

# Hearty fish stew saves energy

The main goal in conserving energy and energy costs in cooking and your energy in preparation is an entree that is naturally tender, requires little cooking, and is rich in nutritional values. Versatile and succulent fishery products do all of this and more; all you need in addition is to revise your thinking in trying new ideas. Try it, you might come up with entrees so good, you'll wonder why no one ever thought of them before.

One suggestion you might consider is cooking a whole meal in one pot on one burner on top of the stove. It can be mighty good eating as well as energy-saving when you serve Hurry-Up Fish Stew. This savory concoction includes carrots, celery, onion, peas, condensed cream of celery soup, milk, seasonings, and two whole pounds of fish fillets cut into bite-sized pieces. The vegetables are simmered about 10 minutes before the other ingredients are added. To make this supper-in-a-pot even more enticing, cornmeal-muffin dumplings are added and the whole pot covered and simmered until the dumplings are done and the fish flakes. For variety, if you wish, canned white potatoes may be substituted for part of the carrots and peas. The entire cooking time is about 28 to 30 minutes—how's that for an energy-saving as well as an energy-giving fish stew?

It saves energy if you fit the pot size to the burner, and heavy pots such as aluminum or iron Dutch ovens with close-fitting covers are more economical to use.

## HEARTY HURRY-UP FISH STEW

- 2 pounds fish fillets, fresh or frozen
- 2 tablespoons butter or margarine
- 2 cups thinly sliced carrots
- 1 cup thinly sliced celery
- 1 cup thinly sliced onion
- 1 cup water
- 1 can (10 1/2 oz.) condensed cream of celery soup
- 1 cup milk
- 1 package (10 oz.) frozen peas,

- thawed\*
- 1 1/2 teaspoons salt
  - 1/2 teaspoon marjoram
  - 1/2 teaspoon leaf thyme
  - 1/2 package (18 oz.) corn muffin mix (1 1/4 cups)
  - 1 tablespoon chopped parsley, optional

Thaw frozen fish. Cut fish into 1-inch pieces. Combine butter or margarine, carrots, celery, onion, and water in 6-quart Dutch oven or 12-inch covered fryer. Bring to boil. Cover tightly and simmer 10 min-

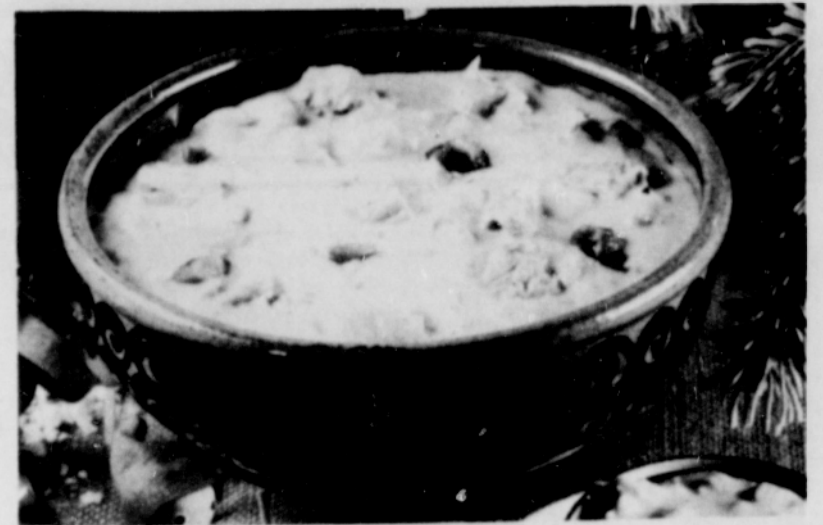
utes. Stir in soup, milk, peas, salt, and herbs; stir and heat until bubbly. Add fish pieces. Prepare muffin mix as directed on package label, reducing milk by half and adding parsley, if desired. Spoon 6 to 8 mounds onto hot fish mixture. Cover tightly and simmer 10 minutes or until dumplings are done and fish flakes easily when tested with a fork. Makes 6 to 8 servings.

\*If desired, you may substitute 1 can (1 pound) white potatoes, drained and diced, for 1 cup each of sliced carrots and peas.

Total cooking time: 28-30 minutes (one cooking container, one burner).

## HEARTY FAMILY DINNER (Suggested Menu)

- Hearty Hurry-Up Fish Stew—with Cornbread Dumplings
- tossed Green Salad with Favorite Dressing
- Pound Cake slices topped with peach halves, served with strawberry sauce
- Beverage



Hearty Hurry-Up Fish Stew



**SUPER SAVER**

### Snow's Clam Chowder

15-Ounce Can, Just Add Milk & Heat

Save Up To 70¢

# Ea. 79¢

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Half Case..... \$9.45



**SUPER SAVER**

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**SUPER SAVER**

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Mrs. Butterworth's Syrup Buttered Syrup, 24-Oz., 20¢ Off Label <b>\$1.49</b>	Fruitful Bran Kellogg's Brand Cereal, 13.6-Oz. <b>\$1.59</b>	Ragu Spaghetti Sauce Assorted, Quart Jar <b>\$1.59</b>	Lucerne Ice Cream Homestyle, Half Gallon <b>\$1.99</b>	Macaroni & Cheese Mission, 7.25-Oz. <b>3 For \$1</b>	Zee Napkins Family Pack, 1 Ply, 360 Ct. <b>\$1.79</b>	Vera Facial Tissue 2 Ply, 150 Ct. <b>2 For \$1</b>	Rice-A-Roni Ass't'd Varieties, 6.25 To 8 Ounce <b>68¢</b>
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Whole Or Blade Cut

## Pork Loins

Safeway Quality Pork. Tasty & Nutritious!

**\$1.29**

Lb. **1.29**

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**SUPER SAVER**



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Lb. **19¢**

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**SUPER SAVER** **Oregon Grown**

## What King means to me

What does Martin Luther King mean to you?

**Edna Robertson, Northeast Neighborhood Coordinator for the City of Portland:** "He is a symbol for all people who want peace, justice and the rights of all people observed."

**William Hilliard, Executive Editor of The Oregonian:** "What strikes me about King was his humanity and commitment to Blacks and other non-whites in this country. Because of King I can function as an individual without thinking about someone not being my equal because of color."

**Herb Cawthorne:** "He is more than an individual. King represents the spirit and drive of Black people in this country and all people who believe in peace. He represents the best in the American ideal—the best in the human ideal."

**Hazel G. Hayes, President, Portland branch NAACP:** "Dr. King means a challenge that I must continue to follow. I'm hoping there are others of us out there who pick up this challenge. However, we have not reached the goals King set for us nor has his dream become a reality."

**Michael Grice, Public School Administrator and writer:** "King represents courage and conviction to promote the unpopular position of non-violent response to injustice—the verification of the raw power of Christian principles."

**District Court Judge Aaron Brown, Jr.:** "Without a person like Martin we would not have come as far as we have. It also means we have a lot of work to do."

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