

## HOUSEHOLD HINTS

An open bottle of air freshener placed on a suitcase and allowed to remain therein overnight will rid the case of "that" mildew odor.

Keep a shaker of boric powder on the kitchen shelf and sprinkle it in your rubber gloves before and after you use them; this helps them slip on easily and acts as an antiseptic in the case of any skin abrasions.

For a delicious luncheon dish put a layer of chopped, cooked and seasoned spinach in an individual baking dish. Slip an egg on top and sprinkle with salt and pepper and celery salt. Pour a tablespoon of heavy cream over the egg and sprinkle generously with coarsely grated yellow cheese. Bake the individual dishes in a moderate oven (375° F) for about 20 minutes, or until the egg white is set.

An easy way to chop nuts is to put them in a clean cotton bag and roll over the bag lightly with a rolling pin.

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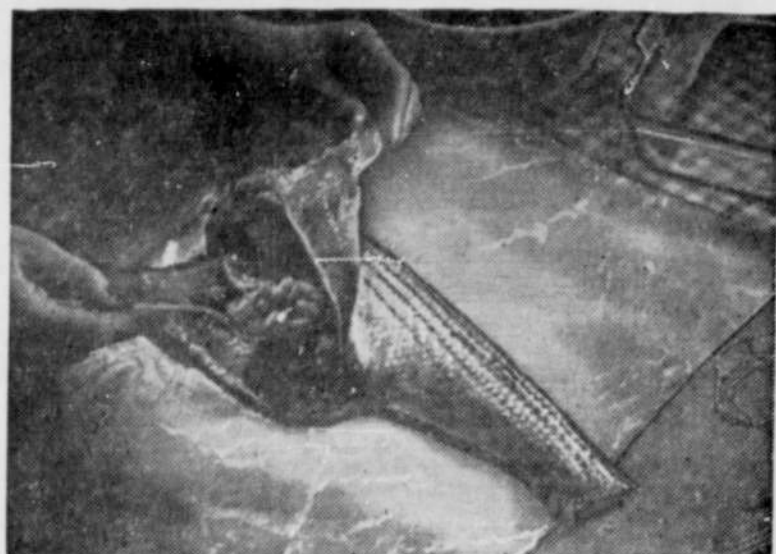
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**MIGHTY FAST RELIEF in RHEUMATIC ACHES-PAINS**  
MUSTEROLE

## HOUSEHOLD MEMOS... by Lynn Chambers



Bread Stuffing Makes Fish Savory  
(See Recipes Below)

### Lenten Favorites

IF YOU HAVE only a slight acquaintance with how savory meat less foods can be, then Lent is the time to let your ingenuity go to work. You may discover, as have many homemakers through the years, that small acquaintance can lead to enduring friendships.

Fish may readily become a year-round favorite just because you discovered a special way to prepare it during Lent. Although the family may already like and expect eggs for breakfast, you may discover that creamed, deviled or hard-cooked eggs combined with other foods make delightful luncheon or supper dishes.

Both fish and eggs are nutritious foods. Fish and egg yolk contain protein, that important body building and repair substance which everyone needs daily.

In both vitamins and minerals, both of these foods rate as excellent sources. Egg yolks are rich in iron, builder of red blood cells; they also supply calcium needed for bones and teeth. You'll appreciate the fact that eggs are a good source of phosphorus, riboflavin, and vitamins A and D.

Fish are very active, and since the B vitamins (thiamine, niacin and riboflavin) are necessary for energy production, their flesh is rich in these. All fish are rich sources of phosphorus and ocean fish and sea foods are excellent sources of iodine, the element necessary to the prevention of goiter.

COMPARED TO MEAT, fish has little fat and, therefore, it requires little cooking time. A short cooking time for fish is also essential so that you will lose few of the important B vitamins which are so readily destroyed by heat.

Long slow cooking time breaks down the muscle fibers of fish which leaves it dry and unappetizing. Cook it as directed in these recipes and serve as soon as it is taken from the oven, and you'll have fish so delicious no one can resist it.

### \*Stuffed Fish (Serves 6-8)

Select a fish weighing 3 to 4 pounds. Clean. Rub salt inside and out. Stuff with bread stuffing made by mixing 1½ cups bread cubes with ½ teaspoon salt, ¼ teaspoon pepper, ¼ teaspoon thyme or marjoram and ½ onion, minced. Slowly add 3 tablespoons melted butter.

Close the cavity of the fish with toothpicks or skewers and draw edges together by lacing with string. Brush with melted fat and place in baking pan. Bake for 15 minutes in a very hot (450° F.) oven. Then reduce heat to 400° F. and bake for 45 minutes longer.

Garnish fish with parsley and lemon wedges. Serve with a sauce made of 1 cup white sauce to which has been added 2 hard-cooked eggs, chopped, or 2 tablespoons capers or ¼ cup mushrooms, chopped.

### Stuffed Fish Fillets (Serves 4)

2 cups soft bread crumbs  
¼ cups chopped, cooked or canned mushrooms

LYNN SAYS:  
Here's How to Serve Eggs Attractively

Minced parsley or watercress may be added to mashed yolks for stuffed eggs. A bit of tart salad dressing contributes tangy flavor.

Minced green onion, minced green pepper and pimiento are good to use with the mashed yolk for deviled eggs.

Chopped hard-cooked eggs mixed with chopped black olives and mayonnaise make a delicious sandwich mixture.

### LYNN CHAMBERS' MENU

Chilled Tomato Juice  
\*Stuffed Fish Buttered Squash  
Asparagus Salad  
Hot Rolls Beverage  
Citrus Chiffon Pie  
\*Recipe Given

¼ cup butter or substitute, melted  
¼ teaspoon salt  
¼ teaspoon pepper  
½ teaspoon poultry seasoning  
4 haddock fillets

Mix crumbs, mushrooms, butter, salt, pepper and poultry seasoning. Add egg and mix well. Spread fillets with mixture. Roll and fasten with toothpicks. Broil, turning once, until fish is golden brown. Serve immediately.

### Shrimps, Louisiana Style (Serves 6)

4 tablespoons butter  
1 teaspoon minced onion  
1 pint shrimp, peeled  
4 tablespoons flour  
1 teaspoon salt  
2 cups milk  
2 tablespoons minced parsley  
4 tablespoons tomato catsup

Melt butter, add onion and shrimp; brown. Stir in flour and add seasonings. Gradually add milk and cook about 10 minutes. Add parsley and tomato catsup; cover and let steam until sauce is thickened. Serve over hot boiled rice.

### Escalloped Corn and Oysters (Serves 5-6)

1 No. 2 can corn, kernel style  
1 pint oysters  
3 tablespoons butter  
2 tablespoons flour  
1 teaspoon salt  
Few grains of pepper  
1½ cups milk  
¾ cups oyster liquor  
1 cup buttered crumbs

Heat corn. Drain oysters and add enough water to liquor to make ¾ cup. Make white sauce of butter, flour, salt, pepper, milk and oyster liquor. Arrange layers of corn, oysters and white sauce in a buttered baking dish. Top with crumbs. Bake in a moderately hot (400° F.) oven for 15 to 20 minutes.

### Flemish Fillets (Serves 6)

2 pounds haddock fillets  
¼ pound bacon  
½ cup chopped onion  
3 tablespoons chopped parsley  
½ teaspoon salt  
¼ teaspoon pepper  
1 cup tomato paste or drained, canned tomatoes

Partially cook bacon in skillet. Pour bacon fat into bottom of shallow pan. Add half of onion and parsley. Place fillets in this and add remainder of onion and parsley. Sprinkle with salt and pepper and place slice of bacon on each fillet. Bake in a moderate hot (375° F.) oven for 45 minutes. Remove fish to hot platter and add tomato pan mixture. Heat, adding a few tablespoons of water if necessary. Pour sauce around fish on platter. Serve with squash or sweet potatoes.

Ever scrambled eggs with crabmeat? They're wonderful this way. Sauté crabmeat in butter in skillet, then pour in the egg-milk mixture. Stir gently until eggs are cooked.

Serve three salads on one plate for luncheons: one of shrimp or crabmeat, another of well-seasoned cottage cheese, and a third of chopped vegetables.

Don't toss away leftover green vegetables such as asparagus, peas or green beans. Mix them with chopped celery, hard-cooked eggs and mayonnaise. Serve in lettuce cups.

Sautéed bean sprouts, sliced mushrooms, celery and onion may be added to eggs while you scramble them for a delicious Chinese dish.

## Back Interest in Junior Style Slimming Frock for Date Time



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1705  
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## FIRST AID to the AILING HOUSE

by Roger C. Whitman

QUESTION: "My bedroom has two doors with opposite faults; when unlatched, one will not stay open, the other will not stay closed. Can this be corrected by adjustment of hinges? Is it something an amateur can do?"

ANSWER: The trouble in both cases is because the pin of the lower hinge is not directly in line with that of the upper hinge. To check on this, use a plumb line—that is, a string with a small weight tied to one end. If you hold the loose end of this at the bottom of the upper hinge pin, the weight will show you which hinge needs resetting. The door originally was set with the hinges in line, and the trouble has come because of settlement that has somewhat distorted the door frame. It may be that moving one hinge will be enough, although possibly a small adjustment of both hinges will be easier.

When you have decided what to do, open the door part way, and jam books or blocks under the outer corner to take the weight. You then can remove the hinge pin of the hinge that is to be shifted, and do whatever is necessary. Take off the hinge plate on the door frame, and pack the screw holes with wood putty. You might find it necessary to place a shim (in the form of a piece of cardboard or a thin piece of wood) under the offending hinge.



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