

Does hubby
like to fish?
Learn how to
serve him &
catch his
& he'll say
the hooked
the smartest
girl in the
county!

Keep raw fish in coldest part of refrigerator. Frozen fish can be cooked without thawing.

* Most important to remember about fish: Don't OVERCOOK!

Frying Fish

Cut fish to serving portion size. Dip in milk or beaten egg, then in a mixture of $\frac{1}{2}$ cup flour, $\frac{1}{2}$ cup cornmeal, & $1\frac{1}{2}$ tsp salt. Bring fat to a smoking heat, then put fish in skillet for 3 min. Remove pan from heat. Cover. Let fish steam for 3 min. Remove cover. Turn fish. Return to flame. Fry other side 3 min.

A Quick Tuna Fish

Place a layer of cooked noodles in bottom of casserole dish, then a layer of tuna, then a layer of mushroom soup. Repeat. Season each layer & top with butter. Bake 45 min. in 350° oven.



Newburg

$\frac{1}{8}$ lb. butter - $\frac{1}{4}$ pt. sherry - $\frac{1}{2}$ pt cream
+ egg yolks beaten with 2 tbs. cream.
Melt butter, add cream, sherry, salt,
pepper. Stir over a low flame for
7 min. When sauce is simmering
and starts to thicken pour slowly
over egg yolks. Then add
desired sea food.

This sauce may be used
for: $\frac{1}{2}$ lb. Lobster, 1 lb Shrimp
or a Seafood mix of $\frac{1}{2}$ lb.
oysters + $\frac{1}{2}$ lb. Shrimp, $\frac{1}{2}$ lb.
Scallops.

OYSTERS ROCKEFELLER

1½ cups Bluepoint oysters
2 Tblsp. COOKED SPINACH
1 sprig parsley
⅛ tsp. celery salt
Dash of cayenne
3 Tblsp. bread crumbs
½ onion
½ tsp. salt
3 Tblsp. butter
⅓ Bay leaf - 10 oyster
SHELLS

DRAIN oysters. Dry between towels.
ARRANGE ON SHELLS. 2 or 3 oysters may
be used if shells are large. Put
spinach, bay leaf, onion and parsley
through food chopper. using finest
knife. Add seasoning. SAUTE in
butter 5 min. Add bread crumbs.
MIX WELL. SPREAD MIXTURE OVER
oysters. PLACE filled shells on bed of
preheated rock salt in broiler pan.
BROIL UNDER MODERATE heat - 350°
8-10 min. SERVE WITH LEMON WEDGES.
SERVES 4 OR 5.

FROZEN FOODS

For economy the neighborhood locker plant has become a vital necessity for modern homemakers. The following may successfully be frozen: Vegetables - all with the exception of tomatoes and cabbage; fruit - except for bananas and watermelon; fruit juices all including tomato; all meats; poultry - no exception; game - rabbits and game birds maybe frozen like chicken, venison the same as veal and beef; eggs - should be frozen in liquid form, mixed but not beaten; fish - all kinds of fresh caught whole.

LENGTH OF TIME FROZEN FOODS WILL KEEP

Fruits, vegetables, beef, and eggs keep 10 to 12 months. Lamb, mutton, veal, poultry, hamburger, 8 to 12 months. Pork, butter, lean fish - 6 to 8 months; sausage, unsalted - 4 to 6 months; fatty fish and sausage which has been seasoned and salted 3 to 4 months. The length of time meat may be safely stored depends on how long it has been held before freezing. Slab bacon, cured ham, and salt pork may develop rancidity after four months; large pieces of meat keep better than thin slices, or chopped meats.

THAWING FROZEN FOODS

Several methods may be used, the selection depends upon the way the foods have been packaged.

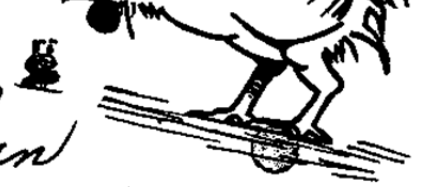
1. Place on the open shelf of the refrigerator. A 1-lb. package thaws in about 6 hours.
2. Place at room temperature in the kitchen. A 1-lb. package thaws in about 3 hours.
3. Place the package in front of an electric fan, it will thaw in about an hour.
4. If the package is water-tight, place it in cold running water, it will thaw in about 40 minutes.
5. In cold weather foods will thaw at room temperature if allowed to stand near a radiator, but not on it.

In no case should the package of food be opened until thawing or defrosting is completed, for exposure to air means loss of vitamins.

PREPARATION FOR SERVING

Cook exactly like fresh foods. Allow less time for vegetables, but allow 10 to 15% more time for cooking meat, game, or fish.

Southern Fried

Wash, dry. Dip in  milk or cream, then in flour to which salt & pepper has been added. Use generous amount of butter in iron skillet. When hot, drop in chicken & brown quickly on all sides. Reduce heat; add 1 cup water & let simmer slowly 'til tender. Remove lid. Let chicken fry slowly.

Chicken 'n Dumplings

Place cut up chicken in kettle. Partly cover with water. Add salt, pepper & 1 finely chopped onion. Cook 'til tender. Mix 2 tsp. baking powder, 1 cup flour salt, pepper & enough milk to make a thick batter.

Drop from the end of a spoon into slowly boiling chicken broth; cover tightly. Cook 20 min. without raising lid.



ROAST TURKEY

Select a turkey weighing 8 to 12 lbs. for an average family. Breast bone should be flexible, the skin waxy and unbroken. Remove pin feathers and singe bird over flame. Wash inside and out. Most turkeys are improved with steaming the day before cooking if desired. To steam, place on rack in roaster with a little water in bottom. Cover and place over low fire. Steam until flesh can be pricked with fork. Stuff dressing from neck end first. Opening may be covered with an end slice of bread and held together with toothpicks. Rub bird with salt, pepper and grease. Place thin slices of salt port over bird to insure juicy meat and even browning. Cover and bake in moderate oven 2 - 4 hours. Allow 25 minutes per pound. Remove cover last half hour. Make brown gravy of stock and chopped giblets.

BREAD DRESSING

8 to 10 cups toast crumbs
3 medium onions - minced
2 tablespoons ground sage (more if desired)
 $\frac{1}{2}$ teaspoon pepper
 $1\frac{1}{2}$ tablespoons salt

1 cup warm water, melted butter or stock from steaming may be used to make stuffing hold together.

OYSTER STUFFING

Melt $\frac{1}{2}$ cup butter over a simmer flame. Add and saute' 3 to 5 minutes 5 tablespoons chopped onion and the cooked chopped giblets, if desired. Combine these ingredients with 8 to 10 cups bread crumbs, 4 or 5 eggs, $\frac{1}{2}$ cup chopped parsley, 2 cups chopped celery, 1 tablespoon salt, 1 teaspoon paprika, and $\frac{1}{2}$ teaspoon nutmeg. Drain 1 quart and 1 pint oysters. Chop or leave whole and add to mixture. Add enough milk and oyster liquor to moisten dressing. Stuff fowl lightly.