

Halibut Steaks

One of the nicest characteristics of today's homemaker is that she is more receptive to new ideas than her mother and grandmother were. Because the modern woman has more responsibilities both in the home and the community, she is constantly seeking new ways to reduce the time and effort spent on housework. Convenience foods have done so much to alleviate her cooking problems, and we can't help thinking of the many work-saving fishery products now on the market. Gone are the days when fish on the menu meant painstaking scaling and cleaning. Now a wide variety of species are sold already cleaned, and cut into easy to handle fillets, steaks, sticks, squares and rectangles. Halibut steaks are a good example of the fishing industry's efforts to supply homemakers with easy-to-prepare foods. A century ago, halibut for dinner was out of the question for most cooks because the size of the fish made it too difficult to handle. But now, ready-to-cook fresh and frozen halibut steaks are available all over the country for speedy dinners. Here is a new time-saving idea—halibut baked with a sauce made of canned cream of vegetable soup.

BAKED HALIBUT WITH CREAMY VEGETABLES

Plan on two pounds of halibut steaks for four servings. If halibut is frozen, let stand at room temperature for half an hour. Preheat oven at 425 degrees. Line a shallow baking dish with aluminum foil and arrange steaks on foil. Sprinkle with salt and pepper. Spread half of one can of soup on the fish. Bake 10 to 15 minutes. Turn and spread fish with remainder of soup. Bake another 10 to 15 minutes. Turn and spread fish with remainder of soup. Bake another 10 to 15 minutes, until fish flakes easily with a fork. Serve with lemon wedges, parsley, and steamed rice.

NEW IDEA

Easy as pie, the newest in pie crusts. These are frozen pie crust shells, each the 9-inch size, packaged in foil pans, all rolled and ready for a favorite filling. The tins serve as the baking pans. What would grandmother think?



MODERN WAY — For those who love fish, halibut is a delight prepared with a sauce of creamy vegetable soup.



FRESH ROLLS FOR SUPPER — Orange Rolls are luscious treats made from refrigerator dough. Mix them the first day, bake them the second for a brunch or dessert treat.

Self Rising Flour

What's new? You may have noticed a new face among the flour products on your grocery shelves named self-rising flour. Actually, this convenience product has been in southern markets for quite some time and is now beginning to appear on northern grocery shelves as well. Self-rising flour is simply enriched all-purpose flour that has baking powder and salt already perfectly blended in to save you extra measuring and sifting steps. You can use self-rising flour, measure for measure, in almost all your recipes calling for all-purpose flour by omitting the baking powder and salt. Each cup of self-rising flour contains 1 1/2 teaspoons baking powder and 1/2 teaspoon salt.

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GOOD HOT CHOWDER!



Orange Rolls

- (Makes 2 dozen)
1/2 cup milk
1/2 cup sugar
2 teaspoons salt
1/2 cup (1 stick) margarine
1/2 cup warm water (105-115 degrees F.)
2 packages or cakes yeast, active dry or compressed
1 egg
4 cups unsifted flour
1 cup sugar
1/4 cup grated orange rind
1/2 cup raisins (optional)
1/4 cup (1/2 stick) margarine, melted
2 cups sifted confectioners' sugar
3 tablespoons orange juice

inch cake pans. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.
Bake in moderate oven (375 degrees F.) about 25 minutes. Remove from pans and frost immediately with thin icing, made by combining confectioners' sugar and orange juice. Drizzle icing over orange rolls while warm.

Surprise

Surprise your youngsters when they come home tired and hungry from school. Make some delicious Apricot Muffins. Prepare a basic 2-cup flour muffin recipe and add 1/2 cup chopped, dried apricots with the dry ingredients. Mix and bake as directed. Serve the muffins piping hot with glasses of milk.

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