

For the Farm Wife and Family

Seafood In Your Menu

By Mrs. Richard C. Spence

A welcome main dish as a change from the heavy eating of the recent holidays could be seafood. Fresh seafood, frozen seafood or canned seafood—any way you like it—can make you some mighty delicious eating.

One of the ways to prepare seafood with the lowest caloric value is to broil it. You can broil fish as follows.

BROILED FISH

¾ pound fresh or frozen thawed fillets or 1 pound fish steaks or 1½ pounds whole or split fish

1. Preheat broiler for ten minutes, or as manufacturer directs.

2. For easy cleaning, line the bottom of the broiler pan with aluminum foil, which can be rolled up and discarded after broiling.

3. Arrange fish, skin side down, on greased broiler rack.

4. Brush with melted butter; sprinkle with salt, pepper, paprika, lemon juice.

5. Broil fish about 2 or 3 inches from the heat and split fish are not turned. Steaks and whole dressed fish should be turned and broiled on both sides.

Fish fillet ¼ to ½ in thick 6 to 8 minutes

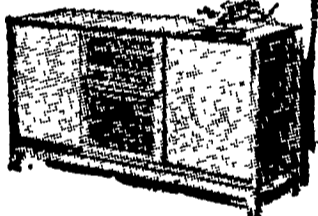
Fish steaks ½ to 1½ in. thick, 8 to 16 minutes

Whole, dressed fish, 5 to 8 minutes on one side. 6 to 8

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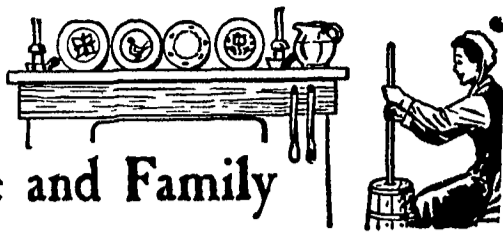
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4 minutes. Turn carefully. Brush other side with seasoned butter and broil 3 to 4 minutes longer. Sprinkle with parsley. Combine butter and lemon juice; serve with scallops. Serves six.

Nice to serve with broiled scallops is this

CRANBERRY HORSE-RADISH RELISH

1 can (1 pound) whole cranberry sauce
¼ cup French dressing
2 teaspoons horse-radish
Combine cranberry sauce, French dressing, and horse-radish. Chill. Makes about 1 pint of relish.

OVEN-FRIED FISH FILLETS

2 pounds fish fillets, fresh or frozen
1 tablespoon salt
1 cup milk
1 cup dry bread crumbs
¼ cup butter or other fat, melted

Thaw frozen fillets. Cut fillets into serving-size portions. Add salt to milk. Dip fillets in milk and roll in crumbs; place in a well greased baking pan. Sprinkle each piece of fish with butter. Bake in an extremely hot oven, 500 degrees, for 10 to 12 minutes or until fish flakes easily when testing with a fork. Serves 6.

Serve Cranberry Wedges with fried fish fillets—

CRANBERRY WEDGES

1 can (1 pound) jellied cranberry sauce, chilled
1 lemon

Cut cranberry sauce into with them:

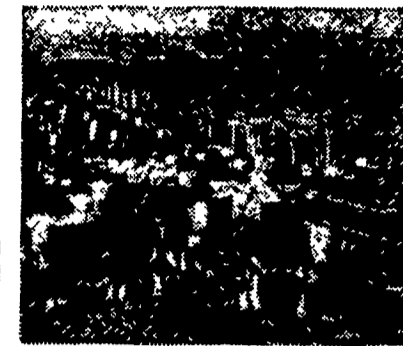
1½-inch slices. Cut each slice into 4 wedges. Slice the lemon crosswise. Cut each slice in half. Stand cranberry wedges on rounded ends on a relish dish. Slit top of each wedge to hold a lemon slice. Insert lemon slice. Makes 12 wedges.

SEAFOOD COCKTAIL

1 tablespoon horse-radish
½ cup chili sauce
2 tablespoons vinegar
1 teaspoon Worcestershire sauce
¼ teaspoon celery salt

Mix in order given, chill; serve. Allow approximately two tablespoons sauce per balls, try this delicious sauce serving.

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U. S. Government Obligations	2,773,194.00
Other Investment Securities	50,000.00
Accrued Interest on Investments	65,906.75
Cash on Hand and in Banks	710,347.15
Office Building and Equipment	186,492.69
Less Depreciation	
Deferred Charges and Other Assets	3,379.80
TOTAL ASSETS	\$22,680,597.96

LIABILITIES	
Savings Accounts	\$21,488,499.30
Loans in Process	922.54
Other Liabilities	67,865.60
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