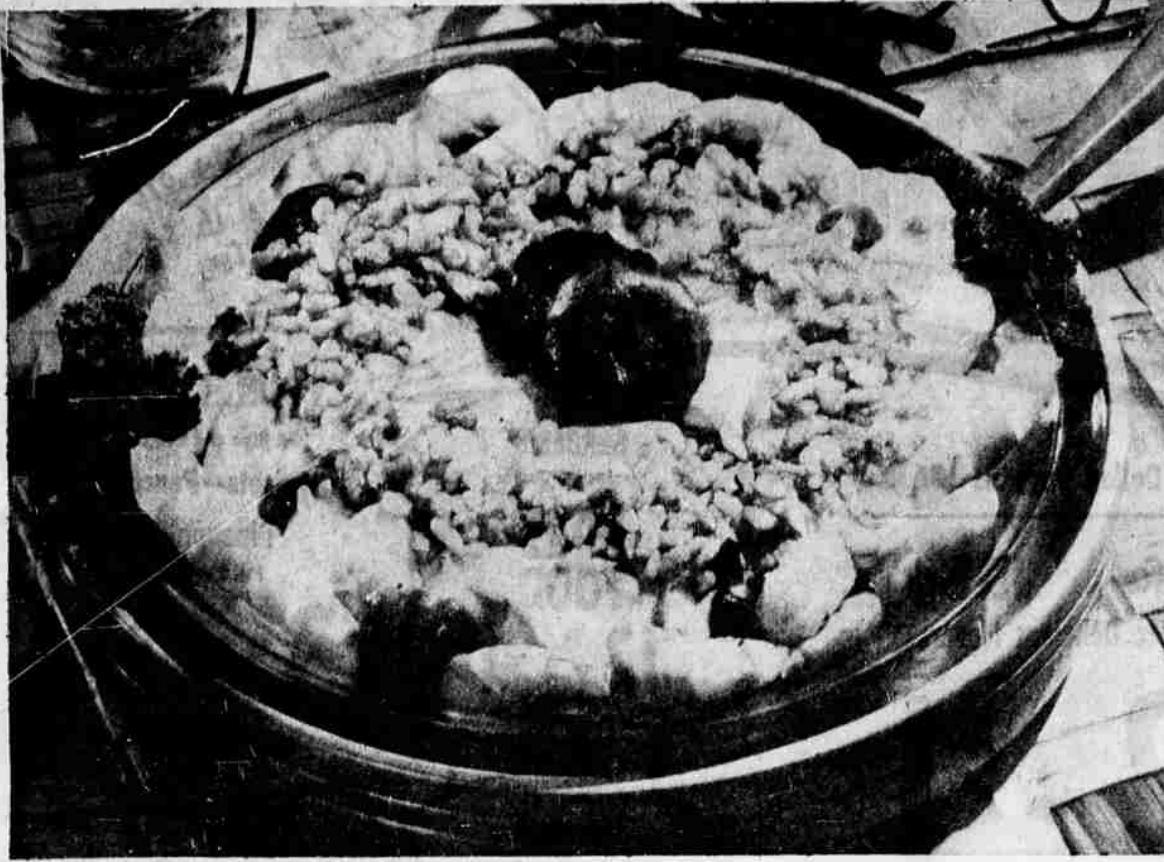


# Party Shrimp Pie at Lenten Time..



For something special in the realm of one-dish meals, try this Party Shrimp Pie. It makes an excellent, filling Lenten dish when appetites sometimes need a lift. The basic ingredient, of course is shrimp. Shrimp and mushrooms are cooked then added to a rich sauce, and poured into a buttered casserole. A crisp topping of butter and popped rice cereal is sprinkled over the top. And if you have an artistic touch, a few shrimp and mushrooms may be used as a garnish around the edges of the casserole. The entire dish is baked about 20 minutes or until browned.

## Seasoning For That Oyster Stew

At this season, our own full flavored, tender, plump Pacific oysters are readily available at moderate cost for fixing in many ways. One of the most popular has always been the making of oyster stew. Here we add a touch of tobasco for distinction. Buy your oysters, fresh, frozen or canned, whichever best fits your pocket-book.

**Oyster Stew**  
 1/2 cup butter or margarine  
 2 dozen raw oysters with liquid  
 1 teaspoon celery salt  
 1/2 teaspoon salt  
 1 quart milk  
 Butter or margarine  
 Tabasco and paprika  
 Heat butter in deep kettle until melted. Add oysters with liquid, celery salt and salt. Heat until edges of oysters curl slightly. Add milk and heat to serving temperature being sure it doesn't come to a boil. Serve with lump of butter in each bowl. Give each a dash of tobasco and sprinkle with paprika. Four servings.

**Lemon Glazed Carrots**  
 Cut pared carrots into thin circles; drop in boiling salted water and cook until barely tender. Melt in a skillet, a large lump of butter or margarine; and 4 tablespoons sugar and the juice of 1 lemon. Simmer until sugar is dissolved. Add carrots and cook until most of liquid is gone, turning occasionally. Maybe a dash of nutmeg as a final touch.

Canned apple slices mixed with sliced bananas and served with sugar and cream is a good substantial dessert to top off a light meal.

Only **ROYAL** INSTANT PUDDING is Super Homogenized FOR THAT "MELT-IN-YOUR-MOUTH" TEXTURE!

**NO COOKING** Add to Cold Milk

Beat... Let Set... and Serve!

Sublime FLAVOR! Super TEXTURE! Super QUICK!

**Party Shrimp Pie**  
 1/2 cup butter or margarine  
 1/4 cup flour  
 1/2 teaspoon salt  
 1/4 teaspoon pepper  
 1/4 teaspoon mace  
 2 cups milk  
 1 tablespoon melted butter or margarine  
 1 tablespoon cooking sherry\*  
 2 cups cooked cleaned shrimp  
 1 tablespoon lemon juice  
 3 cups (1/2 lb.) sliced fresh mushrooms  
 1 cup popped rice cereal  
 \*Optional

Melt 1/2 cup of the butter; stir in flour and seasonings. Add milk slowly, stirring constantly; cook until thickened, stirring occasionally. Stir in sherry. Sprinkle shrimp with lemon juice. Cook mushrooms in remaining butter until golden brown. Reserve a few shrimp and mushrooms for garnish, if desired. Fold remaining shrimp and mushrooms into sauce. Pour into buttered 1 1/2 quart casserole. Mix rice cereal with melted butter; sprinkle over mixture. Garnish with shrimp and mushrooms. Bake in moderately hot oven (400 degrees F.) about 20 minutes or until browned. Garnish with parsley, if desired.  
 Yield: 6 servings, about 3/4 cup each.

## Prune-Bran Cookies Rate

It's always a comfort to mother to know that the cookies are a solid addition in nutrition. The sweet-rich prune flavor with bran flakes are chocolate coated servings of important iron and

**Prune Bran Flake Cookies**  
 1 1/2 cups cooked prunes  
 2 (1-ounce) squares unsweetened chocolate  
 1 cup shortening  
 1 1/2 cups sugar  
 2 eggs  
 1/4 cup milk  
 3 1/2 cups sifted all-purpose flour  
 3 teaspoons baking powder  
 1/2 teaspoon soda  
 1 teaspoon salt  
 2 cups bran flakes  
 2 teaspoons vanilla extract

Cut prunes from pits into small pieces. Melt chocolate over hot water. Cream shortening and sugar together thoroughly. Stir in beaten eggs and milk. Blend in melted chocolate. Sift together flour, baking powder, soda and salt. Stir into chocolate mixture. Blend in bran flakes, vanilla and prunes. Drop by spoonfuls onto greased baking sheet. Bake in moderately hot oven (375 degrees F.) 12 to 15 minutes.  
 Makes about 6 dozen cookies.

the B-vitamins. "Prune Bran Flake Cookies" are simple to make, and two of them will contribute much to total daily food needs.

**Cheese With Soup**  
 All the kinds of savory hot soup plus cheese and crackers add up to mighty pleasant menu duets. Especially enjoyable is tomato soup; and shredded-wheat crackers with sharp cheddar cheese or smoked cheese. Mushroom soup takes well to round butter-type crackers spread with blue cheese or cream cheese. Complete the repast with tart fruit like grapefruit or perhaps pears.

## Impressive Dessert

A most impressive dessert for a Valentine's day party would be a heart-shaped baked meringue filled with well-drained canned fruit cocktail. Bake the shell a day in advance, then fill with the fruit cocktail and garnish with whipped cream just before serving.

## Meringue for Elegant Dessert

If you're looking for an extraordinarily rich dessert that will have everyone talking about your cooking, serve guests this meringue that is topped with whipped cream into which you've folded 1 large Chocolate almond bar.

**Chocolate Almond Meringue**  
 Have egg whites at room temperature. Combine 3 egg whites and a pinch of salt and beat with wire whip, not a rotary beater, until frothy. Add 1/4 teaspoon cream of tartar and beat until stiff. Add 1/4 cup sugar in 4 portions and beat well after each addition. Mixture should be smooth, thick and glossy. Spread mixture lightly on bottom and sides of a well-buttered, 8-inch pie pan. Bake in very slow oven, 225 degrees for about 1 hour. Remove from oven and cool. Loosen from pan carefully but leave shell in pan if desired.

Melt 1 large chocolate almond bar with 3 tablespoons water in double boiler. Cool slightly; then fold into 1 cup cream that has been whipped. Pour into cooled meringue shell and chill for several hours or overnight. Wait for compliments.

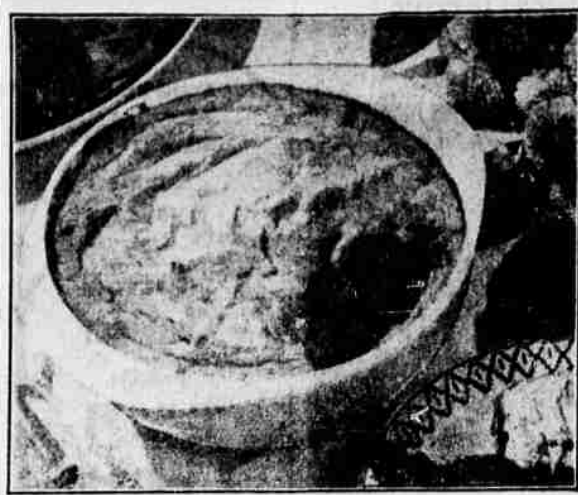
## Cocktail Using Avocads Tasty One

Good avocados are ready in time to highlight Lenten menus. Their rich buttery character blends well with canned or fresh fruits for a "simplicity cocktail" that will be a gracious prelude to dinner, and be nutrition-wise, too. High in vitamin and mineral content avocado adds magic to otherwise commonplace foods.

**Simplicity Cocktail**  
 1 medium-sized avocado  
 2 cups cubed canned or fresh mixed fruits  
 1/4 cup lemon juice  
 1/2 cup honey  
 1 cup chilled fruit juice  
 Cut avocado into halves, remove seed and skin, and cut fruit into small cubes. Combine with other fruits in stemmed glasses or fruit cup. Blend lemon juice and honey thoroughly, and add to chilled fruit juice. Pour over fruits. Serve very cold.  
 Serves 5 to 6.

## Good Creole Sauce

With a can of beef gravy, sliced mushrooms and some ketchup, you're all set to stir up a fine creole sauce. It's the elegant touch for pork chops or hamburgers. To make sauce: Brown 2 tablespoons each of chopped onion and green pepper plus 1 can sliced mushrooms (1 cup) in 1 tablespoon shortening. Stir in 1 can of beef gravy (1 1/4 cups) and 1/2 cup ketchup. Simmer for a few minutes to blend flavors. Pour this hot rich Creole Sauce over 6 to 8 cooked pork chops, hamburgers or slices of meat loaf.



## A Souffle To Serve With Pork

Next time you have pork chops for dinner, try this soufflé with them. It's a change from mashed potatoes and almost as easy to fix.

Apple sauce makes this soufflé the extra special 'ch it is. The apple sauce lends refreshing apple zest, helps fluff the soufflé high and smooth. Paired with the canned apple sauce are canned sweet potatoes. Both are foods that come ready for action. Just open the cans or jars and in short order your soufflé is ready for the oven.

**Apple Sweet Potato Soufflé**  
 2 tablespoons sugar  
 1 teaspoon cinnamon  
 2 cups canned apple sauce  
 1 tablespoon grated orange rind  
 3 cups mashed sweet potatoes, cooked or canned  
 3/4 teaspoon salt  
 1/2 cup melted butter or margarine  
 4 eggs, separated  
 Combine sugar and cinnamon; add to apple sauce with orange rind; mix well. Combine sweet potatoes, salt, apple sauce mixture and butter or margarine. Add beaten egg yolks. Beat egg whites stiff, fold into apple sauce sweet potato mixture. File lightly into greased 3 quart casserole. Bake in hot oven, 400 degrees F., 45 minutes. Serve immediately.

## Favorite Ways For Fried Chicken

There are many ways to fry a chicken. Many cooks like this way best; and so do we.

**Fried Chicken**  
 Mix 1 cup flour, 1 tablespoon salt, 2 tablespoons paprika, 1/2 teaspoon poultry seasoning and 1/4 teaspoon pepper in a paper bag. Shake chicken, a few pieces at a time, until coated evenly with flour mixture. Place pieces on a rack for a few minutes before frying so the coating will stick. (This is true of all floured meats, you know.)  
 Heat 1/2 inch melted fat or oil

in a heavy skillet. Cook chicken in hot fat until golden brown, 12 to 15 minutes. Turn pieces occasionally so they will brown evenly. Place chicken pieces, one layer deep in shallow baking pan. Combine 1/4 cup melted butter and 1/4 cup broth or milk; spoon over chicken. Bake in moderate oven, 350 degrees, until chicken is tender, 25 to 30 minutes. Drizzle more butter mixture over chicken if pieces appear dry before they are tender. Heap platter with crisp, tawny-brown chicken pieces. Side bowl of gravy, of course.

## Randall's Market

We've Slaughtered The Prices On Top Quality MEAT

1288 State St. Phone 3-6489

**This Week-End Only! Thurs. - Fri. - Sat.!**

### T-BONE STEAK lb. 47¢

This Is Eastern Oregon Hereford Beef, Well Trimmed

### BEEF ROAST lb. 33¢

Arm Cut - Blade Cut - Rump

### RIB STEAK lb. 47¢

This Is Eastern Oregon Hereford Beef, Well Trimmed

### SWISS STEAK lb. 55¢

Out of Delicious Eastern Oregon Hereford Beef

### GROUND BEEF lb. 33¢

Fresh Ground Daily in Our Own Market

### SHORT RIBS lb. 23¢

Lean and Meaty

### BONED SIRLOIN lb. 69¢

Delicious to Pan Broil or Broil

### SIRLOIN TIP lb. 59¢

Steak and Roast

### ROUND STEAK lb. 55¢

### BABY BEEF LIVER lb. 39¢

### FRESH BEEF TONGUES or HEARTS lb. 29¢

EASTERN OREGON HEREFORD LOCKER BEEF

FRONT QUARTER	HIND QUARTER	HALF OR WHOLE
lb. 27 1/2¢	lb. 35 1/2¢	lb. 29 1/2¢

**BROADWAY GROCERY**  
 BROADWAY and MARKET STREET  
 Store Hours, 8 a. m. till 8 p. m. Every Day Including Sundays  
 Prices Good Friday, Saturday, Sunday

# BIGGEST LITTLE MARKET IN TOWN

Where Your Dollar Gets Time and a Half

<b>SPARE RIBS</b> 59c lb. Meat Inch Thick	<b>FRYERS</b> Caponized Large Size ..... EACH \$1.39	<b>Ground Beef</b> 3 lbs. 1.00 Best in the West	<b>SAUSAGE</b> 3 lbs. 1.00 Pure Pork
<b>PORK ROAST</b> 55c lb. Loin Ends	<b>FRYERS</b> Caponized Extra Large ..... \$1.59	<b>COTTAGE CHEESE</b> 19c Pint Fischers	
<b>OYSTERS</b> 55c Pint Fresh Med.	<b>Aged Cheese</b> lb. 49¢ Year old by far the Best Cheese and best price in town.		
	<b>Beef Roast</b> lb. 39¢		

## GARDEN-FRESH FRUITS AND VEGETABLES

<b>GOLDEN RIPE BANANAS</b> 2 lbs. 29c	<b>NO. 2 NETTED GEM POTATOES</b> 50 lbs. 69c	<b>DESERT SWEET Grapefruit</b> 8 lb. bag 45c	<b>U. S. NO. 1 NETTED GEM POTATOES</b> 10 lbs. 29c
<b>ONIONS</b> U. S. No. 1 10 lbs. 29c	<b>PINEAPPLE JUICE</b> 25c 46-oz. can Libby's	<b>MILK</b> ALL BRANDS 2 tall cans 25c	<b>BISQUICK</b> 39c Large pkg.
<b>SOUP</b> All Kinds 10c Campbell's	<b>CORN</b> 2 for 25c No. 303 Cott.	<b>Oscar Mayor Luncheon Meat</b> 39c can	<b>TOMATOES</b> No. 2 1/2 Size, Cottage 17c can
<b>Nabisco Bran</b> 25c 100%	<b>FRESHEST THING IN TOWN, OUR EGGS</b> Direct from the Hen House	<b>RICE</b> 5 lbs. 59c California White Pearl	<b>OYSTERS</b> COVE 39c Can Cot.

**BROADWAY GROCERY**  
 BROADWAY and MARKET STREET  
 Store Hours, 8 a. m. till 8 p. m. Every Day Including Sundays  
 Prices Good Friday, Saturday, Sunday