

MISS CAMP ADVISES ON COOKING FISH

"Cook Fish From De Heart" Is Advise Of Old Negro Mammy

By MISS JOHNNIE CAMP,
Home Service Director,
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After eating a delicious dinner down in Georgia prepared by an old "mammy"—I went to the kitchen to try to learn some new "kinks". "Mammy Chloe" was pleased by my interest, but my numerous questions, "how much of this" and "how much of that," sort of bewildered her and with her broadest grin, showing several gold teeth, she said, "Lawsy—Honey, I jes doesn't cook from de receipt, I jes cooks from de heart."

She who cooks fish will do well to follow "Mammy Chloe's" example and cook it from "de heart." Fish are more apt to be ruined in cooking than any other food except maybe potatoes—and unless the one great essential in cooking fish is known, and carried out, it should be far better to leave the fish in the deep blue sea.

The one essential to right cooking is to stop the process the moment the fish is done.

A well known demonstrator says "The cook who is an artist, and has the sensitive perception called for in this art, will not look at the temperature indicator, when cooking fish, nor refer to the timetable for cooking, she will watch for the moment. The fish itself will give the signal." The one infallible sign when fish is cooked is that at this moment a knife blade, or a fork, when slipped between flesh and bone, will separate the flesh of the fish clean from the bone. At this moment the fish is perfect. One minute later the flavor is not so good, five minutes later both texture and flavor are gone. This sign is the same, whether the fish is boiled, baked, fried or broiled.

There was an old belief that fish was especially a brain food, because of its high phosphorus content, but we now know that many other protein foods contain just as much. However, fish is easily digested, and easily digested food is well suited to persons who do brain work rather than muscular work.

Many of us find truth in that old saying, "Fish does not stick to the ribs," (meaning that we get hungry sooner after a fish dinner than after a meat dinner). This will not hold if we serve with our fish a cheese sauce, or have a nutritious sweet pudding, or if it is fish salad we may garnish it generously with hard-cooked eggs.

Sea-food dinners, with correct accompaniments, should be served much oftener than they are. Twice a week would be a good rule, and would provide variety in the menus.

Baked Bass Au Gratin

3 Pounds black bass
1½ Cups cracker or bread crumbs
½ Cup canned or santed fresh mushrooms
1 teaspoon chopped onion
¼ Cup shredded green pepper
¼ Cup melted butter
1 Egg slightly beaten
1 Teaspoon salt
¼ Teaspoon paprika
¼ Cup or more, snappy cheese.
Wash cleaned fish and sprinkle inside and out with salt and pepper. Make a dressing of crumbs, mushrooms, onion, green pepper, egg, melted butter and seasonings. Stuff fish and sew it up with a coarse needle and thread. Spread with cheese and put in a baking pan lined with heavy waxed paper.

Gold Mine Boss



Barbara Clegg, Broadway stage star, has deserted the footlights to join her husband, Norman Schneider, at the former Schwab mine near 29 Palms, Calif. She is assistant boss to her husband... and likes it, she says.

Bake in a moderate oven (375 degrees) for about 45 minutes. Baste occasionally with stock or a little melted butter and water. Serve with Hollandaise sauce or lemon slices.

Prawn Stew

Shrimp, crab meat, or fish flakes may be used.

Brown in bacon fat; add onions as desired; thicken with flour. When brown add a cup of water and let come to a boil. Catsup may be added.

Serve with dry rice or mashed potatoes.

Several Motor Law Violators Before Recorder Tuesday

In the March 14th term of Recorder's Court, 10 cases were tried. Liquor cases predominated with violations of motor laws a close second. There was one case of assault, one of vagrancy, one of disorderly conduct, and one of abandonment and non-support.

The case of Warran Jones, charged with abandonment and non-support, was continued.

Willie Hopkins, tried on liquor charges, plead not guilty, but was found guilty. His license was revoked for five months and he must pay a fine of \$50.00 and costs, to be paid at the rate of \$12.00 per week.

The case of Henry, James and George Mills, upon liquor charges, was continued.

Howard Carter, charged with assault, plead not guilty, but was found guilty and sentenced to 4 months in jail, to be assigned to work roads, suspended 2 years on good behavior and payment of costs.

Lee Morris was tried for speeding. Prayer for judgment continued upon payment of costs.

Bill Ray was also tried for speeding. Prayer for judgment continued on payment of costs, to be paid at the rate of \$3.00 per week.

John Nethercutt, charged with vagrancy, was called and failed. Capias and continued.

Lawrence Parker, tried on liquor charges, plead not guilty but was found guilty of unlawful possession and sentenced to 3 months in jail to be assigned to work roads.

The case of Forest Lowe, charged with driving car while drunk was continued.

Ellis Simmons, charged with disorderly conduct, plead not guilty but was found guilty and must pay a fine of \$10.00 and cost.

Mrs. May Grizzard and Mrs. Charlena Hart have returned from an extended visit to relatives in Washington, D. C.

HAWKINS CHAPEL

Misses Maggie and Esther Hawkins spent the week-end with Miss Evelyn Hawkins.

Mr. and Mrs. Jimmie Cullom, and little son, spent Sunday afternoon in the home of Mrs. G. S. Cullom.

Mrs. C. C. Woodruff and Mrs. Buck Morris spent Tuesday with Mrs. Mollie Hawkins.

Mrs. J. H. Faucette and Mrs. J. D. Pittard spent Monday in the home of Mrs. Alice Shaw.

Mother Dies

Miss Margaret Gunn, a member of the Aurelian Springs High School faculty, was called to her home in Augusta, Ga., last Thursday due to the sudden death of her mother.

The members of the faculty and the student body wish to express their deepest sympathy to her in her bereavement.

Erwin Cobb, who has been visiting in Florida, is visiting his parents, Mr. and Mrs. J. L. Cobb.

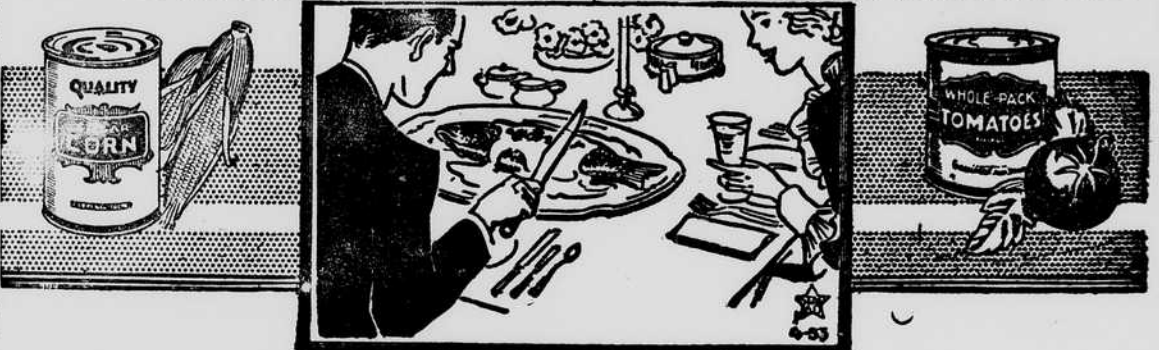
Misses Mary Wolhar and Viola Collier spent the week-end in Raleigh, N. C.

CARD OF THANKS

We wish to express our thanks and appreciation to our friends and the doctors and nurse for the kindness shown to us during the recent illness of my wife and death of my daughter, Marion Louise.
Mr. L. F. Coppedge and Family

Jilted the English Earl for a Plain American. Remarkable Romance of a Wealthy British Girl, in The American Weekly, the Magazine Distributed With Next Sunday's Baltimore American. Buy it from your local dealer or newsboy.

WEEK END SPECIALS



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