

Good Fish Recipes

SHRIMP FRIED RICE

1 egg
 2 tablespoons margarine
 2 green peppers, sliced
 1 red Spanish onion, sliced
 1 pound shrimp, cooked
 1 cup cooked rice
 1 tomato, quartered
 2 tablespoons cornstarch
 ¾ cup cold water
 3 tablespoons soy sauce

In a large skillet, fry egg using one tablespoon margarine. Remove egg from skillet and keep warm. Melt remaining one tablespoon margarine in the same skillet; add green peppers and Spanish onion. When vegetables are tender, add shrimp, rice and tomato. Combine cornstarch, cold water and soy sauce; stir into mixture. Continue cooking until mixture is thickened. When ready to serve, transfer to a large heatproof bowl. Cut fried egg into strips and garnish top. Makes 4-6 servings.

LOBSTER CANTONESE

3 tablespoons corn oil
 1 clove garlic, sliced
 ¼ pound ground pork
 4 lobster tails, about 8 oz. each
 4 green onions cut into ½ inch slices
 1 tablespoon soya sauce
 1 teaspoon ground ginger
 ½ teaspoon salt
 2 tablespoons corn starch
 2 cups beef broth or bouillon
 1 egg, slightly beaten

Brown garlic and pork in hot corn oil in skillet, over low heat. Cut lobster meat into 1½ inch pieces and add with onion to skillet. Cook 10 minutes; stir occasionally. Combine remaining ingredients except egg, stir into skillet. Cook until sauce is thickened and clear. Stir in egg. Four servings.

FISH GUMBO

1 pound frozen fish fillets (cod, haddock, or ocean perch)
 1-3 cup butter or margarine

Outside Cooking Indoor Success

Cooking on a spit is almost as old as man, yet it's as up-to-date as today's teen-ager, if you have an electric range with an automatic rotisserie.

Outdoor cooks learned long ago that meat cooked on a spit, slowly turned to give every inch a golden brown succulence, has an extra quality made up of flavor, tenderness, juiciness. Now meat can be barbecued right in the kitchen all year 'round for outdoor flavor without the fireplace fuss. Accurate electric heat plus automatic timing ensure consistently good results.

Shakespeare mentioned the game of billiards in his play "Anthony and Cleopatra."



Always A Butcher To Serve YOU!

Market Basket Sells only Klamath Basin Good & Choice Beef!

Market Basket
 9th & Pine —
 So. 6th & Shasta
 SHOP TILL MIDNITE
 At Store No. 2

2 large onions, chopped
 2 green peppers, chopped
 2 No. 2 cans tomatoes or okra
 2 teaspoons salt
 ¼ teaspoon pepper
 1 bay leaf
 1 cup cooked rice

Let fillets thaw on the bottom shelf of the refrigerator or at room temperature. Meanwhile, melt butter in a saucepan. Add onions and peppers and cook until tender. Stir in canned tomatoes and okra and seasonings. Cook over low heat at least 15 minutes (over-cooking doesn't hurt gumbo so long as the fish hasn't been added). Cut thawed fillets into cubes. About 10 minutes before serving time, add fish and rice to gumbo. Cook about eight minutes or until fish flakes easily when tested with a fork. Makes four servings.

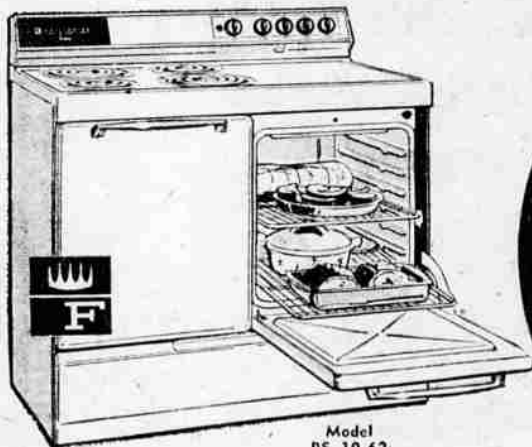
ESTIVE FOODS

What 7-Up does for ESTIVE SANDWICHES!



REFRESHING — Soft drinks are welcome at any time Coca-Cola Bottling Co., will provide sparkling 7-Up as door prizes during the 3-day Cooking School.

Vern Owens' Cooking School Special! TRADE IN! TRADE UP TO FRIGIDAIRE!



Model RS 10-62
FRIGIDAIRE
 PRODUCT OF GENERAL MOTORS

Big Frigidaire Range - Full 40" Width

- Loads of cooking space on top with plenty of room to spare for working.
- Holiday host? Oven hold biggest turkey, huge roast.
- Unlimited heat settings for surface units.
- Extra storage — 1 full width, 1 waist high storage drawer.

Vern Owens' Special Price \$199.95
 Less Cal-Ore Bonus Trade \$ 20.00
\$179.95
 Less 7-Year Trade \$ 40.00

YOU PAY **139⁹⁵**
 ONLY



Get "Spatter-Free"
BROILING
 No Extra Cost!
BROIL 100 TIMES
 yet never need clean oven!

Now you can broil the inexpensive cuts such as chuck, blade and 7-bone roasts, yet No smoke, No spatter!

Range and Water Heater Headquarters for the Basin for 17 Years!

VERN OWENS'
CASCADE HOME FURNISHINGS

412 Main

Phone TU 4-8365