

EASY LENTEN DISHES

By CHARLOTTE ADAMS
Associated Press Food Editor

Everybody wants variety in Lenten dishes — and every cook likes to have her work made easy. One of the best ways to meet these two problems is to use quick-frozen fish. They're to be had even in towns far from the sea — and they're all cleaned and ready to use the minute you get them home from market.

Broiled Quick-Frozen Fish Fillets
Use one package of quick-frozen fish fillets (frozen or thawed). Separated fillets and spread with softened butter or margarine. Sprinkle with salt and pepper and paprika. Place on a well-greased broiler and broil 15 to 25 minutes, turning to brown both sides.

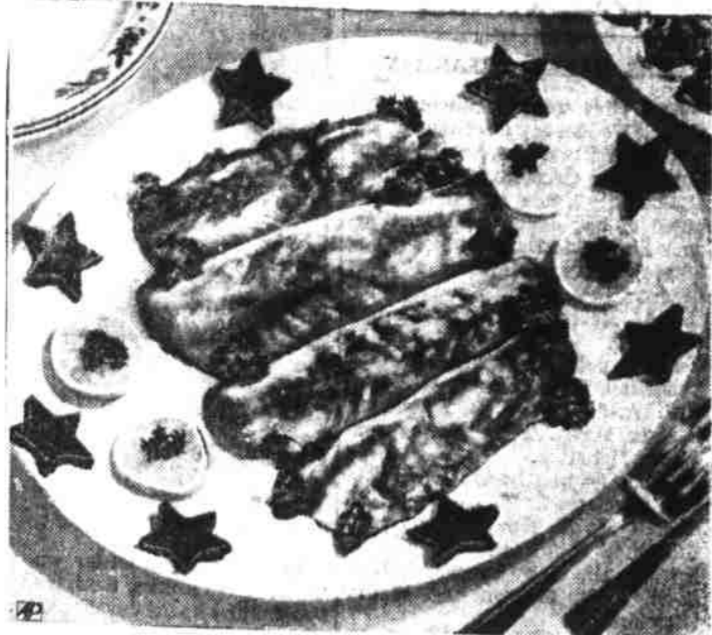
Cod Fillets with Tomatoes and Carrots

- 2 packages (about 1 1/2 pounds) quick-frozen cod fillets, partially thawed
- 2 tomatoes, cut in wedges
- 2 cooked carrots, cut in halves
- 4 tablespoons green pepper, cut in 3/4-inch strips

Sprinkle fillets with salt and pepper. Place in greased shallow baking dish. Spread with softened butter or margarine and sprinkle with paprika. Bake in hot oven (450°) about 15 minutes, basting occasionally with melted butter.

Arrange tomato wedges, carrots, and green pepper strips around fish. Season with salt, pepper and paprika. Continue baking about 20 minutes longer, or until fish and vegetables are done. Serve with quick-frozen peas.

There are other quick-trick dishes besides the quick-frozen fish which will add fun to the last Lenten meals and make life easy for the cook as well.



BROILED FILLETS — Easy with frozen fish

Meal-in-One Sandwich

- 1/2 cup seedless raisins
- 1/2 cup finely cut apple
- 1 teaspoon lemon juice
- 1/2 cup finely cut celery
- 1/2 cup grated American cheese
- 2 teaspoons finely cut onion
- 1/4 teaspoon prepared yellow mustard
- Salt to taste
- Mayonnaise to moisten

Slice raisins. Mix lemon juice with apple. Combine all ingredients and stir to blend. Spread on buttered bread. Makes about 1 1/2 cups of filling.

There will be some warmish days toward the end of Lent and a main-dish salad will be most ac-

ceptable for these. A molded gelatin ring or loaf is a treat for the family—or a show-piece for a party. It can be prepared ahead of time and thus save a lot of last-minute fuss.

Fold sieved avocado, beautifully smoothed, into a plain gelatin base made with half the usual liquid, seasoned with lemon juice and finely grated onion. Mold in a ring or loaf pan and serve with crab or shrimp salad for the main dish of almost any meal. Put some celery into the fish salad for texture contrast and season the dressing with lemon juice and a bit of chili sauce.

Governor's "Cook" Treated Royally By Asheville Cops

RALEIGH—This is a little story that has leaked out about a letter now in the proud possession of the Asheville Police Department, a letter written by His Excellency R. Gregg Cherry.

Summer before last, a prominent Raleigh lady and some friends were in Asheville attending some elite social functions. One late afternoon they were winding through town headed for an important en-

agement when they became hopelessly lost. They appealed to a city patrolman in her prettiest manner. Mrs. Raleigh told him that she was Governor Cherry's cook and that the other two women were maids—"upstairs maids" is the way she put it, and they just had to get to their destination as soon as possible. Very much impressed, the policeman threw on the siren, and they made a terrific entrance to the spacious grounds.

Later in the summer, she found herself parking her car in a prohibited area. Traffic was heavy and she was hot and tired. But then appeared, seemingly out of nowhere, her guardian angel, who gave her a few minutes' parking time when he saw it was the Governor's cook again. Delighted at this unusual attention, Mrs. Ra-

leigh told the patrolman that he was so nice and courteous she would have Governor Cherry write a letter thanking him for his unusual courtesy.

Last summer she was preparing to go to Asheville again, and she was worried sick, for she knew she could not escape her friend. Well, nothing to do but get that letter. So she went to the Governor, explained the situation as best she could, and this understanding man saw her predicament.

"Did you receive that letter?" she inquired when she next saw the patrolman. Oh, yes, he had, and he had shown it to his boss. The latest report reaching Raleigh is that Governor Cherry's letter now proudly hangs in a neat frame in the office of the Asheville Police Department.

Prepare for Second Helpings With These Fritter Recipes

By BETSY NEWMAN

DOES anyone make fritters now for home consumption? Fat is not as scarce as it was, so I think we'll just serve fritters with our chops in today's menu.

I'll give you a basic Fritter Batter recipe, and then give you some variations in fillings. Almost any fruit may be used in a fritter, apples, peaches, bananas, raspberries, in season, etc., cooked, cooled apricots drained of juice.

Today's Menu

- Pork Chops
- Fluffy Mashed Potatoes
- Apple or Banana Fritters
- Green Salad with One, Two, Three Salad Dressing
- Sliced Oranges
- Graham Crackers
- Coffee or Tea
- Fritter Batter

1 1/2 c. flour
1/4 tsp. salt
2 tsp. baking powder
1 egg
Sift dry ingredients, add egg, well beaten, and milk. The batter should be just thick enough to coat the article it is intended to cover. If it is too thin add more flour; if too thick, thin with a little more liquid.

Apple Fritters
1 c. milk
2 eggs
1 tsp. baking powder

1 tsp. sugar Apples
1/2 tsp. salt 2 c. flour

Add well-beaten egg yolks to the milk, add sugar, then the flour mixed and sifted with baking powder and salt. Fold in the stiffly beaten egg whites. Add sliced sour apples, being careful to cover them with the batter. Drop by spoonfuls into deep fat (350-370 F.) and fry 2 to 3 minutes. Serve plain with the pork chops, or with powdered sugar, if you like. Serves 6.

Banana Fritters

6 bananas 2 tbsp. sugar
3 tbsp. orange Fritter batter,
juice as per recipe
Peel bananas, cut each in two and split each half. Place pieces in a bowl with sugar and orange juice, and let them stand for 1 hour. Drain the bananas, dip in batter, and fry in deep fat (350-370 F.) from 2 to 3 minutes. Serve plain or with powdered sugar. Serves 6.

One, Two, Three Salad Dressing
1 tall can evaporated milk
2 tbsp. vinegar
or lemon juice
1 tsp. prepared mustard
Mix sugar, mustard and vinegar or lemon juice together, add milk gradually until well blended. Let stand until thickened.

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Values On Quality Meals

Leading Brands Tenderized
Smoked Hams 59^c lb

Oscar Mayer Yellow Sliced
Bacon 69^c lb

SMOKED BEEF TONGUES 49^c lb.

TENDER SMOKED PICNICS 45^c lb.

Mar-Pak-o Sliced **BACON 67^c lb.**

ECONOMY - CUT Pork Chops 49^c lb.

RIB - END Frying Chickens 61^c lb.

Pork Roast 49^c lb.

We Carry A Large Variety of Tempting Luncheon Meats, and Cold Cuts

We Always Have a Variety of Fresh, Delicious Sandwich Spreads

U. S. GOOD BEEF
Chuck Roast - lb. 45^c
Prime Rib - - lb. 59^c
Boneless
Rump Roast - lb. 65^c
Short Ribs - - lb. 29^c
Hamburger - lb. 39^c

MILK-FED VEAL
Cutlets - - - - lb. 83^c
Sirloin - - - - lb. 75^c
Loin Chops - lb. 75^c
Rib Chops - - lb. 65^c
Shoulder
Chops - - - - lb. 49^c

STANDARD OYSTERS 65^c Pint

DRESSED PAN TROUT 25^c Pound

SELECT OYSTERS 75^c Pint

Morton's SALT 2 Boxes 15c
Plain or Iodized

No. 2 Can Red Ring LIMA BEANS 10c
10-Oz Bottle Everoyal STUFFED OLIVES 62c

No. 2 Can Old Black Joe Black-EYE PEAS 18c
No. 2 1/2 Can Stokley's or Libby's SAUER KRAUT 3 cans 29c

No. 2 Can Standard TOMATOES 15c

Libby's 1/4 Can DEVEILED HAM 15c
Libby's Fancy Dill Pickles 1 Gallon 83c

No. 2 1/2 Can Stokley's FRUIT COCKTAIL 38c
Musselman's No. 2 Can APPLE SAUCE 15c

Bama Cherry PRESERVES 16-oz Jar 45c

Libby's or Stokley's 46-Oz. Can TOMATO JUICE 29c
Gold Cup Coffee 43c
Silver Cup Coffee 41c

Alaska Pink SALMON 1 lb Can 39c

Fresh FRUITS and VEGETABLES

Large Heads Arizona Iceberg
LETTUCE 11c
Fresh Green
CABBAGE 2 lbs 9c
U. S. No. 1 Louisiana
YAMS 2 lbs 17c
Extra Fancy, Large Bunches
CARROTS 2 for 13c
California Snowball
Cauliflower 2 lbs 33c
Washington Winesap
APPLES 2 lbs 33c

California
AVOCADO PEARS 25c
Large Texas Pink Meat
GRAPEFRUIT, 3 for 25c
Michigan Yellow
ONIONS 3 lbs 19c
Fresh Honduras
COCOANUTS 10c
Bulk White
POTATOES 10 lbs 43c
Ben Davis (Old-fashioned cooking)
APPLES 2 lbs 21c

FROZEN FOODS
16-Oz. Sugared
Strawberries 71c
French Fried
Potatoes 33c
12-Oz. Package Green
PEAS 31c
12-Oz. Package
Broccoli 33c
12-Oz. Baby
LIMAS 42c
12-Oz. Package
Brussel Sprouts 43c

Mild and Mellow
8 O'CLOCK COFFEE
2 1-Lb. Bags 77^c

DYES - - 3 Pkgs. 25^c
(1 pkg. 10c)

FLAKES - 14-Oz. Can 19^c

GRAPEFRUIT - No. 2 Can 19^c

SMOKED MON - - - - 7-Oz. Can 39^c

PEAS - - - - No. 2 1/2 Can 19^c

VER HAKE - 15-Oz. Can 15^c

PEAS - 2 No. 2 Cans 25^c

CON - - - - - Lb. 69^c

GRAPEFRUIT - 5 for 19^c

RANGES - - 2 Doz. for 49^c

ON SETS - Lb. 9^c

LES - - - - 2 Lbr for 29^c

TUCE - - - 2 Hds. for 19^c