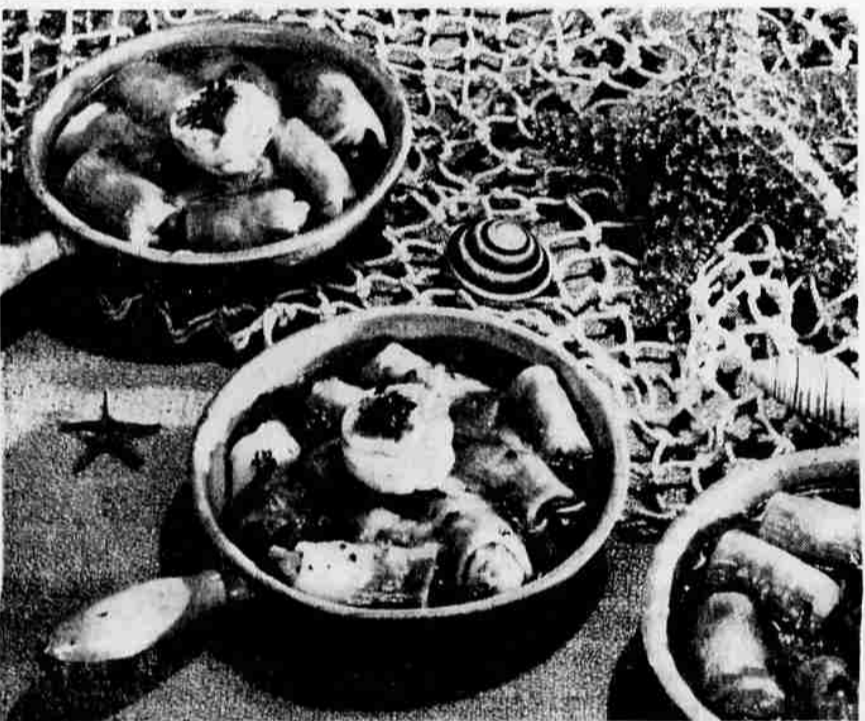


THE THIRD CARLOAD of SNOBOY Indian River Grapefruit for the current promotion arrived in Klamath Falls in time for distribution to local markets. The mechanically-refrigerated cars maintain constant temperature from the time the ripe fruit is packed for shipment. The consumer is assured fully ripened, thin-skinned fruit, heavy with juice and plump meaty segments when SNOBOY Grapefruit is the choice. Wilbur Siegner, right, Klamath Falls manager of Pacific Fruit and Produce, is shown with his assistant, Glenn Mudder, left, assisting with the unloading of the thousand cartons contained in the carload.



"SHRIMP IN TRAPS" combine seafood and rigatoni, the large, ribbed tubular macaroni. Manicotti can be used in its place or you can make your own pasta just like noodle dough, rolled thin — if you are an expert. Serve with cooked broccoli salad, whole kernel corn, French bread and a plate of ripe olives and carrot curls.

Grapefruit

Lots of people like to eat grapefruit as they would eat an orange. The fully ripened SNOBOY Indian River Grapefruit are easily peeled and the membrane comes off without much trouble, making it a delicious fruit to eat out of hand. SNOBOY grapefruit are sized. You buy smaller ones for squeezing the juice or you can buy the big ones which look so pretty on the plate, halved for breakfast or any other meal.

Many persons like to save their breakfast grapefruit for a final touch of sweet with lunch.

However you prefer to eat it, and whether you prefer the pink or natural, SNOBOY is a health-giving, delicious fruit.

Here is one of SNOBOY's own recipes for Fish Fillets with Grapefruit Sections to serve as a luncheon dish:

- 1 pound fresh or frozen fish fillets
- 1/4 teaspoon salt
- 1/4 teaspoon Tabasco
- 3 tablespoons melted butter or margarine
- Paprika
- 1 SNOBOY grapefruit, sectioned
- 1 tablespoon finely chopped parsley

Place fillets on aluminum foil on broiler pans. Add salt, Tabasco and poultry seasoning to butter; brush fish with half the mixture. Sprinkle with paprika. Place in preheated broiler two inches below medium heat. Broil until fish is easily flaked and moist, about 10 minutes or maybe 12 minutes. During last three minutes, place

PASTA AND SHRIMP

Shrimp and spaghetti fans will applaud this novel main dish that we've dubbed Shrimp in Traps. The "traps" are rigatoni, the large, ribbed, tubular macaroni. The shrimp are cooked and cut in half, then stuffed into the pasta... hence the name. Actually this extra step takes but a few minutes and makes the dish a conversation piece. The sauce is a rich, full-flavored tomato sauce, based on concentrated tomato juice, that versatile product that does a triple play as sauce, puree or juice. Worcestershire sauce, minced parsley and celery seed add flavor interest. So does a topping of golden cheese. You can use American as called for in the recipe, or grated Swiss or Romano.

SHRIMP IN TRAPS

- 1 1/2 cups rigatoni
- 1 pound green shrimp or 1/2 pound cooked, cleaned, split lengthwise
- 1 can (6 3/4 ounces) Heinz Concentrated Tomato Juice, diluted with one can water
- 1 teaspoon sugar
- 1 tablespoon minced parsley
- 1 teaspoon Heinz Worcestershire Sauce
- 1/4 teaspoon celery seed
- 1/2 cup grated American cheese

Cook rigatoni in boiling, salted grapefruit sections on top; brush with remaining butter mixture. Broil until fish is completely cooked. Garnish with parsley and serve to four persons.

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upstairs and downstairs In Milady's Kitchen

By Florence Jenkins, Food Editor

Herald and News



NORWAY SARDINES can be used in many ways in addition to topping for canapes. Here is a recipe for Norway Sardine Antiboise (and don't ask us to pronounce it). The photo shows the completed dish as prepared by a New York chef to serve four persons.

SARDINES

Brisk wintry weather calls for hot nourishing meals to give the family that necessary well balanced diet. With this in mind, one of New York's most prominent chefs dug deep into his bag of culinary magic and came up with this inviting recipe for "Norway Sardine Antiboise."

INGREDIENTS

- 1 cup of milk
 - 2 cups of flour
 - 4 (3 3/4 ounce) cans Norway sardines
 - 8 small white onions, minced
 - 8 peeled fresh tomatoes
 - 2 tablespoons bread crumbs
 - 2 tablespoons melted butter
 - 1 small glass dry white wine
 - 14 broiled Parisienne style potatoes
 - 14 small ripe or green olives
- Drain the olive oil from the Norway sardines. Dip the sardines in milk and roll in flour. Sauté in butter and set aside. Heat the oil from the sardines in a small skillet. Add the minced onions and when browned, add glass of dry white wine. Cook until complete reduction of the wine and add the chopped tomatoes. Cook slowly for 20 minutes. Pour into oval dish or pyrex and arrange the whole Norway sardines on top. Sprinkle with bread crumbs and melted butter. Bake in moderate oven until brown. Arrange small Parisienne style potatoes and olives alternately around pyrex. Garnish with thin slices of lemon and finely chopped parsley, as pictured here. Yield: four generous servings.

TARTARE SAUCE

An easy way to make Tartare Sauce for fish is to combine instant minced onion with mayonnaise, chopped sweet or dill pickle, horseradish and chopped parsley.

BEANS

Heat canned blue lake green beans in their own liquid, then drain and toss with slivers of cooked ham, chopped mushrooms and melted butter for an elegant vegetable treatment.



MARKET BASKET 9th & Pine Klamath Falls

NEW OFFER

"Add a touch of Geni-us," reads the new neck label on each of the four varieties of Wish-Bone salad dressing.

An attractive green label dresses the bottle of Italian dressing which is so good on a tossed salad to go with a spaghetti or ravioli dinner or for marinating steak.

The Wish-Bone cheese dressing has a new blue label (for blue cheese, of course). Use the dressing on wedges of iceberg lettuce, as topping for steaming hot Klamath baked potatoes or for seasoning for dips or stuffed eggs.

Both the French and the Russian dressings, appropriately, have red labels. The Russian dressing is wonderful as a topping (don't stir with the ingredients) for a fruit salad made of chunks of raw apple, wedges of pineapple and slices of banana. Or try it on avocado halves.

The Wish-Bone people are offering a silver dollar for the return to them (Box 5490, St. Paul 4, Minn.) of a label from each of the four dressings, or 50 cents for three different Wish-Bone dressing labels, or 25 cents for two different Wish-Bone dressing labels. The offer expires on April 30 this year.



WISH-BONE dressings have come out in brand new dress and with a brand new offer from the Wish-Bone people which extends from now to April 30, 1960. Wish-Bone offers cash for trying its line of fine dressings.

FANCY DESSERT

Unexpected company due for dinner with a half-hour's notice? Put a can of fruit cocktail in to chill. When dessert time comes, whip cream, sweeten and flavor with lemon, vanilla, rum extract or grated orange rind. Fold in well drained fruit cocktail and spoon into serving dishes. Fingers of sponge or angel cake, or split lady fingers may be used to line

the dishes if you wish. Top each serving with a red cherry from the fruit cocktail. Always keep a can or two of fruit cocktail on hand for hurry-up salads, appetizers and desserts.

ORANGE RINDS USEFUL

Grate the rind from oranges to be squeezed for breakfast juice, and add it to applesauce for delightful extra flavor.

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