



OVEN MEALS - Many think oven meals are food at its best. Here we bake a tuna casserole and scallop tomatoes and zucchini in the same oven for eight generous servings. Read about plentiful canned foods in today's food columns.

Feeding the Family.

By ZOLA VINCENT
Food Editor

Last year was a bumper crop year for many vegetables and fruits. The granddaddy of them all was the crop of peas that went into cans. That's why they're bargain priced. Two-thirds of all peas grown go into cans.

When nature smiles on peas, the crop's not only bigger, but the peas are of outstanding good quality. Today's fast harvesting at peak of pea perfection puts them in cans within hours of picking.

The varieties are "Early June" and "Sweet". Early June are the smaller, smoother peas. Both come in large, medium, small, tiny, or the mixed garden run in only two consumer size cans with 72 per cent of all peas packed going into the number 2 can (16 to 17 ounces) which holds approximately two cups.

Other good canned foods buys in our markets today include tuna, tomato products, sauerkraut, apple sauce, fruit cocktail, sliced pineapple, lima beans, and cranberry sauce.

Few things are more satisfying to cook than plenty of handy canned foods on her pantry shelves. Now is the time to buy the dozen, buy the case (24 cans) while prices are the lowest of the year as storage facilities move stocks to make way for canners' new crops.

Tuna Casserole

Tuna is a big value in good eating. You'll get six generous servings from two cans of solid pack tuna when you combine it with a can of plentiful peas and other good things in this casserole.

1 medium size onion
2 7-ounce cans solid pack tuna

1 1/2 cups cooked rice
1 can condensed cream of celery soup
1 cup light cream
1 1/2 teaspoon poultry seasoning

1/4 cup diced pimiento
1 No. 2 can peas

Chop onion and cook in oil drained from tuna, until tender. Add cooked rice, soup, cream, poultry seasoning and pimiento; mix well. Gently mix in tuna broken into chunks and drained peas (put pea liquor into a soup or vegetable juice). Pour into casserole; bake in moderate, 375 degree oven, about 40 minutes.

Scalloped Tomatoes

Tomatoes are far and away the most popular canned vegetable for combining with other foods in countless ways and for eating hot or cold with seasoning as they come from the can. We bake fresh zucchini squash using a large (No. 2 1/2) can of tomatoes.

2 cups sliced zucchini
2 cloves garlic, minced
1/4 cup butter or margarine
1 large (No. 2 1/2) can tomatoes
3/4 cup crushed saltines
1 teaspoon seasoned salt

Saute zucchini and minced garlic in butter until zucchini is almost tender. Add tomatoes, saltines and whatever seasoned salt you have handy; mix and put into a casserole. Bake in a moderate, 375 degree, oven, about 40 minutes.

Corn-Tomato Chowder

There's always canned corn and tomatoes on the pantry shelf. The family will enjoy this tasty, satisfying combination anytime. Six generous servings.

Cut two slices bacon into one-half inch pieces. Saute bacon, one medium onion, sliced, and two tablespoons chopped green pepper in large saucpan. Add one No. 2 can cream style corn and one No. 2 can tomatoes. Season mixture with one teaspoon salt, one-fourth teaspoon thyme, dash of pepper. Cover and let simmer for 20 minutes.

Neptune's Prize

Capture the full, fine, flavor of canned crab meat, shrimp and/or lobster and thereby bring drama to the dinner table. Served in individual shell casseroles with a tossed green salad with avocado and hard-cooked eggs

added, and you've a festive feast. Recipe makes six servings.

2 (8 1/2 ounce) cans crabmeat, shrimp or lobster, boned and flaked.
2 8-ounce cans (2 cups) tomato sauce
1 4-ounce can mushroom slices or stems and pieces
1 teaspoon salt
1/4 teaspoon pepper
1 small onion, diced
2 tablespoons chopped green pepper
1 cup rolled oats (quick or old fashioned, uncooked)
1/2 cup grated cheese

Combine all ingredients including mushroom broth and excepting cheese. Pack into large sea shells or individual casseroles. Sprinkle with cheese. Bake in a moderate, 350 degree, oven, 25 to 30 minutes. Serve hot, of course.

Blue Lake Souffle Salad

From our Pacific Northwest come the famed Blue Lake variety of green beans for combining with sliced almonds in a lemon-flavored gelatin to be topped with mayonnaise or sour cream. Six generous servings.

1 package lemon-flavored gelatin
3 tablespoons vinegar
1/2 cup mayonnaise
1/4 teaspoon salt
Dash of pepper
1 No. 303 can Blue Lake green beans, drained
1/3 cup toasted slivered almonds

Prepare gelatin according to directions on package, omitting one-half cup of water. Blend in with rotary beater, vinegar, mayonnaise, salt and pepper. Pour into refrigerator tray. Freeze 15 to 20 minutes or until firm around edge but soft in center. Turn into bowl; whip until fluffy. Fold in green beans and almonds; pour into mold and chill until firm.

Apple Sauce Corn Bread

Corn bread is a year around favorite, and canned apple sauce is a year around economical buy in flavor and nutrition. Put the two together and you have a wonderfully moist, delicious hot bread, ideal for buttering up and serving any hour of the day or night.

3/4 cup sifted flour
3/4 cup yellow corn meal
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1 1/2 teaspoon sugar
3/4 teaspoon cinnamon
1/2 teaspoon nutmeg
1 egg, slightly beaten
1/4 cup milk
2 tablespoons melted butter or margarine
1 1/4 cups canned apple sauce

Mix and sift dry ingredients. Combine egg and milk; add to dry mixture, stirring only enough to mix well. Stir in melted butter or margarine and apple sauce. Pour into an eight-inch square greased pan and bake in a moderately hot (400 degree) oven for 30 minutes. Cut into squares and serve hot with lots of butter.

Peas and Browned Mushrooms

Mushrooms, delicately browned in tasty bacon drippings, give canned green peas a distinctive flavor lift.

1 4-ounce can sliced mushrooms (or stems and pieces)

White Satin SUGAR

buy

Reorganization Sought in Bills Before House

Salem-UPI-A package of 10 bills calling for reorganization of various phases of state government has been introduced in the Oregon House by the State and Federal Affairs Committee.

The major bill (JB 126) would permit the governor to submit to the Legislature a plan to abolish, combine or reorganize any agency in the executive and administrative branch of state government. Effective in 60 Days

The governor's reorganization would become effective within 60 days after submission if not objected to by a majority of either House of the Legislature.

Creation of a department of natural resources with a director appointed by the governor to study control of soil, water, forests, grasslands, wildlife, minerals, recreation areas and other natural resources is called for in HB 132. A \$50,000 appropriation would be needed for the purpose.

Abolition of the Department of Americanization, the Rogue River Coordination Board and the Oregon State Flax and Linen Board are called for in three other bills.

Lifts Retirement Age

HB 123 would remove the final compulsory retirement age of 72 for public employees and leave retirement up to the agency or department head any time after age 65. There would be no right of appeal from such decisions by a department head after the employee had reached 65.

HB 124 would reorganize the State Tax Commission as a department of revenue under one head to be appointed by the governor.

A bill outlawing commercial catches of steelhead trout in the Columbia river in February was introduced in the House.

Abolition of the State Bond Commission and transfer of its duties to the state treasurer was recommended in another bill.

It costs more than \$500 to create facilities to make one ton of steel per year, including finishing facilities, working capital and the sources of raw materials.



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