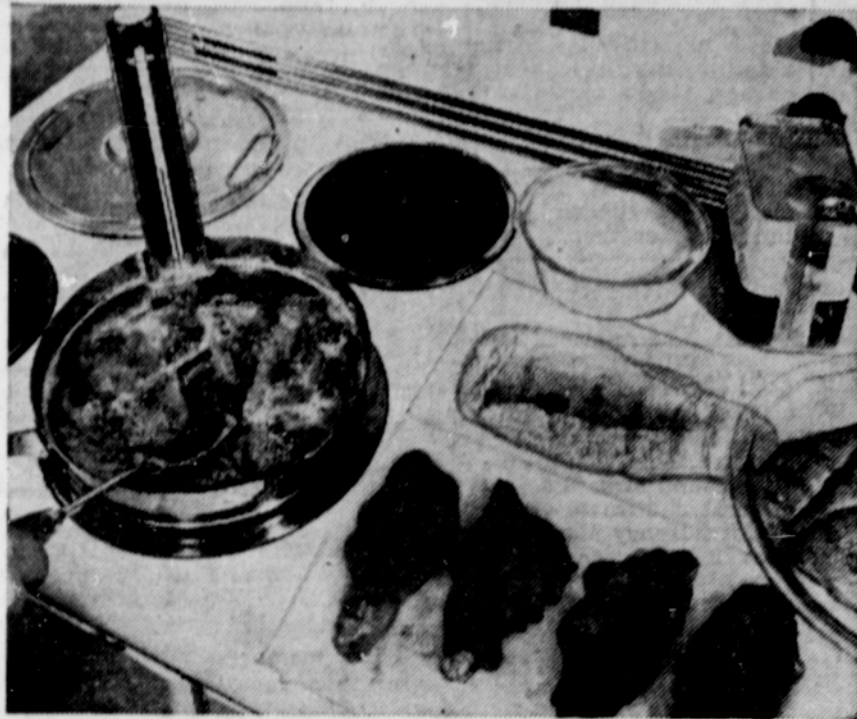


# HOUSEHOLD MEMOS... by Lynn Chambers



Fish for Dinner... Have It Often  
(See Recipes Below)

## Fish Foods

Those red point problems won't iron out by themselves. They need the expert guidance of the home-maker who makes a hobby of working out her point budget to suit her own particular needs.

We've discovered lots of delicious foods since food rationing began, and not the least of those is fish. It's a fairly inexpensive food and gives you a wealth of protein, vitamins and minerals.

Fish may be purchased whole or as fillet or steaks. Scales may be left on when the fish is cooked for they usually soften in the cooking process. The methods usually employed for preparing fish are the same as used for meat — broiling, frying, baking and even boiling. If well cooked and seasoned, fish can be a welcome addition to your table.



## Broiling Fish.

When using a whole fish for broiling, clean thoroughly, then wipe dry and sprinkle with salt and pepper. Brush the broiler pan with fat and place fish on heated rack, about two inches from broiling unit. Broil until fish is well browned and flakes when tried with a fork. It will take from 6 to 12 minutes to broil the fish, depending upon its size.

If you are broiling fish fillets, brush them first with melted fat and sprinkle lightly with flour to give them a crispy surface after broiling.

## Baked Haddock with Dressing.

(Serves 4)  
2 haddock steaks (about 1 1/4 pounds)  
1 1/2 tablespoons chopped onion  
1/2 cup chopped mushrooms  
3 tablespoons butter  
1 teaspoon chopped parsley  
1 teaspoon salt  
1/2 teaspoon pepper  
1 tablespoon water  
1 1/2 cups fine bread crumbs  
Place steaks in shallow, buttered baking dish. Sprinkle with salt and pepper. Sauté onion and mushrooms in butter for 5 minutes. Add all remaining ingredients. Spread over fish. Bake in a moderate oven for 30 to 35 minutes. Serve plain or with celery sauce. Strips of bacon may be placed on top of dressing before baking.

## Tartar Sauce for Fish.

1 teaspoon minced onion  
2 teaspoons chopped sweet pickle  
1 teaspoon chopped green olives  
1/2 tablespoon minced capers  
1 tablespoon minced parsley  
1/2 cup mayonnaise  
1 tablespoon tarragon vinegar  
Drain first five ingredients and fold into mayonnaise. Add vinegar. Bass, halibut, perch, pickerel, pike or trout may be substituted for the haddock in the above recipe.

## Mackerel with Bacon and Onions.

(Serves 4)  
1 pound fillet of mackerel  
Salt and pepper  
1 cup sliced onions  
4 tablespoons butter  
1/2 cup fine, soft bread crumbs  
2 slices crisp, broiled bacon

## LYNN SAYS

**Fish Sauces:** For white sauce variations, you'll enjoy the following: Add 1 tablespoon chopped shallots to 1 cup medium white sauce; or 1/4 pound, sliced, blanched almonds toasted with butter; 2 chopped hard-cooked eggs; 1/2 cup cooked shrimp with 1 hard-cooked egg; or 1/2 cup grated cheese.

**Fish Stuffings:** To 1 recipe plain bread stuffing, may be added: any one of the following: 1/2 to 1 cup sliced, sautéed mushrooms; 2 tablespoons chopped green pepper, 1/4 teaspoon mace; 1/2 cup ground onion, 3/4 cup grated raw carrots; 2 tablespoons minced parsley, 1/4 teaspoon savory seasoning and 1/4 teaspoon celery seed.

## Lynn Chambers' Point-Saving Menu

- Tomato Juice
- \*Baked Haddock with Dressing
- Chopped Spinach with Egg Garnish
- Baked Potatoes
- Grated Carrot Salad
- Muffins
- Stewed Dried Apricots
- Cookies
- Beverage
- \*Recipe Given

Arrange fillets in shallow, greased baking dish. Sprinkle with salt and pepper. Sauté onions gently in butter until tender but not browned. Turn out on fish, sprinkle with crumbs and top with bacon. Bake in a hot oven (400 degrees) until fish is done, about 15 minutes.

## Salmon and Vegetables.

- (Serves 6)  
2 tablespoons diced onion  
2 tablespoons butter  
2 cups cooked peas  
1 pound salmon, cooked or canned  
2 cups diced, cooked potatoes  
Dash of pepper  
1/2 cup sour cream

Cook onion in butter until tender but not browned. Add liquid from cooked or canned peas and cook until reduced to 1/2 cup. Place potatoes in shallow baking dish, add peas and sprinkle with pepper. Break salmon into large pieces and arrange on top of vegetables. Combine reduced liquid mixture with sour cream and pour over vegetables and fish. Bake in a moderate oven (350 degrees) 40 minutes until vegetables have absorbed most of the liquid.

## Fish Fritters.

- (Serves 4)  
1 pound small fish  
3 eggs, separated  
3 tablespoons flour  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 cup minced garlic  
1 tablespoon minced parsley

Cook fish, remove skin and bones; mash. Beat egg yolks light and thick, then add remaining ingredients. Fold in whites of eggs which have been stiffly beaten. Drop by spoonfuls into hot fat and fry until brown. Serve with tomato catchup, tartar sauce, or egg sauce.

Scallops are another excellent fish to serve when you want something different for a meal. They lack fishy taste and smell and are boneless and easy to fix:

## Fricassee of Scallops.

- (Serves 6)  
2 pounds scallops  
2 tablespoons butter  
1 onion, sliced  
1 tablespoon flour  
1 cup stock from scallops  
1 tablespoon minced parsley  
Salt and pepper  
1 egg yolk  
1 teaspoon lemon juice

Simmer scallops 5 to 6 minutes. Melt butter, add onion and cook about 3 minutes. Stir in flour until well blended, add stock and cook until mixture thickens. Add parsley, salt and pepper. Beat egg yolk, and add to hot sauce gradually. Cook for 2 minutes, then add scallops and lemon. Serve at once.

Do you have recipes or entertaining suggestions which you'd like to pass on to other readers? Send them to Miss Lynn Chambers, Western Newspaper Union, 210 South Desplaines Street, Chicago 6, Illinois. Released by Western Newspaper Union.

# There's Many a Way of Wearing These Chic and Lovely Scarfs

By **CHERIE NICHOLAS**



## IT'S a scarf season!

Not for decades, if ever, has lady's scarf made such a sensational splurge in the fashion world as now. The new scarfs are that eye-thrilling and versatile, you feel the urge when once you start buying, to keep on and on until you have assembled quite a collection. Right you are, for to keep pace with fashion this fall you might as well plan to wear a scarf with most every one of your costumes.

However, as chic and charming as the new scarfs are in themselves, they tell but half the story. The other half centers about the many tricky ways there are of wearing a scarf. Just look (to the right in the illustration) what one lacy, sheer pure wool stole-scarf can do to the simple black dress, if you deftly tie it sash-like about the waist. The turban is also made of a twin wool stole draped and wrapped with utmost artistry. You can work out fascinating color schemes in a scarf ensemble like this, for those wool stoles which are "tops" in fashion come in lovely shades, and are smart for dinner wear as well as for about town and sport wear.

In the oval to the left see a beguiling sheerest of sheer wool oblong scarf, arranged about the throat with a touch that bespeaks an attractive accent to any sport outfit. A good-looking pin adds sparkle as well as holding the scarf in place. This scarf comes in ten beautiful jewel colors.

What could be more attractive for smart restaurant wear and other gala occasions than a sequin-embroidered oblong print scarf, which as you will observe (in oval to right) drapes easily as a turban. This oblong scarf also sounds a high-fashion note worn ascot fashion, for as you may know scarf-swathed necklines are tres chic this fall. The print is done in a multicolor English floral

patterning in a veritable medley of delectable tones and tints. You'll love this scarf with its glitter-glamour and its gaiety.

Now that we have told you such sparkling news in regard to the new oblong scarfs, let's turn our attention to the stunning large print squares which are so outstanding in the new collections. Who ever heard of a blouse made of a map of the Pacific, depicting on a 35-inch square of silken sheen the North Pacific and South Pacific and the islands of importance in between. To prove that is a reality and not a myth, see for yourself to the left in the illustration just such a blouse made of a map-printed square and worn as here shown with a patrician tailored suit. This color-bright square is also just what you'll be wanting to throw about the shoulders of your chic sweater dress.

An even more exciting silken scarf to wear with your sport clothes is a large La Marseillaise square. The print delineates an inspiring figure of La France surrounded by the words of that famous French national anthem. The border shows a patriotic motto in a most colorful, eye-catching pattern.

Another timely item in line with present-day events is a striking square scarf which prints famous buildings in Rome, the group centered within a small map indicating that "all roads lead to Rome."

As to the little sketches in the background of the illustration they show a new tassel scarf which is a three-way type that can be worn as a turban, a scarf or a sash. This scarf is ever so attractive with the fall sport suits and slacks.

Released by Western Newspaper Union.

## Sheer Lace Allure



In creating this season's evening and dinner gowns designers are playing up the allure of sheerest of sheer black lace. This very attractive dress demonstrates how interestingly exquisite black lace is being used for high-style dinner gowns. In this instance the sheer top which is such an outstanding feature in smart styling is fashioned in a most beguiling manner. The sprightly lace peplum is lined with horsehair to make it ripple.

## Breast Pocket Monogram

A monogram medallion on the breast pocket of one's blazer is the new rage among college girls. For that matter monogrammed sweaters are setting a new fashion that has developed into a tremendous vogue. So get busy girls and embroider a monogram in gay yarns that will give your smart sweater a new look of distinction.

## Pearl Choker, Shell Combs Are in Vogue

Along with the return of many other little elegancies that graced the fashion picture in the early Victorian days comes now a revival of tortoise shell combs for hair glamour and what's more we are going to wear handsome pearl chokers again, just as they did in days of yore. So now choose your tortoise shell hand-carved comb and be the first to flaunt it before admiring friends. You can get the true-to-type Spanish tortoise shell combs, if you like. You may be fortunate, and have one tucked away in your treasure chest. The smaller sizes shown in the stores are prettily pearl-encrusted or take on decorative jewel and bead craft or perhaps are mounted with sequin-covered butterflies and flowers. It's going to be a new experience for most of us to wear anything high about the throat, but the now-so-fashionable pearl chokers and fancy velvet ribbon dog-collars demand just that.

## Ermine on Black Suits

The little black suit with ermine accents is making its appearance at fashionable gatherings. The ermine is used discreetly and effectively—perhaps to cuff an off-the-face hat, a corresponding note sounded in wide ermine cuffs on the sleeves. A very youthful black suit has a collar of snowy ermine finished off with a cluster of tiny ermine tails.

## Armhole Trimming

A clever fashion is getting underway this season. It's a dressmaker touch of trimming around the armhole with a band of contrast fabric or with embroidery or beadwork or braid passementerie.

## SEWING CIRCLE PATTERNS

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8691  
12-20

1231  
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Pattern No. 8691 is designed for sizes 12, 14, 16, 18 and 20. Size 14 short sleeves requires 3 1/4 yards of 39-inch material; 1 1/4 yards machine-made ruffling to trim. For this pattern, send 25 cents in coins, your name, address, size desired, and the pattern number.

## Very Attractive

THE round-necked, extended-shoulder treatment of this nightgown is very flattering and unusually easy to cut-and-sew. Insert a narrow satin or velvet ribbon in the draw-string top—make the sash of the same ribbon. Edge the attractive bed or breakfast jacket with narrow lace and tie it with another pretty bow of the same shade ribbon.

Barbara Bell Pattern No. 1231 is designed for sizes 12, 14, 16, 18, 20; 40 and 42. Size 14 nightgown requires 3 1/4 yards of 39-inch material; jacket 1 1/2 yards. For this pattern, send 25 cents in coins, your name, address, pattern number and size wanted.

## Proficient Knockers

Negative criticism does not call for a special degree of intelligence. Even the mentally sterile person can be a very voluble destructive critic. Neither does it take a great deal of energy.

Many lazy men are very proficient fault-finders and "with alarm viewers." The truly active person is perhaps the most lenient judge of the activities of others, simply because he has no time to be a flaw-picker.

SEWING CIRCLE PATTERN DEPT.  
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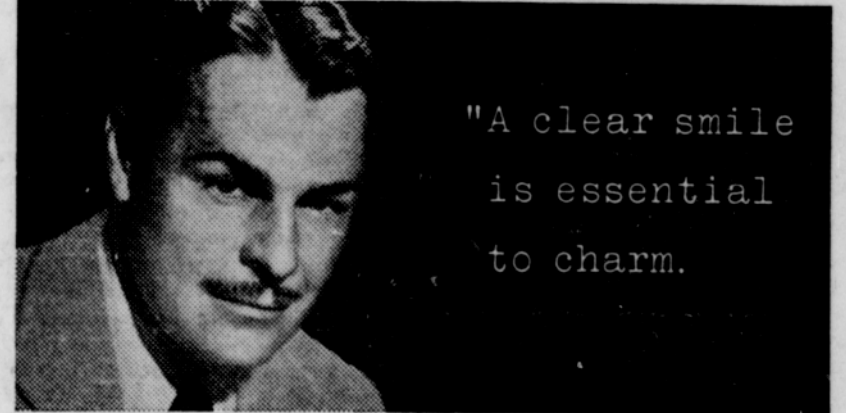
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When excess stomach acid causes painful, suffocating gas, sour stomach and heartburn, doctors usually prescribe the fastest-acting medicines known for symptomatic relief—medicines like those in Bell-sana Tablets. No laxative. Bell-sana brings comfort in a jiffy or double your money back on return of bottle to us. 25c at all druggists.

## —Buy War Savings Bonds—

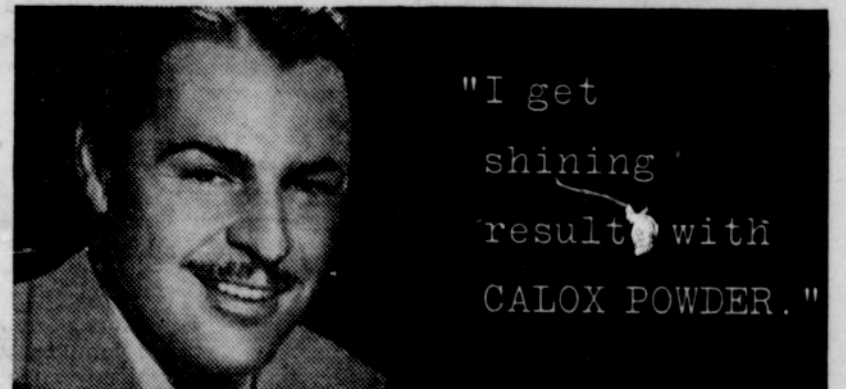


# BRIAN DONLEVY speaking:

In "THE MIRACLE OF MORGAN'S CREEK," a Paramount Picture.



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