

The Statesman's FOOD SECTION

Edited by *Maxine Buren*

Westerners Find Fish Dishes on Menus Frequently

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We wonder if Oregonians fully appreciate the abundance of fresh fish available to us. Proximity of the Pacific, with its bountiful supply of shellfish and deep sea fish; the Columbia with its salmon, the Sandy with smelt, and the innumerable trout streams and lakes within the state, give us just about any type fish possible.

Adding to the supply of fresh fish, grocers now offer frozen fish fillets, various shellfish not available fresh on the West Coast and out of season fish steaks the year around.

Probably the West's most popular shellfish recipe is Crab Louie, which may be varied by using lobster or shrimp. This salad is easily made at home, and should be served often to those liking shellfish.

Maxine Buren

CRAB SALAD

Make beds of lettuce and arrange crab meat on them. Sprinkle rice hard cooked eggs over the crab, and add chopped chives. Make dressing of 1 cup mayonnaise to 1/2 cup chili sauce, 1/4 cup French dressing, 2 tablespoons chopped olives, some horseradish and Worcestershire sauce. Pour over the crab.

Salmon of course is the most popular fish in most households. If fish is ever served, salmon is most probably often first choice. The freshness and versatility of this fish make it popular no matter how often served.

But there are other fish found in the local markets and should be more often served. Take sole for instance. These fillets are excellent for family eating and for company dishes. Try rolling fillets around fried onion rings, fastening with toothpicks, dipping in seasoned flour and frying lightly brown in hot fat. Arrange in a buttered pan, add some lemon juice and cover pan. Cook until fish is done. Serve with more onions sauteed with green pepper rings.

Then there are shrimp, cute little shellfish that are so handy to use in hot dishes and salads.

Among the many good ways to use shrimp are any of the many kinds of Scampi — many kinds, but always made with shrimp.

Here's a recipe for Lemon Scampi, a variation on the re-



Shrimp, year around shellfish, goes into this dish with a fascinating name—Scampi. There are various kinds of scampi we are told, but this one, dominated by the little yellow citrus fruit, is called, reasonably enough, Lemon Scampi.



Fish fillets are broiled and served with onion and olives. While being broiled these are basted with a lemon-oil-spice mixture. Topped with an onion and olives, they make an attractive dinner dish.

FRUIT MELANGE

Better breakfast month in September reminds us it's time to check our eating habits. As popular as ever for a breakfast fruit are plump, moist prunes. For a colorful accent, add a thin slice or two of fresh orange to a dish of cooked prunes.

This recipe has a generous amount of lemon juice added to the garlic sauce in which fish is broiled.

LEMON SCAMPI

1 pound shrimp, fresh or frozen
1/4 pound (1/2 cup) butter or margarine
1 clove garlic, minced fine
1 teaspoon pepper
1 teaspoon salt
Juice of 1 lemon
Remove shell from shrimp, leaving tail shell on. Cut down back of shrimp and remove sand vein. Melt butter or margarine in a saucepan. Add remaining ingredients. Toss shrimp in butter until shrimp are well coated. Turn into a broiler pan and broil 3 inches from source of heat about 5 minutes. If desired, broil tomatoes in same pan with shrimp. Cut tomatoes in halves. Place a pat of butter on each half and sprinkle with salt and pepper. Makes 2 to 3 servings.

Molded Chicken Comes in Loaf

Here's good eating in the form of:

MOLDED CHICKEN LOAF
1 pkg. lemon-flavored gelatine
2 cups hot chicken stock free from fat
1 cup diced cooked chicken
1/4 cup chopped celery
1/4 cup chopped green pepper
1/4 cup chopped stuffed olives

2 teaspoons diced pimiento
2 teaspoons vinegar
1 tablespoon grated onion
1/4 teaspoon salt
Dash pepper
Dash Worcestershire
Dissolve gelatine in hot chicken stock. Chill until slightly thickened. Combine remaining ingredients and fold into slightly thickened gelatine. Turn into loaf pan. Chill until firm. Unmold. Cut in slices. Serve on crisp lettuce and garnish with mayonnaise. Serves 6.

Tomato Juice Will Freeze Very Well

Though tomatoes don't freeze successfully, tomato juice does, home freezing specialists say. Here's how. Wash, sort and trim firm, vine-ripened tomatoes. Cut in quarters or eighths. Simmer 5 to 10 minutes. Strain. If desired add 1 teaspoon salt to each quart of juice for seasoning. Pour into

GOURMET TOUCH

Lima beans and hamburger become a gourmet's favorite in this dish. Sauté hamburger, onion and minced garlic in oil. Mix in canned tomato soup or tomato sauce, a little sour cream and cooked California dry limas. Season with salt and ground pepper, and serve with a dab of sour cream on top.

PUFFY

Little sugar and spice breakfast puffs will bring your family to the table in a hurry. Combine 1/2 cup raisins with 2 cups biscuit mix. Add 1/2 cup milk and 2 tablespoons melted shortening. Drop dough by tablespoons into a mixture of 3 tablespoons brown sugar and 1/2 teaspoon cinnamon. Put sugar side up on greased baking sheet and bake in hot oven 15 minutes.

rigid freezer containers, leaving head space. Seal and freeze.

IGA Store Owners Praise New Lux Liquid Detergent



IGA store owners turned to a bit of tomfoolery by giving a "shampoo" after they were handed the sales story on Lux Liquid Detergent, Lever Bros. new product designed for thrifty dishwashing. Gordon Christiansen, company representative receives the treatment. Left to right, Sam "Pop" Emery, Emery's IGA Food Liner; Tony Nunn, Orcutt's Market; Emmett Kleinke, State Street Market and Chuck Nielsen, Vista Market. The quartet suggests that you drop in - stock up on this new fine product!

Instant Rich Suds
For Thrifty Dishwashing
The New



LUX LIQUID DETERGENT

NEW LUX
12-oz. can

39¢

NEW LUX
22-oz. can

69¢

Turn to Page 3 For Other IGA Values!



Packed in a can
as it should be—
with a dripless spout

Won't break like a bottle. Won't get soggy or take up room like a box. And the dripless spout keeps the liquid from dripping down the side of the can.



A week's dishwashing is a bigger job than the weekly laundry. (It's around a thousand cooking and eating utensils for a family of four.) Like your weekly laundry, dishwashing deserves a special something that will make it less of a chore—and yet not harm your hands.

NEW

this can in your kitchen is the next best thing to a dishwashing machine

Our laboratories found that one canful of this new Lux Liquid Detergent will wash more dishes than several boxes of the most popular laundry powder. It cleans so well and costs so little because it's designed for dishwashing... not for getting out the entirely different kind of grease and dirt in soiled overalls. —And it's almost as mild on your hands as Lux Toilet Soap.

YEARS AGO, we asked our laboratories to develop a product especially for dishwashing. Something that would be as superior for dishes as Lux Flakes care is for stockings.

Now, it's no small order to come up with something as good as a product that lets you double the wear of your nylons. But we think you'll agree Lux Liquid Detergent is that good for dishes.

It gets dishes clean like nothing else does by literally soaking them clean. It cuts away the grease. Gets between the clinging grease and the dish. Dissolves the grease.

For fast, efficient dishwashing—with or without wiping—no powder can touch it.

What's more, it dissolves instantly (it's pre-dissolved). It has a nice smell and it will make suds even in ice water.

As for mildness, we can truthfully say it's almost as mild as Lux Toilet Soap—and that's going some. Lux Liquid Detergent is mild.

Now, how about cost? For what it does, Lux Liquid Detergent costs less than any leading soap or detergent.

A few drops wash a whole dishpan-full of dishes. A couple of trials will show you how little you have to use.

In other words, it's pleasant and thrifty to use, it does the job well without a lot of fuss, and it's easy on your hands. For these virtues it's unequaled by any other product.

This new Lux Liquid Detergent naturally has a Lever Brothers guarantee. You can have your money back if you don't think it's the greatest little helper with the dishes that ever came along—but we honestly believe you'll love it. LEVER BROTHERS Remember—it's LUX LIQUID for dishes, LUX FLAKES for nylons. You can double the life of your nylons with LUX FLAKES care instead of harsh wash-day treatment in washday suds. If you want to, you can prove to yourself how gentle LUX FLAKES care saves stockings. Get two new pairs. Wash one pair with any washday product. Wash the other pair the LUX way—in pure, gentle LUX FLAKES. Do this for several weeks—and you'll see the difference LUX FLAKES care makes.