



NATIONAL FISH WEEK is being observed this year from October 3 to 8. The Pacific Northwest ships halibut, salmon, swordfish and oysters to the entire nation. Except for oysters, we broil or bake our Western fish. The goodness of the fish requires very little dressing up — a relief from the combination casserole dishes that seem to contain a little bit of everything.

FISH

Whether you bring home trout or salmon from your fishing trip or whether you buy fish steaks at the market, there is something very simple and satisfying about fish.

With all of the already-prepared and semi-prepared foods available, it is a good feeling now and then to prepare a whole meal "from scratch." A slice of fresh lemon, a mound of fluffy white rice or a serving of au gratin potatoes (Klamath's best, sliced or cubed and baked with milk, butter, a sprinkling of flour, salt and pepper cheese topped), and a green salad and your dinner is made. Hot rolls or cornbread make a good accompaniment.

To broil fish steaks, preheat the broiler and the broiler pan. Lightly grease the rack so the fish won't stick. Place fish steaks on the rack, brush with melted butter and sprinkle with salt and pepper. A bit of onion salt may be added if you like it. Place pan 2 or 3 inches from the source of heat. Broil three or four minutes. Turn carefully, brush again with melted butter and repeat seasonings. Broil easily when tested with a fork. Serve on heated plates.

If you want to dress up the fish, there is the time-honored tartar sauce.

Or, you can dream up your own celery-pimiento sauce. Here's a recipe: Boil 1/2 cup chopped celery until tender. Reserve 1/4 cup of water in which celery was cooked. Melt 2 tablespoons butter or margarine in a saucepan. Remove from heat and blend in 1 1/2 tablespoons flour. Return to heat and add slowly 1/4 cup celery water plus 1/2 cup milk, stirring constantly. Add 1/2 teaspoon salt, 1/4 teaspoon pepper, 1/4 teaspoon paprika and, if desired, 1/4 teaspoon thyme.

FREE BOOKLET

A pamphlet, "Are You Planning a Trip to Another Country?" is free for the asking from Perera Company, Inc., 10 Broadway, New York.

It is a handy currency converter to convert American currency into the currency of 13 different foreign countries. It also gives important regulations on such items as food, liquor and tobacco into foreign countries, a conversion into the metric system and foreign money regulations.

"The money spent abroad by Cook, stirring constantly, until mixture begins to bubble. Add cooked celery and 1/2 cup chopped pimiento and cook just enough to heat vegetables. The recipe makes enough sauce for four servings.

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Pacific Cheese Division

American tourists run into the billions. If the American traveler would know more about foreign money regulations and rates, a very considerable saving could be obtained and the travel dollar would stretch further," Perera Company states.

Pancakes

Hot cakes are not exclusively dish any more than waffles are. Serve them at lunch with tiny pork sausages, a crisp lettuce salad and a drizzled pitcher of energy-giving honey.

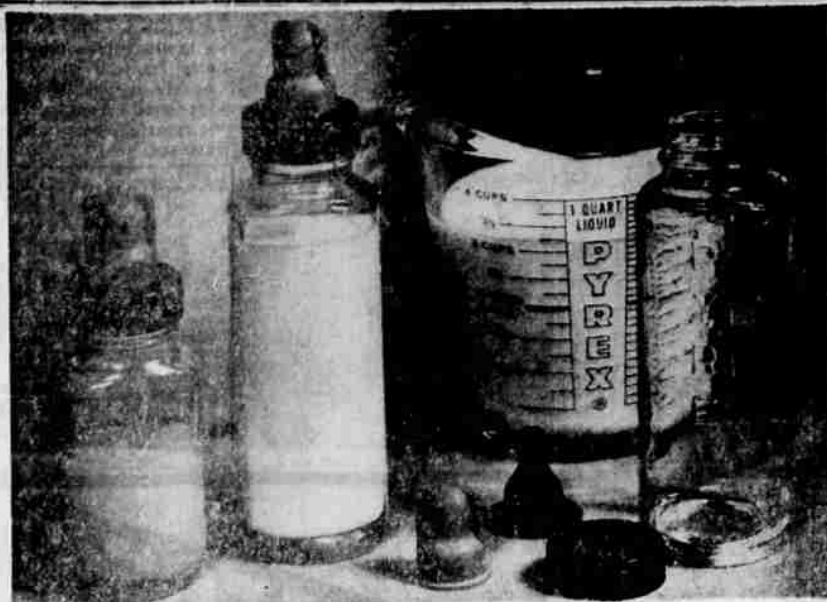
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GOOD IDEA If you lightly grease the rack of your broiler pan before placing meat, fish or fowl on it, the tendency of the food to stick to the rack is greatly reduced.

BOWL FREE!

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Free Bowling Instructions
Every
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BEEF STEW	Libby's 1½-lb. tin	2 tins	79c	Gerber's BABY FOOD		SPECIAL LIQUID trend 53c	GIANT 22 OZ. SIZE
HOT SAUCE	Libby's	can	5c	Strained		FOR DISHES	
SUGAR		10 lbs.	95c	4/29c			
SYRUP	Maple Flavored - Del Rogue	½ Gallon	69c	Quaker OATS			
CORN	3 Sisters - Whole Kernel No. 303 tins	2 for	25c	Large Pkg.	39c		
COFFEE	Caswell's	2 lbs.	189c			HAMS	Midget Pear Shaped Swift Premium 1-lb. 8-oz. \$1.99
MARGARINE	Southern Maid	lb.	19c	Penco Maraschino Cherries		Sausage	Polish Per lb. 65c
SHORTENING	Fluffo - Crisco - Spry Snowdrift 3-lb. tin		85c	2½-oz.	10c	Slab Bacon	Per lb. 49c
VEL	Giant Pkg.		SAVE 10c 63c	Bamboo LAWN RAKES		FRYERS	Fresh — Pan Ready 59c lb.
MECO FIGS	303 tin	2 for	35c			Beef Roasts	USDA Good or Choice 45c lb.
PEAS	Fancy Royal Club	3 for	59c			Cottage Hams	55c lb.
COTTAGE CHEESE	Crater Lake	Pint	25c				

Any popcorn worth its salt... is worth **MORTON'S MORTON SALT** 2 for 25c

FREE STEAK KNIVES 2 Knives FREE in 50-lb. Sack 1 Knife FREE in 25-lb. Sack SPERRY DRIFTED SNOW FLOUR 25-lb. 1.99 50-lb. 3.98

BAKE ALL! BAKE HALF! Free Pan Liners, too!

12 CANS BONNIE In New EASY-CARRY CARTON 12 CANS **BONNIE** DOG FOOD \$1.19

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Peanut Butter Wizard of Oz Tumblers 11-oz. 29c
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Chili with Beans 16-oz. tins 2 for 49c
Vienna Sausage 2 for 35c

TOKAY GRAPES lb. 5c
POTATOES Large US No. 2 Gems 10-lb. bag 29c
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ORANGES Sweet Juicy 5-lb. bag 49c

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Hunter's Special **Fryers** Fresh Drawn lb. 55c

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Stew Hens Fresh Frozen lb. 37c

Beef Cubes Camp stew special lb. 49c

Beef Roasts Blade cuts lb. 33c

Link Sausage Perfect for Sunday breakfast lb. 49c

Pork Chops Center cuts lb. 69c

Jumbo Franks Quick to fix lb. 39c

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