

COOKING FUN!

BY CECILY BROWNSTONE

Named Tuna Fish

Can tuna fish
ins butter or forti-
garine
diagonal slices green
mushrooms, sliced
cup
ins all-purpose flour
salt
strips pimiento,
m tuna fish and put
double boiler with
garine. Heat gently
eat, add celery and
cook over low heat,
partly tender, about
d flour and salt and
so that vegetables
Remove from heat,
ually, stirring after
until sauce is smooth,
m heat and cook,
antly, until mixture
boils. Place over hot
tuna fish into large
d with pimiento to
or 10 or 15 minutes
ring carefully a few
ed, but being careful
tuna. Serve on toast
ings.

Old Fashioned Cream Dressing

1 teaspoon salt
1 teaspoon sugar
1/2 teaspoon dry mustard
1/2 teaspoon celery salt
1/4 teaspoon paprika
1 tablespoon prepared horseradish
1 tablespoon tarragon vinegar
2 tablespoons cider vinegar
1/2 cup evaporated milk or cream, whipped
Put the salt, sugar, mustard, celery salt, paprika, horseradish, tarragon and cider vinegar in a small bowl. Mix well. Beat in the whipped evaporated milk or cream, one or two tablespoons at a time, until well combined. Serve over finely shredded cabbage and drained, crushed pineapple. 4 to 6 servings.

Anchovy Tomato Sauce

4 tablespoons butter, fortified margarine, salad or olive oil
3 medium-size (about 1 pound) onions
1 clove garlic, peeled (if desired)
1 No. 2 can (2 1/4 to 2 1/2 cups) tomatoes
1 6-ounce can tomato paste
1 2-ounce can anchovy fillets
2 teaspoon (about) crumbled dry thyme or oregano
1/2 teaspoon salt
1/4 teaspoon freshly-ground pepper
Heat fat in large skillet or sauce-

Fish Learn New Tricks For Lent



Broiled fish fillets. The trick is in the sauce.

By CECILY BROWNSTONE, Associated Press Food Editor

Although there are actually about 160 varieties of fish sold throughout the country, the average family in the United States uses only about six of them on the dinner table. This Lent why not try a kind of fish you've never served before? This is the time, too, to try different ways of preparing familiar varieties. Besides its appropriateness for Lenten tables, fish is an economical, high-quality protein food that can help stretch budgets.

The most common fault in preparing fish of all kinds is overcooking. A good test for telling whether fish fillets are done is if they flake easily with a fork; when fish with bones is being cooked you should be careful to see that it flakes easily from the bone and is a uniform color throughout. Cooking fish only until it is done insures its being moist and tender and brings out its delicate flavor.

One of the most readily-accepted ways of serving fish is creamed—especially when it's coupled with another well-liked food. Served in pastry shells or over hot baking-powder biscuits, with pimiento or olives or hard-cooked egg added, it usually makes a hit. If you are using home-cooked rather than canned fish for such a dish, it's well to remember that one pound of fillets will make about two cups of flaked cooked fish.

Almost more than any other food, fish that is fried, sauteed or broiled needs garnishing. I know people who go into frenzies if fish cooked in this way and served without a sauce is unaccompanied by a wedge of lemon. Since there are so many garnishes that "go with" fish it's usually not hard to find something in the refrigerator to accompany it. Here are some of the garnishes that make fish most attractive and are most popular; fortunately there are always a few of them in season, no matter what the time of year.

When it comes to something green, parsley and watercress head the list. But do you know the little professional trick of using these garnishes? Hide the stems. Tuck them in under the fish and let only the curly green head of the parsley and the bright smooth green of the watercress leaves show on the platter.

Green pepper and cucumbers are, of course, the other two green vegetables that do worlds for

pan. Add onions which have been peeled, cut in half lengthwise and slice in very thin half-rings; add garlic clove which has been crushed and finely minced (if desired). Cook over medium heat, stirring frequently, for about 10 minutes, until onions are tender and yellow. Add tomatoes, tomato paste, diced anchovy fillets and oil from can, thyme or oregano, salt and pepper. Bring to a boil and simmer for at least 20 minutes to develop flavors. Serve over hot cooked spaghetti, 4 to 6 servings.

State Sales Tax Bites Into Family Income

CHICAGO (UP)—A state-wide survey based on the average family revealed that Illinois residents would have paid a total of \$41 in state sales taxes last year on the basis of a \$3,000 income to support a family of three.

The survey was drawn up by the Chicago Retail Merchants Association and was offered to the public as a guide in computing their federal income taxes. State sales taxes are deductible on federal income.

Illinois collected \$152,529,543 in sales tax last year, one of the highest years since the tax was placed into effect in 1942.

HOW TO SLEEP WELL

MILWAUKEE (UP)—A Milwaukeean, bothered by insomnia, was told by a psychiatrist there was nothing wrong with him "that doing less housework and getting out in the open air won't cure." So he gave up helping around the house and now goes ice skating every night while his wife does the dishes. He says he comes home feeling fine and sleeps like a bear.

Old Grad At 80 Still Attends Lectures

CINCINNATI, O. (UP)—Although graduated nearly 60 years ago from the University of Cincinnati, Thomas J. Creakhead, Covington, Ky., still attends university lectures.

Campus authorities reported that Creakhead, 80, has renewed his membership in the university's 27th annual business and professional men's group, weekly current affairs forum.

Creakhead, who received his degree from the university in 1889, is the retired head of the Creakhead Engineering Co., Cincinnati.

Thief In a Hurry Leaves His Trousers

ELKHART, Ind. (UP)—Police said they had reason to believe the thief who ransacked the Trinity Methodist church and stole \$100 made a fast getaway. They found a pair of trousers near the front door the next morning.

Most Missing Persons Eventually Located

CHICAGO (UP)—Police officials estimate that at least 95 per cent of the persons reported missing each year eventually turn up at their homes or are found by some law enforcement agency.

Local records indicate that on a yearly average about twice as many men are reported missing than women.

Chicago's Missing Person Bureau last year handled 4,925 cases and closed the records on 4,691 of them.

PIG IN POKE FOOLS HIM

VANCOUVER, B. C. (UP)—George Dupuis would like to convince his wife he really knows the difference between garden seed and bird gravel. At an unclaimed railway freight auction Dupuis paid \$1.75 for 60 pounds of "bird seed." It turned out to be bird gravel.

CAKE KEPT 48 YEARS

PROCTON, Mass. (UP)—Mrs. Fred Forest cherishes as a souvenir a piece of cake from her parents' wedding held April 25, 1860.

Sleuth Finds Hunting For Ring No Task

NEW YORK (UP)—Miss Lisa Buckwald reported to police she had lost her ring, valued at \$1,250, and thought she had dropped it in the snow when she got out of an automobile in front of her home.

Detective Joseph Straining talked to Miss Buckwald and then went with her to the spot. The detective walked straight to the ring, picked it out of the slush and handed it to the astonished Miss Buckwald. The diamond had sparkled in the sun at just the right moment.

TRACK STAR STILL GOOD

PHILADELPHIA (UP)—Charles White, former high school track star, won another race—this time in bare feet and pajamas. White, a former miler at a local high school, dashed downstairs after his wife heard a prowler in the house. White and the intruder sprouted along the street, but the suspect was collared after a half-mile run.


American Indians in the United States were made citizens in 1924.

AGE NO BARRIER

CANTON, N. Y. (UP)—Cyrus Clark, 81-year-old member of the Canton Bowling League, scored a 513 triple by rolling games of 148, 221 and 144.

NOTICE

Notice is hereby given that I will re-open my office in the Ferguson Building in Waynesville, North Carolina, for the practice of law, on March 15, 1948. My crippled condition, caused by diabetes, made it necessary for me to close my office on August 20, 1947. After confinement in hospitals and at home, alternately, and after following prescribed treatment, for the last five months, I am now making such progress toward normal condition of health that I can resume my law practice on and after March 15, 1948. I hereby extend to my clients my deepest appreciation of their patronage during my sickness and absence from my office. Up to and including March 15, 1948, I will prepare income tax returns for clients at my home near Bethel school.
R. E. SENTELE
Attorney at Law.
1709—Mech 5-9-12



PINKY PIG POUND PACKAGE

SLICED BACON 59c

LAY'S CLOVERLEAF (WHOLE OR HALF) POUND

SMOKED HAMS 53c 10 TO 14 Lb. Sizes

FRESH FLORIDA PINT

Strawberries 39c

Beginning This Week - end We Will Have

Choice Cuts Chicken

<p>Assorted Flavors Royal Gelatine 3 For 25c</p> <p>ALL 5c CANDY & GUM 4c</p> <p>BRACHS CANDY CORN Pound 39c</p>	<p>ALL MEAT SKINLESS "TOP QUALITY" POUND</p> <p>Frankfurters 49c</p> <p>CUPAHY PURITAN SMOKED</p> <p>Slab Bacon 49c POUND</p> <p>U. S. GOOD</p> <p>Sirloin Steak 79c POUND</p> <p>ECONOMY CUT</p> <p>PORK CHOPS 49c</p>
<p>U. S. NO. 1</p> <p>ANJOU PEARS 3 pounds 23c</p> <p>SWEET, JUICY, FULL OF GOODNESS</p> <p>GOLDEN DELICIOUS</p> <p>APPLES 3 POUNDS 33c</p> <p>FRESH, CRISP, FLORIDA</p> <p>GREEN CABBAGE 3 POUNDS 14c</p> <p>EXTRA FANCY, PREMIUM QUALITY</p> <p>U. S. NO. 1</p> <p>IRISH POTATOES 10 POUNDS 49c</p> <p>WE ARE NOW SELLING THE NEW CROP FLORIDA VALENCIA ORANGES. THESE ARE THE BEST THAT FLORIDA PRODUCES AND ONLY THE BEST IS GOOD ENOUGH FOR DIXIE-HOME CUSTOMERS.</p>	<p>GOLD CUP 2-1 POUND BAGS</p> <p>COFFEE 89c</p> <p>DEL MONTE SPICED NO 2 1/2 GLASS JAR</p> <p>Peaches 37c 2 LB. PKG.</p> <p>DONALD DUCK SHORT GRAIN</p> <p>RICE 33c</p> <p>WHITE LACE Hunt's Fancy California</p> <p>FLOUR 99c SPINACH 2 For 33c</p> <p>10 POUND BAG</p> <p>TURNIP No. 2 CAN</p> <p>GREENS 10c ARGO SUGAR POUND PEAS, 2 For 33c</p> <p>DAISY POUND</p> <p>CHEESE 53c BLACKKEYED Lb. Cello PEAS, Bag 27c</p>
<p>SOAP</p> <p>IVORY LARGE 19c</p> <p>FLAKES</p> <p>IVORY LARGE 36c</p> <p>CAMAY MEDIUM 10c</p> <p>D U Z LARGE 36c</p>	<p>D U Z MEDIUM 15c</p> <p>SOAP</p> <p>SWEETHEART REGULAR 10c</p> <p>SOAP</p> <p>SWEETHEART BATH SIZE 2 FOR 29c</p> <p>FLAKES</p> <p>BLUE WHITE 9c</p>

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Fine Foods Quality Tender Meats Self Service



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2 No. 2 Cans **27c**

<p>iced or Halves Yellow Cling</p> <p>ACHES . . . Can 25c</p> <p>FIELD Self-Rising</p> <p>OUR . . . 10-Lb. Bag 81c</p> <p>Label Standard Pack</p> <p>AS . . . 3 No. 2 Cans 29c</p> <p>American</p> <p>EESE . . . 1-Lb. 52c</p> <p>Own Vegetable Shortening</p> <p>KO . . . 1-Lb. Can 42c</p>	<p>Mellow</p> <p>CLOCK COFFEE</p> <p>3 Lb. \$1.15 Bag</p> <p>MARVEL ENRICHED HOME STYLE BREAD</p> <p>1 1/2 lb. Loaf 18c</p> <p>FERS . . . 1-Lb. Box 31c</p> <p>ize</p> <p>TUCE . . . 2 for 19c</p> <p>RROTS . . . 2 Bunches 19c</p> <p>MATOES . . . 1-Lb. 33c</p> <p>ION SETS . . . 1-Lb. 15c</p> <p>Turnip and Mustard</p> <p>EENS . . . 2 Lbs. 25c</p>
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