

Baked Fish Given New Flair Here

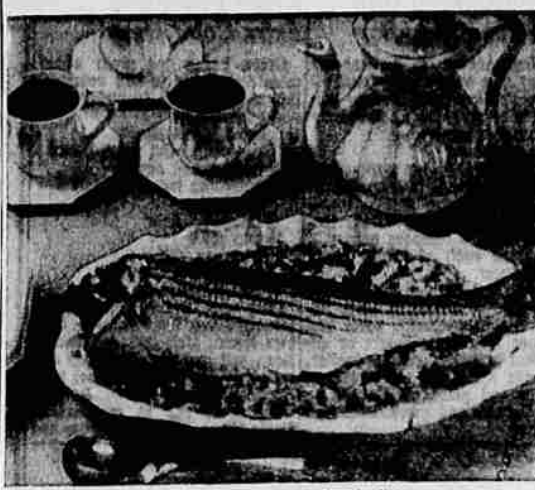
Baked fish in creole style with apple sauce offers something different for the Friday dinner main dish.

Apple Creole Baked Fish

3-5 pound white fish, cleaned
Salt
3 cups bread crumbs
2 tablespoons chopped onion
2 tablespoons butter or margarine, melted
1/4 teaspoon salt
1/4 teaspoon poultry seasoning
Few grains pepper
2 cups canned apple sauce
Melted butter or margarine
2 tablespoons butter or margarine
1/2 cup chopped green pepper
1/2 cup chopped onion
1 garlic clove, chopped
1 tomato, cut in eighths
1 teaspoon sugar
Small piece bay leaf
1 teaspoon salt
1/4 teaspoon pepper
Wash fish; rub inside and out with salt. Combine bread crumbs, chopped onion, melted butter or margarine, salt, poultry seasoning, pepper and 5 tablespoons apple sauce; fill cavity of fish with stuffing; sew edges together. Brush fish with melted butter or margarine; place in baking pan. Heat 3 tablespoons butter or margarine; add green pepper, onion, garlic and tomatoes. Simmer about 10 minutes. Add sugar, bay leaf, salt, pepper and remaining apple sauce; pour over fish. Bake in hot oven, 400 degrees F., allowing 10 minutes for each pound of fish. Baste with sauce occasionally during baking period. Serve hot with sauce; garnish with parsley. Yields 6-8 servings.

Skillet Sandwich Hearty Main Dish

A sandwich made this way serves as a main hot dish:
Cheese-Onion Sandwiches
4 slices Cheddar cheese
4 slices hot toast
2 tablespoons chopped onion
1 cup milk
1 egg, slightly beaten
1 teaspoon salt
1/4 teaspoon dry mustard
1/4 teaspoon garlic salt
Chili sauce
Place two slices of toast in a skillet. Cover each with onion, then a slice of cheese. Cover with remaining toast and top with cheese. Combine milk, egg and seasonings. Pour over the stacked toast and cheese. Cover the skillet and cook over low heat about 8 minutes, or until a custard-like sauce is formed. Do not overcook. Serve hot, topped with a dash of chili sauce.



Try an apple-creole baked fish dish.

Rice Is Popular and Versatile Food

Rice is on the United States Department of Agriculture's plentiful foods list. This bit of information should be of particular interest to the nine out of ten United States homemakers who use rice, serving it to their family four to fifteen times a month. It is certainly a good buy and offers generous "energy" values. Its tastes good and because of its own interesting texture and bland taste it helps make other flavors go far.

Most rice nowadays is bought in packages, boxes or bags. It seems that women prefer packages with "windows." Converted and other quick-cooking or instant rice are increasingly popular, being well-known foolproof. And that reminds us that if you are a rice washer, experts say "desist." Don't wash rice before cooking if it comes clean from the package. It is less apt to be sticky if not washed. Bulk rice may need "dry cleaning" which means rubbing in a towel. Another thing! Don't rinse! Rice appeal for any meal will be yours when you serve fluffy dry rice with each grain standing separately. Buy a well-known brand and simply follow directions on the package. Those directions and recipes were perfected by some of the world's best professional home economics talent. However, for those who have some rice in a canister and so cannot read package directions: Stir 1 cup uncooked, unwashed rice into 2 cups rapidly boiling salted water (1/4 teaspoon salt for each cup rice); cover, turn heat to low and let simmer gently for 14 minutes. Do not remove lid or stir rice while it is cooking. If you want your rice drier, remove lid after 14 minutes and leave over very low heat for a few minutes, stirring gently to prevent scorch-

ing. If you like your rice more tender, remove from heat, leave lid on and allow it to steam in its own heat for an additional 10 minutes. One cup of uncooked rice makes 3 cups cooked; enough for six servings. Rice rings or rice mounds are made simply by pressing cooked rice into oiled ring or molds of any desired size.

Pink-White Parfait A Colorful Dessert

A simple and colorful dessert is this one:
Pink and White Parfait
2 cups milk
2 tablespoons raspberry rennet powder
2 tablespoons vanilla rennet powder
Fresh fruit or whipped cream
Set out 4 parfait glasses. Warm 1 cup milk slowly to lukewarm, not hot (110 degrees F.). Test a drop on the inside of your wrist, as you test milk in baby's bottle. Remove from heat at once. Add raspberry rennet powder to milk—

stir until dissolved, not over one minute. Pour at once while still liquid, filling each glass half full. Let set undisturbed 10 minutes until firm. Make vanilla rennet-custard as directed above, pouring over raspberry rennet-custard. Let set undisturbed 10 minutes until firm. Then chill. Just before serving, garnish parfaits with fruit or whipped cream.

Swedish Twist to Pot Roast

Beef chuck is a thrifty buy at your meat market, and here's a really fine way to prepare it. "Swedish Pot Roast" is seasoned to perfection, with just a little vinegar, bay leaves, onion and a few anchovies — and don't shy away from them. They're not distinguishable as such, but do contribute to the good gravy. A few raisins add much, too, in the wonderful sauce.

Swedish Pot Roast
1 (3 to 4-pound) beef chuck
Flour
Salt and pepper
2 tablespoons shortening
1 medium-sized onion
4 anchovies
6 whole peppercorns
1 tablespoon vinegar
1/2 cup light or dark raisins
Coat meat with flour, salt and pepper, and brown on all sides in hot fat. Chop onion and add to pot roast along with remaining ingredients except raisins. Add 1/2 cup water; cover and simmer until tender, about 4 hours, adding more water when necessary. Remove meat to hot platter; sieve drippings and use to make gravy; add raisins and heat thoroughly. Makes 6 to 8 servings.

FILLING FOR CAKE

Puree drained canned or stewed dried apricots and use them as a filling between layers of sponge cake. Cover the cake with chocolate frosting for a delightful combination of flavors.

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Diced Pork in Casserole

A hearty casserole made with savory meat and vegetables and topped with a pastry or biscuits is something to please hungry folk. Diced pork lends itself well to a family meal casserole. This meat is as versatile as beef stew meat, since it can be used in chop sueys, pork steaks, meat and vegetable pies, and other skillet and casserole dishes.

Here is an appetizing pork cas-

serole made of a combination of browned diced pork and interesting vegetables. The meat is cooked on top of the range, then turned into a casserole, and biscuit dough is spooned on top for final cooking in the oven. The frozen vegetables, added just before baking, give an interesting color contrast to the meat mixture.

Pork Casserole with Biscuit Topping

1 1/2 pounds pork shoulder meat, cut in 1-inch cubes
2 tablespoons flour
2 tablespoons drippings
1/2 cup water
1 small onion, chopped fine
1 cup chopped celery
1/2 teaspoon thyme
2 teaspoons salt
1/4 teaspoon pepper
1 package frozen mixed vegetables
1 can undiluted mushroom soup

Biscuit Topping:

2 cups sifted flour
1 tablespoon baking powder
1/2 teaspoon salt
1/2 teaspoon marjoram
1/4 cup lard
1 cup milk

Roll meat in flour and brown in hot fat. Add water, onion, celery, thyme, salt and pepper. Cover pan and cook 1 hour over low heat. Break frozen vegetables and add with the soup. Pour in a 2-quart casserole and top with biscuits. To make biscuits: sift flour, baking powder, and salt together; add marjoram; and cut in lard until mixture resembles coarse crumbs. Stir in milk and drop dough in mounds on top of meat mixture. Bake in a 425 degree F. oven 20 minutes to brown biscuits. 6 servings.

RING CAKE

Bake that sponge-cake in ring shape for a change. When it comes out of the oven pour a coffee-flavored glaze over it.

Chicken, Avocado in Cream Soup

Avocado always gives a gourmet touch when used in soup. Here is one with avocado, chicken and tasty seasonings.

Creamy Chicken Avocado Soup

1 tablespoon finely chopped onion
3 tablespoons butter or margarine
5 tablespoons flour
1 teaspoon salt
1 quart skim milk
2 chicken bouillon cubes
1 cup finely diced cooked chicken
1/4 teaspoon pepper
1 large avocado
1 tablespoon lime or lemon juice

Cook onion slowly in butter until very lightly browned. Blend in flour and salt. Stir in milk. Add bouillon cubes, chicken and pepper, and cook and stir until mixture boils and is slightly thickened. To prepare avocado, cut in halves and remove seed and skin. Force fruit through a sieve and blend in lime juice. Just before serving, pour hot mixture slowly over avocado, stirring until blended. Serve at once. Makes 6 to 8 servings.



This sea goddess sauce makes a fine dish of scallops.

Fine Sauce To Go With Scallops

To avoid monotony in fish fare, try serving ready-cooked scallops with a special sauce.

Sea Goddess Sauce

1 garlic clove
3 tablespoons minced anchovies
1/4 cup finely cut chives
1 tablespoon lemon juice
1 tablespoon tarragon wine vinegar
1/4 cup dairy sour cream
1 cup mayonnaise
1-3 cup finely chopped parsley
Salt and coarse black pepper

Grate or mince garlic very fine. Combine with remaining ingredients in the order given. Chill thoroughly. Serve as an accompaniment to frozen ready-cooked sea scallops, heated according to package directions. Makes about 2 cups, or 8 servings.

WHAT'S A GILL?

Using an old-fashioned recipe that gives gill measurement? Remember that 1 gill is the equivalent of 1/4 cup.

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