

Mary Wise

menu and shopping guide



SATISFYING NOURISHMENT is the keynote in Cod Curry. It's designed to win compliments of weight-watchers. In the background is Chef's Salad Chesapeake. Both recipes are in today's column.

It's Fish 'n Seafood Month

October is "Fish 'n Seafood Month," when supplies of fish and seafood are at their peak. In addition to being economical, fish and shellfish are ideal for reducing diets. Here are two suggestions for the calorie counter:

CHEF'S SALAD CHESAPEAKE

- 1 12-oz. can blue crab meat or other crab meat, fresh, frozen or pasteurized or
- 2 cans (6½- or 7½-oz. each) crab meat
- 1 pkg. (10-oz.) frozen asparagus spears
- 6 lettuce cups
- Lemon Caper dressing

- 3 hard-cooked eggs, sliced
- Paprika

Thaw frozen crab meat. Drain. Remove any remaining shell or cartilage. Flake the crab meat. Cook asparagus spears according to package directions. Drain and chill. Place 3 asparagus spears in each lettuce cup. Place about ¼ cup crab meat on asparagus. Cover with approximately 2 tbs. Lemon-Caper dressing. Top with 3 slices hard-cooked egg. Sprinkle with paprika. Serves 6, with approximately 130 calories in each serving.

LEMON CAPER DRESSING

- ½ cup low calorie salad dressing, mayonnaise type
- 1 tbs. drained capers
- 1 tbs. lemon juice
- ¼ tsp. prepared mustard
- ¼ tsp. Worcestershire sauce
- 2 drops liquid hot pepper sauce

Combine all ingredients and chill. Makes approximately ¼ cup salad dressing.

COD CURRY

- 2 lbs. cod filets or other fish filets, fresh or frozen
- 1 cup thinly sliced celery
- 1 cup thinly sliced onion
- 1 tbs. melted fat or oil
- 1 tsp. curry powder
- 1 tsp. salt
- Dash pepper
- ¼ cup skim milk
- Paprika

Thaw frozen filets. Skin filets and place in a single layer in a greased baking dish, 12x8x2 inches. Cook the celery and onion in fat for 5 minutes. Stir in seasonings and milk. Spread over fish. Bake at 350 degrees for 25 to 30 minutes or until fish flakes easily when tested with a fork. Sprinkle

with paprika. Serves 6, with approximately 140 calories in each serving.

New Booklet Offered
Meals with minimal calories, maximum flavor and eye-appeal aren't the easiest thing in the world to come by. To help you with your planning, the United States Dept. of Interior's Bureau of Commercial Fisheries has released a new 16-page full-color diet booklet, *Seafood Slimmers*, which is available by sending 25 cents to the Superintendent of Documents, Washington, D.C. 20240.

Here's A Weight Watcher's Salad That's Delicious

Shape-up Salad is a treat for serious calorie counters. It is delicious and economical too.

SHAPE-UP SALAD

- 2 cans (1-lb. each) low-calorie purple plums
- 1 cup cold water
- 2 env. plain gelatin
- ½ tsp. salt
- 1½ cups low-calorie gingerale
- 2 tbs. lemon juice
- 2 fresh Bartlett pears
- 1 cup seedless grapes
- Iceberg lettuce

Drain plums, saving syrup. Halve and remove pits. Combine water, gelatin and salt in saucepan and heat, stirring until gelatin is dissolved. Add syrup and cool. Stir in gingerale and lemon juice. Chill until mixture begins to thicken. Meanwhile, pare, halve and core pears; cut crosswise into crescents. Fold pears, grapes and plums into gelatin mixture and turn into 7-cup mold or 8-inch square pan. Chill until firm. Invert mold onto platter (or cut into squares). Serve garnished with lettuce.

LAST MINUTE SALAD

Need a last minute salad? Try fresh Western pear halves topped with this simple dressing. Just blend grated Cheddar cheese into mayonnaise and spoon onto the juicy pear halves. This is a flavor combination to please all ages.



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Von's Receives Citation From National Magazine

The 99-store Von's and of national brands, strict Shopping Bag food chain has standards of quality control, been awarded a special citation and informative food advertising by Good Housekeeping Magazine. This marks the first time a Southern California grocery company has been so honored by the magazine. The citation from Good Housekeeping magazine salutes Von's and Shopping Bag for their outstanding variety of merchandise, consistent high standards of customer service, continuing program of national brands, strict standards of quality control, and informative food advertising which prominently features nationally advertised grocery brands, menu suggestions, and recipes. Von's 60th Anniversary to honor the food chain with the award. T. A. Von der Ahe, president of Von's and Shopping Bag, accepted the citation from Dick de Varennes, Southern California market manager of Good Housekeeping.

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55TH Anniversary Jamboree



CLIP COUPON AND SAVE
LUSCIOUS ASST. GIANT HERSHEY BARS sale **88¢** 3 bars
Choose almond, milk chocolate, Mr. Goodbar, Krackel, butter chip.
Limit 6 bars to a customer with this coupon. Offer void after Oct. 22.

CLIP COUPON AND SAVE
ARMSTRONG ONE-STEP WAX CLEANER & POLISHER sale **88¢** 26 oz.
Reg. 1.09. For vinyl, linoleum, asphalt, cork, and rubber.
Limit 2 to a customer with this coupon. Offer void after Oct. 22.

CLIP COUPON AND SAVE
ARMSTRONG SELF-POLISHING FLOOR WAX - 1 QT. SIZE sale **88¢**
Reg. 1.19. Self-polishing; fights wax build-up. For vinyl, linoleum, stone.
Limit 2 to a customer with this coupon. Offer void after Oct. 22.

CLIP COUPON AND SAVE
"D" FLASHLIGHT BATTERIES FROM FAMOUS EVEREADY sale **23¢** pack of 2
Reg. 40¢. Twin packed, long life batteries are leak-resistant, pre-tested.
Limit 2 packs to a customer with coupon. Offer void after Oct. 22.

CLIP COUPON AND SAVE
BIG 20-OZ. SIZE BOTTLE LISTERINE MOUTH WASH sale **99¢**
Reg. 1.39. Refreshing, antiseptic, mouthwash in big family size.
Limit 2 to a customer with this coupon. Offer void after Oct. 22.

CLIP COUPON AND SAVE
MISSIE SEAMLESS, MICRO-MESH NYLON HOSE 4 prs. sale **99¢**
Reg. 2.49. Beautiful sheers with popular nude heel and demitise. 8½-11.
Limit 4 pairs to a customer with coupon. Offer void after Oct. 22.

CLIP COUPON AND SAVE
4-PLY, 4 OZ. SKEIN 100% VIRGIN WOOL YARN sale **77¢**
Reg. 1.29. Moth-proof, 4-oz. skein of supreme quality; ready to use.
Limit 2 to a customer with this coupon. Offer void after Oct. 22.

CLIP COUPON AND SAVE
FAMOUS IRONING PAD AND STAIN-RESISTANT COVER SET sale **77¢**
Reg. 1.27. 100% cotton cover with allicones; cotton-rayon-nylon pad.
Limit 2 sets to a customer with coupon. Offer void after Oct. 22.

Save 4.61
RAYON LOOP PILE RUGS WITH FOAM CUSHION PAD
sale **12⁸⁸**
Reg. 17.49. Large 8'6" x 11'6" room size rug is fluffy 100% rayon loop with bouncy foam rubber backing — no extra padding needed. Bound on all four sides. Washable. In a wide range of white-flecked tweedy color combinations. A super buy at this price!
*Approximate size

Save 12¢
TRINIDAD COTTON SHEET BLANKETS
sale **97¢**
Reg. 1.09. 60x76" size sheet blankets in assorted lovely plaids... all 100% cotton.

Save 96¢
LOVELY ASST. DECORATOR PILLOWS
sale **2 for \$3**
Reg. 1.99 each. Add a bright and gay touch of color to your rooms with these decorator, reversible throw pillows. Colors, shapes and sizes galore to choose from. Unsurpassed value at our sale price.

Save 1.48
"PEPPERELL" SOFT BABY BLANKET
sale **1⁵⁰**
Reg. 2.96. For tiny sleepheads, a fluffy-soft warm blanket that won't shed. Machine washable, 94% rayon, 6% acrylic. Pretty 7" acetate binding in white, pastels. 36x50". Offer void after Oct. 22.

Save 45¢
TOTS' TRAINING PANTS
sale **5 for \$1**
Reg. 2.9¢ ea. Fine "Clever Tot" brand. Absorbent double-thick, pre-shrunk cotton pants in white. Sizes 1-4.

Buy Now! - Save 33¢
8 LARGE ROLLS WRAPPING PAPER
sale **66¢** pkg. of 8 rolls
Reg. 99¢. Quality Christmas wrapping paper in 8-roll package. 26" wide. Total length 33½'. Stock up now and buy several packages for the holidays!



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