

Feeding the Family

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Food Editor

Rice is Nice with Many Delicious Fish Dishes

Now is Rice Harvest Festival Time and National Fish Parade and Shrimp Fiesta are just ahead. Both vast industries boast bumper crops which seem appropriate since rice is an ideal accompaniment for edible denizens of the deep.

Rice harvest got under way early in August; is approaching seasonal peak. Crop is estimated at 46 million 100-pound bags and there's around 39 million 100-pound bags already on hand or a total of 85 million bags of rice home-grown and stored right here in U.S.

Now it happens that we've been eating only around 28 million of these 100-pound bags of rice a year and exporting maybe 27 million of same for a total of 55 million bags. Looks like we're going to have to double our family's present enjoyment of rice by having it twice as often. That should prove no hardship since rice is packed with good nutrition, is easy to fix, is versatile and is low in cost.

Fresh and frozen fish supplies are at a high level. Shrimp landings are near their annual

peak and prices therefore more attractive. Fish sticks and new stock frozen fillets are plentiful along with Pacific coast crabs, crab meat and Pacific oysters. There's plenty of that superb salmon and ocean perch for fixing in many ways.

Frozen fish may be used interchangeably with fresh fish. Buy the same amount per person per serving, figuring on one-third to one-half pound when serving steaks, fillets or sticks. For dressed fish, allow one-half pound per person; for whole fish, a pound each.

Seafood Pacifica With Plentiful Rice

Today we've pictured this seafood delight which uses one pint scallops and one pint of Pacific oysters in a fish dish of distinction to be served with plentiful rice, of course. For each six servings to please family and or "company":

- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1/4 cup chopped green pepper
- 1/2 cup butter or margarine
- 2 tablespoons flour
- 1 No. 2 1/2 can tomatoes
- 1 1/2 teaspoons salt
- Dash of pepper
- Dash of cayenne
- 1/2 teaspoon chili powder
- 2 tablespoons grated Parmesan cheese
- 1 pint scallops
- 1 pint oysters, drained
- 3 cups hot cooked rice (1 cup raw)

Saute onion, garlic and green pepper in butter or margarine five minutes or until delicately browned. Stir in flour; add tomatoes, salt, pepper, cayenne, chili powder, and cheese, stirring to heat and thicken. Add scallops and oysters.

Prepare rice according to package directions or as suggested elsewhere in our columns today. Spread the hot rice in a casserole and pour oyster and scallop sauce on top; or arrange rice ring around casserole and fill with fish combination as we did in picture.

Many Ways with Rice

Rice combines with poultry, meats, milk, cheese, eggs, vegetables and fruits as well as with fish and shellfish. At breakfast or supper with fruit, rice makes a good cereal. Bake it with some of that plentiful tuna. A "must" with curries and practically all oriental dishes. Put it in soups, chowders, stuffings, souffles. Rice puddings can be made in infinite variety for pleasing the family.

Chilled Rice. Simply add one-fourth cup chopped chives and two tablespoons butter to hot cooked rice. Good with broiled lamb patties, beef stew or puffy omelet.

Olive Rice. Just before serving fluffy rice, add one-fourth cup chopped stuffed olives and two tablespoons butter. Serve



RICE FOR PERFECT DISHES—High on plentiful lists are fish, shrimp and flavorful, satisfying rice which combines so perfectly for the making of many dishes of distinction like this Seafood Pacifica. More about fish and rice are included in today's food columns.

with tomato or cheese rare bit or scrambled eggs.

Parsley Rice. Saute one-fourth cup minced onion in one-fourth cup butter; add one-fourth cup minced parsley, salt and pepper. Fold into hot cooked rice for serving with oysters, poultry, meat loaf.

Good Advice on How to Cook Rice

To save nutritive values, time and effort in cooking rice and to get most appetizing results, nutritionists advise against washing rice before cooking and against draining or rinsing it.

Rice usually found packaged in grocery stores today has been milled so that it needs no washing. Nutritionists report that washing causes high losses of thiamine (vitamin B 1) naturally present. Moreover, washing tends to make rice sticky or gummy rather than fluffy, tender and in separate grains. As for draining or rinsing, this is wasteful of nutrients, also.

Rice industry recommends this way for cooking rice. Use exact measurements of uncooked rice and water. Time the cooking accurately. For each three cups of cooked rice, place one cup uncooked rice, two cups cold water and 1 teaspoon salt in two-quart saucepan and bring to vigorous boil. Turn heat as low as possible. Cover saucepan. Do not remove lid nor stir rice while it is cooking. Steam 14 minutes. Remove from heat.

Almond Rice. Lightly brown one-fourth cup slivered blanched almonds in two tablespoons butter. Add to cooked rice and toss lightly to mix. Serve with chicken a la king, chop suey, broiled fish.

Marmalade Rice. When rice is cooked, add three tablespoons orange marmalade. Mix lightly with a fork. Serve with fried ham, pork chops or stewed chicken.

Apple Sauce Freeze. Canned apple sauce and apple slices recently have outstripped all other canned fruits in their

consumption growth. Reasons could easily be that today's canned apple products are vastly superior to those of several years ago and today's cost is so small that many buy them by the dozen, use often.

For a colorful and delectable dessert, combine two cups canned apple sauce, one-fourth cup light brown sugar (packed), one-fourth teaspoon cinnamon and one-half teaspoon grated lemon rind. Chill. Just before serving, spoon alternate layers of apple sauce and any favored sherbet or ice into dessert dishes. Garnish with green maraschino cherry and mint sprig if you like. Six servings.

Confetti Relish To Be Used Fresh

The vegetable kingdom offers a wealth of riches in minerals and vitamins that give zest to relishes. Our Confetti Relish combines several seasonal vegetables to accent color, texture and flavor; combine well with meaty California large dry lima beans.

For a very good salad, use a portion of this relish combined with a teaspoon prepared mustard and one-half cup commercial sour cream and toss lightly with salad greens. Combine two tablespoons sugar, three-fourth teaspoon salt, one-half teaspoon celery seed, one-third cup wine vinegar and two tablespoons salad oil; add to two cups cooked large dry lima beans (about one cup before cooking) and mix well. Let stand several hours in refrigerator to marinate. Chop two canned pimientos; cut one small onion into very thin slices; add to lima together with two cups finely shredded crisp raw cabbage. Toss lightly until well blended.

Cucumber Sandwiches

Tea party sandwiches that are equally welcome and delicious with hot tea or with iced tea are easily made, prove popular. We prefer the cucumber and onion slices sandwiched between mayonnaised rounds of white and whole wheat bread; think them easier eating than the open-face type. If you prefer them open-faced, however, dust with paprika.

Combine 1 1/2 cups thinly sliced cucumber and one medium size onion, also thinly sliced. Add one-half cup vinegar and one-half teaspoon salt; marinate in refrigerator for one hour. Drain off vinegar, reserving it for your next salad dressing. Spread mayonnaise lightly on whole wheat bread and or white bread rounds and sandwich cucumber and onion sliced between.

Cascade Cabbage

Get out your favorite cole slaw recipes and take full advantage of the abundant supply of vitamin C-rich cabbage. Or perhaps family would enjoy cabbage hot like this:

Cook three cups shredded cabbage, uncovered, in one-half inch boiling salted water for about five minutes or just until crisp-tender. Blend in one three-ounce package cream cheese and stir until cheese melts. Add dash of pepper and one-fourth teaspoon celery seed. Serve hot. Four servings.

15 New Tree Farms Get Certification

Portland—(U.P.)—Fifteen new West Coast tree farms in eight Washington counties and one Oregon county totaling 73,399 acres were certified this week by the Industrial Forestry Association, President Nils B. Hult said today.

"At the same time we were certifying these lands," Hult said, "we cancelled four previously certified tree farms totaling 43,460 acres."

Hult said tree farms are cancelled when owners fail to demonstrate that they are capable of following tree farm requirements, which are stable ownership, adequate protection against fire, insects and disease, and common-sense timber harvesting to keep the land productive.

The new certifications increase the tree farm total in the Douglas fir region to 4,819,532 acres.

Tulsa, Okla.—(U.P.)—Beecher Owens reported that someone had poisoned six of his Chinese elm trees. He said holes had been cut into the trunks and an unidentified liquid had been poured into them.

Thursday, September 27, 1956

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