



A PALATE-PLEASING SEAFOOD CASSEROLE — A hearty Italian main dish is a great idea, and better yet if you're racing the kitchen clock. A satisfying, but quick and easy to fix, meal like green peas and fish fillets is a good one, especially good for days the calendar calls for fish in your house. The dish is

a beauty — tender, flaky fillets bathed in a spicy sauce, surrounded by a ring of jado-green, garden-fresh peas. There's the exciting tang of oregano and basil — those flavorings which highlight Italian cookery and add that certain something to fish.

Easy Seafood Casserole—

Hearty Italian fish-pea entree economical for company meal

By Ila Grant Hopper
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In August, the smart lamemaker will keep her kitchenizing simple. Main dishes that are substantial enough to be man-pleasing, yet easily prepared, are much in demand. This one, teaming frozen green peas and fish fillets, will be a family favorite. Another convenience food, precooked rice, is among the ingredients.

'Cool' snack will make Mom tops

You will be the children's favorite mommy when you surprise them with this cooling summer treat.

Crunchie Ice Cream Sandwiches

- 1/2 cup light, dark or maple-flavored corn syrup
- 1/2 cup creamy or chunk style peanut butter
- 3 cups crisp rice cereal
- 1 pint ice cream

Blend corn syrup into peanut butter, stir in cereal to coat well. Crisscross 2 strips of waxed paper (5 inches wide) in an 8 x 8 inch pan. Press 1/2 of mixture into pan. Cover with a strip of waxed paper 8 inches wide and long enough to extend over two edges. Press remaining mixture into pan.

Chill until firm, about 20 minutes in freezer, 1 hour in refrigerator. Lift off top layer of cereal mixture. Spread ice cream over bottom layer. Remove waxed paper from top layer and place on top of ice cream. Freeze until firm. When firm, cut into bars. Makes 16 2-inch bars.

One step method: Crisscross 2 strips of waxed paper (5 inches wide) in each of 3 8 x 8 x 2 inch pans. Press 1/3 cereal mixture evenly into each of 2 pans and ice cream into 3rd pan. Chill until firm, putting cereal mixture into refrigerator or freezer, and ice cream into freezer. Put together in sandwich fashion, cut into bars.

CHOOSING MEAT

Remember that the outdoor air increases appetites, so plan generous servings at outdoor grill suppers. For bone-in cuts allow 1/2 to 1 pound per serving; for boneless cuts allow 1/3 to 1/2 pound.

Italian cookery and add that certain something to fish.

When you're racing the kitchen clock, this tasty main dish is just the ticket. By adding a salad and a simple dessert, you can produce a satisfying meal in jig time.

Peas and Fish Italiano

- 1 cup thinly sliced onion
- 2 tablespoons butter of margarine
- 1 can (1 pound 12 ounce) tomatoes
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon paprika
- 1 1/2 teaspoons salt
- 1 teaspoon sugar
- Dash of black pepper
- 3 drops Tabasco sauce
- 1 package (1 pound) frozen fish fillets, defrosted and cut into serving pieces
- 1 package (5 ounce) precooked rice, cooked as directed on package
- 1 package (10 ounce) frozen green peas, partially defrosted and broken apart
- 1/2 cup shredded Parmesan

Leftover beef finds its way into cool dish

Where does leftover beef go in the summertime? Why, into the most refreshing kind of a main dish — a meat salad, of course.

Hearty Beef Salad

- 2 cups diced cooked beef
- 1/2 cup French dressing
- 1/2 cup diced cooked potatoes
- 1/2 cup cooked green beans
- 1/2 cup coarsely grated carrots
- 1/4 cup chopped sweet pickle
- 2 hard-cooked eggs, diced
- 1/2 cup mayonnaise or salad dressing
- 4 to 6 lettuce cups

Pour French dressing over beef cubes and chill 1 hour or longer. Chill remaining ingredients. Combine beef - French dressing mixture, carrots, potatoes, green beans, pickles and hard-cooked eggs. Add mayonnaise or salad dressing and mix lightly. Serve in lettuce cups. 4 to 6 servings.

New strawberry pie idea is light as a cloud

Every chef dreams of pastry that is light as a feather. This recipe is guaranteed to be even better — as light as a cloud.

Strawberry Cloud Pie

- 9 inch baked pastry crust
- 1 quart fresh strawberries, washed and hulled
- 1/4 cup sugar
- 3 Tablesp. corn starch
- 1 cup water
- 5 to 6 drops red food coloring
- 1/2 cup evaporated milk
- 3 oz. pkg. cream cheese, softened
- 2 Tablesp. lemon juice
- 1/4 cup sugar
- 1/4 teas. almond extract

Have baked crust ready. Reserve 1/4 cup strawberries for top of pie. Crush 1 cup of the berries and cut remaining berries into halves. Mix 1/4 cup sugar and corn starch in a 2-quart saucepan. Gradually stir in water until smooth. Add crushed berries. Cook and stir over medium heat until mixture bubbles. Boil and stir 1 minute more until thick and clear. Take off heat.

Stir in halved berries and red food coloring. Cool. Spread over bottom of crust. Chill evaporated milk in ice tray until almost frozen around edges. Mix cream cheese and lemon juice in a small bowl until smooth.

Put ice-cold milk into cold small bowl of electric mixer (or 1 1/2-quart bowl) with 1/4 cup sugar and almond extract. Using cold beaters, whip with electric mixer at high speed until stiff. Beat in cream cheese mixture at medium speed. Pile on top of strawberry layer in crust. Chill 3 hours. Arrange whole berries on top. Serves 6 to 8.

Exotic drinks are refreshing on summer days

On sizzling days, a tall, tinkling cooler is welcome. Try the three given here. They are different enough to be appealing, cool enough to refresh.

Taffy Mint Twist

- Juice of 1 lemon
- 2 tablespoons unsulphured molasses
- Ginger ale
- Shaved ice
- Mint leaves

Combine lemon juice and molasses. Pour over shaved ice in tall glass. Fill to top with ginger ale. Garnish with mint leaves. (1 serving.)

Banana Taffy Milk

- 1/2 ripe medium banana, mashed
- 1 teaspoon instant coffee, optional
- 1 tablespoon unsulphured molasses
- Pinch salt
- Milk

Combine mashed banana, instant coffee, unsulphured molasses and salt in a tall glass. Fill to top with milk; stir. If desired, sprinkle with nutmeg. (1 serving.)

Fresh Grape & Lemon Ice Cup

- 3 cups fresh green seedless grapes
- 1/2 cup fresh orange juice
- 6 single scoops lemon ice or sherbet

Place 1/2 cup grapes in each of 6 sherbet glasses. Pour over each 2 tablespoons fresh orange juice. Top with fresh lemon dessert. Serve as appetizer or dessert course. (6 servings.)

ROTISSERIE ROASTS

For the rotisserie, it's best to select roasts which are as regular in shape as possible. Semi-boneless, boneless or boned and tied roasts are good. Roasts with bones generally do not balance well on the rotisserie rod.

Berry glazed-coconut cream tart perfect luncheon dessert

Here is a fancy dessert treat that is suitable for any occasion during any season.

Berry -Coconut Cream Tarts

- 1 (3 1/2-oz.) package coconut

Unusual sauce adds zest to cool summer salad

Garden vegetables are one of summer's blessings. Their crispness flavor add wonderfully to summer salad.

Tuna Garden Salad

- With Dressing Piquant
- 1 head romaine
- 1 head lettuce
- 2 green peppers, cut in thin rings
- 1 box cherry tomatoes (about 18)
- 3 cans (6 1/2 or 7 ounces each) tuna in vegetable oil

Dressing Piquant
Line salad bowl with large outer leaves of romaine; break inner leaves into small pieces. Cut lettuce in bite-size chunks.

Combine with green pepper rings, cherry tomatoes and tuna in salad bowl. Serve dressing separately.

Dressing Piquant (1 pint)

- 1 cup mayonnaise
- 1/2 cup dairy sour cream
- 3 tablespoons tarragon vinegar
- 1 tablespoon lemon juice
- 1/2 cup minced parsley
- 3 tablespoons minced onion
- 1 garlic clove, minced
- 1 tablespoon finely cut chives
- 2 teaspoons capers
- 1/2 teaspoon salt
- 1 teaspoon pepper

Combine all ingredients; blend thoroughly. Cover tightly. Chill several hours. (6 servings.)

Fish kebab is clever idea for outdoor cooking

Summer is outdoor barbecuing weather. Add these favorites to your list of charcoal delights.

Mixed Fish Kebab

- 2 rock lobster tails
- 1 pound shelled shrimp
- 1 package fish balls, thawed
- 8 scallops
- Mixed vegetable salad
- Charcoal toasted rolls with herb butter

Grill seafood on skewers. If desired, alternate with cherry tomatoes and green pepper sections.

Serve with melted butter to which lemon juice and chopped chives are added. Serves 6.

Mixed Spring Rack

- 2 lamb chops
- 1 small steak
- 6 linked smoky sausages
- 2 hamburgers
- 6 medium Idaho potatoes
- Green salad

Rub potatoes with oil and bake 45 minutes to an hour on rack, turning once. Grill meat to order when potatoes are almost done, placing potatoes at side of the charcoal grill to keep hot.

Serve on platter or platter, allowing guests to choose and share. Serves 6.

Succulent lamb in unusual marinade is cook-out treat

Cook-out enthusiasts take note! Try succulent lamb as a way to bring new excitement to backyard suppers.

Polynesian Lamb Chops

- 4 to 5 rib, loin or shoulder lamb chops, cut about 1 inch thick
- 1/2 cup salad oil
- 1/2 cup soy sauce
- 1/4 cup lemon juice

Mix together salad oil, soy sauce and lemon juice. Place chops in a shallow dish. Pour marinade over chops and marinate for about 2 hours, turning occasionally.

Place chops on charcoal grill or in broiler, so that the surface of the chops is about 3 inches from the heat. Broil until browned, 6 to 8 minutes. Turn and broil second side until browned, 4 to 5 minutes. Brush occasionally with remaining marinade during broiling. 4 to 5 servings.

Berry Glaze

- 2 1/2 cups boysenberries or blackberries
- 1/2 cup Chablis, Sauterne or other white dinner wine
- 1/4 cup sugar
- 2 teaspoons cornstarch
- Few grains salt
- Dash cinnamon

Rinse berries; crush 1/2 cup and combine with Chablis in a small saucepan. Simmer 5 minutes. Force berries and pulp through a sieve. Blend sugar, cornstarch, salt and cinnamon together; stir into berry pulp.

Cook and stir until mixture boils and becomes clear and thickened; cool slightly. Arrange whole berries over cream filled tarts. Spoon cooked glaze over berries; chill until serving time.

Chow mein is quick to fix

Your family will rave when you place this Far Eastern dish before them.

Jiffy Chow Mein

- 1 1/2 pounds ground beef
- 1 tablespoon lard or drippings
- 1 medium onion, sliced
- 1 1/2 cups chopped celery
- 1 cup water
- 1 can (16 ounces) bean sprouts
- 1/4 cup soy sauce
- 1/2 teaspoon sugar
- 2 tablespoons water
- 2 tablespoons cornstarch

Chinese noodles, if desired
Brown ground beef in lard or drippings. Pour off drippings. Add onion, celery and 1 cup water. Cover tightly and simmer 15 minutes. Add bean sprouts. Combine soy sauce, sugar, 2 tablespoons water and cornstarch and add to meat mixture.

Continue cooking 5 minutes, stirring constantly, until sauce is slightly thickened. Serve with Chinese noodles, if desired. 6 servings.

Green peppers receive savory sausage center

Garden-fresh green peppers provide the background for a savory meat dish especially delightful for summer eating.

Savory Stuffed Peppers

- 1 1/2 pounds pork sausage
- 6 medium-sized green peppers
- 1/4 cup chopped onion
- 2 cups seasoned mashed potatoes
- 1 egg, beaten
- 1/2 teaspoon paprika
- 1/4 teaspoon sage
- 1/4 teaspoon pepper
- 2 tablespoons grated Parmesan cheese

Remove slice from tops of peppers and scoop out seeds. Cook in boiling salted water 5 minutes. Thoroughly brown sausage and onion. Pour off drippings.

Combine sausage-onion mixture, potatoes, egg, paprika, sage, pepper and cheese. Spoon mixture into green peppers, using approximately 1/2 cup sausage mixture for each pepper.

Place stuffed peppers in a 12 x 8-inch baking dish and bake in a moderate oven (350 degrees F.) 30 minutes. 6 servings.

PROTEIN NEEDS

People used to think they should cut down on protein foods when the weather turned hot. Nutritionists tell us that this is definitely not a good practice. Meat supplies the right kind of complete proteins needed by the body for life processes that go on every day, whether the season is summer or winter.

Gourmet sole wins first prize for variation in summer meal

This recipe will turn ordinary fillet of sole into a gourmet's delight for any meal.

Gourmet Sole

- 2 large fillets of sole

Poultry flocks increase, lower prices possible

WASHINGTON (UPI) — The Agriculture Department said today a significant buildup is under way in the poultry flocks that supply the nation's broiler hatcheries. These eggs eventually hatch into broiler-type chicks.

If the buildup continues, the department said in a review of the poultry and egg situation, the result may be an expansion in broiler production accompanied by depressed prices late this year and early next year.

This would mean a continuation of low priced poultry meat in ample supply for the consumer, but reduced income for the chicken farmer. Many of the remaining small poultry growers would be forced out of business.

This is the second time in 30 days that the department has warned of over production of broilers and consequent low returns for their producers. The agency issued a special statement July 1 on the buildup in broiler numbers.

The department said that because of the great number of pullet chicks added to the hatchery supply flocks in recent months, indications are that the number of layers in these flocks by November will be 10 per cent greater than a year earlier. The indicated number in January was 6 to 8 per cent less than a year earlier.

GRILLING FOR A CROWD

Roasts, ground meat patties and frankfurters are convenient for serving a large group unless facilities for grilling are extensive. Roasts provide more servings per unit of cooking space. Meat patties and franks will cook in a short time.

- 1/4 pint extra small Oregon oysters
- 1/2 cup Oregon shrimp
- 1/2 lb. sliced mushrooms
- 1/2 lemon

Topping:

- 1/2 cup fresh bread crumbs
- 1/4 cup parmesan cheese
- 4 Tbsp. chopped toasted almonds

Sauce:

- 2 Tbsp. butter
- 2 Tbsp. flour
- 1 cup cream
- 1/2 cup sauterne
- 1 egg yolk
- 1 tsp. chopped parsley
- salt, pepper and paprika

Sprinkle fillets with lemon juice, fold and place in buttered baking dish. Sauté mushrooms in butter, remove and set butter aside for sauce. Arrange oysters, shrimp and mushrooms on top of fillets.

Prepare sauce as follows: Add flour to melted butter in which mushrooms were cooked, work smooth and season with salt, pepper and a dash of paprika. Add chopped parsley, then stir in cream to make heavy sauce. Add egg yolk and stir in thoroughly. Simmer slowly, and when sauce is well blended, pour over fillets.

Top with blended bread crumbs and parmesan cheese, and scatter toasted almonds over top. Bake at 350 degrees for 20 to 25 minutes, until nicely browned. Recipe serves four.

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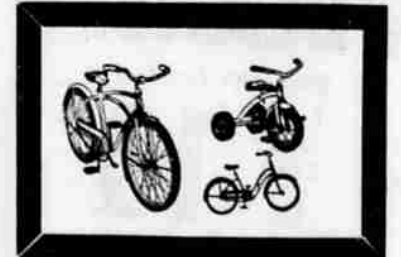
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