



FISH FOR LENT

Know Your Herbs - For Lenten Dishes - Add Gourmet Touch

The cook who only knows her onions is really no cook at all. For in addition, she must know all about such mysterious sounding things as crushed basil . . . dried dill . . . marjoram . . . tarragon . . . celery salt . . . and so on. The art of combining these flavoring ingredients is the secret of good cookery.

For those who have never used herbs, there's a whole new field of cooking to explore. And here's a recipe with which to start. It's in keeping for the month for those of you who must forego meat in many menus . . . Fish Roll Ups with Herb Stuffing.

Follow the directions carefully, using exact measurements of the herbs. And don't forget the last step of dipping the roll-ups in crushed corn flakes before baking. For this last important ingredient will add the finishing touch that puts this recipe in the "gourmet" class.

Fish Roll-ups With Herb Stuffing
1 pound fillets of sole or flounder
1/2 teaspoon salt
1/2 teaspoon pepper
4 cups Kellogg's Corn Flakes
1 egg
1 1/2 tablespoons water
2 tablespoons melted butter or margarine
1/2 teaspoon crushed basil
Season fillets with salt and pepper. Place Herb Stuffing on fillets; roll up and fasten with toothpicks or the with string. Crush Corn Flakes into fine crumbs. Roll Fish Roll-ups in Corn Flakes crumbs; then dip in egg beaten with water. Roll again in crumbs. Arrange fish in bottom of shallow baking pan greased with butter and basil, combined. Bake in moderately hot oven (400 F.) about 30 minutes.

Home Extension News

CHILQUIN
The last meeting of the Chilquín Home Extension was on the project of improving kitchens and proved valuable to members attending. The stress was not placed on building new ideal kitchens, since that is impossible for most women, but on making the most of the kitchens we work in each day, in an effort to arrange equipment to save as many steps as possible during preparation, serving, and cleaning up after meals.

Leading the discussion was Mary Glenn, county home demonstration agent and the meeting was held at the home of Mrs. Gerry Wolff, with a good sized group attending. Mrs. Charles Hale, president, presided at the business meeting which preceded the discussion. Women brought sack lunches.

LANGELL VALLEY
The Langell Valley Home Extension Unit met Feb. 6th at the home of Mrs. W. D. Campbell. As an eye-opener Mrs. Joe Potucek gave an interesting demonstration on cake decoration.

The February project was "Easter Ironing II" which included padding and covering an ironing board. Project leaders were Mrs. Bessie Campbell and Mrs. Bill Burnett. Present were Mrs. W. D. Campbell, Mrs. Dick Botens, Mrs. Ted Schmidt, Mrs. Dick Smith, Mrs. Ed Graham, Mrs. Les Urbach, Mrs. Bob Colwell, Mrs. Mike Dearborn, Mrs. Louis Randall, Mrs. Delbert Faustick, Mrs. Joe Potucek, Mrs. Louis Stallen, Mrs. Bessie Campbell, Mrs. Bill Burnett, Mrs. Feil and Mrs. Bob Easter.

basting several times with butter in pan.
Yield: 5-6 servings.
HERB STUFFING
3 tablespoons melted butter or margarine
1 tablespoon lemon juice
1/2 teaspoon salt
dash pepper
2 teaspoons chopped parsley
1/2 teaspoon paprika
1/2 teaspoon crushed basil
1/4 teaspoon crumbled dried dill or dill seed
1 tablespoon minced onions
1 cup soft bread crumbs
Combine butter, lemon juice and seasonings. Add to bread crumbs and toss lightly with a fork, mixing well.

Guild Meet
TULELAKE - The Guild of the Tulelake Community Presbyterian church met this week at the home of Mrs. Ronald Ward with Mrs. Elizabeth Hand, Mrs. Mabel Freeman and Mrs. A. E. Hutchinson, co-hostesses.
Valentine motifs marked the refreshment tables and were used about the rooms. Places were marked at a dessert luncheon for thirty three members and guests. Mrs. George Fischer was elected to fill the office of treasurer, vacated by the resignation of Mrs. Ida Barrows.
Mrs. Tom Newton, member of a committee on plans for observing World Day of Prayer, February 29, reported on a recent meeting in Merrill. The meeting will be held here in the Community Presbyterian church with women from Merrill, Malin and Mt. Laki churches to attend. Mrs. Newton will be the leader.
She also gave a partial review of the book, "We Americans, North and South."
The remainder of the book will be finished at a later meeting.
The next Guild meeting will be February 20 in the church annex.

Auxiliary
MALIN - A Korean War film was shown to members of the Malin American Legion and Auxiliary by Frank Roamer, Naval Recruiting officer Monday evening, at the Malin Fire Hall.
Members voted to buy material for five card table cloth covers, which will be sent to Camp White. It was also voted to pay Irene Freitag, Child Welfare Chairman (twenty five dollars towards her expenses to the Child Welfare Conference to be held at Dallas, Ore. Poppy Poster Chairman, Norma Petrasek, will contact the schools soon about the making of Poppy Posters. Emma Wilds, Auxiliary president, announced that she would give \$5.00 for first prize and \$2.50 for second prize for Poppy Poster winners, in addition to the \$2.00 first prize and \$1.00 second prize in each division which the Auxiliary awards.
Arrangements were made for a birthday potluck dinner at 6:30 p. m., March 3, for Legion and Auxiliary members and their families. The regular meeting will follow the dinner. Norma Petrasek and Ethel Hamilton will be in charge of table decorations.

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and we say it with these

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- WHITE KING** Granulated Soap Giant 59c
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- Shortening** (Fluffo 3 lb. pkg. with coupon) 55c
- FLOUR** Occident 10 lbs. 89c
- Crustquick** Deal - 2 pkg. unit containing 15c coupon 29c
- COFFEE** Maxwell House Instant 2 oz. 39c
- Margarine** Wilson's Colored lb. 24c
- Peaches** Cal Top Freestone No. 2 1/2 Tins 25c
- Fruit Cocktail** Market No. 2 1/2 29c
- Preserves** Peach 29c
- COFFEE** Golden West - lb. 79c
- EGGS** LARGE AA doz. 53c
- PALMOLIVE** Bath Size 2 for 25c
- PEETS** Granulated Soap Giant Size 59c
- CASHMERE BOUQUET** Bath Size 2 for 25c
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