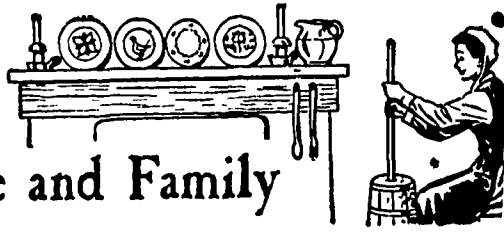


For the Farm Wife and Family



New Looks For Lenten Meals

By Mrs. Richard C. Spence



When the calendar rolls around to the Lenten season, you need a variety of appetizing new recipes to make those meatless meals more fun. Fish is widely used at this time and you will often find it at a special price at your grocers. There is no need to tire of fish as there are so many different kinds to serve as well as a variety of ways to serve it. A twist of lemon gives fish a delectable flavor, or you can prepare any number of sauces to complement the subtle flavor of fish. Different kinds of fish can be combined to make exciting and unusual dishes. Use your own ingenuity in serving fish to your family, if you'd like, here are some ideas to help you.

SPENCE

ROQUEFORT SHRIMP BAKE ½ cup sugar
2 12-ounce packages frozen green shrimp 1 Pinch Salt
2 3-ounce packages cream cheese 1 tablespoon soy sauce
6 ounces Roquefort cheese 2½ tablespoons cornstarch
2 cup chopped pimiento
Wash shrimp, remove shells, veins. Combine cream cheese, Roquefort cheese, pimiento, blend thoroughly. Place cheese mixture in four individual casseroles or ramekins, place cleaned shrimp on top of cheese mixture. Bake 20 minutes at 370 degrees. Serve with wedges of lemon.
Melt butter in fry pan, saute shrimp 5 minutes, stirring occasionally. Add pineapple and juice, ginger, green pepper, vinegar, sugar, salt, soy sauce; blend well, cover. Reduce temperature to low. Cook 10-15 minutes. Spoon out a little liquid, mix with cornstarch; pour into shrimp mixture; cook until thickened — about 5 minutes. Serve over rice. 6 servings.

BAKED SEA BASS IN LEMON-MUSHROOM SAUCE
2 pounds sea bass fillets
2 tablespoons butter or margarine
2 tablespoons flour
1 tablespoon minced parsley
1 teaspoon seasoned salt
¼ teaspoon white pepper
¼ cup finely chopped onion
1½ cups milk
1 teaspoon grated lemon peel
SWEET AND SOUR SHRIMP
3 tablespoons butter or margarine
1 pound (cooked, cleaned shrimp (3½ to 4 cups)
1 No. 2 can pineapple chunks (2½ cups)
2 tablespoons minced crystallized ginger
1 cup green pepper strips, about 2 inches long
½ cup vinegar

2 tablespoons fresh lemon juice
1 4-ounce can sliced mushrooms, drained or 4 ounces fresh mushrooms, cleaned and sliced
Lemon quarters
Place sea bass fillets in a 2-quart baking dish. Melt butter in saucepan; blend in flour, parsley, seasoned salt, pepper and onion, stirring until bubbly. Gradually stir in milk, stirring continually until sauce is thickened and smooth, 5 to 6 minutes. Add grated lemon peel. Slowly stir in lemon juice and mushrooms. Pour over fish in baking dish; cover. Bake at 350 degrees 25 to 35 minutes, or until fish flakes with fork. Serve with lemon quarters.

LEMON-SOY SWORDFISH STEAKS

2 pounds swordfish steaks
½ cup soy sauce
1 teaspoon grated lemon peel
¼ cup fresh lemon juice
1 clove garlic mashed or pureed
2 tablespoons prepared mustard
½ cup salad oil
Lemon quarters
Place fish in a shallow dish. Combine soy sauce, grated lemon peel, lemon juice, garlic, mustard and oil, blending well. Pour over swordfish and marinate several hours. Place on preheated broiler pan. Broil 5 to 6 minutes on each side or until fish flakes easily with fork. Brushing often with sauce. Serve at once with lemon quarters.

TUNA CASSEROLE WITH CHEESE BISCUITS

¼ cup (½ stick) butter
½ cup chopped green pepper
½ cup minced onion
½ cup (4-ounce can) mushrooms
½ cup flour
½ teaspoon salt
¼ teaspoon pepper
3 cups milk

2 tablespoons prepared mustard
1½ cups (9-ounce can) tuna
1 tablespoon lemon juice
1 cup prepared biscuit mix
½ cup shredded Cheddar cheese
½ cup milk

In saucepan melt butter; add green pepper, onion and mushrooms and saute until tender. Remove from heat; blend in flour, salt and pepper to form a smooth paste. Gradually stir in milk; then cook, stirring constantly, until mixture thickens. Remove from heat. Add pimiento, tuna and lemon juice; pour into a buttered 2-quart casserole. Meanwhile prepare biscuit topping. In mixing bowl combine biscuit mix and cheese, add milk and mix lightly. On lightly floured board roll dough to ½ inch thickness. With 2½ inch round cutter cut out biscuits; place on top of tuna mixture. Bake 12-15 minutes in a 425 degree oven. 4-6 servings.

DEVILED FISH STICKS

2 1-pound packages frozen cod fillets, thawed
1 cup cracker meal
1 teaspoon salt
½ teaspoon ground black pepper
1½ teaspoons curry powder
2 eggs, slightly beaten
Salad oil
Cut each block of cod fillets into 8 pieces. Combine cracker meal, salt, pepper and curry powder. Mix well. Coat each

fish stick in the seasoned cracker meal, then in the beaten egg and again in the seasoned cracker meal. In an electric skillet heat about 1-inch salad oil to 370 degrees. Fry fish sticks on all sides until golden brown. Serve with Deviled Tomato Sauce. * Makes 16 fish sticks, about 6 to 8 servings.

DEVILED TOMATO SAUCE

2 cloves garlic, crushed
1 Bermuda onion, finely chopped
½ cup green pepper, chopped
¼ cup carrot, chopped
½ cup celery, chopped
3 tablespoons flour
¼ cup tarragon vinegar
2 teaspoons salt
½ teaspoon ground black pepper
1 teaspoon dry mustard
1 teaspoon paprika
2 bay leaves
½ teaspoon thyme
½ teaspoon Worcestershire sauce
1 tablespoon sugar
1 can (1-pound 12 ounces) stewed tomatoes
2 tablespoons butter or margarine

Saute garlic with onion, green pepper, carrot, and celery until lightly browned. Stir in flour. Add vinegar, salt, black pepper, dry mustard, paprika, bay leaves, thyme, Worcestershire sauce and sugar. Stir in tomatoes. Simmer uncovered 40 minutes. Strain. Reheat with 2 tablespoons butter. (Continued on Page 19)

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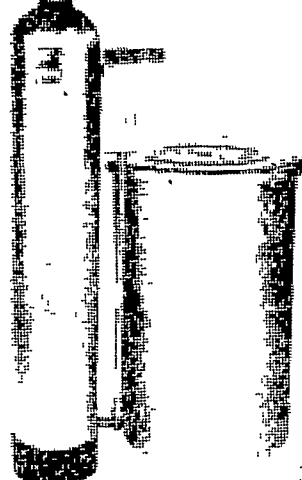
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