

Feeding the Family

By ZOLA VINCENT
Food Editor

Lenten Season Finds

Abundance of Fish
Menu planners find a wealth of fish and shell fish variety in today's markets. A visit to any of the larger fish markets reveals more kinds of delicious fish than you've ever dreamed existed. And there's never-ending variety in ways to serve them. Fish and shellfish fit into every meal, into every course and are equally welcome at family meals and company dinners. You find them in the fresh fish store, in the frozen food division and in the canned foods section.

Easy to Cook. There are only five basic ways to cook fish; all easy and they apply to all species. Only important difference to remember is that when broiling, baking or pan-frying lean fish, it's best to broil frequently with melted fat to avoid dryness. Fish require very little cooking because they are tender by nature. You broil, pan-fry, boil (poach in water), plank or bake them.

Easy on Budget

Everyone knows that fish is an economical buy. But naturally the more abundant varieties give you the most help in budgeting. Compare cost of fresh versus frozen fillets. Consider the tremendously popular fish sticks which are available both uncooked and pre-cooked. See our market report for news of fish fillets, pan-readies, steaks, baking fish and shell fish.

Shrimp, Halibut and Tuna are Best Buys

Big value spotlight is thrown on shrimp, halibut and on canned tuna.

Plentiful shrimp is available uncooked (green), fresh or frozen. You can buy them cooked fresh, cooked frozen, all ready for quick cooking or canned ready for cocktails, curries and other main dishes and for salads. There are individually flash frozen, quick-cooking shrimp in eight-ounce packages ready to cook in 3 minutes to serve three persons. There are wonderful individually flash frozen breaded shrimp ready for frying without thawing.

Halibut, one of our very best food fishes is now available at lowest prices noted in years.

Canned tuna, especially in the popular chunk or grated style for sandwich making and ingredient use is being specialized in most stores.

Seal's Delight Lasagne Features Popular Shrimp

For this recipe, we use a quick-cook type of shrimp that comes frozen in eight-ounce packages; de-veined, pink, plump and ready in a few minutes cooking time. If none are handy in your neighborhood, you'll find the canned variety very good eating.

1 teaspoon salt
1 tablespoon salad oil
3 quarts boiling water
1/2 pound lasagne (wide) noodles
1/2 pound ricotta (Italian pot cheese)
1 egg, slightly beaten
1/2 pound mozzarella cheese, thinly sliced
1/4 cup grated Parmesan cheese
2 packages frozen quick-cook shrimp or 2 cans cooked ready-to-eat shrimp
Sauce Recipe*

Add salt and oil to boiling water. Add noodles slowly; cook 25 minutes and drain. Make sauce while noodles are cooking.

Sauce Recipe

Combine in saucepan, one-fourth cup chopped onion, one-half clove garlic (minced), two tablespoons salad oil, two eight-ounce cans tomato sauce, two six-ounce cans tomato paste, one-half teaspoon salt, dash of pepper; simmer for 20 minutes.

Combine ricotta and egg. Arrange ingredients in alternate layers in shallow baking pan: layer of sauce, lasagne noodles, mozzarella slices, ricotta mixture, shrimp cooked according to package directions or in water drained from noodles, (or use canned ready-to-eat shrimp) Parmesan cheese, sauce. Repeat. Bake in moderate oven, 350 degrees about 20 minutes.

Baked Stuffed Halibut

Enjoy this fine northern halibut often. Flesh is white and firm and of excellent flavor for pan-frying, broiling, baking. For this recipe, choose two good-sized halibut steaks weighing four pounds or more for eight or 10 generous servings.

Stuffing
Saute one-fourth finely chopped onion in four tablespoons butter. Add one-half cup sliced mushrooms, one-half cup dry bread crumbs, one-fourth cup finely chopped parsley, one teaspoon salt, one-half teaspoon black pepper and one-fourth teaspoon thyme. Mix thoroughly and moisten with a little heavy cream.

Oil a baking dish or pan and put one of the fish steaks on the bottom. Spread it with the stuffing and top with a second steak. Secure two steaks with toothpicks or tie lightly with string. Brush with butter or oil and sprinkle with salt and pepper.

Bake 30 to 40 minutes at 400 degrees. Baste often. Serve with a sour cream cucumber sauce or with parsley sauce.

This is one of many good recipes from "James Beard's Fish Cookery" recently published.

Tuna Casserole Favorite

A reminder of this satisfying, flavorful, economical main dish that needs only a tossed salad, some fruit and cookies to make a fine meal.

Add one tablespoon salt to three quarts rapidly boiling water. Gradually add eight ounces (one package) elbow macaroni while water continues to boil. Cook uncovered, stirring occasionally until tender. Drain in colander.

In a saucepan, melt two tablespoons butter over low heat; add two tablespoons flour and blend. Add 1 1/2 cups milk and cook until thickened, stirring constantly. Add salt and pepper. With a fork, break one seven-ounce solid pack tuna into large chunks. Add three-fourths cup grated Cheddar cheese, tuna and oil from tuna; stir until cheese is melted. Add cooked macaroni and mix lightly.

Turn half of macaroni mixture into 1 1/2 quart casserole. Arrange half a dozen or so slices of fresh tomato on top of macaroni mixture. Repeat layers using all ingredients and sprin-



LASAGNE DELIGHTFUL — This Sailor's Delight Lasagne will prove the delight of many a Lenten season menu. It combines noodles, a variety of cheeses and coked ready-to-eat or quick-frozen shrimp. This and many other good recipes are included in today's food feature.

Boy Scouts

Pack 44 Dinner

Cub Scout Pack 44 met for a blue and gold dinner Saturday, Feb. 26, at the Lone Pine school. About 150 members and guests attended. Guests included Cliff Hanson, scout executive of Crater Lake Area council; John Eddy, chairman of organization and extension committee of Big Pine district; Mrs. William Underwood, Lone Pine PTA president; Henry Kamman, Lone Pine school principal; C. A. Stothers, Scout master of Troop 8; Charles Bird, scoutmaster of Troop 44, and Clyde Taylor, past master of the pack.

Glazed Chicken

Turn a three-pound frying chicken into this delectable dish for serving four persons.

1 3-pound fryer
1/4 cup butter
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/4 teaspoon marjoram
1 teaspoon grated lemon rind
Juice of 1 lemon
1/2 cup dark corn syrup
1/4 cup water

Cut chicken in serving pieces. Melt butter in large skillet. Combine salt, pepper and marjoram; rub over chicken. Brown chicken in butter. Blend lemon rind, juice, corn syrup and water. When chicken is browned pour corn syrup mixture over chicken. Bake in moderate oven, 350 degrees, about 45 minutes or until chicken is tender when pierced with a fork. Makes four servings.

Now is Fine Time to Make Citrus Marmalade

Grapefruit, orange and lemon quality are excellent, prices are low. Now is good time to make this so-easy-to-do marmalade of distinctive flavor. Makes four or five half pint jars.

1/2 grapefruit
2 oranges
1 lemon
4 cups water
4 cups sugar

Squeeze juice from the fruit and store in refrigerator. Slice the peels very thin; add the water and let stand over night. Boil the peels and water slowly in a covered pan until tender, about 30 minutes. Add the sugar to peel and boil for 10 minutes. Add the juice and oil with the peeling test on a saucer, about 10 minutes. When marmalade has finished cooking, pour immediately into hot sterilized jars or glasses. Pour melted paraffin over while marmalade is still piping hot. Cover when marmalade is cold.

Stock up on canned sweet corn and canned green beans. Quality of the extra big pack of canned sweet corn in storage from 1954 is excellent; prices are lower than in recent years. This is also true of 1954 pack of canned green beans. Plan to use these two good foods more often in menu planning.

California leads in the production of grapes and the value of the annual harvest is more than \$200,000,000.

Troop 1

Troop 1 enjoyed an outing in the snow near Siskiyou Summit on Sunday, Feb. 26. Twenty-seven Scouts met at Sacred Heart Parish Hall at noon and proceeded to the mountains via car. Skiing, tobogganning, and sledding was enjoyed by all.

Arthur Erving, Scribe.

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Troop 9

Troop 9 held its meeting Monday evening at 7 p.m. It started with the flag salute, then classes for the different ranks. After that we went to patrol corners and then had games.

The meeting was dismissed after a closing flag ceremony. Willard Harwood, Scribe.

About 21,000 Americans are killed by accidental falls each year and one-half of the victims are 75 or more years old.

Betty Hutton To Marry on Sunday

Hollywood — (U.P.) — Betty Hutton has announced that she and record company executive Alan Livingston will marry at the Beverly Hills home of friends Sunday after he returns from obtaining a quick Mexican divorce. It will be her third marriage.

Livingston's first wife, Elaine, won an interlocutory decree here eight days ago but it will not be final for a year. Miss Hutton said Livingston will clear the way for their marriage by flying from New York to Acapulco, Mexico, tonight to seek another divorce that will leave him free to marry immediately.

The actress said Mrs. Livingston had signed papers consenting to the Mexican divorce.

Thursday, March 3, 1955

MEDFORD (OREGON) MAIL TRIBUNE—THREE

Fire Damages Residence At Gold Hill Tuesday

Gold Hill—An ironing board fire was the first in the city since October, officials said, and at the George Inlow residence, Second ave., in Gold Hill Tuesday, according to firemen. The

which the Gold Hill volunteer fire department was able to control before more extensive damage resulted.

Both Inlow and his wife were home at the time of the blaze.

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