

HOUSEHOLD MEMOS by Lynn Chambers



Pep Up Meals With Delectable Fish (See Recipes Below)

Favorite Seafoods

Have you discovered what pleasant variety fish dinners can give to your meals? If not, you have a real flavor treat coming.

New cooks will like using fish because it is so easily and quickly prepared. There are so many varieties to use, you need run into no rut even though you serve fish often.

You can substitute fish for meat easily because, it, too, is a good source of protein in addition to providing such important minerals as calcium, phosphorus, iron, copper and iodine. Those of you who live inland would do well to fortify your iodine supply by eating fish more often, as it's difficult to get enough in any other way, except medicinally.

Overcooking is one of the faults most frequently found in the preparation of fish, for many people do not realize that fish is really tender. Broiling and pan-frying are good methods to use, as is baking.

You'll find that fish served in a casserole takes little time and can be really delicious. The time required for baking is short as the food really only needs to be heated.

Fresh, canned or frozen fish may be used, whichever is available to you in the recipes I've included today.

\*Stuffed Halibut Steak.

- 1 dozen oysters
1 cup cracker crumbs
1/2 teaspoon salt
1/2 teaspoon pepper
1 tablespoon chopped parsley
2 tablespoons butter, melted
2 slices halibut, cut 1/2 inch thick
1 tablespoon lemon juice
Fat for basting

Drain oysters, add crumbs, salt, pepper, parsley and butter; mix well. Place one slice halibut on greased shallow basting pan, pour on lemon juice and sprinkle with additional salt and pepper. Spread with oyster stuffing and place second slice of halibut on top. Brush with fat. Bake in a moderate (350 degree) oven for 40 minutes. Allow 1/2 pound fish for each serving.

Groundfish, Maine Style.

- (Serves 4 to 6)
1 1/2 cups flaked, cooked fish (haddock, finnan haddie, codfish or halibut)
2 hard-cooked eggs
1/2 teaspoon paprika
1/2 teaspoon celery salt
Salt to taste
Bacon bits
2 cups cooked rice

Combine flaked fish, chopped egg whites and seasonings. Heat in melted bacon fat, tossing frequently to prevent burning. Pile hot rice on platter, toss hot, seasoned fish over it and garnish with rice egg yolks and parsley.

Baked Mackerel.

- (Serves 4)
1 large onion
1 large carrot
1/2 green pepper
1/2 cup vinegar
1/2 teaspoon salt
1 tablespoon chopped parsley
1/2 teaspoon minced thyme
1 bay leaf
2 mackerel (about 2 pound size)

LYNN SAYS:

Make Fish Dishes Interesting
Bring out your bread stuffings and use them with variations when you want to make a feast out of fish. Sprinkle the inside with salt just as you do few before stuffing.
Make fish platters lovely by adding attractive garnishes. Lemon wedges nestling in parsley, pickle fans, carrot curls, tomato wedges and onion rings are all simple to make.

LYNN CHAMBERS' MENU

- \*Stuffed Halibut Steak
Boiled Potatoes
Asparagus Lemon Butter
Crisp Green Salad
Whole Wheat Biscuits
Beverage Carrot Sticks
Stewed Rhubarb Sugar Cookies
\*Recipe given

Make a sauce by chopping onion, carrot and green pepper until fine; add vinegar. Mix thoroughly and add salt, parsley, thyme and bay leaf. Simmer sauce for 20 minutes; remove bay leaf. Place mackerel in greased baking dish, pour sauce over all and bake in a hot (400 degree) oven for 25 to 50 minutes.

Baked Scallops (Serves 4)

- 1 onion
1 green pepper
6 stalks celery
6 mushrooms
2 tablespoons butter
1 pint scallops
1 can mushroom soup
Dash of nutmeg, lemon juice and salt
Grated Swiss cheese

Cut onion, green pepper, celery and mushrooms into small pieces and cook in butter. Add to this the scallops and warm through thoroughly over low heat. Pour in mushroom soup which has been seasoned with the nutmeg, lemon juice and salt. Pour into a greased baking dish and top with grated cheese. Bake in a moderate (350 degree) oven for 25 to 30 minutes. Buttered crumbs may be used for topping in place of the cheese.

Crab Cakes. (Serves 4)

- 1 1/2 cups crabmeat
3 eggs
1 cup soft bread crumbs
1/4 cup melted butter or fat drippings
2 teaspoons lemon juice
1 teaspoon minced green pepper
1 teaspoon minced celery
1/2 teaspoon salt
1/2 teaspoon pepper

Mix crabmeat, beaten egg yolks, crumbs, melted fat and seasoning and blend thoroughly. Fold in stiffly beaten egg whites and turn into well greased custard cups. Set these in a pan of hot water and in a moderately hot (375 degree) oven for 25 minutes. These crab cakes are truly delicious served with lobster sauce.

Seafood Thermidor. (Serves 6)

- 1 (6-ounce) package noodles (fine)
1/2 pound fresh mushrooms, sliced
2 tablespoons butter
1 cup drained, cooked peas
1/2 cup sliced green or ripe olives
1 can flaked tuna fish (7 ounces)
2 cups medium white sauce
1 cup freshly grated American cheese
1/2 cup buttered bread crumbs

Cook noodles in boiling salted water until tender; drain and rinse with boiling water. Sauté mushrooms in melted butter for five minutes. Add cheese to white sauce and blend. Arrange hot noodles in greased casserole. Cover with mushroom slices, then a layer of peas, olives and tuna. Add cheese sauce and top with buttered crumbs. Bake in a moderate oven for 30 minutes.

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Any leftover fish may be flaked and made into salad. The other salad ingredients usually are chopped celery, chopped pickle, cooked peas, hard-cooked, chopped eggs and mayonnaise.
For real effect at a dinner table try planked fish. A whole dressed fish is set on an oiled hardwood plank and broiled. Before serving fluke seasoned mashed potatoes around fish and garnish with cooked vegetables such as peas, carrots, cauliflower, tomatoes or onions.

Woman's World

Aprons, Table Sets, Holders Are Easy to Make at Home

By Ertla Haley

DO YOU want to add something new but simple to your own home just for the general purpose of brightening it a bit?

Or, do you have a long list of weddings and showers to attend which will require gifts of one type or another?

Either way, there are many small sewing projects which you can embark upon and emerge with lovely things for the table or kitchen or for personal use.

I know of no woman who is satisfied with the number of aprons she has, especially when she sees one lovelier than some she has. Therefore, aprons, when pretty or neatly practical, always are welcome. Brides or even older homemakers can't have enough, for they do wear out, you know.

If you want to make really pretty aprons, I'd suggest you use organdy or another delicate fabric for the main part of the apron. Half aprons are a good idea inasmuch as organdy certainly will not be used for the evening dish chore.

As for trimmings, there is no end. You might like to ruffle the heart-shaped pockets with some fragile lace and pipe the edges with more lace.

If you can do neat applique work—or can learn how—any of the floral designs are good.

Suggested Colors, Designs for Aprons

A very effective combination includes white organdy appliqued on a single large pocket with a large red flower. Carry out the flower applique in the opposite corner of the apron.

If you like bows or hearts, do them in red in much the same pattern.

Yellow organdy looks lovely when appliqued with green leaves. You



might have a spray of these running along the waist and hem.

For modern effect, use a pink organdy and use black flower design on two pockets.

Lavender organdy is very effective when appliqued with green or yellow designs.

If you don't want to do applique work, then use wide borders of a fine material in a solid color. The same color combinations as suggested above will work out well.

Print, checked or solid materials are very effective when trimmed



with applique, or if bordered with another material. If you have a blue, black and white checked ma-

Be Smart!



One of the high fashion successes of the season is linen in natural color or in the semi-bleach that gives ever so many different tints of rich cream, sand and off-white. They're ideal for russet or tan and white footwear. You'll also find costume jewelry designed for smartly tailored dresses and suit dresses and their matching linen dusters, a lovely soft bronze sometimes with amber or lighter contrasts. The effect is new and beautifully rich.

Sewing Circle Patterns

Two Piecer Is Smartly Styled



8212 74-48

For Mature Figure

THIS softly tailored two-piece dress is designed particularly for the more mature figure. Neat as can be, yet dressy, too, with shoulder gathers and flattering lines.

Pattern No. 8212 comes in sizes 34, 36, 38, 40, 42, 44, 46 and 48. Size 36, 4 yards of 39-inch.
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Name \_\_\_\_\_
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Putting a 'Punch' in Lunch
Packing a lunch that "packs a punch" and avoiding that day-to-day sameness is a problem of many homemakers. Aim always to include something crisp, something juicy, and one hot, one sweet, one tart or salty, and one colorful food, advise nutrition specialists. Each lunch box should contain one third of the food supply for the day for the person who eats it. Lettuce put in sandwiches is likely to wilt and is better when wrapped separately.

SPEEDED-UP COMFORT for so-called KIDNEY SUFFERERS

Backache, leg pains, broken sleep, painful passages usually go so much quicker if you switch to Foley (the new kidney-bladder) Pills. They stimulate sluggish kidneys; then ALLAY HEAD-ACHE IRRITATION. That's the cause of most pains, aches, urges once thought entirely due to kidneys. So for quicker, longer-lasting relief, switch to Foley as well as stimulate kidney action. Do this: use Foley (the new kidney-bladder) Pills; they also have direct sedative-like action on bladder. At your druggist. Unless you find them far more satisfactory, DOUBLE YOUR MONEY BACK.

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Advertisement for Prince Albert tobacco featuring a man in a hat and the slogan 'Double Pleasure'.

Advertisement for Prince Albert tobacco featuring a man and the slogan 'More Men Smoke PRINCE ALBERT than any other tobacco'.