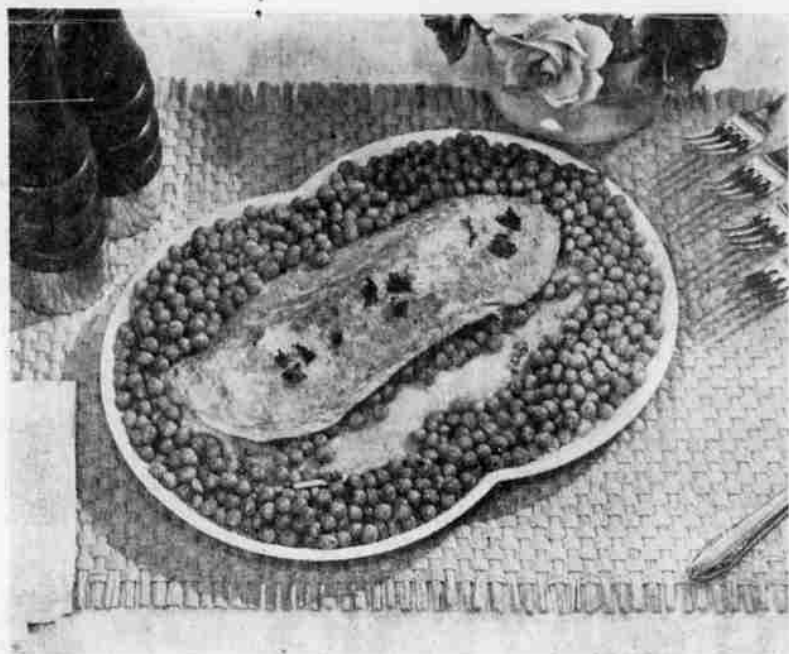




CANNED PEAS RING

Although more than able to "hold their own" as a popular vegetable, canned peas have a delicate flavor which is compatible in combination with almost any other vegetable, meat, fish, fowl or egg.

The "fancy" peas from southwestern Washington's Blue Mountain region have a delicious sweetness that has earned them recognition far beyond the Walla Walla Valley. Indeed, Washington leads the nation in production, growing more than half of all peas consumed in the United States. Taste them right from the can and prove to yourself the peak flavor-freshness that modern can-

ning protects. Peas are fully cooked, you know, when you buy them canned. To serve them hot, heat through gently so as not to shrivel their tender plumpness.

Canned peas know no season, and now that eggs are in good supply, wreath a zesty cheese omelet with spring-green canned peas. Ah! You've a tasty, tempting Lenten dish sure to be welcomed on luncheon and supper menus any time of the year.

RING O' PEAS OMELET

(Serves 4)
3 tablespoons butter or margarine
2 tablespoons finely sliced green onion
6 eggs (beaten)

6 tablespoons water
1/4 teaspoon season salt
Few grains cayenne pepper
1/4 cup grated cheddar cheese
Parsley
1 No. 303 can fancy peas (drained)

Melt butter in skillet and saute onion until transparent. Blend egg, water and seasonings. Add to onion. Cover and cook over low heat until omelet is nearly set. Sprinkle with grated cheese, cover again and cook a few minutes until cheese is melted.

Fold omelet in half, slip to a warm platter. Sprinkle with chopped parsley and surround omelet with hot, seasoned peas.



FRUIT SALAD PLATTER with Sesame Grapefruit Dressing is a colorful combination of white and ruby-red desert grapefruit, pineapple, papaya, banana and fresh dates. It can make its elegant appearance at a company luncheon or buffet dinner.

Fruits Are Combined To Make Party Fare

Refreshingly tart yet sweet, both the white and ruby varieties of winter grapefruit from our western deserts are at the peak of their season. You couldn't wish for more delicious, more nutritious eating.

Desert grapefruit, you'll find, has a somewhat thicker rind, nature's way of protecting its "bottled-up" goodness from the searing effects of the sun. Nature's efficient packaging also protects the fruit's excellent supply of ascorbic acid (Vitamin C), which is sensitive to light and air. This lively-flavored fruit is the calorie-watcher's friend: a 4-ounce glass of juice supplies only about 40 calories; a grapefruit half about 50 calories and a cup of sections, 75 calories. So you can slim your way to health the pleasant way.

While juicy desert grapefruit is simply great for breakfast, it's truly a versatile fruit and can be served in appetizers, entrees, salads and desserts as well. "Fruit Salad Platter with Sesame Grapefruit Dressing" uses both ruby and white desert grapefruit to add sparkle to pineapple, papaya, banana and fresh dates. The dress-

ing is a sweet-and-tart blend of fresh grapefruit juice, honey and sesame seeds. All of this makes elegant luncheon party fare. It would be an imposing addition to the buffet table, too.

Pink and Pretty Rhubarb Jam

Ever been so impatient for spring and rhubarb time to come that you have gone into the garden and pushed aside a winter's mulch to look for those nubby little furls in the rhubarb patch that herald ruby red stalks? And do you remember making rhubarb leaf sunbonnets and helping your Great-aunt Sarah cut the stalks into inch-length pieces, and the little curls you twined around your fingers?

Rhubarb is on the market now in limited quantities and is a bit high priced, but buy a few stalks and stretch the sauce with tapioca. Rhubarb combines well with other fruits too, especially bananas.

Here is a recipe for Pink and Pretty Rhubarb Jam:
For long storage of the jam cover the hot jam with a thin layer of melted paraffin or seal with canning lids. For short storage, under a few weeks, cover and store in the refrigerator.
1 1/2 pounds (12 plus cups) thinly sliced

sliced rhubarb
1/2 cup water
1/2 cup (1 medium) crushed banana
5/8 cup beet sugar
1/2 bottle liquid fruit pectin
Combine rhubarb and water, cover and boil one minute or until rhubarb is tender. Measure 2 1/2 cups of cooked rhubarb and combine with crushed banana (total of three cups of fruit) in large saucepan; add beet sugar, mix well. Bring to full rolling boil over high heat; boil hard one minute, stirring constantly. Remove from heat. Stir in pectin immediately. Skim off foam, ladle into hot sterilized glasses or jars. Seal. Makes 6 six-ounce glasses.

EASY MAIN DISH

Add diced left-over ham or chicken to a cream sauce, stir in well-drained canned blue lake green beans, a dash of instant minced onion and diced pimiento. Serve over squares of hot corn bread.



CRAB, TUNA OR SHRIMP—Take your choice and combine it with canned, condensed soup, packaged pre-cooked rice and a vegetable for a simple Lenten main dish. Upper left is rice, cheese soup, crab and spinach with lemon twists. Upper right, rice, cheese soup, tuna and peas garnished with hard-cooked eggs. Center, rice, cream of mushroom soup, shrimp and French cut green beans.

RECIPE BRINGS LENTEN MEAL IDEAS

Here is a basic idea for solving the Lenten meal planning dilemma. It's a 1-2-3-4 recipe with a dozen different twists that has just arrived.

1 is a can of condensed soup, undiluted
2 is 1 cup of canned or cooked vegetables or fruit
3 is 1 cup of canned or cooked fish or shellfish
4 is 1 1/3 cups packaged pre-cooked rice

Put them all together, 1-2-3-4 and you have the mainstay of a tempting meatless meal.

Combinations are limitless. Try shrimp with cream of mushroom soup, green beans, packaged pre-cooked rice and a garnish of lemon wedges. The all-round favorite, tuna, tastes good with condensed cheese soup, peas, rice and a garnish of hard-cooked egg slices. A party-like dish features crab and spinach, sauced with cheese soup and served over fluffy rice. Tuna takes the spotlight again—this time with cream of celery soup, big white grapes (fresh), and rice.

Any of these combinations—plus dozens more—can be prepared in any of these ways:

IN A CASSEROLE

Heat to boiling 1 can of your choice of condensed soup, undiluted; 1 cup cooked or canned vegetable or fruit; 1 cup cooked or canned fish or shellfish and 1 1/3 cups water. Pour half of mixture into a 1 1/2 quart casserole. Sprinkle in 1 1/3 cups packaged pre-cooked rice, as it comes from the box. Cover with remainder of hot mixture. Bake, uncovered, at 375 degrees F. (hot) 10 minutes. Stir and fluff up rice. Makes 4 servings.

IN A SKILLET

Place condensed soup, vegetable or fruit, seafood and 1 1/3 cups water in a medium skillet. Bring to a boil. Stir in packaged pre-cooked rice. Simmer, uncovered, 5 minutes. Makes 4 servings.

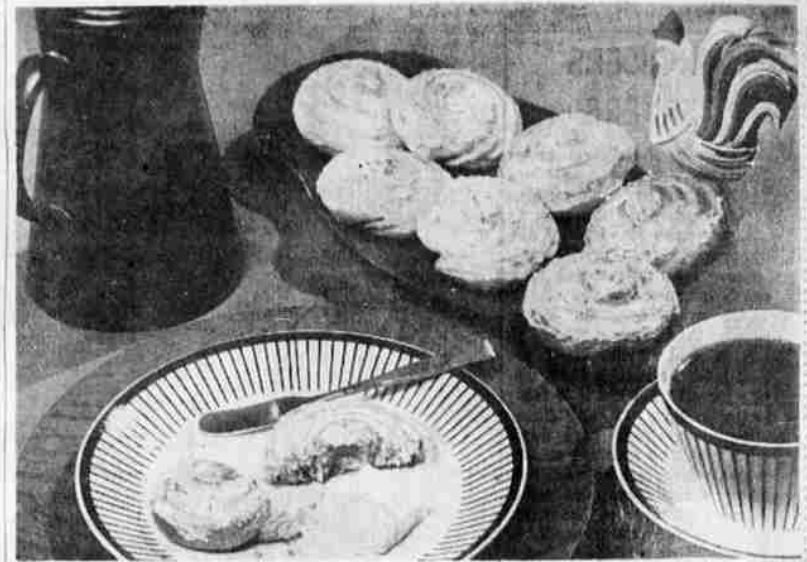
IN A SAUCEPAN

If you would like to serve your rice in a ring, mound it in individual ramekins or heap it on individual dinner plates, then pour on the soup, vegetable (or fruit) and seafood mixture, use a saucepan for the preparation.

Place soup, vegetable or fruit, seafood and 1 1/3 cups water in saucepan. Bring to a boil. Prepare packaged pre-cooked rice ac-

cording to package directions. To serve, pour or spoon soup mixture over prepared rice. Makes 4 servings.

Your choice of preparation method depends on your schedule and service. Either the casserole or skillet dishes can be attractively garnished with parsley, nuts, croutons, olives, pickles, pimiento. If a saucepan atop the range is your choice for cooking, perhaps you would like to form the rice into a ring or mold it in a fancy shape, then pour on the soup-vegetable-seafood mixture inside or on top. Add a colorful garnish, and the dish is ready to serve.



DANISH ORANGE ROLLS, fresh from the oven, your very own oven, are now possible and it's a wonderful way to start the day. These are available in refrigerated, fresh-dough form, to be found at most grocers. Quick and so simple to prepare.

DO AS DANES DO AND GET THIS RESULT

If you love fresh Danish rolls for breakfast but consider the work involved too great—or if the bakery is too far for an early morning trip—here is a new answer for you.

The name of the answer is Quick Danish Orange Rolls, and you'll find this latest addition to a line of fresh-dough foods in your grocer's dairy case. Like its companion products—biscuits, dinner rolls, and cookies—everything is done for you but the baking.

Everything—even the icing for your Danish Orange Rolls. In the pop-open package, along with eight pinwheel-shaped rolls, you'll find a can of orange icing, bright with bits of real orange rind and ready to spread on the hot rolls. The rolls themselves have a mildly spicy flavor which pairs delightfully with the orange icing—and they also have the melt-in-

your mouth flakiness that's made Danish a favorite. The secret of this flakiness? Folding and refolding, as bakers in Denmark do, to achieve alternate layers of dough and shortening—an astonishing number! No wonder Danish pasty is such a mouth-watering delicacy—and one you can serve for breakfast, lunch or any time.

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