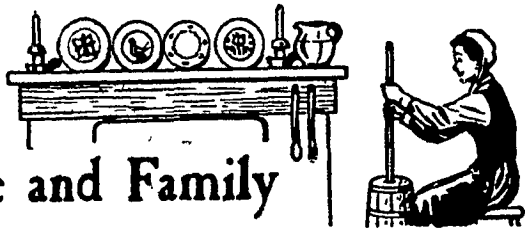


For the Farm Wife and Family



With the Lenten season at hand the use of fish as a source of protein becomes more general. Both salt and fresh-water fish contribute generously to nutritional needs. They provide high quality proteins, as well as essential minerals and vitamins.

Halibut and ocean perch fillets are listed among the plentiful foods for March.

Rules for cooking most kinds of fish are few and easy to follow:

1. Avoid over-cooking. Fish is never tough, so it never requires long slow cooking to tenderize it. It is done when the protein has coagulated, and the very small amount of protective tissue has been broken down. When it flakes easily with a fork, it is done. Longer cooking will cause it to be dry and chewy.

2. Note fat content of fish. Both fat and lean fish may be cooked by frying, boiling, baking, broiling or steaming, but lean fish requires the addition of more fat to make it moist and flavorful.

3. Handle as little as possible. Fish is tender and delicate, and may be easily broken through too frequent turning. The electric frypan provides a way of serving fish hot, directly from pan to plate.

All fish should be kept refrig-

gerated until time to put it in the frying pan or oven.

Here are two recipes using fish fillets that your family might find tasty. And whatever you do, don't throw out the leftovers, no matter how little they may be. You can use those leftover pieces of fillet to make a hearty fish chowder. Fish made in any way can be used in a chowder; and you don't need to much to give it a good flavor. Cut up the leftovers in small pieces and add during the last few minutes of cooking.

FILLETS IN PARSLEY BUTTER
2 pounds frozen cod or haddock fillets
¼ cup flour
6 tablespoons butter or margarine
1 tablespoon lemon juice
3 tablespoons minced parsley

Cut fish in six equal pieces. Coat well with flour. Melt butter in skillet. Sauté fish in butter over medium heat, turning once, about 15 to 25 minutes if frozen, 10 to 15 minutes if thawed; or until fish is golden-brown and can be flaked easily with fork. Remove fish to warm platter. Stir lemon juice and parsley into butter left in skillet. Pour over fish. Makes six servings.

FISH FILLETS IN CELERY SAUCE

Celery, sliced, one cup
1 cup water
1 tablespoon lemon juice
½ teaspoon salt
1½ pounds fillets of any white-fleshed fish
3 tablespoons butter or margarine
4 tablespoons flour
½ cup milk

Place celery, water, lemon juice and salt in a large shallow skillet. Bring to a boil and place fish fillets in the liquid (if fillets are thin, fold in halves or thirds). Reduce heat, cover and cook be-

low the boiling point for 10 minutes. With a wide spatula, remove fillets to a platter, draining well. Cover to keep warm while making sauce.

Melt butter or margarine in saucepan, blend in flour; remove from heat and slowly stir in milk and unstrained liquid in which fish was cooked. Cook over low heat, stirring constantly, until sauce is thick and smooth; pour sauce around fillets. Garnish with parsley. Makes four to six servings.

We don't often have recipes for cookies using pineapple in them; Mrs. Clarence Ruth has sent us a recipe for Pineapple Drop Cookies which sounds quite delicious. She says in her letter:

I am not a farmer, but I enjoy the paper very much. I always like to try new recipes. Would like to send a recipe for cookies that are very good.

PINEAPPLE DROP COOKIES

Mrs. Clarence Ruth, Kleinfeltersville, Pa.

½ cup melted butter
1 cup light brown sugar
1 egg
½ teaspoon salt
½ teaspoon salt
½ teaspoon vanilla
½ cup raisins
½ cup crushed pineapple
2 cups flour
1 teaspoon baking powder
½ teaspoon soda (in a little vinegar)

Several weeks ago we had a request for homemade noodles. Mrs. Harvey Leinbach has answered that request.

NOODLES

Mrs. Harvey Leinbach, R1 East Earl

Take about six eggs or more. Part the eggs; keep the yolks for noodles and the whites for cakes. Take the half of an egg shell; fill it with water for as many eggs as you are using. Then stir it well. Work in flour enough so that you can knead it. I usually sprinkle a little flour over it every time I knead it. To dry it I put hot water in a pan; put a cookie sheet on top; put the rolled noodles on top. Keep it boiling while you have the noodles on top. Turn them around so they dry well on both sides. When you are through put them on a pile, roll them together and cut

Mrs. Leinbach uses the egg whites in this recipe for an **ANGEL FOOD CAKE**

Mrs. Harvey Leinbach, R1 East Earl

Preheat oven to 375 degrees. Have eggs at room temperature. Sift an ample amount of cake flour onto a square of paper.

Step I

Measure and sift together three times:

1 cup sifted flour
¾ cup sugar (three-fourth cup plus two tablespoons)

Step II

Measure into large mixing bowl:

1½ cups egg whites (about 12)
1½ teaspoon cream of tartar
¼ teaspoon salt
1½ teaspoons vanilla
½ teaspoon almond extract

Beat with wire whip until foamy throughout. Add the sugar gradually two tablespoons at a time. Beat about 10 seconds after each addition. Continue beating after the last addition until meringue is firm and holds stiff, straight peaks when wire whip is gently lifted out. This meringue requires considerable beating.

Almost every cook makes meat loaf but have you ever tried a ham loaf. Here is a recipe for Rosy Ham Loaf with Spiced Prunes as an accompaniment.

ROSY HAM LOAF WITH SPICED PRUNES

1 pound cured ham ground
1 pound fresh lean pork
1 egg
½ cup catsup
1 cup milk
1 cup graham cracker crumbs
½ cup brown sugar

Combine ground ham and pork and mix well. Add slightly beaten egg, catsup and milk, then graham cracker crumbs. (Seasonings are unnecessary due to the catsup.) Mix very thoroughly, place in loaf pan and sprinkle brown sugar over the top. Bake in medium oven, 350 degrees, for one hour. Serves eight.

SPICED PRUNES — Cover two pounds of prunes with water and let stand over night. Cook slowly in same water until just tender. Drain, add three-fourths cup sugar, one-half cup vinegar, one ounce stick cinnamon and one tablespoon whole cloves. Bring to boil, add prunes and simmer 10 minutes. Put in hot sterile jars

(Continued on page 9)

and seal.

CRUMB CAKES

Mrs. Phares Bomberger, R2 Lititz

4 cups flour
2 cups sugar (one cup brown and one cup white)
1 cup lard
1 teaspoon soda
Mix together and save one-half cup for crumbs on top. Then add about one pint thick milk to make a thick batter. Bake in pie pans or loaf pan.

A couple of weeks ago we had a request for scrapple and also for cup-cheese. Two readers have sent in identical recipes for both but the one lady wishes to remain anonymous so we will give the credits to Mrs. Frank Hahn, Terre Hill. She says in her letter:

I read and enjoy Lancaster Farming each week and enclosed are two recipes for which I saw requests for this week. I also like the household hints and wish you would print more. Here is one of mine:

Plant your tiny flower seeds in earth filled egg shells and place in egg cartons until time to set out. Then plant egg shells in flower garden.

CUP CHEESE

Mrs. Frank Hahn, Terre Hill

Scald thick milk by placing it in a moderate oven (350 degrees) for a few minutes. Allow to remain long enough to bake the curds. Drain off the water, put curds in an earthen vessel and keep it at a moderately warm temperature (about 75 degrees). Each day for a week, add new baked curds. At the end of a week, pour the curds into a heated pan and let simmer very slowly; bring to a slow boil without any stirring. Add a pinch of salt, one teaspoon of baking soda dissolved in one cup of fresh sweet cream and one-half pound of butter. Stir the mixture; continue boiling for 15 minutes. Add two or three beaten eggs and pour mixture into small cheese cups.

SCRAPPLE

Mrs. Frank Hahn, Terre Hill

Separate one hog's head into halves. Take out the eyes and brains. Scrape and thoroughly

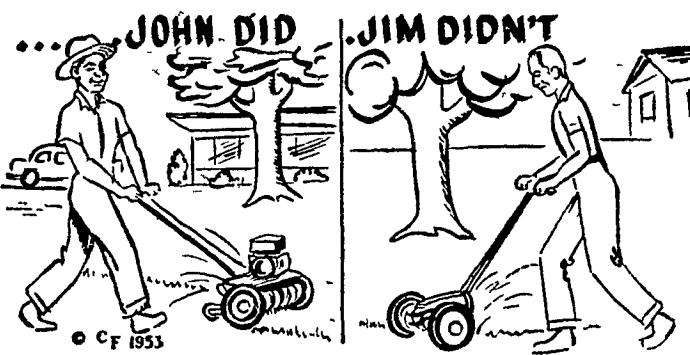
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