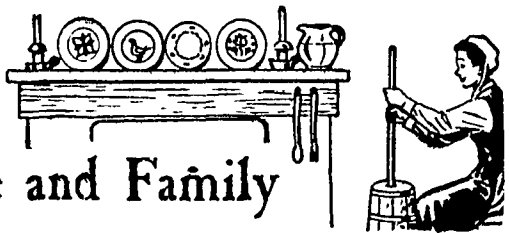


For the Farm Wife and Family



(Continued from Page 11)
 Less of your attention while it cooks. Of course, stuffed whole fish is a good choice for the larger family, but you can easily bake a thick slice of fish for the smaller family.

CHEESE BAKED FISH STEAK

- 1-1/2 pounds halibut steak OR other lean white fish
- 1/2 teaspoon salt
- 1/4 teaspoon marjoram
- 1/8 teaspoon pepper
- 1/4 cup lemon juice
- 1 cup shredded Provolone cheese

1 cup soft bread crumbs
 3 tablespoons butter, melted
 Arrange fish in baking dish and sprinkle on salt, marjoram and pepper. Pour over lemon juice. Bake 20 minutes. Combine cheese and bread crumbs and sprinkle over fish. Pour over melted butter and bake 10 more minutes. Place under broiler 1-2 minutes to brown crumbs lightly.

SEAFOOD PIE

1 pound cooled or canned white fish
 5 ounce can shrimp
 3 tablespoons butter
 1/2 cup each, finely diced onion, celery and green pepper
 2 tablespoons flour
 1 cup seasoned chicken broth
 1/4 teaspoon salt
 1/8 teaspoon pepper
 1/4 teaspoon ginger
 1/2 teaspoon Kitchen Bouquet
 1/2 cup dairy sour cream
 1 tablespoon lemon juice
 1 recipe pastry mix
 Arrange flaked fish and drained shrimp in 4 greased

individual 8-ounce baking dishes. Melt butter in saucepan. Add onion, celery and green pepper and cook over moderate heat about 10 minutes. Stir in flour and add chicken broth. Add seasonings, Kitchen Bouquet, sour cream and lemon juice. Pour sauce over fish, lightly lifting fish with fork to allow sauce to run underneath. Make up pastry. Roll out and cut to fit tops of casseroles. Bake in hot oven 400 degrees until pastry is lightly browned and fish is hot about 30 minutes. Serves 4.

For fish that has been previously dipped in flour or corn meal or in beaten egg and crumbs pan frying, or frying in shallow or deep fat gives a crisp crust that contrasts well with the delicate flavor of fish. However in these days of short cuts you may find the process tedious and time-consuming as well as wasteful of fat.

GOLDEN FRIED SCALLOPS

1 pound fresh or frozen scallops
 1/2 cup fine dry bread crumbs
 1 teaspoon seasoned salt
 1 egg, beaten well
 2 tablespoons fresh lemon juice
 1/4 cup butter or margarine
 Parsley

Lemon quarters

Clean scallops, washing well to remove sand. Mix bread crumbs and seasoned salt. Roll scallops in the crumbs, dip in beaten egg that has been mixed with lemon juice. Roll scallops in crumbs again. Heat butter in skillet. Fry the scallops until they are golden brown and tender. Garnish with parsley. Serve with lemon quarters.

FRIED OYSTERS WITH LEMON BUTTER

2 7-ounce cans frozen oysters thawed
 1 egg, beaten
 1 tablespoon milk
 1/4 teaspoon salt
 Dash pepper
 1/2 cup cornmeal dry bread crumbs or cracker crumbs
 1/4 cup salad oil or shortening
 1/2 cup melted butter or margarine
 1 teaspoon grated lemon peel
 2 tablespoons fresh lemon juice
 Dash ground marjoram
 Drain oysters. Combine egg, milk, salt and pepper. Dip oysters in egg mixture, roll in cornmeal. Fry in hot oil 2 to 3 minutes on each side until browned. Drain on absorbent paper. Blend the butter, grated lemon peel and juice season

with marjoram. Serve hot with fried oysters. Garnish with parsley and lemon wedges.

Don't overlook the delicate flavor of canned salmon in a salad or dip.

SUNNY SALMON 'N' EGG SALAD

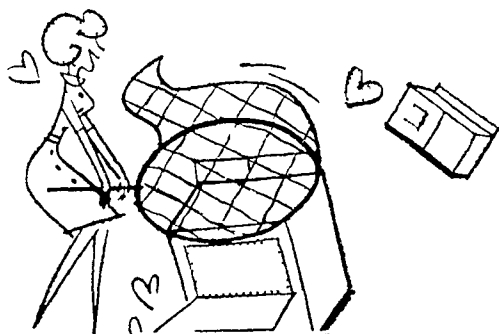
1 7-ounce can salmon
 1 hard-cooked egg, peeled
 1 cup sliced celery
 2 tablespoons minced onion
 2 tablespoons minced parsley
 Salt to taste
 1/4 teaspoon pepper
 2 tablespoons lemon juice
 1/4 to 1/2 cup mayonnaise
 Drain salmon, remove bones and skin. Flake in large pieces. Cut eggs into eighths. Combine salmon, eggs and celery in bowl. Blend onion, parsley, salt, pepper, lemon juice and mayonnaise well. Stir through salmon mixture. Serve on crisp greens. Garnish with lemon slices.

The reason why a married woman decides to work away from home is not the important issue says Mrs. Marjorie Duvall, Penn State Family Life extension specialist. The important thing is for a married woman to think through and recognize her reasons for working instead of evading them.

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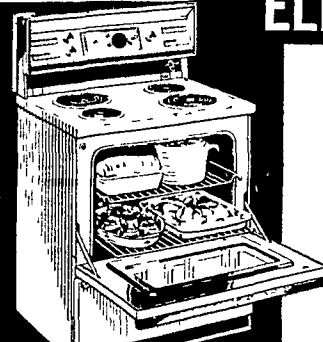
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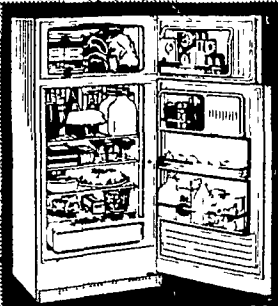
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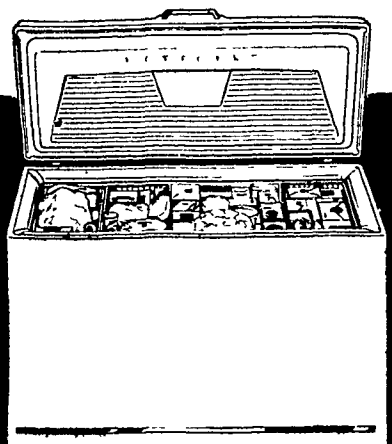


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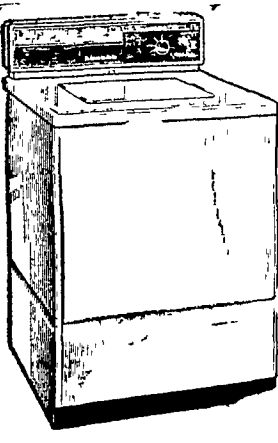
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