

Feeding the Family

By ZOLA VINCENT
Food Editor

Shrimp, Favorite Shell Fish Available in Increasing Quantities

Whether or not shrimp men dash ashore and go dancing may be a matter of national conjecture. But this we know, Shrimp make mighty fine eating, being far and away, America's most popular shell fish. Americans eat ten times as much shrimp as lobster and half again as much as they eat of crab.

In fresh, canned and frozen form, shrimp is generally available in much larger quantities than in previous years. About 180 million pounds of this popular crustacean were taken from the sea last year; 110 million pounds from Texan and Mexican waters. So important has the industry become that Americans and Mexicans, our

good neighbors to the south, recently got together and formed the Shrimp Association of the Americas.

From small boats valued at \$3,000 on an average, the shrimp fleet has grown to 8,000 boats, representing investments ranging from \$50,000 to \$100,000 for each boat. Two things have contributed to this consumer demand and desirable entente; abundance of the supply brought about by the discovery of new shrimp beds in the Gulf and West Coast areas, and "sharp" freezing methods which have made it possible to widely distribute the product.

Shrimp fishing is a year-round operation though the heaviest catch is usually made from August through December. Bulk of the so-called jumbo shrimp are taken in March, April, May and June and are somewhat more than a year old. Restaurants favor the larger shrimp; home kitchens prefer the smaller ones.

Approximately 90 per cent of the total production is sold either iced or quick-frozen.

To Cook Shrimp
For super shrimp for all purposes, experts recommend that you proceed like this for each pound of the fresh or frozen product. To one quart water add one sliced carrot, one sliced small white onion, juice of one-half lemon, one teaspoon salt, one-half teaspoon pepper, dash of tabasco. Bring to a boil; add shrimp and if necessary more water to just cover.

Turn heat down, so water barely simmers. Covers saucepan and let shrimp cook five minutes; not an instant longer for fresh shrimp. If frozen, continue cooking until shells turn pink. Let cool in broth. Drain shrimp. Strain stock and save to make sauce or add to condensed soup instead of water.

To Clean Shrimp
To clean either green or cooked shrimp, remove small

legs and carefully lift off shell. Try to slip shell from tail so that tail meat remains. With a knife, cut along outside curvature and lift out black vein. Vein is harmless, but shrimp are more attractive and taste better when vein is removed.

Shrimp Singapore
Shrimp, curry powder and bananas combine in this simple but exciting recipe.

3 tablespoons butter or margarine
3 tablespoons flour
1 teaspoon curry powder
1/2 teaspoon salt
1/2 teaspoon pepper
1 1/4 cups chicken stock
2 bananas
2 pounds shrimp in the shell

Prepare shrimp as indicated (to cook shrimp) or use one pound cooked, shelled shrimp. Melt butter or margarine in saucepan. Add flour, curry powder, salt and pepper; stir until smooth. Stir in stock slowly and cook, stirring constantly until sauce is smooth and thickened.

Peel bananas and cut into slices; place in a well-greased baking dish. Brush well with some additional butter or margarine. Cover bananas with half of the curry sauce; bake in moderately oven, 375 degrees, 15 to 18 minutes until bananas are tender. Cut each shrimp in half; heat in remaining curry sauce while bananas are baking. Combine curried bananas and shrimp. Serve on steamed rice.

Pungent Shrimp Curry with Rice and Flavorful Accompaniments
Curry and rice, ham and eggs, salt pepper, well they just naturally go together. The East Indian influence in cookery at its very best is reflected in this recipe.

Accompaniment Suggestions.
To serve curry dishes properly



SHRIMP AND RICE—Shrimp, America's favorite shell fish, and plentiful, satisfying, easy-to-fix rice! A world-renowned combination to add to your distinction as a good "American" cook. Today's food feature includes pungent, spice-wise shrimp curry and all the fixings, along with other good things.

they should be accompanied by an assortment of condiment-type foods offered in individual small bowls. We suggest one or all of these: your favorite chutney (this is practically a "must"); chopped chives or little green onions; grated hard cooked egg whites and yolks, served separately; raisins; and in this case lemon wedges for those who always crave lemon with shrimp. Let family or guests choose their own and listen for the "oh's and ah's".

Pungent Shrimp Curry
2 pounds shrimp, fresh or frozen
1/2 cup butter or margarine
2 cloves garlic, halved
1/2 cup flour
1 tablespoon curry powder
1 tablespoon vinegar
3 cups milk
1/4 teaspoon ginger
1/4 teaspoon nutmeg
1/4 teaspoon cayenne pepper
2 chicken bouillon cubes
1 teaspoon salt
3 cups cooked rice

Prepare shrimp as indicated in "To Cook Shrimp." Melt butter or margarine in saucepan. Toss garlic in butter until lightly browned. Remove garlic. Remove pan from heat and stir in flour and curry powder. Add vinegar and milk, mixing until smooth. Add ginger, nutmeg, cayenne pepper, bouillon cubes and salt. Return pan to heat and cook, stirring constantly until thickened, about two to five minutes. Add shrimp to sauce, reserving some for garnishing. Heat reserved shrimp by letting them stand in boiling water about one minute. Serve over individual servings of hot fluffy rice. Makes six servings.

Rice Pudding Topping Suggestions. Rice pudding is so good and so good for us, why not serve it often. . . perhaps with a variety of toppings. Always popular are whipped cream, plain cream or vanilla ice cream, but for a change try different flavors of ice cream or sherberts. . . Sprinkle with multi-colored sugar, or grated nutmeg. . . Top with a spoonful of unsweetened applesauce, banana slices, orange slices, or canned peach slices. All make tasty toppings.

Rice That Rates Raves
No Wash—No Rinse

Rice is on the United States Department of Agriculture's plentiful food 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 15 times a month. It is certainly a good buy and offers generous "energy" values. It tastes good and because of its own interesting texture and bland taste it helps make other flowers go far.

Most rice nowadays is brought 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-nigh 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!

Follow Directions
Rice appeal for any meal will be yours when you serve fluffy dry rice with each grain standing separately. But 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 one cup uncooked, unwashed rice into two cups rapidly boiling salt water (one-half 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 scorching. 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 three cups cooked; enough for six servings.

Rice rings or rice moulds are made simply by pressing cooked rice into oiled ring or molds of any desired size.

Sweetland Proposes \$290 Million Budget

Salem — (UPI) — A budget of \$290 million for the next biennium, providing for a boost in basic school support from \$80 to \$120 per census school child, is proposed by Sen. Monroe Sweetland of Milwaukie.

"A tax program with real property tax relief and lighter income taxes in the middle and lower brackets, and one which meets the needs of Oregon education, is both necessary and possible," Sen. Sweetland told the Morningside PTA of Salem last night.

"I propose a \$290 million budget for the biennium. Those who talk as if we could skimp through on Ex-Gov. Elmo Smith's proposed \$260 million budget are deluding the public and themselves."

Search Resumed for Two Aboard Plane

Ukiah, Calif. — (UPI) — A search, called off temporarily by a false alarm, has been resumed for a light plane with two men aboard missing since last Saturday.

Gordon Barrows and Ralph Botter were believed to have gone down with their Piper Super Cub in the Mendocino County wilderness.

Tuesday a search pilot spotted what he believed was the plane about 20 miles west of here. However, a ground party reached the scene a few hours later and reported the object was a weather balloon.

Hoover Declared Wrong On Communist Party

New York — (UPI) — John Gates, a member of the Communist party's new high command has testified under oath that J. Edgar Hoover was wrong in charging that the party still is directed by Moscow as part of a world-wide conspiracy.

Gates, editor of the Communist Daily Worker, told a House Un-American Activities Subcommittee that the views expressed by the FBI chief in Washington Tuesday were "entirely false."

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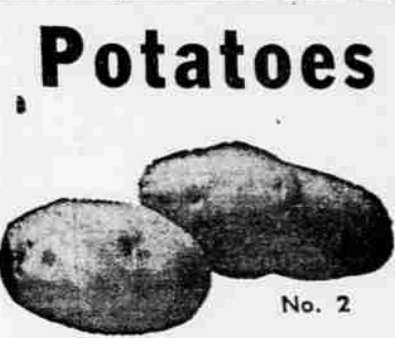
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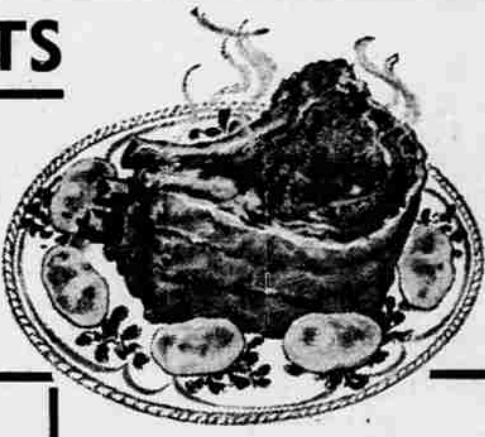
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