



BURGERS FROM THE SEA can be a Lenten substitute for the cheeseburgers so popular with the younger set. These are spread with a tasty filling made from inexpensive quick-frozen fish fillets. Photo and recipe courtesy of Birds Eye.

FISH BURGERS

There's no denying it. The young set certainly dotes on cheeseburgers. They'll eat them morning, noon and night—and at parties, too. In fact, it sometimes seems they eat nothing else. Mothers searching for substitutes during Lent will welcome this burger idea which features a tangy flaked fish filling and the traditional topping of melted cheese. Serve these sea-burgers with the youngsters' favorite soft drinks, a big tray of olives, celery 'n' stuff and you'll get only compliments.

These burgers from the sea are simple and (added advantage) inexpensive to make. Using a one-pound package of quick-frozen ocean perch or haddock fillets, you can make enough fish filling to spread on sixteen round hamburger rolls. It's a good snack to remember whenever the budget is low and you have a lot of hungry young mouths to feed.

HOT FISH CHEESEBURGERS

1 package (1 pound) quick-frozen ocean perch or haddock fillets
 1/2 cup water
 1/2 teaspoon salt
 1/2 cup mayonnaise
 1/4 cup catsup
 1 tablespoon grated onion
 1 tablespoon horse-radish

Dash of pepper
 1/2 teaspoon salt
 8 hamburger rolls
 16 thin slices American or sharp Cheddar cheese

Place fish, water, and 1/2 teaspoon salt in saucepan. Cover, bring to a boil, and simmer 5 minutes. Drain. Flake fish.

Combine mayonnaise, catsup, onion, horse-radish, pepper, and 1/2 teaspoon salt. Add fish and mix until well blended.

Split rolls and toast lightly. Spread heaping tablespoon of fish mixture on each half. Top with a slice of cheese. Place under broiler until cheese melts and is lightly browned. Serve at once. Makes 16 servings.

TROPICAL APPLESAUCE

Here's a light frozen dessert that can also double as a topping for fruit salad. Add one cup crushed pineapple and two tablespoons chopped preserved ginger to one quart of applesauce and freeze.

AMERICAN-ORIENTAL

Get out the kimono and tarbooshes. Your home is getting an Eastern look and you can take your choice of Near or Far. Once upon a time there were home furnishings which we now call Early American, but they originated a long time ago and most of the periods since then have drawn their inspiration from other countries. French Provincial, Italian Provincial, and Scandinavian Contemporary, for instance, are all borrowed styles which have graced the living rooms and bedrooms of many an American house and apartment. We are still borrowing. But this year designers shifted their locale from Europe — a little farther south and much farther east. Carpet designs are being inspired by Moroccan symbols. Colors are being taken from the lands which shimmer under North African sun. Fabrics have the air of Indian saris. Drapery designs are covered with the delicate brushwork of Japanese art. Furniture is made of teakwood from Burma, rattan from the Philippines, and finished with Chinese lacquer. Designers are borrowing ideas. It is true, but they are taking all that is attractive and practical in the original and adapting them to fit in with modern American living. The drapes with the truly oriental look, have a design inspired by the timeless atmosphere of Japanese decoration, but they too are made for modern living from a de-lustered Avisco rayon yarn blended with cotton. This gives them their elegant matte surface and means they take color well to give depth and beauty to the unusual color combinations. Homes will not become teahouses overnight for the new designs have journeyed in a comprising mood and manage to fit very happily into any existing background. But whether it's rugs, furniture, drapes or accessories you plan to replace this year, that Eastern look is sure to be there.



AMERICAN DESIGNERS are finding unlimited inspiration in the Orient. No wonder, since all the ideas they have adapted fit in so well with today's living in practicality and eye appeal. Background for this setting are antique satin drapes of Avisco and cotton in rich Ming Gold. The floral print on the fabric copies the brush strokes of an oriental painting to achieve a delicate and airy effect. Table and chair are rattan finished in a rich teak color and highlighted with brass. The tiles in the table top are decorated with Oriental motifs. Confucian-like figures decorate the lamp.



NEED A NEW DISH? Try Maine Sardine rollups. Sardines are those tasty little fish which have moved off the cracker right onto the main dish platter. They are a mighty handy standby for the Lenten season.

SARDINE ROLLUPS

"Surely it can't be fish-day again!" How many times do you hear that during the Lenten season? Too often for comfort! But you can bring variety to meatless days and to your regular fish fare by using your tried and true familiar recipes with different fish as the base. For instance, do you think of the sardine as merely a tasty tidbit on a cracker... or have you tried this high-protein delicacy in main dishes, in casseroles, in salads? Here's a new and delicious recipe for Maine Sardine Rollups with Tomato Sauce.

SARDINE ROLLUPS WITH TOMATO SAUCE

2 cans Maine sardines (3 1/4 or 4 oz.), drained
 1/4 c.p. chopped black olives
 1/2 cup finely chopped mushrooms
 1 teaspoon chopped chives or green onion tops
 1 can condensed cream of celery soup
 2 cups biscuit mix
 Prepared tomato sauce

Break up sardines and combine with black olives, mushrooms, chives and soup. Mix well. Prepare mix as directed on package for biscuits. Roll into oblong about 1/4 inch thick. Spread filling on biscuit dough and roll up, sealing along the long edge. Cut dough roll into 2" rounds. Place rounds, cut side down, in greased muffin



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