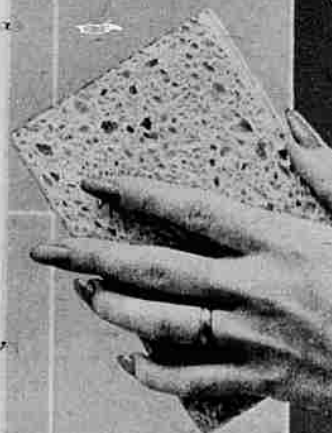


LET
CLEANING DAYS
ROUGHEN
MY HANDS?
NOT ME...



I clean with
gentle

ARM & HAMMER SODA*

When the gleam is off the tile and grime soils Honeymoon Cottage—what *then* of the dainty hands, all softness and loveliness tossing the bridal bouquet? You know darned well what: They get busy and stay busy—cleaning!

Still, you needn't jeopardize their silky smoothness. Cleanse with ARM & HAMMER soda bicarbonate. This white, pure, wondrous powder works as a fast-acting cleanser. Add 3 tablespoons of soda per quart of warm water to sponge dirt and greasy film from tile, tub, mirrors, linoleum, windows—indeed, most anything with a hard finish. *Best of all, ARM & HAMMER soda never, never roughens your hands. IN FACT...*



...the same pure SODA
pampers my baby
in her bath

Doctors often recommend soda
baths for babies and adults to
soothe the torment of skin
rashes, windburn or sunburn.

*ARM & HAMMER (in Canada COW
BRAND) soda bicarbonate meets all stand-
ards for purity of the U.S. Pharmacopoeia. It
is sometimes called BAKING SODA.

FREE!
HOW TO LIVE BETTER
AND SAVE MONEY



Booklet illustrates
important health,
baking and
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.....ZONE.....

FISH (Continued)

Southern Oyster Loaf

TO PREPARE AND COOK: 45 MIN.

- 6 eggs
- 1 loaf unsliced white bread
- Melted butter
- 1 qt. oysters
- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup chopped green pepper
- 3 tablespoons flour
- $\frac{1}{4}$ teaspoon salt
- Few grains black pepper
- $\frac{1}{4}$ teaspoon rosemary
- $\frac{1}{4}$ cup milk
- 1 cup (8-oz. can) tomato sauce
- $\frac{1}{2}$ cups thick sour cream

1. Hard-cook and peel the eggs; set aside to keep warm.
2. Meanwhile, cut a thin, lengthwise slice from the top of the loaf of bread. With a small, sharp knife, cut down around edge of loaf, $\frac{1}{4}$ in. from edges and down to $\frac{1}{4}$ in. from bottom, keeping shell intact. Remove soft center and cut into small cubes. Using a star-shaped cookie cutter, cut 4 stars from the top slice. Brush inside of bread shell and the stars with melted butter; toss bread cubes with melted butter. Place bread shell, stars, and cubes on a baking sheet.
3. Toast bread in a 350°F oven 12 to 15 min., or until lightly browned, turning cubes and stars occasionally to brown evenly. Set aside.
4. Meanwhile, drain the oysters, reserving liquid. Pick over oysters to remove any shell particles. (If oysters are frozen, thaw according to directions on package.)
5. Heat $\frac{1}{2}$ cup of the butter in a saucepan over low heat. Add oysters and reserved liquid. Simmer 3 min., or until oysters are plump and edges begin to curl. Set aside.
6. Heat the remaining $\frac{1}{2}$ cup butter in the top of a double boiler over low heat. Add the green pepper and cook over medium heat until tender, occasionally moving and turning pieces with a spoon. Blend in a mixture of flour, salt, pepper, and rosemary. Heat until mixture bubbles. Remove from heat.
7. Gradually add the milk and then the tomato sauce, stirring constantly. Bring rapidly to boiling, stirring constantly, and cook until sauce thickens. Set double-boiler top over simmering water. Add the sour cream in small amounts, stirring constantly. Add the oysters and cook, stirring frequently, 5 min., or until thoroughly heated. Mix in the toasted bread cubes.
8. Place the toasted bread shell on a serving platter and turn the oyster mixture into it. Top with the toasted bread stars. Arrange the hard-cooked eggs, cut in halves lengthwise, around the loaf. Serve immediately.

About 8 servings

Tuna Dip

TO PREPARE: 10 MIN.

- 1 cup cream-style cottage cheese
- $\frac{1}{2}$ cup thick sour cream
- 1 tablespoon lemon juice
- Few drops Tabasco
- 4 sweet pickle slices
- 1 7-oz. can tuna, drained and flaked

Put all ingredients into blender container.
Cover and blend until thoroughly mixed.

About 2 cups

Fish Fillets Viennese

TO PREPARE: 25 MIN.

TO BAKE: 25 MIN.

- 2 1-lb. pkgs. frozen sole fillets
- 1 teaspoon salt
- 4 teaspoons lemon juice
- $1\frac{1}{2}$ cups thick sour cream
- 1 tablespoon prepared English mustard
- Few grains salt
- 1 tablespoon flour
- 6 slices bacon, diced, pan-broiled until crisp, and drained
- $\frac{1}{4}$ cup diced cucumber
- 1 tablespoon capers
- $\frac{1}{4}$ cup shredded Parmesan cheese

1. Thaw fish fillets according to directions on package. Sprinkle fish evenly with the 1 teaspoon salt. Arrange one-third of the fish fillets on bottom of buttered 2-qt. shallow casserole. Sprinkle evenly with the lemon juice.
2. Beat sour cream, mustard, and salt together. Blend in the flour.
3. Cover fish fillets with one-third of the sour-cream mixture. Top with one-third of the bacon, $\frac{1}{4}$ cup of the cucumber, and 1 teaspoon of the capers; repeat layering twice. Top with the Parmesan cheese.
4. Bake at 375°F about 25 min., or until fish flakes easily when pierced with a fork.

6 to 8 servings

Pompano Florentine

TO PREPARE: 30 MIN. TO BROIL: ABOUT 10 MIN.

Mornay Sauce*

- 1 12-oz. pkg. frozen chopped spinach
- 4 6-oz. pompano fillets
- $\frac{1}{4}$ cup butter, melted
- 2 tablespoons lemon juice
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon black pepper

1. Cook spinach according to directions on package.
2. Meanwhile, place pompano fillets, skin side down, on a greased broiler rack. Brush with one-half of a mixture of the butter and lemon juice. Broil 2 in. from source of heat about 8 min., or until fish flakes easily when pierced with a fork. During broiling, brush fillets with remaining butter mixture.
3. When spinach is tender, drain thoroughly. Blend with 1 cup of the Mornay Sauce; keep hot.
4. When fillets are done, sprinkle with a mixture of salt and pepper. Spoon about $\frac{1}{4}$ cup Mornay Sauce over fillets. Broil 2 to 3 min., or just until sauce is lightly browned.
5. Arrange spinach mixture in four servings on a warm serving platter. Carefully place fillets over spinach. Pour remaining Mornay Sauce around fillets. Garnish platter with parsley sprigs and lemon wedges. Serve immediately.

4 servings

*For Mornay Sauce (about 2 cups)—Heat 3 tablespoons butter in top of double boiler over low heat. Blend in 3 tablespoons flour and heat until mixture bubbles. Remove from heat; gradually add $\frac{1}{4}$ cup cooled chicken broth and $\frac{1}{4}$ cup cream, stirring constantly. Return to heat and bring rapidly to boiling, stirring constantly; cook 1 to 2 min. longer. Remove from heat and vigorously stir about 3 tablespoons of sauce into 2 slightly beaten egg yolks; immediately return mixture to double boiler. Cook over simmering water 3 to 5 min.; stir slowly to keep mixture cooking evenly. Cool slightly. Add $\frac{1}{2}$ cup shredded Parmesan cheese or Gruyère cheese and 1 tablespoon butter; blend until cheese is melted.