

Food SECTION

Rice Casserole Dishes Good Spring Fare

Individual casseroles of tuna, rice and carrots seasoned with tomato sauce and onion are good springtime fare. You'll like this dish for three reasons, taste and eye appeal, economy and ease of preparation.

TUNA RICE CASSEROLES
1 1/2 cups can solid-pack tuna, drained
1 1/2 cups can tomato sauce
1 cup finely chopped onion
1/2 teaspoon garlic salt
1 cup sliced cooked carrots
Salt and pepper to taste
2 tablespoons butter or margarine

Break tuna into pieces. Combine tuna, tomato sauce, onion, thyme and garlic salt; stir well. Turn into 4 greased individual baking dishes. Arrange rice and carrots over tuna mixture. Sprinkle with salt and pepper to taste. Bake in moderate oven (350 degrees) 25 minutes. Makes 4 servings.

Another suggestion is this:
TUNA CLAM BURGERS
1 1/2-cup can minced clams
1 1/2-cup can sliced mushrooms
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1/2 teaspoon salt
1/2 teaspoon rosemary
1/2 cup chopped canned tomatoes

Drain clams and mushrooms and reserve liquids. Melt butter or margarine; add mushrooms and onion and lightly brown. Add flour, salt and rosemary and blend. Combine clams and mushroom liquids; add enough milk to make 3 cups liquid. Gradually add milk mixture to flour mixture and cook over low heat, stirring constantly, until thickened. Add tomatoes, tuna and clams and heat to serving temperature, stirring occasionally. Makes 4 servings.

APRICOT FLAVORED SALADS CONTRAST
Shimmering models of fruit salads add a golden touch to both flavor and color to your menu. We used tangy apricot whole fruit nectar with a sharp lemon accent for the delicious gelatin base. Bite-sized pieces of orange and banana add plenty of contrasting taste and texture.

BUNNY FRUIT SALADS
1 1/4 cups apricot whole fruit nectar
1/4 cup lemon juice
1/4 cup cold water
2 envelopes (1 tablespoon) plain gelatin
1/2 cup cold water
2 tablespoons lemon juice
1/4 teaspoon grated lemon rind
1 cup sliced orange sections
1 large banana
Sliced greens

Fruit salad dressing
1/2 cup water and salt. Soften gelatin in water and dissolve in hot nectar. Blend in lemon juice and cold water until slightly thickened. Pour in orange and sliced banana. Turn into individual molds and chill until firm. Unmold on salad greens and serve with fruit salad dressing. Makes 4 servings.

LEMON PUDDING USES ANGEL CAKE
An angel cake and a can of evaporated milk make a fine beginning for this pudding:
LEMON PUDDING CAKE
1 1/2-cup angel food cake
1/2 cup chilled evaporated milk
1 cup lemon juice
1 cup milk
1 package instant vanilla pudding
2 tablespoons lemon juice
2 tablespoons sugar
1/2 cup toasted coconut
Slice cake, horizontally, into four equal-sized layers. Whip chilled evaporated milk to soft peaks. Add 1/2 cup lemon juice and beat to stiff peaks. Put milk into a medium-sized mixing bowl. Add pudding to milk and beat until smooth and thick, using a rotary beater. Fold in remaining two tablespoons lemon juice and half of the whipped evaporated milk. Into pudding. Divide pudding-cream mixture, reserving one-half for the frosting. Spread about one cup of the pudding mixture on a cake layer, alternatingly stacking cake layers and pudding. To the other half of the pudding-cream mixture, add the remaining whipped evaporated milk and sugar. Cover top and sides of cake with lighter lemon mixture. Sprinkle toasted coconut on top. Chill in refrigerator until ready to serve. Note: This cake freezes satisfactorily. Yield: 10-12 servings.

MANDY MINT
When having a buffet-style supper, serve the first course in the living room so you can put the finishing touches on the main course in the kitchen.

CHICKEN IT
Add extra protein to that vegetable cream soup. Toss tiny cubes of cheddar cheese into each bowl before ladling in the soup. This makes for interesting flavor, too.

SPRING
Toss small white potatoes with green peas for a two-in-one vegetable dish. Add a cream sauce and cubes of red potatoes for pretty color. Good with baked ham, a beef roast or a leg of lamb.

THE FRIENDLIEST STORES IN TOWN... Erickson's

St. Anne's Guild Rummage Sale
Thursday and Friday 9:00 a.m. to 5:30 p.m.
320 Court—Next to Robert Bros.

Win! A Big Boy Barbecue!
Erickson's Giant Giveaway!

12 Big Boy Barbecues to be given away absolutely FREE, Saturday, May 5th. Deposit your FREE Ticket Today at any of our 4 locations.

SALAD DRESSING	Tang	49¢
MARSHMALLOWS	Pixie	19¢
SLICED CHEESE	Phenix Brand	2 1/2 lb. 43¢
CHICKEN & NOODLES	Lynden	Big 29 oz. 45¢
Mandarin ORANGES	Baffin	11 oz. Tin 2 for 31¢

Orange Juice	Libby's	3 6 oz. 47¢
Strawberries	Libby's	2 10 oz. 45¢

PEANUT BITTER	Hood's	Cookie Jar Size 1 49¢
CHOCOLATE BITS	Nestles	6 oz. Pkg. 2 for 35¢
ANGEL FOOD MIX	Dromedary	17 oz. Pkg. 35¢
DILL PICKLES	Columbia	22 oz. Jar 29¢
FRESH EGGS	AA Large	Dozen 55¢

Palmolive	4 for 27¢
Cashmere	3 for 27¢
Vel Detergent	Large Pkg. 28¢
Fab Detergent	Large Pkg. 28¢
Ajax Cleanser	2 for 21¢
Florient	Regular Size 89¢
AD	For Automatic Washers 3 1/2 lbs. 69¢
Palmolive	Bath Bar 2 for 23¢

California Garden Fresh—Green



BROCCOLI 19¢ Bunch

Celery Hearts pkg. 23¢	Potatoes Red 4 lbs. 39¢
New Peas 2 lbs. 29¢	ORANGES lb. 7 1/2¢

California—Green—Tender, Well Filled Pods
Choice—Juicy—Sweet
Carton 35 lb. Box 2.29

"BIG BOY"



BRUCE'S WAX Self Polishing
quart 98¢

Brooms 5 Sew-Colors 119¢

Sponges OCELO—ASSORTED COLORS 43¢

Oven Cleaner NEW HEP 98¢

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SOS Pads Large Size—10 Pads 23¢

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Glo Coat 1/2 Gal. 149¢

ELECTRA-SOL 39¢

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CLOROX Ultra-refined
so gentle you can use it on white nylon and rayon the same as on cotton and linen!
1/2 Gal. 29¢

Sponge Mop Tops in Cleaning
cedar
\$4.50 COMPLETE

Finish DISHWASHER DETERGENT
1/2 PRICE SALE!
one box 2¢ price with purchase of second box at regular price
BOTH FOR 73¢

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Surprise the June Bride with a Wedding Cake from Erickson's. Special Attention Given to all Wedding and Party Orders.

Cookies Assorted 29¢ Dozen	Dinner Rolls Assorted 39¢ Dozen	Donuts Glazed 59¢ Dozen
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Banana Loaf Cake 49¢

BAR-B-QUE Give Away!

French Dressing 8 oz. Bottle	23¢
Mayonnaise 1 qt.	65¢
Grated Cheese 2 1/2 oz.	19¢
Handi-Snacks 6 oz.	2 for 45¢
Carmels 1 lb. bag	39¢
Marshmallows 10 oz. pkg.	29¢

Pancake Flour Centennial 2 1/2 lb.	33¢
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Paper Towels 2 Reg. Rolls	35¢
Wax Paper 2 Rolls	35¢
Facial Tissue 400 Size	27¢



SLICED BACON Swifts Premium	39¢
SMOKED HAM Popular Brands	49¢

Fresh, Cut up, Pan Ready

FRYERS 49¢ lb.

Strictly Fresh! Perfectly cleaned! No Waste! The finest chicken you have ever eaten. Tender plump, raised specially for Erickson's it's no wonder chicken you buy at Erickson's taste so good.

TOP U.S. CHOICE STEER BEEF Blade Cut	Chuck Roast lb.	29¢
TOP U.S. CHOICE BONELESS	Beef Pot Roast lb.	59¢

TOP U.S. CHOICE	Chuck ROAST lb.	49¢
ERICKSON'S THRIFTWISE	Rump Roast lb.	39¢
ERICKSON'S THRIFTWISE	Round Steak Whole	59¢

Garden Show

of canned food values!

Sweet Corn Del Monte 2 303 Tins	29¢
Diced Beets Del Monte 303 Glass	10¢
Sweet Peas Del Monte 2 303 Tins	35¢
Fruit Cocktail Del Monte 5 303 Tins	1.00

GRAPEFRUIT SECTIONS	3 303 Tins	53¢
PRUNE JUICE	3 Quart Bottles	1.00
STEWED TOMATOES	5 303 Tins	1.00
TUNA FISH Chunk Style	4 No. 1/2 Tins	95¢
TOMATO CATSUP	5 14 oz. Bottles	1.00
ORANGE JUICE	46 oz. Tins	39¢
GRAPEFRUIT JUICE	4 46 oz. Tins	1.00

Freestone Peaches Lady Elberta 3 2 1/2 Tins	1.00
Green Beans Cut 5 303 Tins	95¢
Asparagus Cut Tips 3 300 Tins	1.00
Dill Pickles Kosher or Regular 3 qt.	1.00

DATE PRUNES 2 lb.	39¢
CRACKER JACK 2 lb. Bag	35¢
POP CORN 2 1/2 lb. Bag	31¢
CHILI BEANS 2 1/2 lb. Tins	25¢
SARDINES 3 1/2 lb. Tins	29¢
DEVILED TONGUE 3 1/2 lb. Tins	35¢
COVE OYSTERS 4 1/2 lb. Tins	49¢
TUNA FISH Solid—Light Meat 2 lb.	39¢
COCKTAIL SHRIMP 4 1/2 lb. Tins	31¢
KIDNEY BEANS 303 Tins	49¢
COCOANUT 1 lb. Cello	27¢
SLICED BEEF 2 1/2 lb. Jar	59¢
PUFFED WHEAT Big Giant Bag 19 1/2 oz.	29¢
APRICOTS 8 oz. Tin	10¢
CRUSHED PINEAPPLE 3 lb.	93¢
FLUFFO SHORTENING 3 lb.	37¢
POTATO CHIPS 4 1/2 lb. Bag	17¢
PUFFED WHEAT Save 6¢	

THE FRIENDLIEST STORES IN TOWN... Erickson's

Chinese Give Stylish Sauce For Vegetables

Let us not forget that the Chinese have wonderful ways with food too — especially with vegetables. And now comes a recipe from the finest food people for serving peas, Chinese style.

Most Chinese vegetable dishes call for a very short cooking time — unless they are combined with finely chopped meat for extra flavor. This means an excellent way of using up small amounts of left-over meat.

The Chinese cook prepares all ingredients ahead of time — carrots, monosodium glutamate, soy sauce and other ingredients are neatly arranged on the table. Scallions will be chopped and the water chestnuts sliced in tiny little rounds. Next we learn these with the occidental touch — a 10 ounce package of frozen peas — to be served as plump and freshly green as the day they were picked. Carrying the theme will further serve these peas in their delicious sauce with individual rounds of plainly boiled rice — and chicken or pork as the main meat dish.

CHINESE STYLE
3 tablespoons vegetable oil
2 tablespoons cornstarch
1 1/2-cup package fresh frozen peas
8 water chestnuts (sliced)
2 tablespoons cornstarch
1/2 cup water
1 cup chicken stock, hot
1 tablespoon soy sauce
1/4 teaspoon monosodium glutamate

Heat vegetable oil in heavy saucepan over moderate heat. Add chopped scallions and cook 2 minutes, stirring constantly. Add 4 frozen peas and sliced water chestnuts. Cover pan and continue cooking 3 or 4 minutes. Just until peas are thawed. Blend cornstarch with water to form a smooth paste. Add to peas and stir well. Add hot chicken stock, soy sauce and monosodium glutamate. Stir just until sauce bubbles. Serve at once. Yield — 4 servings.

Fruit-Cheese Perfect End For Any Meal

The last bite is the one that's most often remembered so make now good the rest of the meal. It may be it follows, therefore, that dessert cannot be just a matter of course, it must be the piece of resistance of the meal.

Either fruit or cheese is the perfect ending to a good meal. Combine the two and your appetite is doubly impacted, particularly if you use American Blue Cheese with its deliciously subtle flavor.

BLUE CHEESE APRICOT PIE
1/4 cup crumbled American Blue Cheese (about 1/2 ounce)
1 1/2-cup shortening
1 cup sifted all-purpose flour
2 tablespoons cold water
1 No. 2 1/2 can apricot halves
1 tablespoon cornstarch
1/2 cup sugar
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
2 tablespoons lemon juice
1 tablespoon butter

Cut cheese into shortening into flour with pastry blender or 2 knives until mixture is size of peas. Add water in small amounts, stirring lightly. Press dough into surface in 9-inch fluted, flangeless pie pan. Prick dough with fork. Bake in preheated oven at 350 degrees for 15 minutes. Remove from oven. Drain apricots, quarter them, and reserve syrup. Arrange apricots in pastry shell. Heat syrup to boiling point. Combine cornstarch, sugar, cinnamon and nutmeg and add to syrup. Cook, stirring constantly, until thickened and clear. Add lemon juice and butter, and mix well. Pour over apricots. Bake in very hot oven (425 degrees) 40 minutes. Serve with wedge of blue cheese, as desired.

FEAR AMERICAN BLUE CHEESE CRISP
2 1/2 cups peeled, sliced pears
1/2 cup granulated sugar
Dash salt
1 cup sifted all-purpose flour
1 cup firmly-packed brown sugar
1/2 cup cinnamon
1/2 cup butter, softened
1/2 cup crumbled American Blue Cheese (about 2 ounces)

Turn into buttered 9 x 9 x 2-inch baking pan. Sprinkle with granulated sugar and salt. Combine flour, brown sugar and cinnamon. Cut in butter and cheese with pastry blender or 2 knives. Sprinkle over ingredients in baking pan. Bake in moderate oven (375 degrees) 45 to 55 minutes, or until pears are tender.

SUNDAY SUPPER
Tomato aspic with cottage cheese makes a good Sunday night supper salad when prepared by a hot soup. Add grated onion, salt and freshly ground pepper to cream — style cottage cheese. Mold the tomato aspic in small ring molds; when ready to serve, unmold and fill the centers with the seasoned cottage cheese.

WELCOME CHANGE
Change that breakfast fruit course! Serve sliced bananas with pineapple juice for a change. Or grapefruit sections with apricot nectar. Or orange sections with cranberry juice. The year's prettiest glass sauce dishes for the fruit combination!