

CRUSTY FISH FRY

2 pounds fish fillets
2 cups buttermilk
1 cup yellow corn meal
1 cup flour
1 teaspoon salt
Dash pepper
½ cup (1 stick) butter

Dip fish fillets in butter-milk. Roll in mixture made by combining corn meal with flour, salt and pepper. Melt butter in skillet and sauté fillets about 5 minutes until golden brown. Drain before serving. Makes 4 servings.

A quick and hearty casserole is the mainstay of many winter meals. Here's a new one, "Crispy Weather Casserole" that's rich in flavor & nutrition, and very economical. Mashed cheese, onions & frozen asparagus are the basis for this light, meatless main-dish. Top and bottom layers of crispy saltine crackers give it a satisfying, crunchy texture. Here's the recipe.

CRISPY WEATHER CASSEROLE

1 10 oz. package frozen asparagus
9 double, or 18 single Saltine Crackers
½ cup minced onions
2 tablespoons salad oil
2 cups grated process American cheese (½ pound)
¼ teaspoon salt
1½ cups milk

Cook asparagus according to package directions; drain well. In greased 8"x8"x2" square pan, arrange 9 crackers. Place asparagus on top of crackers. In a saucepan, sauté onions in fat until golden. Add cheese and salt; cook, stirring, until cheese is melted; pour over asparagus. Pour milk over all. Top with remaining crackers. Bake in moderate oven (350 degrees) for 45 minutes. Makes 4 servings.

While cabbage is such a good buy in markets, it is worth recalling some of the favorite old time ways of using it in family meals. There

is slaw, for example. Some like it hot, some like it cold, but either way it adds flavor and nutritive value at little cost.

HOT SLAW

2 eggs
¼ cup water
3 tablespoons vinegar
½ teaspoon salt
¼ teaspoon powdered mustard
2 tablespoons sugar
Few celery seeds
1 tablespoon butter or margarine
1 pint finely shredded cabbage

Beat the eggs; add water, vinegar, salt, mustard, sugar and celery seed. Cook over low heat, stirring frequently until thick. Stir in the cabbage and mix well with the dressing. Cover and heat a few minutes. Serve hot.

There are many variations. The hot slaw may include sliced canned ripe olives, onion, finely chopped or shredded carrot, chopped celery or a bit of parsley. Seasonings may vary, too, according to taste.

with molasses sauce
2 tablespoons chili sauce
2 teaspoons pickle relish
Brown bread
Heat beans, chili sauce, and pickle relish together in a saucepan. Fry bacon until cooked but not crisp. As each slice is removed from the pan, roll around the tines of a fork to form bacon curls. Arrange bacon curls atop hot beans. Serve with brown bread and butter sandwiches. Makes 2 to 3 servings.

EASY CREAMED BEEF ON TOAST

4 ounce package sliced dried beef
½ stick (¼ cup) butter or margarine
¼ cup flour
2 cups milk
1 teaspoon minced onion
1 teaspoon prepared mustard
½ teaspoon Worcestershire sauce
4 to 6 slices toast

Cut dried beef into small pieces in a bowl. Pour boiling water over beef and drain immediately. Melt butter in a saucepan; add dried beef. Fry and toss lightly until edges are frizzled. Blend in flour. Slowly stir in milk, then add onion, mustard, and

Worcestershire sauce. Stir and cook until thickened. Serve on hot buttered toast. 4 to 6 servings.

QUICK 'N EASY MEAT AND POTATOES

12 oz. can pork and beef luncheon meat
4 medium potatoes
2 tablespoons butter or margarine
1 cup milk
¼ cup chopped green pepper

Cut loaf into ¼ to ½ inch cubes. Pare and cut potatoes into ½ inch cubes. Pat potatoes dry. Melt butter in large saucepan. Add potato cubes, stir and heat until the cubes are lightly browned, about 5 minutes. Add milk and meat cubes. Stir to blend. Cover and cook slowly about 5 minutes. Uncover and continue cooking until all milk is absorbed, about 20 minutes. Serve hot. 4 to 6 servings.

SAUCEPAN FRANKS-RICE SAUERKRAUT

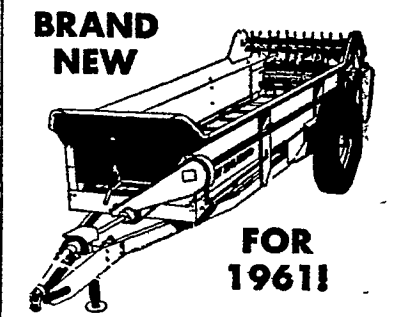
8 franks
1 cup rice
1 cup packed sauerkraut
¼ cup catsup
1 tablespoon butter or margarine
½ to 1 teaspoon salt
2 cups water

Combine all ingredients except the franks in a heavy saucepan. Cover tightly. Simmer 10 minutes. Add franks. Cover and continue simmer. (Turn to page 10)

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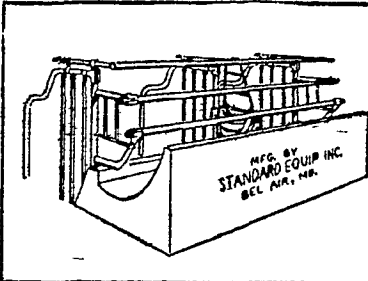
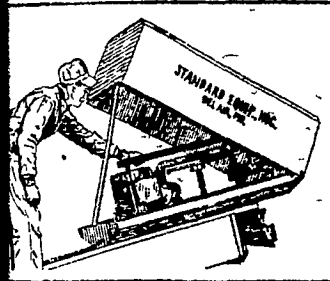
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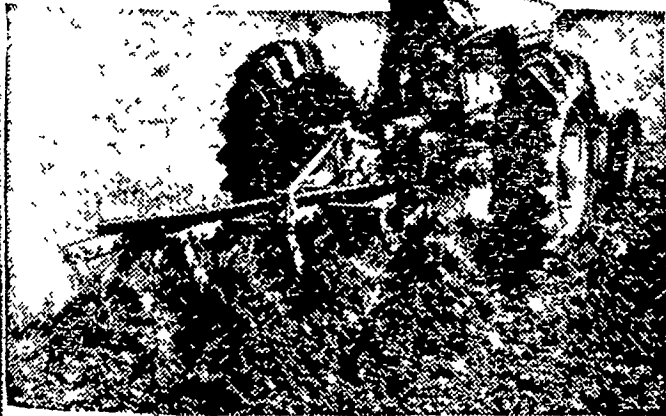
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