

Feeding the Family

By ZOLA VINCENT
Food Editor

From the land of siestas and sombreros comes a peppery seasoning which was present in the first Mexican cookery. It's chili powder, an unusually good seasoning for meat and fish dishes. Today we use it in a recipe for plentiful shrimp and suggest that rice, which is also abundantly available, is a perfect accompaniment for shrimp. In fact, rice is a fine accompaniment for any meat, fish, shellfish, poultry or anything else handy to your menu-planning.

Shrimp is "America's favorite crustacean." Approximately 90 per cent of the total production is sold either iced or quick-frozen. Shrimp is sold according to size ranging from 15 and under per pound to 31 to 42 per pound. The largest are the most expensive, which seems reasonable since it takes less time to prepare for cooking 15 than 30 shrimp. But there are those who think the smaller shrimp are sweeter tasting and we're sure that the shrimp harvesters are glad of this.

Generally speaking, the larger size shrimp wind up in restaurants, the smaller ones in your and my kitchens.

Rice is reliably reported to be the world's greatest crop, exceeding either wheat or corn. It is the staple food of the greatest number of people with over half the world's population eating rice three times a day as the main item of diet. And this year's crop is a record-breaker with 63,000,000 hundred-pound bags grown right here in the United States.

Kinds of Rice. Though many kinds of rice are in the market, the most widely used is plain white rice. White milled rice falls into three types: Long grain, medium grain and short grain. Converted rice is the type that has been treated so that the B vitamins and minerals remain in the rice granule. Pre-cooked rice is also packaged.

Brown rice has a nutty flavor and more nutrients than white rice, but doesn't keep as well and needs longer cooking time.

Chili Powder Has Pep
You may wonder why we dragged chili pepper into this at this point. Chili powder is a favorite of west coast cooks; adds unusually good seasoning to both shrimp and rice for our "Fiesta."

A blend of spices, usually chilies, cumin seed and oregano, chili powder is excellent also in egg dishes, omelettes, with all shellfish, in oyster cocktail sauces, gravy and stew seasonings, ground meat or hamburgers. Commercially, chili seasoned foods are third largest in the meat category which includes the tremendously popular chili con carne, of course.

Chili Shrimp Show-Off
First cook the shrimp. For each four servings, cover three-fourths pound raw shrimp with cold water; add one bay leaf, one-fourth teaspoon garlic salt, one teaspoon chili powder, one-fourth teaspoon salt and two whole cloves. Bring to a boil and simmer about five minutes or until shells turn pink. Drain and shell, being sure to de-vein.

1 tablespoon olive oil
1/4 cup minced fresh onion
1/2 teaspoon garlic salt
2 teaspoons chili powder
1/2 teaspoon paprika
1 teaspoon oregano
1 1/2 cups canned tomatoes
1 No. 2 can red beans
3/4 pound cooked shrimp
Saute onions in oil until clear. Add remaining ingredients except shrimp. Heat slowly till heated through, stirring frequently. Add shrimp and heat gently. If large shrimp are used, cut into 1/2-inch pieces.

Leave small shrimp whole. A little chili powder adds an extra touch to the barbecue sauce used for cooking spareribs, sh or tribs, frankfurters and ground beef patties; does something special to meat stews and pies, meat sauces and gravies. Try sprinkling pork chops with chili powder after browning, then add a little liquid such as tomato juice and cook covered, until tender. Or mix chili powder with flour, salt and pepper in flouring a pot roast—or Swiss steak.

Plentiful Shrimp Get Butterfly Treatment

As you know, the shrimp industry is in the midst of sponsoring a "Shrimp n' Rice Fiesta" which is a fine idea because rice goes with shrimp like pepper goes with salt. They're a natural! Ways with shrimp are many, but we doubt if any recipe surpasses in popularity good old french fried shrimp served with a lively tart ketchup sauce and plenty of lemon wedges... and accompanied by rice!

Lately it is the fashion to "butterfly" shrimp. This is done by removing shell, leaving tail shell on. With a sharp knife, slit along back of the shrimp, cutting almost through. Wash away sand vein. For each four servings, you'll need:

1 pound shrimp, fresh or frozen
1 egg
1 tablespoon milk
1/3 cup fine dry bread crumbs
1/4 cup flour
3 tablespoons paprika
1/2 teaspoon salt
1/2 teaspoon pepper

"Butterfly" shrimp as indicated above. Beat egg with milk in a small bowl. Mix bread crumbs, flour, paprika, salt and pepper on a piece of waxed paper. Dip shrimp in egg; then roll in bread-crumbs mixture. Fry in deep hot fat (350 degrees if you've a thermometer, which few of us have) about 3 minutes or until golden brown. Serve in dollie-lined bowl or platter.

Rich Fig Jam
Those fine ripe black figs make a fine jam and this recipe makes 12 six-ounce glasses, using liquid pectin or a speedy, successful product.

3 pounds ripe black figs
1/2 cup lemon juice
8 cups granulated sugar
Dash of salt
1/2 cup liquid pectin

Wash figs, cut off stem ends and crush thoroughly with potato masher. Measure four cups crushed figs into a large saucepan and stir in lemon juice, salt and sugar. Heat quickly to a full, rolling boil and boil hard one minute, stirring constantly. Remove from heat, stir in pectin, and continue stirring and skim-



SHRIMP WITH CHILI POWDER—Such wonderful eating; Treat the family and friends to plentiful shrimp done with peppery chili powder and served with plentiful rice and a salad of canned grapefruit sections which are also super-abundant.

ming by turns for five minutes to cool slightly so fruit will not float. Ladle quickly into hot glasses and cover with melted paraffin.

Mexican Rice Is Nice

Some of that good plentiful rice, a pound of bargain-priced hamburger and a few deft seasonings like garlic and chili powder, and raisins—and here's a fine main dish that will make eight generous servings.

1 cup rice
2/3 cup raisins
4 tablespoons oil or butter
1 pound raw hamburger

1 small onion, chopped
1 small clove garlic, chopped
1 tablespoon chopped green pepper

2 teaspoons salt
1 cup canned or cooked tomatoes

1 tablespoon chili powder
1 1/2 cups water
2 slices bacon

It is no longer thought necessary to wash rice (washes away important nutrition elements). Wash raisins in hot water (plumps them) and drain. Heat half the oil or butter in drying pan; add rice and fry to a light

Subcommittee Opens Hearings on Red Propaganda

Chicago (U.P.)—A Senate subcommittee today opened hearings on Communist propaganda, including sexy "girlie" magazines, which is flowing into the United States from behind the Iron Curtain.

Subcommittee investigators said Chicago is apparently one of the chief distribution points for the propaganda, which has found its way into colleges, universities and public libraries.

The hearings were to be conducted by Sen. William E. Jenner (R-Ind.), and witnesses were to include customs and post office experts and officials of five foreign language newspapers in Chicago.

The newspaper officials were called to determine whether any foreign language publications here are parroting the Communist line, subcommittee investigators said.

Frank W. Schroeder, the subcommittee's chief investigator, said batches of glossy publications depicting "the milk and honey land of the Soviets" would be placed before the hearing.

Others, Schroeder said, are de-

voted to farming, sports, science, Russian life, and Russian industries.

Previous hearings in New Orleans, New York, and Washington "have shown that millions of pieces of Communist propaganda are being distributed throughout the United States and that Chicago is one of the main distribution points," said Schroeder.



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Hubby Stayed Home; Wife Gets Divorce

Santa Monica, Calif. (U.P.)—Mrs. Jeanne Johnson Archer, 28, divorced her husband, an actor known professionally as Archer McDonald, by testifying he stayed home too much.

"He made my life very unhappy because he was home most of the time," Mrs. Archer said Wednesday. "He often had nothing to do but follow me about the house, as I did my work."

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TAMALES, 16-oz. glass	2 for 49c
CHIP BEEF, 2 1/2-oz. glass	2 for 49c

K. Cheddar Cheese By Kraft 49c lb.

BABY FOOD Gerber's Dozen Cans 89c

Nalley's Mincemeat Its Tops 28-oz. Jar 49c

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COLORFUL MUGS Each 8c and 5 Sego Milk Coupons
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APPLE CIDER Tree-Top Gal. Jug 89c

ALL DETERGENT 10-lb. Pkg. \$2.39
3 lb. Fluffy... 69c

Beg-More DOG FOOD 2 Cans 25c

REAL GOLD BASE Lemon-Orange-Grape 2 cans 29c

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Royal Club SPINACH 303 Cans	Royal Club PEAS 303 cans 5 cans 98c
Royal Club Apple COCKTAIL 303 Cans	Royal Club Apple COCKTAIL 303 Cans 6 cans 98c
Royal Club Apple COCKTAIL 303 Cans	Royal Club Apple COCKTAIL 303 Cans 4 cans 98c

PAPER NAPKINS, Zee-Rainbow... 2 pkgs. 25c
PAPER TOWELS - Zee... 2 rolls 35c
BATHROOM TISSUE - Zee Silk Rainbow... 10 rolls 69c

MEAT VALUES
Minit Steaks... each 19c
Frankfurters, old fashioned... 3 lb. \$1.00
Post Roasts, good beef... lb. 39c
Ground Beef... 3 lbs. 98c
Beef Liver... lb. 39c

PRODUCE VALUES
RED SPUDS
10 lbs. 29c - 25 lbs. 59c
100 lbs. \$1.98
Carrots, cello bag... 2 for 25c
Bananas, golden ripe 2 lbs. 35c

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