

## One-Dish Moroccan Meals Are Actually One-Dish

By JEANNE LESEM  
United Press International

New York - (UPI) - A one-dish meal in Morocco is literally that: everyone eats with his fingers from a common bowl. This custom, followed at family meals and formal banquets, isn't as hard as it sounds, said Mrs. Denise Sippel, whose husband, Michel, is an export official with Morocco's Ministry of Economy here.



She explained in an interview that it's polite to use bits of bread to scoop up food with lots of sauce. With one exception, preparing such meals sounds easier than eating them. The exception is pastilla, a meat, fowl and nut filled appetizer that

measures at least three feet in diameter and one foot in height. About 200 rounds of tissue-thin pastry are baked, one sheet at a time, to make one pastilla. The pastry is sandwiched together with thin layers of minced squab, turkey, several meats, chicken livers and chopped almonds.

An easier first course is a fan-shaped arrangement of sardines, sliced tomatoes and potato salad on an oval platter. Many Courses

What follows depends on the host's time and wealth. A traditional eight to 10-course native banquet usually lasts three to four hours.

Main courses often include two or three stews with meat, chicken and fish bases, a whole barbecued lamb, highly-seasoned and spit-cooked in a sealed earthen oven, and the national dish, "cous-cous" - "as typical of Morocco as hamburger is of America," said Mrs. Sippel.

The cous-cous ingredients depend on the occasion and one's budget, she explained. Poor families make the stew-like dish with semolina (a wheat flour pasta), a bit of lamb, and a few vegetables, but the wealthy family will include, beside the basic semolina, many vegetables, seedless raisins, and three kinds of meat.

Hot Tea Served

Such hearty dishes don't spoil the appetite for dessert, usually a very sweet pastry, honey-flavored, plus dates and other fresh and dried fruits, and nuts. The beverage traditionally served throughout the meal is hot minted green tea.

If all this inspires you to produce an authentic Moroccan banquet, served native fashion, be prepared to go

hungry until your guests depart.

The host traditionally sits with his guests, Mrs. Sippel said, and personally hands the choicest morsels of food to the guest of honor. Only after the party is over do the host, his wife, and other women of the family get to eat.

Cous-Cous

In Chicago or Casablanca, this cous-cous would be party fare.

Soak 1 cup of dried chick peas overnight in water to cover. Next day, drain and set aside. Stir 2 1/2 cups of semolina in a bowl with 2 cups of water and 1 teaspoon of salt. Rub semolina between hands, about 1 foot above bowl, allowing it to drop into bowl. Repeat process several times, being careful not to let lumps form. Soak semolina until the water is absorbed.

Melt 1/4 pound of butter in a large saucepan. Brown well 3 chopped onions, a 5-pound chicken, disjointed, and 2 pounds of lamb, cubed. Add just enough water to cover, plus chick peas, 3 tomatoes, cubed, 3 green peppers, sliced, 4 carrots, sliced, 1 teaspoon of black pepper and 1/4 teaspoon or less, to taste, of cayenne, and 1/2 teaspoon of salt.

Place semolina in a large strainer or colander over the saucepan, cover and cook 1 1/2 hours over low heat. Add 1/2 package of frozen green peas, 1 cup of yellow squash, cubed, 1 medium-sized zucchini, sliced, and 1/2 cup cup seedless raisins to the chicken mixture. Cook 45 minutes more, or until chicken is tender.

Before serving, stir 1/4 pound of butter into the semolina with a fork. Mound semolina in the center of a platter, arrange the stew around it and serve to 8-10 persons.

Crab in Wine Gelatin

Mold crab meat in lemon gelatin made with part California Sauterne wine. Add plenty of crisp celery, a touch of dill or curry and grated lemon rind, and chopped pimento or green pepper. Serve with hot cheese biscuits and chilled Sauterne.

# PENNEY'S

ALWAYS FIRST QUALITY!



## CLOSEOUT! BETTER QUALITY FABRICS!

- Regulated Type Cottons
- Miracle Fabrics
- Woven Yarn Hopsacking

All better quality fabrics marked down from our stocks. Choose from miracle fabrics, decron blends, cotton and couponi acetate and crystal. Regulated cottons in border prints, floral prints, plaids. Extra quality woven dyed hop sacking.

**2 \$1.00**  
YDS.



## ALL FIRST QUALITY! Seamless Nylon Sheers

- 2 Beautiful Shades
- Sizes 8 1/2 to 11
- Very Special

Imagine seamless nylons at this low low price. See how seamless nylons sheath legs in one soft mist of color without any streaks to mar the effect. See, too how Penney's seamless nylons complement pleated or printed skirts offering simple contrast for "busy" hemlines. Two beautiful shades, sizes 8 1/2-11.

**2 \$1.00**  
PR.

### PLAYBILL SPECIALS!

New Spring Jewelry  
Famous Maker  
Choose from earrings, pins, bracelets, necklaces. White and pastels in simulated pearls, novelty beads. Be here early, go on sale tomorrow. **4 for 1.00**

Girls' Taffetized Cotton Full Slips  
Wash n wear finish, shirred elastic back, extra full tier skirt, embroidered bodice, adjustable shoulder straps. Machine washable. Sizes 4-14. **1.00**

Women's Embossed Cotton Dusters  
Just picked... flower printed cotton robes... the prettiest that ever sat across a breakfast table. So feminine, traced with lace and bows. Sizes 12-14. **2.00**

Girls' 2 Piece Cotton Playsuit  
Long taper midcalf with matching sleeveless blouses. Extra quality wash 'n' wear cottons in solids and patterns. Buy several at this low, low anniversary price. set **1.99**

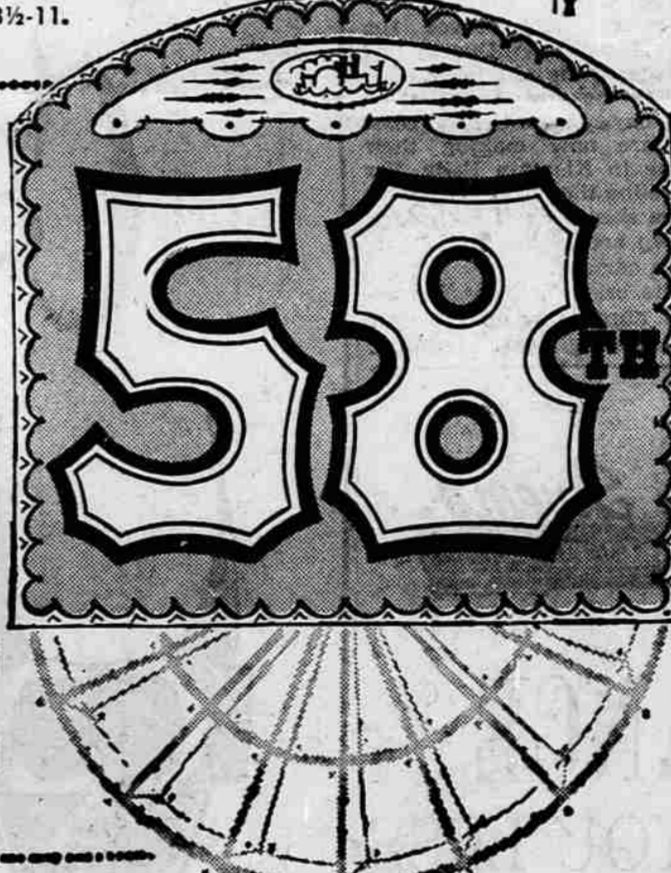
Girls' Pastel Plaids Orlon-Wool Skirts  
Expert workmanship, pleated all around, hand washable, beautiful pastel pink, lt. blue, turquoise. Elastic back, excellent for dress or school wear. Sizes 3-14. **2.88**

Boys' 10 Ounce Denim Jeans  
Sturdy vat dyed blue denim, reinforced at all points of strain... and sanforized. Made to Penney specifications and dimensions. Anniversary bargain for 1.00 you. Sizes 4-12. **1.00**

Boys' Nylon Stretch Socks  
Snug, comfortable... just the "it" you want! And, smooth, soft nylon machine washes at medium setting, too! Big color variety in darks and pastels. Sizes S-M-L. **4 pr. 1.00**

# PENNEY'S

## Land the greatest



# AN

## bar

FINEST NAMES IN COSMETICS...

*Germaine Monteil*  
*Revlon*  
Max Factor  
*Bone Bell*  
Aziza  
*Helena Rubinstein*  
*Jacqueline Cochran*  
MARCELLE  
*MARY CHESSE*  
... all at  
**Medford Pharmacy**  
101 North Central, Corner 6th • Ph. SP 2-6253  
Week Days 8:30 a.m. to 10:30 p.m.  
Open Sundays & Holidays—10 a.m. to 9:30 p.m.

Heavy Duty!  
Suction Cup Soles

- Sanitized
- Foam Insole
- Skid Resistant

**2.88**

These budget-priced gym shoes are top performers... on the court or off! Sturdy duck uppers with ventilating eyelets, skid-resistant suction-cup soles. White or black. men's sizes 6 1/2 to 11

Wash 'N' Wear!  
Men's Slacks

- Hopsacking
- Flannels
- Tropicals

Terrific assortment, choose from acrilon-rayon hopsacking, or flannel, rayon dacron blend tropicals. no cleaning bills, hold their crease after repeated washings. Brown, tan, blue, charcoal, green or grey. Sizes 29-42.

**6.95**

Special Purchase!  
Girls' Better Dresses

- Dressy Cottons
- Miracle Fabrics
- All Wash 'n' Wear

Don't let the dainty trims fool you... these dresses whisk through the washing machine at medium set, need little or no ironing! Checks, solids, prints! Sizes 7-14.

**2.88**

### ANNIVERSARY SPECIALS

Men's Chambray Work Shirts  
Penney's patterns insure perfect fit. Dress type collar, roomy pockets, long tails, main seams irripie stitched for longer wear. Non-rip sleeve facings, sanforized 14 1/2-16 1/2.

Men's Cotton Work Socks  
Choose from random or solid white. Elastic top, nylon reinforced heel and toe for extra long wear. Stock up during Penney's big 58th anniversary. Sizes 10-13.

Penney's Canvas Work Gloves  
Heavy duty 8-ounce durably made for long lasting wear. Designed to fit well, feel comfortable. Snug knit wrists.

2-Piece Rubber Rain Suit  
Bib type pant, hooded slipover jacket. Welded seams, water proof, underarm ventilation. Dark green color. Sizes medium and large. Low, low price complete set—only

Pay Day Bib Overalls  
Heavy weight 11 1/4-oz. sanforized blue or striped denim. Heavy cloth front pockets one foot deep. Seams triple stitched for added strength. Wide square back/strong 1-piece steel buckles. Sizes 32-50.