



# Ila's Almanac

Friday, March 16: With St. Patrick's Day coming up, how about a two-dessert dinner? Irishmen are great dessert eaters. Honest. It is not uncommon at dinner in Dublin, for example, to serve two desserts. One will be hot and the

## Fricassee Liborio is variation

New York has the largest Spanish-speaking community in North America. That explains the "Castanet Circuit," in the heart of the city, composed of many Latin restaurants, serving arroz con pollo, paella and other specialties of Spain, Cuba, South and Central America.

"Liborio," one of the most popular restaurants, serves an outstanding chicken dish to the list of guitars. You'll enjoy it.

### Chicken Fricassee Liborio

1 heavy stewing chicken (about 4 pounds, cut up)  
Salt and pepper  
1/2 cup salad oil  
Juice of 1 lemon  
1 garlic clove, minced  
2/3 cup finely chopped onions  
3 tomatoes, peeled and diced  
1 1/2 cups giblet broth  
1/2 cup dry sherry (or water)  
1/4 cup whole stuffed olives (small ones)  
1/3 cup light seedless raisins  
Wash chicken; sprinkle with salt and pepper. Brown slowly on all sides in salad oil. Remove chicken. Add lemon juice, garlic and onion to salad oil left in frying pan; cook until lightly browned.

Return chicken to pan. Add tomatoes and giblet broth. Cover tightly; simmer over low heat about 1 1/2 hours or until chicken is tender. Stir in sherry or water, olives and raisins. Cover; simmer 15 minutes longer. (Serves 6.)

Note: For giblet broth, simmer giblets, neck and bony parts of chicken in about 2 cups of water to make rich broth.

### SALAD SANDWICH

Make triple-decker club sandwiches with bacon and tomato for one filling, avocado slices and lettuce leaves for the other. Toast either white or whole wheat bread and use plenty of mayonnaise.

other, almost invariably, will be served cold. Suggestion: cold fruit compote, flavored with "vanilla essence," and a traditional Irish steamed pudding. Or serve lime sherbet with the meat course. It's fun.

Saturday, March 17: Today's the day. Wear orange at risk of life and limb. To honor St. Patrick, "Irish" potatoes are traditional. It doesn't matter a bit that the popular staple originated in South America. Potatoes were first found growing high in the towering Andes mountains of Peru and Ecuador by 16th Century Spanish explorers. For the best "Irish stew in the world," cook carrots, onions and turnips with the meat the last half hour. Brown the meat well before adding liquid, so the gravy will be rich and dark. Cook the potatoes separately, and whip them light as a cloud, with butter and hot milk. For the bit o' green, cook fresh frozen peas separately, and spoon them over the stew as it's served.

Sunday, March 18: Birthday of Grover Cleveland, sachem of the mugwump is not a game bird that sits on the fence, with its mug on one side and its wump on the other.

Monday, March 19: The Supreme Court upheld constitutionality of the Eight Hour Day Act, for railroads, 1917. It was some time later than the frozen TV dinner liberated the housewife.

Tuesday, March 20: Purim, a lighthearted festival of the Jewish people, given over to revelry, pranks, masquerades and play acting. One of the traditional Jewish foods for this day is Hamantaschen — a three-cornered cake made with a strudel type dough, rolled like a jelly roll and stuffed with a poppy seed filling. Jewish food is delicious. But hard on the complexion.

Wednesday, March 21: First day of Spring. How about a Thanksgiving dinner, with all the trimmings? This isn't so dumb. It was on this date in 1621 that Massachusetts made his treaty with Plymouth Colony. There was feasting and tribal dancing, forerunner of the twist. (If you stand straight and balance your weight on your back foot, you will NOT sprain your sacroiliac.)

Thursday, March 22: This is national Poison Prevention Week, of all things. Whether it's a Cholesterol Cottage or a Ptomaine Palace, home is where the hurt is.

## Heirloom Louisiana recipe adapted for Cajun meat pie

This Cajun Meat Pie, served at a dinner given in New York City by the American Spice Trade Association, made a big hit with food editors lucky enough to have the train fare. These parties are a free load, if you can make the scene. Only problem is the transportation.

This dish is adapted from a 200-year-old heirloom recipe of a southern Louisiana family, in case you're interested in antiques.

### Cajun Meat Pie

**Pastry**  
3 cups sifted all-purpose flour  
1 1/2 teaspoons salt  
1 1/2 teaspoons shortening  
2 egg yolks, beaten  
1/2 cup cold water  
Sift together into a mixing bowl flour and salt. Cut in shortening with a pastry blender or 2 knives. Mix egg yolks with water and add. Toss mixture lightly to form a dough. Shape into a ball. Wrap in foil or waxed paper and chill overnight or several hours.

### Meat Filling

1/2 cup sifted all-purpose flour  
1/2 cup cooking oil  
3 tablespoons instant minced onion  
3 tablespoons water  
2 tablespoons finely diced celery

2 tablespoons finely diced green pepper  
1 cup water  
1 1/2 lbs. ground chuck  
2 1/2 teaspoons salt  
1/4 teaspoon ground black pepper  
2 teaspoons chili powder  
1/2 teaspoon powdered mustard  
1/2 teaspoon garlic powder  
1/16 teaspoon ground ginger  
1 teaspoon fresh lemon juice  
Blend flour with oil. Stir and cook 20 minutes or until the mixture is brown (roux). Soften onion in water and add to roux, along with celery and green pepper.  
Stir and cook over low heat 5 minutes. Remove from heat and stir in 1/2 cup of the water. Mix until well blended. Add meat and remaining 1/2 cup water. Stir and cook 15 minutes.

Stir in salt, spices and lemon juice. Roll 1/2 of the pastry 3/4-inch thick and line a 10-inch pie plate. Add meat filling. Roll remaining pastry 3/4-inch thick, cut into strips 1/2-inch wide and arrange over pie in lattice crust fashion. Trim excess pastry from around edge of pie plate. Bake in a preheated very hot oven (450 degrees F.) 10 minutes. Reduce heat to 350 degrees F. (moderate) and bake 30 minutes.

## New shrimp dish peanut flavored

Here's one you've never heard of before. It's a shrimp dish delicately flavored with a little peanut butter. Sound odd? Well just taste it. Your palate will be delightfully surprised.

2 tablespoons peanut or other vegetable oil  
1 1/2 cups diced onion  
2 tomatoes, peeled and diced  
2 teaspoons salt  
1/4 teaspoon crushed red pepper  
1/2 bay leaf  
1 2-ounce can tomato sauce  
2 pounds raw shrimp, peeled  
1/2 cup hot water  
1/2 cup chunk style peanut butter  
3 cups hot cooked rice

Heat oil in large skillet; add onion and saute over low heat until tender but not browned. Add tomatoes, salt, red pepper, bay leaf and tomato sauce. Cover and simmer 15 minutes.

Add shrimp. Blend hot water with peanut butter and add to mixture. Cover and simmer 10 minutes longer. Serve over rice. (Makes 6 servings.)

### SOPHISTICATED DESSERT

For a party dessert, "spike" an ambrosia of desert grapefruit sections, canned mandarin orange sections, sliced fresh dates and shredded coconut with a few drops of aromatic bitters or grenadine.

## Economy dish features ham

For a low-cost dinner, serve escalloped macaroni and ham, chopped spinach, orange and grapefruit salad, buttered rolls and ice cream.

**Escalloped Macaroni and Ham**  
8 ounce package macaroni  
3 tablespoons butter  
1 1/2 tablespoons minced onion  
3 tablespoons flour  
Salt to taste  
1 1/2 cups milk  
2 teaspoons prepared mustard  
1 1/2 cups cooked ham, cubed

Cook macaroni in boiling, salted water until tender; drain and rinse with cold water. Melt butter in saucepan; add minced onion and saute slightly; do not allow to brown. Add flour, blend well. Add

milk and cook until thickened, stirring constantly.

Add salt (amount depending on saltiness of the ham), mustard, and ham and blend thoroughly. Combine macaroni and ham sauce and pour into a casserole. Top with crumbs and bake in a moderate oven, 350 degrees, for 30 minutes or until thoroughly heated. Makes 6 servings.

### PENNY-WISE DESSERT

Use up not-so-fresh cake by combining drained canned cling peach slices with dairy sour cream and a small amount of brown sugar and spooning the mixture lightly on toasted, buttered cake slices.

**SUNRISE BAKERY**

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**GOLD-N-MINT CAKES**

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**POTATO SALAD IDEA**  
An interesting idea for your next buffet menu: a bowl of potato salad with diced avocado just before serving and sprinkle generously with lemon or lime juice.

**FRUIT WITH ENTREE**  
Add fresh desert grapefruit sections to canned spiced apple rings and their syrup. Let chill several hours to serve with pork chops, roasts or codfish cakes.

*more meat*



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### Campbell's Soups

MEAT BASE	4 <sup>00</sup> 58¢	VEG. BASE	4 <sup>00</sup> 50¢
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### Margarine

ALLSWEET lb. **24¢**

### Wesson Oil

24 ounce **46¢**

### Mayonnaise

BORDEN'S qt. **49¢**

### Peaches

LADY ELBERTA FREESTONE halves or slices 4 2 1/2 tins **\$1**

### Peanut Butter

SCHOOL BOY 3 pound jar **99¢**

### Shortening

SNOWDRIFT 10c off label 3-lb. **59¢**

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regular or drip grinds lb. **49¢**

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POWDERED OR BROWN popular brands 2 <sup>LB</sup> 27¢

**ENERGY DETERGENT**

Giant Size Powdered liquid 22 oz. size

**49¢ 39¢**

**GIANT SURF** or **Rinso Blue**

**68¢**

LESLIE'S SALT 2 <sup>26</sup> 25¢

GLEEM TOOTHPASTE reg. 69c econ. size **55¢**

PACQUINS hand cream reg. size **59¢** plus tax

HALO SHAMPOO reg. or dry large size **\$1.00**

PALMOLIVE Aerosol Shaving Cream reg. tin **79¢**

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	8 oz.	35¢ ea.
	or	<b>3<sup>00</sup> \$1</b>
BREADED SHRIMP BOOTH'S frozen	10 oz.	69¢
COVE OYSTERS BLUE PLATE	8 oz. tin	3/ <sup>00</sup> \$1
SMALL SHRIMP Pacific Pearl or Blue Jacket	Tins	39¢

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NESTLES' CHOC. DRINK	38 oz. Tin	89¢	1 lb. Tin	39¢
NESTLES' STRAWBERRY DRINK			1 lb. tin	39¢

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**U. S. NO. 1 Potatoes** 10 lbs. **29¢**

GREEN ONIONS or RADISHES	3 bunches	<b>14¢</b>
Sunkist ORANGES large size	lb.	19¢
DELICIOUS APPLES	lb.	19¢
DAFFODILS	doz.	19¢