad, carrot sticks, bulgur roll, banana half, milk.

March 5: Submarine sandwich, shredded lettuce & tomato, french fries, peach slices, milk.

Fred Meyer

SAVE GAS
SAVE TIME
SAVE MONEY

ONE STOP SHOPPING CENTERS

Prices good Wed.,
Feb. 24 thru Tue.,
Mar. 2, 1982

Dubuque 'Royal Buffet' Regular or Thick Sliced

Sliced Bacon

\$1.28

Reg. \$2.19
1 lb. pkg. ea.
First two - Additional at Regular Price

Not to exceed 30% Fat

Ground Beef

98¢

lb.
First Five lbs. - Additional at regular price

• Oil • Water

MY-TE-FINE Tuna

67¢

6½ oz. can Reg. 99¢ ea.
First two - Additional at regular price

• White • Wheat

Sonny Boy Bread

399¢

22½ oz. loaf Reg. 60¢ for
First three - Additional at regular price

MY-TE-FINE Longhorn

Colby Cheese

\$3.98

2 lb. loaf Reg. \$5.39 ea.
First two - Additional at regular price

California 'Iceberg' Crisp, Solid Heads

Head Lettuce

3\$1

for

Fred Meyer Walnut Park and Interstate-Lombard Food Sections only

Fred Meyer Coupon

Half Gallon ctn. MY-TE-FINE Vanilla Ice Cream

79¢

First one - with coupon Additional at regular price

* Cash value 1/20th of 1¢ • Valid Wed. Feb. 24 thru Tue. Mar. 2, 1982 • Walnut Park and Interstate-Lombard Food Section only • FM 00

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Fred Meyer Coupon

Campbell's - 10¼ oz. can Chicken Noodle Soup

18¢

ea.

First two - with coupon Additional at regular price

* Cash value 1/20th of 1¢ • Valid Wed. Feb. 24 thru Tue. Mar. 2, 1982 • Walnut Park and Interstate-Lombard Food Section only • FM 00

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Each of these advertised items must be readily available for sale at or below the advertised price in each Fred Meyer store, except as specifically noted in this ad. 8-288

