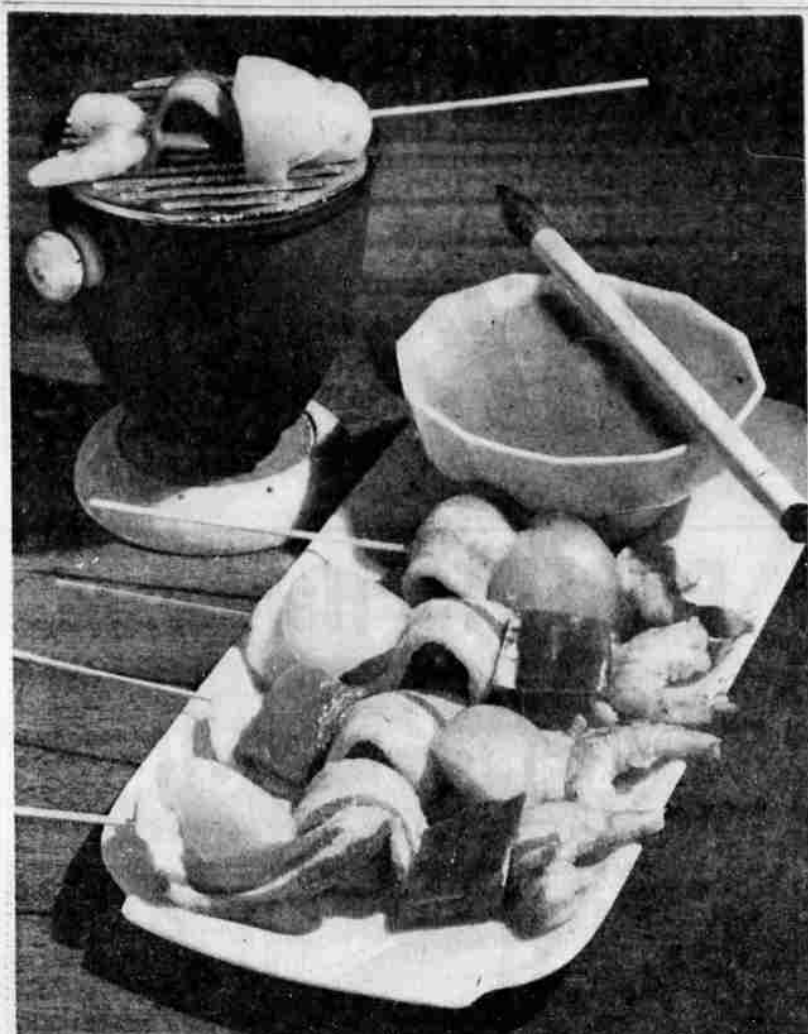




PROVOCATIVE — Luscious canned cling peaches, shrimp, bacon, tomatoes and green peppers are basted and served with an exotic sauce for "Peach-Bobs," a gourmet main dish or appetizer.

Peach-Bobs Something New

There's something new in kebabs that will give your next company dinner a decided flair. So you had better keep the recipe for "Peach-Bobs" handy because friends will be wanting to know how you succeeded at entertaining without really trying too hard.

Skewers threaded with bacon, canned cling peaches, shrimp, tomatoes and green pepper are basted while broiling with a zesty sauce of orange juice, cling peach syrup, ginger and soy sauce. Each serving of three skewers apiece is arranged on beds of hot buttered rice and accompanied by the remaining sauce. A tossed green salad and a simple custard for dessert will give you a well-rounded menu of elegant proportions.

PEACH-BOBS

2 cans (1 lb. 13 oz. each) cling peach halves
3 green peppers
2 lbs. thick-sliced bacon
24 small tomatoes
1 lb. cooked deveined

shrimp
Ginger Glow Sauce
Hot cooked rice
Ginger Glow Sauce

2 cans (6 oz. each) frozen orange juice concentrate
1/4 cup cornstarch
Peach syrup
1/4 cup soy sauce
1 teaspoon vinegar
1/2 teaspoon ginger
Dash salt

Drain peaches, saving syrup for sauce. Cut each peach half into halves. Cut green peppers into 1-inch squares. Zig-zag one strip of bacon onto each of 24 skewers with one peach wedge, green pepper, tomato and shrimp. Broil about 6 inches from heat until bacon is done, basting occasionally with Ginger Glow Sauce. Serve 3 skewers per portion over beds of rice with remaining sauce.

Ginger Glow Sauce: Mix a small amount of orange juice concentrate with cornstarch, then stir in remaining concentrate, peach syrup, soy sauce, vinegar, ginger and salt. Cook over low

heat, stirring constantly until thickened. Serve warm.
Makes 8 servings



made naturally...
so naturally it's better

Seafoods Plentiful

By FRANCES C. HALL

County Extension Agent
Oregon shoppers are reminded to take advantage of the variety of seafoods that are on the market. Beginning in February and continuing for the rest of the year, Oregon fishermen each month pull in an estimated two to three million pounds of fish that feed along the ocean bottom. These are sold as ocean perch, rockfish, sole, flounder, sablefish and lingcod. A lean fish, they lend themselves to almost any cooking method.

Other fresh seafood available are smelt, sea bass, shrimp, sturgeon and a limited amount of salmon, crab, clams and oysters. The Columbia River salmon season opened for 15 days, beginning Feb. 15, then closed for two

months. Salmon troll season opens March 15.

The crab supply is short this spring. Some fresh razor and bay clams and oysters are being harvested but fresh halibut season is closed until May 8. However, the February cold storage report shows plenty of frozen halibut, cod, ocean perch, fish sticks and portions, salmon, sablefish, smelt, tuna, trout and shrimp.

Canned seafoods also vary. Lenten meals. Canned tuna rates as the top canned seafood by many families. Albacore tuna is the "flavor mignon" of tuna because only albacore tuna may be labeled white. It's usually a little higher priced than "light" and "dark" meat tuna.

Families can enjoy all the bene-

fits of tuna, nutrition-wise, regardless of the meat color, advises the extension specialist. Dark tuna has a more pronounced flavor.

When purchasing canned fish always read labels. Tuna comes in fancy or solid packs, the most expensive form, or in chunk style and flake or grated pack. Vegetable oil is added to domestically canned tuna to enhance the flavor; brine is often added to imported tuna.

Seafoods contain most of the vitamins and minerals the body needs. Proteins in fish and shellfish are complete, easily digested and contain all the essential amino acids needed by the body for proper growth and repair of tissues.

Almost all forms of fish fit into menus of those who are on low carbohydrate and low sodium diets. Lean fish are low in calories

and in cholesterol. Fatty fish are a source of unsaturated fats which balance the more saturated fats contained in many other foods.

QUICK STARTER

When company comes, start dinner with creamy curried chicken soup, made in minutes. Empty 1 (1 1/2 ounce) envelope of cream style chicken soup mix into saucepan. Gradually add 2 1/2 cups of water and 1/2 teaspoon of curry powder. Stir until smooth. Heat and stir until soup boils. Simmer 2 minutes. Add 1/4 cup of milk and heat to serving temperature. Serves 3 to 4.

Sliced onion and condensed tomato soup are good additions when pork chops are being braised.

Quick Muffins

They're marvelous! So moist and tender and with real flavor! "Bacon Corn Meal Muffins" will disappear like magic whenever you serve them. Any leftovers, if that miracle should happen, can be split, lightly buttered and toasted under the broiler. Try serving them as a base for creamed salmon or tuna and you'll discover a delicious quick supper dish. The delicate onion flavor comes from using instant minced onion. Homemakers find it blends so well with other seasonings and never overpowers. Look for the jars or foil packets at your grocers.

BACON CORN MEAL MUFFINS
1 tablespoon instant minced onion or, 3 tablespoons finely chopped raw onion

1 cup milk
1 cup sifted all-purpose flour
1 cup uncooked yellow corn meal
1/4 cup sugar
3 teaspoons baking powder
1 teaspoon salt
1 beaten egg
1/4 cup melted shortening or oil
1/2 cup crumbled crisp-cooked bacon
Measure onion into milk. Sift flour, corn meal, sugar, baking powder and salt into mixing bowl. Add all remaining ingredients and mix until dampened (do not overbeat). Spoon into greased muffin cups. Bake in a hot oven (425 degrees F.) 20 to 25 minutes. Makes 1 dozen medium-size muffins.

BIG SAVINGS

ON ALL FOODS

LUMBERJACK SPECIAL

SYRUP Big 22-oz. Bottle **29¢**

LIQUID — DETERGENT

PINK LUX Large 22-oz. Plastic **49¢**

PUREX Bleach 1/2 Gallon Jug **29¢**

FROZEN FOODS

BANQUET - 8 Inch CREAM **39¢**
PIES Choc. Ban. Lemon ea.

PRIDE OF OREGON SLICED — SWEETENED

STRAWBERRIES 2 Full Pound Packages **59¢**

Tip-Top — Vitamins Galore **10¢**
LEMONADE 6-oz can Concentrated

Ruperts, 1-lb. pkg. **49¢**
Fish & Chips Pkg.

DAIRY FOODS

Medo-Bel Cot. Cheese Pt. **23¢**
Crater Lake Jack Cheese lb. **39¢**
Grade "AA" Small **EGGS** 3 doz. **88¢**

Large 24-oz. Size **Wesson Oil** **29¢**

Finer — Pure Vegetable **Shortening** 3-lb. Can **59¢**

Best Foods **NUCOA** Top-Quality Margarine **2 49¢**

Swansdown 12 Kinds to Choose **CAKE MIX** **2 49¢**

FRESH PRODUCE

Fancy Golden **BANANAS** 7 lbs. **\$1**

New Crop - Green Onions or **Radishes** bun. **5¢**

Giant sized, Washington Red Delicious **APPLES** 3 lbs. **29¢**

Fancy, Red **TOMATOES** 2 lbs. **39¢**

Fancy, Head **LETTUCE** **2 29¢**

Large, Fresh **ASPARAGUS** 2 lbs. **39¢**

CANNED GOODS

Tropic Isle — Crushed **PINEAPPLE** No. 303 **2 39¢**

Welch's 24-oz. Bottles **GRAPE JUICE** **39¢**

Dundee No. 303 **Fruit-Cocktail** **2 39¢**

Fancy Halves Hudson House No. 303 **PEACHES** Cans **2 39¢**

Dundee Halves **PEARS** No. 303 **2 39¢**

CANNED VEGETABLE SALE!

Dundee Cream or Whole Kernel **CORN** Oregon Packed No. 303 Cans **3 39¢**

Fancy Tender — Cut Stringless — Hudson **Green Beans** No. 303 cans **2 39¢**

Jack-O-Lantern **Yams in Syrup** Giant 40-oz. cans **39¢**

Skippy — Creamy or Chunk **Peanut Butter** 12-oz. Jar **39¢**

NEW! TASTE-TREAT MORTON - HOUSE FINE FOODS YOUR CHOICE **2 39¢**
BAKED BEANS 16 1/2-oz. Can BEEF & MACARONI 12-oz. Cans SPAGHETTI & MEAT BALLS

FOOD CENTER

1338 Oregon Avenue

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going on
at the



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like mad! So... until Sunday at closing
time we still have... and get here
quick...

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trip over a workman.

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