

Feeding the Family

By ZOLA VINCENT
Food Editor

Time to Go Fishing for Exciting New Menu Items Among Shellfish

The Lenten season throws the spotlight on fish and shellfish; a veritable gold mine of good nutrition, infinite variety, superb eating at surprisingly small cost. Our western waters harbor perhaps 120 varieties. They come to consumers fresh, quick-frozen, iced, salted, smoked and canned.

Thanks to modern methods, all are processed to retain that fine fish flavor and texture which have subtle variations from species to species. First canning, then freezing processes opened up unreamed possibilities for marketing the denizens of fresh and salt waters. All are readily available the year 'round but it takes the 40 days of Lent to really throw the spotlight on these delectables.

Fresh or Frozen
There is always great variety in the fresh fish and shellfish section; even greater variety in the frozen section displays. Fresh fish of course must be used quickly. Frozen fish will keep as long as it remains solidly frozen. Once frozen fish thaws, it should be used immediately. Never refreeze fish after it thaws.

Fresh and frozen fish and shellfish may be used interchangeably in all recipes. Frozen fillets, steaks and dressed fish need not be thawed before cooking. But you must allow extra cooking time if the fish isn't thawed. If you plan to bread or stuff fish, it is easier to handle if the fish is thawed first.

Fresh or frozen, allow one-third to one-half pound of edible fish per serving. Allow one pound per serving when baking whole fish.

Fillet of Sole Has Pickle Sauce

We find that sweet gherkins make a zingy sauce for fillet of sole and the sum of these two provide great eating for a meatless meal during Lent. You may prefer to use spicy sweet mixed pickles, robust-flavored dills, sweet fresh cucumber pickles or pickle relish. You're certain to have several of these handy. Six servings.

- 2 pounds fresh or frozen and thawed fillet of sole
- Salt, pepper and paprika
- 5 tablespoons butter or margarine
- 2 tablespoons slivered almonds
- 2 teaspoons cornstarch
- 3 tablespoons lemon juice
- 2-3 cup sliced sweet gherkins
- 1 6-ounce can sliced mushrooms or 1/2 pound fresh mushrooms, saute'd
- 2 tablespoons chopped pimiento

Sprinkle sole with salt, pepper and paprika. Dot with two tablespoons butter and broil 2 inches from source of heat six to 10 minutes until easily flaked with fork. Meanwhile, saute almonds in remaining butter until golden brown. Mix cornstarch with lemon juice; stir into almond butter mixture. Add gherkins, undrained mushrooms and pimiento; cook and stir until sauce bubbles and thickens. Pour over broiled sole.

Here we give zest to a Lenten dish with dill pickles enlivening macaroni cheese dinner (packaged), minced clams (canned) and hard-cooked eggs. Might as well do it the modern way. Here are eight servings for maybe five hungry persons.

- 2 14-ounce packages macaroni cheese dinner
- 2 eggs, beaten
- 2 7 1/2-ounce cans minced clams
- 2-3 cup chopped dill pickles
- 1/4 cup dill pickle liquid
- 4 hard-cooked eggs

Parmesan cheese, dill pickle slices and pimiento strips
Cook macaroni according to package directions; drain in colander. Combine macaroni and cheese in package; add beaten eggs, undrained clams, chopped pickles and pickle liquid; mix lightly. Turn half of mixture into 3-quart casserole; top with sliced eggs. Add remaining mixture and sprinkle with parmesan cheese. Cover and bake in moderate oven, 375 degrees, 20 minutes. Garnish with sliced pickles and pimiento strips or bits. Broil 1 minute or until lightly browned.

Coast Casserole Stars Shellfish

Coast-caught lobster, crab legs or shrimp go into this simplest of all casseroles for pleasing family and/or friends at any season. Add fluffy white rice, using the packaged, pre-cooked variety. Add bright green peas and nippy condensed cheese soup. The soup, available in cans along with 100 or so other soups at the Super, makes the rice golden and good; binds the ingredients into a colorful dish that wins fans at first glance even before it is tasted. Six servings.

- 1 10 1/2-ounce can condensed cheese soup, undiluted
- 1 3/4 cups water
- 1/2 teaspoon salt
- 2 cups diced cooked lobster, crab legs or shrimp or combination of same
- 1 cup cooked peas
- 1 1/2 cups packaged pre-cooked rice

Actually, this is one of those dishes with endless variations. You can also make it successfully with tuna or salmon.

With the crab legs or lobster, spinach makes a flavorful change from the peas. You can use chopped broccoli or green beans with the stronger flavored seafood. Or another variation! This time in preparation if it's dinner on the table in a really big hurry, switch the whole thing from casserole to skillet.

Combine all ingredients; bring to a simmer; reduce heat and simmer five minutes; stir and serve if you've done it in a skillet. If it's an oven dish, preheat oven to 375 degrees. Combine soup and next four ingredients; bring to simmer; stir in rice; pour into 1 1/2 quart casserole. Bake 10 minutes.

Lemon Tricks That Give Zest to Fish
Fish or shellfish without the refreshing zest of lemon wedges and/or lemon juice is unthinkable. They belong together. When serving fish with lemon, be sure lemon is cut into wedges for easy squeezing and handling. When it comes to lemon juice, the average lemon yields about two tablespoons of juice.

—Rub fish with fresh lemon just before cooking; gives added flavor and removes "fishy" odor.

—Squeeze a little fresh lemon juice over seafood salads for flavor and freshness.

—Seafood canape and sandwich fillings need dash of fresh lemon juice.

—When poaching fish, add a tablespoon of lemon juice to each quart of water.

—For any fish not rich in fat, try lemon butter. It's fine basting for barbecued fish.

—For creamed fish dishes, particularly those using canned fish, sprinkle generously with fresh lemon juice for extra flavor.

—After preparing fish, remove odors from hands by rubbing them with salt and lemon juice just before washing.

Baked beans, long held in

high esteem, are one of the oldest, most versatile of foods. They go any place and with almost anything. Fruit particularly combines well with canned pork and beans. Here we combine them with canned sliced peaches for six fine servings.

In skillet, lightly brown one-half cup diced cooked ham in two tablespoons butter. Add two one-pound cans pork and beans with tomato sauce, one cup drained sliced peaches, one tablespoon brown sugar and a dash of ground cloves. Heat; stirring now and then.

Heated canned brown bread or any of the quick-mix cornbreads or muffins are super with this.

Workers Fail to Report at Atomic Proving Grounds

Nevada Test Site—UPI—More than 1,000 union workers failed to report for work at this atomic proving ground Wednesday as 290 electricians and iron workers staged a walkout because a non-union firm was awarded a contract. The Atomic Energy commission said there was no picket line at the gate 65 miles northwest of Las Vegas but only 80 per cent of the 5,200-man work force was on the job.

The AEC spokesman said that about 10 men were milling around outside the gate. **Other Strikes**
The walkout came as the

Nevada Test and Space Site Construction Labor Board was meeting in Washington to discuss three other strikes that have hit this facility since the first of the year.

One of the walkouts by 500 office workers closed down the site for more than two days.

Spokesmen for the electricians said they were seeking sanction for their strike from the International Electrical Workers Union in order to set up picket lines.

The strike was called when the Standard Construction Co., El Paso, Tex., arrived at the site. The company, a non-union construction outfit, was

awarded a contract a month ago to build a 27-mile power transmission line for the Atomic Energy commission.

Broadway Theaters' Gross Up Over 1962

New York—UPI—The weekly show business trade paper Variety estimated Wednesday that Broadway's legitimate theaters grossed more during the first 11 weeks of the newspaper strike than during the strikeless period a year ago. Using its weekly estimates

\$1.1 Million Cut From State Budget

Salem—UPI—Another \$1.1 million has been squeezed from the current state operating budget in the battle to keep the state from slipping into the red, Finance Administrator Freeman Holmer said Wednesday.

Higher education was trimmed \$351,311, welfare was shaved \$260,000, the division of mental health \$90,470, and the other cutbacks were spread among various state institutions.

Holmer also cited the urgent need to pass legislation to get \$5.5 million returned to the general fund from the veterans bond fund so the state could stay in the black until the end of the present biennium, June 30.

In a letter to the Ways and Means committee, Holmer said the cutbacks were in addition to \$1,474,000 slashed from operating funds last December.

A Red Cross spokesman said Wednesday the royals had no medical care whatsoever until the recent dispatch of a Red Cross mission. Another mission is serving in the republican capital of Sanaa.

TREASURER DIES
Newberg, Ore.—UPI—Oregon's Democratic party treasurer, Peter Kirk, 59, St. Paul, died Tuesday following a heart attack.

Red Cross Appeals For Aid to Yemen

Geneva—UPI—The Red Cross International Committee has appealed to national disaster committees for medical help for republican and royalist forces fighting in the Yemen civil war.

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OLIVES Big California Ripe Gem—No. 1 Tin	4 for	99¢
ORANGE OR GRAPE DRINK Haley's—46-oz. Tin		19¢



FISH STORY—Our fish story for today features fillets of sole with a sauce of sweet gherkins, some sliced mushrooms and color spark-up of canned pimiento bits. Lenten participants will find much of interest in our food columns today.

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