

If Fishing For New Menu Ideas, Try This Stuffed Whitefish Recipe

Fishing for new menu ideas? You have it right there—fish! Now's the time when fish is especially good whether caught by you or someone in your family or purchased at the market.

There are a hundred and one ways to prepare fish but here's a recipe for stuffed whitefish that is sure to delight all.

The stuffing is the luscious corn bread that's filled to the brim with chopped onion, celery, green pepper and dill pickle. The corn bread for the stuffing is so simple to make when you use a package of easy corn bread mix. That's the kind that is mixed in the plastic bag. After the stuffing is mixed in all its spicy goodness, pack it lightly into the pocket of the fish (we say lightly and mean it because stuffing expands as it cooks) and bake. After it is done to a delicious turn, place it on a platter and garnish with Parmesan baked tomatoes, pretty lemon slices and green parsley.

Complete the menu with fresh asparagus topped with sieved hard-boiled egg, a pineapple-carrot gelatin salad, strawberry sundaes and macaroons. This dinner is a treat beyond compare and one that you will want to serve your family and friends often!

Stuffed Whitefish
Makes 6 servings
One 3-lb. whitefish, cleaned and pocketed

Dressing:
1½ cups crumbled corn bread (see note)
2 tablespoons chopped onion
1 cup chopped celery
1 cup chopped green pepper
2 tablespoons chopped dill pickle
1½ teaspoon salt
1½ teaspoon dill seed
1½ teaspoon pepper
3 tablespoons milk
Heat oven to moderate (350 degrees F.). Rub inside of fish with salt and pepper; lightly pack dressing (made by combining all ingredients) into pocket. Fasten open-



... baked fish

ing with toothpicks or skewers; lace with string; place fish on greased rack or foil in shallow baking pan; brush with melted butter or margarine. Bake in preheated oven (350 degrees F.) 45 minutes to 1 hour or until fish flakes easily. Garnish with Parmesan baked tomatoes, lemon slices and parsley.

Note: For corn bread, put 1 egg, unbeaten and ½ cup milk into bag

of easy corn bread mix. Squeeze upper part of bag to force air out. Close top of bag by holding between thumb and index finger. Mix in bag by squeezing with fingers about 40 seconds. Squeeze batter into special aluminum foil pan and bake in hot oven (425 degrees F.) about 20 minutes. Cool; crumble 1½ cups for dressing. Split and toast remaining corn bread for lunch or breakfast.

Fix Spicy Hamburgers For Summertime Picnic

It's picnic time! So take to the open road and don't forget the picnic basket!

Food always tastes so much better when served-up in the great outdoors. Picnics call for lots of good food, too, for appetites seem to grow and grow when mixed with the fresh outdoors and active good-weather sports.

These hamburgers are just the kind that are great fun to grill over an open fire at the park. Mix and shape the meat mixture at home and transport the hamburgers, uncooked, to the picnic grounds. This recipe calls for rolled oats, which keeps all the good juices locked inside the hamburgers for extra moistness, — and they keep their shape, too. Prepare the spicy onion sauce for the hamburgers at home but re-heat over the camp fire on location. Just before you are ready to serve these delicious open-face sandwiches, spoon a generous amount of the sauce over each. Hm — what good eating!

This recipe makes plenty for a hungry crowd — you'll want to be sure and have enough for everyone. Actually that is true of all picnic food — be sure there is ample for everyone gets so hungry out in the open air. — So make yours picnic style and happy eating to everyone for the whole summer!

Saucy Hamburgers With Onion Rings
Makes 6 servings

Hamburgers:
2 lb. ground beef
1½ teaspoons salt
½ teaspoon pepper
1 cup rolled oats (quick or old fashioned, uncooked)
Two third cup milk

Sauce:
One medium onion
1½ cups catsup
½ cup vinegar
1 teaspoon dry mustard
1½ teaspoons Worcestershire sauce
4 to 6 drops spicy hot sauce

Six hamburger buns
For hamburgers, combine all ingredients. Mix thoroughly and shape into 12 patties. Wrap in foil or waxed paper, being sure there's paper between each. Refrigerate.

For sauce, slice onion and separate into rings. Combine all ingredients in saucepan. Cook over low heat 8 to 10 minutes. Cool and place in covered container or cover saucepan with foil for easy carrying.

At picnic site, broil or pan-fry hamburgers. For medium doneness, broil about 7 minutes on first side, then turn and cook 4 or 5 minutes longer. Re-heat sauce.

For open-face sandwich, cut buns in half, place a hamburger on each half. Top with hot sauce.



... saucy hamburgers

Crispy Barbecued Rib Roast Makes Big Hit With Guests For Economical Evening Meal

A standing rib roast is an impressive piece of meat any day but it takes on even more importance when cooked on a spit over glowing coals. When serving eight or ten people, you may find this cut actually more economical than steak, and it can be cooked with even more flourish!

Basting the roast frequently while cooking with a zippy barbecue sauce adds extra flavor and an attractive brown and crisp exterior. The following sauce is a tasty one, tanged with beer.

While the meat is turning on the spit (incidentally, this recipe can be a year round favorite now that so many people have indoor roasterie equipment) treat your guests to glasses of cold beer and creamy cheese dip served with raw vegetables and crackers. The dip is easily made using jars of cheese spread, softened with sour cream, beer and minced onion.

Barbecued Rib Roast

4 to 5 rib standing rib roast
1 large onion, chopped
1 tablespoon salad oil
1 cup beer or ale
2 tablespoons herb vinegar
1 cup firmly packed brown sugar
1 tablespoon Worcestershire sauce
½ teaspoon Tabasco
1 cup chili sauce
1 clove garlic

Have meatman cut about 3 inches from the rib end so meat will turn easily on spit over coals. This piece can be cooked as short ribs or used in soup. To make barbecue sauce, brown onion in oil in skillet; add remaining ingredients; stir, heat until brown sugar dissolves. Simmer 5 minutes. Remove garlic.

Place meat on spit of rotisserie. Roast meat, basting about every 10 minutes with barbecue sauce. Allow between 12 to 26 minutes per pound depending on desired doneness. To accurately determine doneness, a grill thermometer may be used and meat can be removed from heat and a meat thermometer inserted for 10 minutes. Internal temperatures are given below.

If desired, meat may be roasted in slow oven (325 degrees F.) in baking pan, basting with sauce about every 10 minutes. Insert meat thermometer into center of roast making sure thermometer is not resting on bone or fat. For rare, roast 22 to 26 minutes per pound or until thermometer registers 140 degrees F.; for medium, roast 26 to 30 minutes per pound or until thermometer registers 160 degrees F.; for well done, roast 33 to 35 minutes per pound or until thermometer registers 170 degrees F. Remove meat to hot platter.

Note: Leftover barbecue sauce may be stored in refrigerator.

Creamy Cheese Dip

2 jars (5 ounces each) cheese spread
2 tablespoons sour cream
2 tablespoons beer or ale
½ teaspoon Tabasco
2 teaspoons minced onion
Combine all ingredients in small bowl and mix until thoroughly blended. Garnish with chopped chives and olives, if desired. Serve with cucumber wedges, small tomatoes or wedges and crackers.

Yield: Allow ½ to ¾ pound roast per serving.

Yield: 1½ cups.

Cool Asheville Salad Calls For Soup Mix

The sultry days of the summer solstice are upon us and for the homemaker who must still make three meals a day, this is indeed a problem.

Tempting tired appetites requires a bit of elementary psychology. The first thing that comes to mind is a refreshing salad mould. It not only looks cool but tastes cool, too.

This delicious Asheville salad can be fixed early in the morning and then served for supper. It features a delicious complement of flavors: tomato soup mix, cream cheese, lemon, celery, green pepper, stuffed olives, chopped onion and hard-cooked eggs.

The delicious flavor base of this salad mould is provided by a convenient package of tomato soup mix. You will find this particular soup mix a great boon this summer for adding flavor to everything from barbecue sauces to chicken cacciatore. And keep a supply handy for those cool rainy days when a bowl of hot tomato soup is so welcome with the family.

Asheville Salad

1 package tomato soup mix
2 cups cold water
2 envelopes unflavored gelatin
½ cup cold water
1 (8-oz.) package cream cheese, softened
1 tablespoon lemon juice
1 cup chopped celery
¼ cup chopped green pepper
¼ cup chopped stuffed olives
1 tablespoon chopped onion
3 hard-cooked eggs, chopped

In a saucepan gradually stir water into soup mix. Heat and continue stirring until soup comes to a boil. Simmer 5 minutes, uncovered, stirring occasionally.

Remove from the heat and add the gelatin softened in the cold water. Gradually add this to the cream cheese, blending until smooth. Add the lemon juice. Chill until slightly thickened. Fold in the celery, green pepper, olives, onion and egg. Pour into a 1 quart mold and chill until firm.

Unmold and surround with salad greens. Garnish with stuffed olives and slices of hard-cooked egg, if desired. Makes 6-8 servings.

Potatoes Rate High On Popularity List For Economical Vegetables

Potatoes rate high on the vegetable popularity list, because they go so well together with so many other foods.

Potatoes are a fair source of vitamin C — and when used with frequency as they often are in economy meals, potatoes can be an important contributor of this vitamin. Since much of the nutritive value is just under the skin, it is wise to cook potatoes in their jackets where possible.

Most often perhaps this vegetable comes to the table as "mashed

potatoes." In preparing mashed potatoes, evaporated milk, just as it pours from the can, is ideal for providing the desired smoothness and creaminess, eliminating the use of butter.

Old Fashioned Potato Soup

2½ cups peeled, diced potatoes (about 2 large)
3 cups water
1 tablespoon butter or bacon fat
2 cups thinly sliced onions (about 2 medium)
1½ tablespoons flour
2 teaspoons salt

1 tall can evaporated milk (one two-thirds cups)

Place potatoes and water in a large kettle. Cook until tender. Meanwhile, in a saucepan, melt butter or fat over low heat. Add onions, cover pan with lid, and cook over low heat until onions are tender, about 10 minutes. Remove from heat. Stir flour and evaporated milk into onion mixture. Return to heat, and cook and stir until hot and thickened. Makes 6 servings.

Then slowly stir in evaporated milk. When potatoes are tender do not drain. Mash potatoes in their cooking water, then add onion-evaporated milk mixture. Return to heat, and cook and stir until hot and thickened. Makes 6 servings.

Hot Potato Salad

5 large potatoes
6 slices of bacon
½ cup chopped onion
½ cup chopped green pepper
1 tablespoon flour
2 tablespoons sugar
1½ teaspoons salt
1 tall can evaporated milk (one two-thirds cups)
½ cup vinegar
2 teaspoons prepared mustard

Wash potatoes, then boil in their jackets in water to cover until potatoes are tender. Meanwhile, cook bacon until crisp in a frying pan. Remove bacon and set aside. Add onion and green pepper to bacon fat in frying pan. Cook slowly until onion is tender.

Remove from heat. Stir in flour, sugar and salt. Slowly stir in evaporated milk. Return to heat and cook slowly until thickened, stirring occasionally, about 15 minutes. Stir in vinegar and mustard, then bacon that has been broken into small pieces. Set aside. Skin cooked potatoes and slice into a large bowl. Pour sauce over and mix lightly to coat potato slices. Serve hot. If preferred, salad may be served cold. Makes 6 to 8 servings.

Potato Cakes

3 slices bread
3 cups evaporated milk
1 egg
1 teaspoon salt
½ teaspoon pepper
1 small onion, chopped fine
6 medium potatoes, cooked and drained
¼ cup bacon fat or other meat drippings

Pull bread into small crumbs. Place in a mixing bowl and pour ½ cup of the evaporated milk over them. Let stand until crumbs have soaked up most of the evaporated milk. Then beat in the egg. Stir in salt, pepper and onion. Mash the potatoes with the remaining ½ cup evaporated milk and stir into the bread crumb mixture. Mix well. Melt fat in a large frying pan. Drop potato mixture, a heaping spoonful at a time, into the hot fat. Cook slowly over medium heat until well browned on both sides, about 8 minutes on the first side and 5 to 8 minutes on the second side. Makes 16 cakes (6 to 8 servings).

Key Lime Pie Is Delightful

Social activity does not go on vacation during the summer, it just changes its form.

Most all homemakers belong to one or more social groups that meet on a regular basis during the year. However, the coming of summer usually signals the end of these more formal get-togethers.

A hospitality suggestion that will prove valid for social activity during lazy summer days is to please your friends by inviting them to a dessert luncheon. This may be served on porch or patio and if you prepare the dessert ahead and put it into the freezer, you can invite people on the spur of the moment knowing well that the food problem is solved.

On a cool morning you may wish to make key lime pie. Follow the directions given in the recipe and wrap in transparent saran, then put in the freezer. On the day you feel like getting the gang together, you will be all set. You may be sure, too, that transparent saran will keep key lime pie "eating" perfect while in the freezer.

Key Lime Pie-Sour Cream Topping

(Serve Frozen or Defrost & Serve)

2 eggs
1 can (15 ounce) sweetened condensed milk
½ cup lime juice
1 teaspoon grated lime rind
¼ teaspoon salt
1 baked 9-inch pie shell
½ pint (1 cup) dairy sour cream
¼ cup sugar
¼ teaspoon salt
1 to 2 tablespoons grated lime rind

Break eggs in beater bowl; beat slightly. Add sweetened condensed milk, lime juice, 1 teaspoon lime rind and ¼ teaspoon salt. Beat at medium speed about 2 minutes. Add green color as needed to tint mixture an attractive pale green. Pour into pie shell. Bake in moderate oven (350 Deg. F) 10 minutes. While pie is heating mix together the sour cream, sugar and ¼ teaspoon salt.

Spread evenly over top of warm pie. Turn oven to hot (425 Deg. F.). Return pie to oven for 5 minutes to set sour cream. Sprinkle remaining grated lime rind around edge of pie. Cool. Freeze; leave whole or cut into serving portions. In serve, individually or as desired. Serve frozen or defrosted as desired. Yield: 1 9-inch pie.

GIVE COOKING FLAVOR

When cooking rice, noodles or spaghetti to use in casseroles or entrees, add a teaspoon or more of instant minced onion to the boiling water. It's an easy way to add the tangy flavor of onion to your cooking.

Strawberry Wedding Punch Has A Festive Look And Delightful Flavor; Perfect For A Reception

At a wedding to be remembered as beautiful, both the bride and the cake should have their flowers.

The bride will carry a lovely bouquet of fresh flowers to set off her wedding gown; the cake will wear an opulent butter cream bouquet that makes it second only to the bride.

With time and money both at such a premium these days, the member of the wedding who takes charge of arrangements will do well to let a professional caterer provide the decorative cake, and devote her own talents to other matters.

She will find that the time she saves this way will be worth the money, and she can stay within her budget by making the other refreshments at home.

The question of the wedding reception beverage, for instance, can be easily answered with a strawberry wedding punch that has all the freshness of spring, looks gay on the table and pleases every taste. Quick strawberry-flavored mix is at the heart of the matter. This mix, which dissolves immediately in liquid, has a happy strawberry quality and color and blends agreeably with other fruit



... wedding punch

flavors, such as lemon juice. Soda water gives it the sparkle a wedding refreshment needs and a decorative strawberry ice flower set in the middle makes it as festive as the occasion itself. The punch can be made quickly and economically, and the strawberry ice flower takes only a few minutes to arrange in a mold; the freezer does the rest.

Pretty canapés round out the party table array. You don't need an expert caterer to make them: Get out your favorite cookie cutters and cut white bread into attractive shapes in pieces just large enough to make a delicate bite.

Cover them with cream cheese or butter flavored any way you like—simple ingredients like chopped parsley and a dash of Worcestershire sauce add nice touches of color or pep — and decorate the top of each canapé with an olive slice, a bit of pimiento, a little chopped egg yolk or something else brightly colored. Or cut your bread in strips, butter one side, and roll up a strip of fresh water-cress in each strip. The butter will hold it together. You can vary your canapé topping with any kind of cheese, meat or sea food spread as long as it is flavorful and attractive. If you lack the time to make an assortment of these, you'll find many inviting possibilities on your supermarket shelf.

Strawberry Wedding Punch

1 1-pound can (3 cups) quick strawberry-flavored mix
1½ cups water
1 can (6-ounces) frozen lemon juice
3 bottles (28-ounces each) chilled carbonated water.
Stir quick strawberry-flavored mix into water in 4-quart punch bowl. Add lemon juice; stir until blended. Add chilled carbonated water. Float strawberry ice flower on top.
Yield: 3½ quarts.

Strawberry Ice Flower

Put ½ inch water in mold; freeze. Arrange strawberry slices, flower fashion, in mold; freeze. Add thin layer of water; return to freezer to set. Fill to top with water and freeze until firm. Unmold by quickly running under warm water.



... cranberry salads

For Refreshing Menu Treats On Hot Days Serve Delicious Frozen Cranberry Salads

Frozen cranberry salads are refreshing menu treats and they're especially easy to make on warm summer days. We have selected three perfect accompaniments for barbecued, fried, or baked chicken suppers.

Why not plan a barbecued chicken dinner this week and add a frozen cranberry salad to the menu? Wait until the chickens have been taken from the spit or charcoal broiler, then bring on your ice cube tray with an elegant frozen cranberry mixture. The new frozen cranberry pineapple cream takes only three ingredients: a can of whole berry cranberry sauce, crushed pineapple, and dairy sour cream. A cool summer salad treat that takes only minutes to combine.

Frozen Cranberry Pineapple Cream

1 lb. can whole berry cranberry sauce
1 9-oz can crushed pineapple, drained

1 cup dairy sour cream
Fold cranberry sauce and crushed pineapple into sour cream. Pour into freezing tray and freeze until firm. Just before serving, slice or cut into squares. Serve on lettuce leaves with barbecued chicken.

Note: Try basting your chicken with the new all-purpose seasoning barbecue sauce. It's a blend of tomato paste, sugar, vinegar and tangy spices. Mighty good on chicken!

Or try freezing cranberry cheese salad or frozen cranberry layer salad in your ice cube trays.

Frozen Cranberry Cheese Salad

2 packages cream cheese (2 3-oz. pkgs.)
1 cup mayonnaise
½ cup ripe olives, sliced thin
1 cup whipping cream
1 can crushed pineapple, drained
1 cup jellied cranberry sauce
Cream the cheese and mix well with mayonnaise. Whip cream and add. Fold in sliced olives, crushed

pineapple and cranberry sauce cubes. Pack in refrigerator tray and freeze for 3 to 4 hours. Slice and serve on lettuce with mayonnaise.

Frozen Cranberry Layer Salad

1 lb. can jellied cranberry sauce
2 tablespoons lemon juice
Beat cranberry sauce with rotary beater until saucy. Combine with lemon juice. Spread in the bottom of a mold or small individual molds. Cover cranberry layer with the following:
1 cup heavy cream, whipped
¼ cup mayonnaise
¼ cup powdered sugar
¼ cup chopped pecans or black walnuts
Whip the cream and fold in the mayonnaise, the sugar and nuts. Spoon over cranberry layer in salad mold or molds. Place in the refrigerator freezing compartment for at least 3 hours to become firmly frozen. Unmold. Serve on lettuce with a small dab of mayonnaise.