



FISH AID BUDGET—Feed them fish! Budgeteers bothered by meat prices need only stroll over to the fresh or frozen fish displays, find a wealth of coast-caught food at reasonable cost. Try this Spanish fish yish served with a hot or cold tomato soup, a green bean salad.

Feeding the Family
By ZOLA VINCENT
Food Editor

Fish Offers Menu Variety at Reasonable Cost
Instead of being baffled by scarcity and high prices of red meat, feed the family fish and put new excitement and flavor interest into meals. Our west coast waters teem with infinite variety of wild-life that comes to us fresh, frozen, pre-cooked, canned, salted and smoked.

Convenient, quickly cooked, easily digested, nutritious, eye and taste appealing fish and shellfish at reasonable cost. What more can one wish for? No meal monotony here. Local displays feature fresh and frozen cod, flounder, halibut, rockfish, sablefish, fish sticks, salmon, scallops, smelt, shrimp, frozen crab and crab meat. Canned tuna and sardines are genuine bargains; come in several styles.

Spanish Fish Dish
Pimiento stuffed green olives compliment the flavor of many kinds of sea food as well as being a colorful garnish. Cod, halibut, flounder or other white fish steaks are delicious when cooked with tomatoes, onions stuffed olives; served on rice. Six servings.

1/4 cup butter or margarine
1 clove garlic, finely chopped
1 cup chopped onions
1/4 cup salad or olive oil
2 pounds any white fish, about 1 inch thick
1 No. 2 1/2 can tomatoes
1/2 cup chopped parsley
1/2 cup sliced pimiento-stuffed green olives
1/4 teaspoon pepper
3 cups cooked rice
2 teaspoons paprika
2 teaspoons salt

Melt butter or margarine; add garlic and onions and cook over low heat until onions are tender. Add salad oil or olive oil; mix well. Cut fish steaks into serving pieces. Add to onion mixture and cook until lightly browned on both sides. Combine remaining ingredients excepting rice and seasonings; mix well and pour over cod mixture. Cover and cook 15 minutes or until fish is tender.

Cook 1 1/2 cups rice (to get three cups cooked rice) according to package directions with paprika, salt and pepper added. Arrange rice in serving dish; top with fish. Garnish with additional sliced olives if you wish. Lemon quarters alongside.

Broiled Halibut
Halibut, the mighty flounder of the north Pacific is one of America's favorite fish—a popularity well deserved. Fresh and fresh frozen halibut steaks and fillets are abundant, appetizing, packed with good nutrition, low in cost. Broil them like this:

Place halibut steaks on greased preheated broiler pan. Rub with a cut down clove of garlic or sprinkle with garlic salt. Brush with melted butter. Sprinkle with salt, pepper and chopped parsley. Place broiler pan about two inches from the heat; broil five to eight minutes. Turn carefully and repeat seasonings. Broil 8 to 10 minutes more or until fish flakes easily with a fork. Lemon wedges on the side, of course. Fish and Lemon Belong Together

Use sunny, fresh lemons before fish are cooked. Rub fish with fresh lemon for piquancy and tenderness.

Bake fresh lemon slices on fish for added flavor and sparkle.

After broiling fish, remove to hot platter and cover with sauce made by mixing butter and fresh lemon juice. Top

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Pope Pius Receives American Financier
Castelgandolfo, Italy — (UPI)—Pope Pius XII received Joseph P. Kennedy, American financier and former ambassador to Britain, in a private audience Tuesday at his summer palace here.

or pork steak will make a satisfying casserole with distinctive oriental influence though we're sure it is better known in Fresno than in China.

Brown one pound cubed veal or pork steak, one cup chopped celery and one medium onion, chopped fine in one tablespoon cooking fat. Combine one can mushroom soup, one can chicken soup, two soup cans water, one four-ounce can mushrooms, two tablespoons soy sauce, one cup uncooked rice, salt and pepper to taste. Mix thoroughly; bake in large greased casserole, 350 degrees, 1 1/2 hours or until mixture is moist but quite firm.

Memos on Popular Chocolate Milk

Bottled or cartoned chocolate milk has many uses in the preparation of meals as well as being enjoyable as a beverage; costs only a cent or two more than regular milk. Take a look at these tempting tips.

Add new interest to breakfast by serving milk with cereal.

At snacktime, top chocolate milk with scoops of vanilla ice cream, dust with cinnamon.

Chocolate milk beaten with lime sherbet is a refreshing meal-time finale.

Eggnogs made with chocolate milk take on a new flavor appeal.

For summer parties, make a mocha punch by beating 1 1/2 quarts of coffee ice cream with three quarts bottled or cartoned chocolate milk. Float spoonfuls of whipped cream topped with grated chocolate over the punch. Party size, as we said.

Enjoy the flavor of chocolate by using chocolate milk in making up packaged puddings and pie fillings.

Oven-Fried Chicken
Oven-fried chicken saves time, energy, uses less fat than top-stove fried chicken.

Rub chicken pieces with butter, margarine or salad oil. Season with salt and pepper. Place chicken, skin side down, on a rack in a shallow pan. Bake in hot oven, 400 degrees. Turn pieces after half an hour. Baste with drippings in pan.

Got the Blues?
Enjoy those luscious blueberries while they're still available. Season is fast ending for the cultivated variety though hikers and pickers will be garnering the wild huckleberries for some time to come.

Mostly eaten uncooked, they're thought superlative when served cool, lightly sugared and with cream, sour cream or top milk. Toss a handful of "the blues" into your next batch of muffins, pancakes or waffles with a little more sugar added to batter.

Iran reported a 15 per cent gain in 1957 purchases of American goods.

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