

Miss Camp Gives Summertime Seafood Recipes

Gives Attention To Novel Preparation Of Sea Food Dishes

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Couldn't expect anyone to concentrate long on one subject—a day like this. For summer is here!



The roses have raced with the holyhocks up the picket fence, beach umbrellas are being dusted off—and we'll soon be goin' fishin'—Which reminds me of—

Fish Mold

- 2 cups flaked fish
- 1 cup white sauce
- 3 eggs.

Salt and pepper to taste.

Tie fish in a piece of cheese cloth and boil in water in which there are several slices of lemon. When done remove skin and bones and flake fine. Make white sauce and add, stirring until smooth and well mixed. Beat eggs together until light, add to mixture. Pour into well buttered mold, place in pan, surround with boiling water, put into moderate oven (350 deg.) cover with oiled paper and cook until firm, about twenty minutes. Serve with tomato or shrimp sauce. Attractive if prepared in a fish shaped mold.

It isn't every day we can find as delicious a meal-starter as this—

Frozen Fish Cocktail

Use fresh or canned flaked fish. Very easy—just mix 1 can of tomato juice, 1 tablespoon of lemon juice, and 1 teaspoon of horseradish and let your automatic refrigerator. Garnish with parsley stiff mush.

Then place alternate layer of fine white fish with your frozen tomato juice in a sherbert glass which has been chilled in the refrigerator. Garnish with prasley

and a slice of lemon, and serve at once!

That "Spring-fever" and "Mid-summer Madness"—! They get us all — somehow — sometime — and then we don't want to do much "fixin'"—and to tempt our appetites we want delicate dishes—

Roe in Mushroom Cups

Canned fish roe, piled lightly in sauted mushroom cups, dotted with butter. It's nice to put each separate cup on a slice of tomato, add a "squeeze" of lemon juice—and broil or bake until golden brown. It's dainty enough to set before a queen.

Of course we must continue our practice of calling for canned foods by brand—so if you're not familiar with fish in cans may I suggest one I like? It's Gorton's—and is prepared in Gloucester-by-the-sea.

We'll finish off with a couple of these—

Codfish Cauliflower Casserole

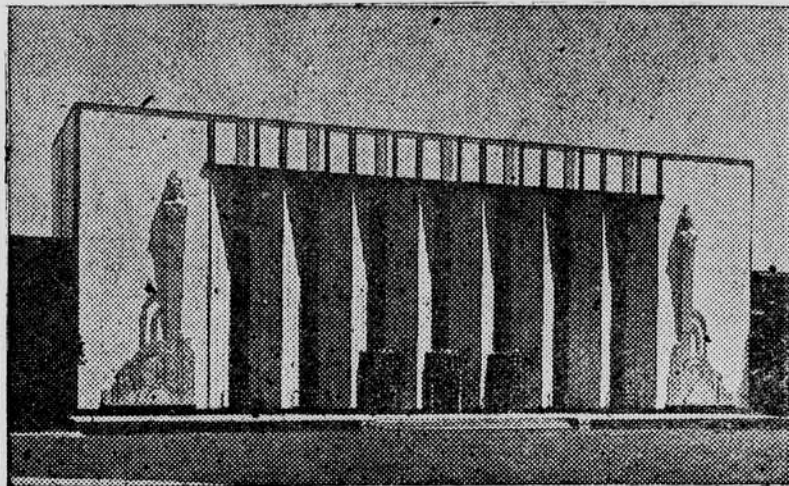
Prepare 1-2 package Gorton's Codfish (cover with cold water, bring to a boil, drain, repeat twice, and cook until tender). Cool 1 small cauliflower. Alternate codfish and cauliflower in a buttered casserole. Cover with 1 1-4 cups well-seasoned white sauce. Bake in a hot oven (425 deg.) until well browned. Sprinkle with chopped parsley and serve hot.

Codfish Noodle Scallop.

Boil two cups of noodles in salted water until tender. Prepare one half package Gorton's codfish. Just bring to a boil. Drain. Repeat twice and cook until tender. Then alternate layers of noodles, codfish and well-seasoned sauce (about two cups) in a buttered baking dish. Sprinkle with paprika. Cover with buttered crumbs. Bake in a hot oven (425 deg.) for twenty minutes.

New York is going in for the sport of cockroach racing. Sounds impossible but it's true. Each cockroach is put into a glass test tube with its head toward the open end. There are about ten roaches to a race.

AT CHICAGO WORLD'S FAIR



One of the most modern designs in architecture is the main facade of the Administration Building for The Century of Progress World's Fair at Chicago . . . It is 350 by 150 feet.

Only twenty-five per cent of New York City's population is American born. Gold and silver plated telephones are being offered for sale in New York.

LOST 40 POUNDS On Doctor's Advice

"I'm a user of Kruschen Salts as a reducing remedy and can say they are fine. Have lost more than 40 lbs. in the past year. Am gradually reducing as my doctor advises." Miss Bertha Waldo, Haman, N. Dak. (Oct. 30, '32.)

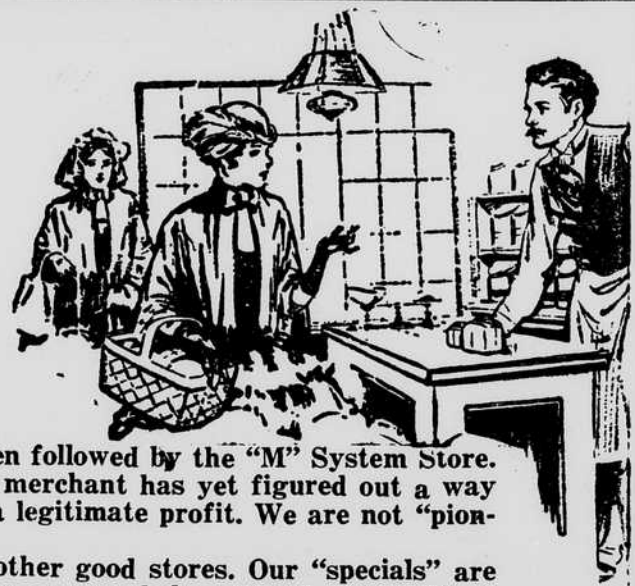
Once a day take Kruschen Salts—one half teaspoonful in a glass of hot water first thing every morning. Besides losing ugly fat SAFELY you'll gain in health and physical attractiveness—constipation, gas and acidity will cease to bother—you'll feel younger—more active—full of ambition—clear skin—sparkling eyes.

A jar that lasts 4 weeks costs but a trifle at any drugstore in the world—but demand and get Kruschen and if one bottle doesn't joyfully please you—money back.

There Has Been A Lot of Improvement In Grocery Stores Since the Days of the Kerosene Lights!

We've seen almost a quarter-century of improvement right here in Roanoke Rapids, and we believe that our store has kept abreast of every modern merchandising method. Every new discovery for improving service and giving bigger, better values to the customer has been followed by the "M" System Store. However, with all improvements, no merchant has yet figured out a way to stay in business without making a legitimate profit. We are not "pioneering" in that field.

Our buying resources compare with other good stores. Our "specials" are real values, and you'll find every item on our shelves REAL VALUES of a known quality, by a store that BACKS UP everything it sells!



Specials for FRIDAY and SATURDAY — June 9th and 10th

MUSTARD	Quart Jars	15c
MACARONI No. 1 Quality	3 Pkgs.	10c
PINEAPPLE Sliced or Crushed	2 No. 2 Cans	25c
COFFEE LADY ALICE	Per lb.	18c

OLEO MARGARINE

Per Lb. 10c

Ginger Ale

12-Oz. Bottle 10c

ICE CREAM POWDER JELLO 3 for 25c

SCOTCH TISSUE 3 Rolls 19c

VEGETABLES

You'll find stocks more plentiful now than at any other time of the year, and the "M" System brings you the market's rarest delicacies at PRICES that will enable you to serve the very BEST at your table.

COLD MEATS

This is a Cold Meat Season. Buy your needs at the "M" where quality is never sacrificed for price. We suggest: Boiled Ham; Spiced Loin; Baked Pimento Loaf; Chicken Loaf; Ham Salad and Many Others.

FRESH FISH Good Variety—lb. 5c

M SYSTEM M

Grocery & Market

THE ROOSEVELT SALAD



WASHINGTON.—The Roosevelt salad which made its appearance in the United States Senate Restaurant in the Capitol at Washington on inauguration day as Chef George Baumgartner's salute to President Roosevelt, threatens to sweep into popularity throughout the country. The new salad is composed of common vegetables available everywhere.

Photograph shows, left to right, Chef Baumgartner presenting a

bowl of his new salad to Miss Laura Barkley, daughter of Senator A. W. Barkley of Kentucky, and Miss Julia Harris, daughter of the late Senator W. J. Harris of Georgia, in the Senate restaurant.

Chef Baumgartner's recipe for the Roosevelt Salad is (for ordinary family use): 1 cup chopped celery; 1 cup shredded white and red cabbage; ½ cup green peppers; 1 cup diced carrots; 1 cup mayonnaise and 1 cup French peas thoroughly mixed and served on crisp lettuce.