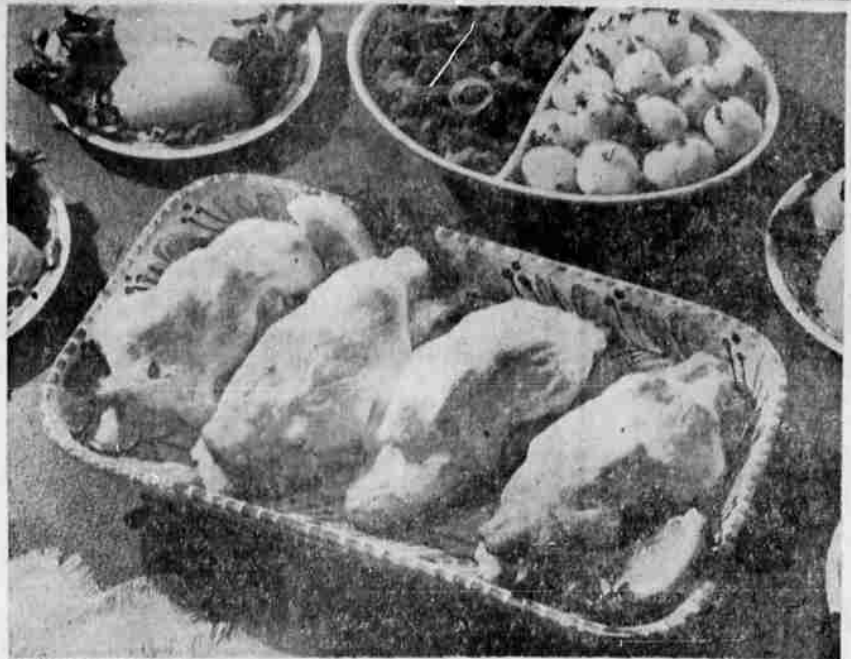




A PUFFY SAUCE will dress up perch fillets. Serve Lyonnaise green beans and buttered onions as a complementary vegetable dish and complete the main course with a salad. Photo and recipe suggestions are from General Foods' Birds Eye Quick-Frozen Ocean Perch Fillets and Quick-Frozen Green Beans.

DRESS UP LENTEN FISH

As the old song says, "there are lots of good fish in the sea." And lots of good ways to prepare them, too. A fortunate fact, indeed, at this time of the year when housewives must prepare many meatless meals. There's no need to serve—in fact, no excuse for serving—fish the same way time after time.

Take your favorite quick-frozen ocean perch fillets, for instance. Good as they are pan-fried or broiled, the family will enjoy them even more if you serve them in a new and attractive guise, once in a while. Perch fillets, baked and topped with a mound of puffy sauce, will make a welcome change.

The puffy sauce is a combination of mayonnaise, beaten egg white and tasty additions such as chopped pickle, parsley, lemon juice. This fluffy concoction is spread over the fillets after they've baked about 20 minutes. Then back to the oven for another five minutes and the topping puffs up and turns golden brown.

PERCH FILLETS
1 package (1 pound) quick-frozen ocean perch fillets
Salt and pepper
3 tablespoons mayonnaise

2 tablespoons chopped pickle
1 tablespoon chopped parsley
2 teaspoons lemon juice
1/4 teaspoon salt
Dash of cayenne
1 egg white, stiffly beaten

Thaw fillets just enough to separate. Arrange in greased shallow baking dish. Sprinkle with salt and pepper. Bake in hot oven (400 degrees) 20 minutes. Remove from oven.

Meanwhile, combine remaining ingredients and mix gently until well blended. Spread over fish. Then return to oven and bake 5 minutes longer, or until puffy and golden brown on top. Makes 4 servings.

LYONNAISE GREEN BEANS
1/2 box quick-frozen green beans
1 1/2 cup vegetable liquid
1/2 cup thinly sliced onions
1 1/2 tablespoons butter
Salt and pepper

Cook beans as directed on package; drain. Measure liquid and reserve 1 1/2 cup. Sauté onion with 2 tablespoons butter until tender and delicately browned. Add to beans and reserved liquid. Season with salt and pepper. Mix thoroughly. Cook slowly about 5 minutes. Add remaining 1 1/2 tablespoon butter. Serve at once. Makes 4 servings.



GIVE YOUR DAUGHTER a headstart on beauty by showing her how to have beautiful skin. Skin feels so soft and lovely after using Shulton's Desert Flower Hand and Body Lotion. Wonderful for use after every bath or shower and always before and after going out into the cold winter winds. Made by Shulton, this luxurious petal-pink lotion absorbs instantly into the skin, soothing and lubricating the dried-out areas, leaving your skin silky-smooth and delightfully fragrant with lovely Desert Flower. It is packaged to add glamour to any dressing table.

PARSLEY SAUCE

Melt 1/4 cup butter or margarine in saucepan. Add 3 tablespoons flour and stir until smooth. Add 2 1/4 cups milk gradually, stirring constantly. Add 2 tablespoons chopped parsley, 1/2 teaspoon Worcestershire sauce, 1/2 teaspoon celery salt, and 1/2 teaspoon salt. Cook

and stir over medium heat until sauce is thickened. Makes about 2 1/2 cups.

Mid-Winter Blues

Do you have the mid-winter, early spring blues, that "neither here nor there" feeling which so often sets in this time of year? If you're dissatisfied with the way you feel and look, perhaps it's time to start following a consistent beauty program with emphasis on pampering yourself. You'll find that one great morale builder is a long, luxurious beauty bath with all the fragrant fixings, followed by the refreshing tinkle of a rubdown with Tussy's sparkling After Bath Lotion.

You can buy all this luxury for just a few pennies a day if you take advantage of Tussy's special sale of After Bath Lotion. From February 2 through March 31 only, the big 12-ounce bottle will be on sale.

This pale pink lotion will soothe and smooth your winter-buffed epidermis. Splashed or patted all over your body after the bath or shower it breathes your skin in a satiny finish, helps you slide into girdle, stockings and lingerie more easily. Its subtle fragrance wafts you on a soft pink cloud of femininity. Leaves you feeling fresh and dainty for hours.

At Tussy's saving in price you'll want to stock up on After Bath Lotion to use through the summer months, too, for its cooling, invigorating effect is wonderful during hot, sticky days. Keep some on hand for hostess gifts, too, and be prepared when last-minute weekend invitations come your way.

HONEY BAKED SQUASH

Take 1 acorn squash, 4 small pork sausage links, 4 teaspoons of honey. Wash squash and cut in half. Remove seeds and to each half add 2 teaspoons of honey. Brown the sausage, drain and put 2 into each squash half. Bake covered for 30 to 40 minutes at 350 degrees.



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Get Acquainted With Sour Cream

Grandma knew sour cream and buttermilk were good baking ingredients. She usually had some on hand, but that was before modern refrigeration and pasteurization methods. Today we buy our sour cream and buttermilk fresh from a dairy, and get a smoother, creamier, more uniform product in the bargain.

Sour cream adds real taste magic to meals. If you've never learned the secret of using sour cream in your menus, you and your family have been missing a real taste treat. It makes deliciously light tender cakes and hot breads, adds delicious flavor to meat gravies, and gives salad dressings a wonderful tang.

Today's sour cream recipe is designed for the use of medium-rich sour cream—comparable to table or coffee cream. Dairy-made sour cream contains about 20 to 22 per cent butterfat, or about 3 tablespoons of butterfat in 1 cup of cream. It is made thick and fluffy by homogenization. Remember to allow 1/2 teaspoon soda to

each cup of sour cream for leavening in baking. Sour cream recipes will help you get acquainted with this delicious dairy food.

VEAL BALLS IN SOUR CREAM

(Serves 4)
1 pound ground veal
1 clove garlic, minced
2 tablespoons chopped parsley
1 teaspoon salt
Pepper
1/2 cup milk
1 egg, beaten
1/2 cup dry bread crumbs
1/2 cup butter
1 teaspoon Kitchen Bouquet
2 tablespoons flour
1 8-oz. can mushrooms and liquid
1 1/2 cups sour cream
1/2 cup water or white wine

Combine veal, garlic, parsley, seasoning, milk, egg and crumbs. Mix thoroughly. Shape into small balls. Melt butter, add Kitchen Bouquet. Brown meat balls in mixture. Remove meat balls. Stir in flour. Add mushroom liquid and water or wine. Add sour cream, blending well. Add meat balls. Cover and cook over low heat about 30 minutes. Serve with noodles, mashed potatoes or rice.

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HOT HONEY LEMONADE
Combine the juice of 1 lemon and 2 tablespoons honey in a glass. Add enough hot water to fill the glass to within 1 inch of the top.

SPICED HONEY
For Griddle Cakes
Heat 1/4 cup butter or margarine, 1 cup honey and 1/2 teaspoon cinnamon in a double boiler or saucepan over low heat. Serve in

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