COOKING IS FUN.

Let's be 'spicy' and lend a gourmet touch to Lenten meals

By ROSEMARIE TYLER

Webster defines spice as a "varied aromatic vegetable production such as pepper, salt, nutmeg, basil used to season food and to flavor sauces." Think how sorry our meals would be without these palate ticklers!

Spices have been known forever, in fact. It was Marco Polo, Vasco de Gama and Columbus in their search for the famed Spice Island which opened the New World trade. Today, with spices and herbs so easy to get we find that their pungent magic is often overlooked.

Don't be afraid to use spices, especially the "gourmet" ones like basil, rosemary, allspice, bay leaves, saffron or marjoram. Just as you use pepper and salt to taste, so you can use the others. Let's take allspice. It gets its name because it is a mixture of cinnamon, cloves and nutmeg. It is appetizing in fruits, fish soups, most sauces, preserves, and desserts. It is highly rewarding in mincemeat. Just to prove, I'm right, I dare you to try this recipe and NOT like it!

* * *

MAKE SPICY SPARERIBS with four pounds meaty spare ribs, one eight-ounce can tomato sauce, one-fourth teaspoon allspice, two tablespoons grated lemon, two tablespoons grated onions, one clove garlic, pressed one teaspoon celery seed or celery salt, one teaspoon soy sauce, one-half cups dry sherry or chicken stock, and salt and pepper.

Combine all ingredients, except spareribs. Simmer twenty minutes. Bake unbasted spareribs in 350 oven until most of the fat has "oozed" from the ribs. Then baste with sauce frequently while cooking until tender. Also very good prepared outdoors on charcoal broiler. Just enough for four.

FOR A GAY adventure in eating, be daring and use dill. This exquisite spice adds magic to almost any meat like veal, pork, lamb, fish, and vegetables like cabbage, sauerkraut turnips or a tossed green salad. For the lenten one or "fish Friday" try this Shrimp Salad.

Use one cup lemon flavored homemade mayonnaise, one-fourth teaspoon crushed dill seed, three cups bite sized pieces of fresh cooped shrimp, one cup finely chopped celery, one-eighth teaspoon cayenne, and one-eighth garlic salt.

Blend the crushed dill seeds in the mayonnaise, and combine all ingredients. Chill well. Serve on a bed of baby spinach leaves or a lettuce leaf. Top with additional mayonnaise. Put on a big shrimp on the very top of the mayonnaise "blob." Serves four.

* * *

SOME FRIDAY nights are just perfect for beans and franks. In fact, baked beans make an excellent dish for informal parties when a few "just happen to drop in" for cards or a "pop" call. Use a dash of ginger for the extra something that makes everyone know for sure you're a good cook. And you are, too! Ginger may be used in pot roasts, fruit salad dressings, and pork. Next Friday night, delight your family with this dish:

* * *

MAKE BAKED BEANS with one pound Navy beans, one-half pound lean salt pork, two tablespoons molasses, one-fourth cup brown sugar, one small onion grated, one-half teaspoon ginger, one-half teaspoon mustard, and salt and pepper.

Wash beans and soak in water overnight. Bring to boil, drain (keep liquid). Place all ingredients in a baking dish and mix well. Cover with hot liquid, and let simmer on top of stove for thirty minutes. Then bake in a 300 degree oven for three hours. Add scalding water as needed. Enough for six.

NOTE: Feeling lazy or just tired? Add the same ingredients to a can of baked beans. Simmer slowly on top of stove, for twenty minutes or until piping hot. Taste to see if ingredients have blended through.

* * *

ROSEMARY IS called the "meat herb." It is quite strong despite the fragile name. Lightly used, you will love what it does for pork, lamb, veal, beef, or green beans tunips spinach or scrambled eggs. Let's try rosemary with Fried Onion Rings.

Slice onions into thin slices and separate into rings. Soak in milk for ten minutes. Shake in flour that has been lightly seasoned with dried rosemary. Fry onions until lightly browned under low flame or at 240 deg.

Then reset heat at 375 or high flame cook until batter is golden brown and crisp. NOTE: Be sure to cook the entire batch of onions lowly, the first time under a low flame in order to cook the onions throughout. After the second cooking under the high flame for the golden brown look, drain on paper toweling and season with salt. Serve while hot.

Add a dash of thyme (pronounced time).

In using spices, remember that heat increases the pungency of spices, that you use less of a dried herb than a fresh one (about one - fourth the amount).

TOP - INTEREST NEWS — Fresh fashion note is the wide banking which curves a pretty, new neckline for spring's slim and shapely sheath.

Step - in with side - pleat detail. Wonderfully wearable in cotton, silk and linen.

Printed Pattern 4958 comes in sizes 12, 14, 16, 18 and 20; 40. Size 16 requires three and five - eighth yards of 35-inch material.

* * *

BRIGHT'N' BREEZY it this frock, fitted above and flaring below.

See how the cross - over V-neckline highlights the high-waist seaming. Ideal for vivid prints or spritely solids.

Pattern No. 4742 comes in sizes 10, 12, 16, and 18. Size 16 takes four and a half yards of 35 - inch fabric.

Printed directions on each pattern part makes for easier and more accurate sewing.

SEND 35 CENTS in coins for each pattern. Add 10 cents for each pattern for first - class mailing.

Send to Anne Adams, AFRO-AMERICAN Pattern Department, 243 West 17th Street, New York 11, N.Y. Print plainly name, address with zone, size and style number.

SEA FOOD BURGERS — Hamburgers and cheeseburgers— popular for umpteen years with all age groups— has gone down to the sea in search of a "burger" to top all burgers. An excellent substitute for meat during the Lenten season, this new "burger" treat features tangy flaked fish filling in place of chopped meat, topped with the traditional melted cheese. Excellent for snack, too, the combination can be made either with ocean perch or haddock fillets. Garnish with the usual and that's all there is to it.

Crab vegetable pancakes tasty

"Crab Vegetable Pancakes" are a light but filling entree you'll be using often for Lenten suppers.

Celery, parsley, instant minced onion and crab meat, go into a seasoned egg pancake mixture. Pour the entire "batter" into a large skillet and cook until the egg is set. Then roll pancake over as a jelly roll, fold it over as an omelet, or cut into quarters and serve as a flat pancake.

Tuna, shrimp or other seafood can be used in place of the crab if you prefer. You'll find instant minced onion so delicate, mild and fresh tasting it will go with any fish.

* * *

CRAB - VEGETABLE Pancakes are made with one and one on one half tablespoons instant minced onion, one tablespoon water, one cup finely chopped celery, two tablespoons finely chopped parsley or green pepper, one cup crab meat (fresh or canned), two teaspoons soy sauce, one - eighth teaspoon paprika, one - eighth teaspoon powdered ginger, four eggs, beaten, and three tablespoons oil.

Measure instant minced onion into water and let stand while assembling remaining ingredients. Combine all ingredients except oil. Heat heavy skillet, add oil and pour in egg mixture. Cook slowly until egg is set.

Makes four servings.

BECAUSE YOU CAN'T SEE INSIDE A TIN OF TUNA...

YOU'LL WELCOME THIS NEWS FROM UNITED STATES TESTING COMPANY!

How can you be sure you're choosing the finest tuna for your family—when you can't see inside the tin?

Today you do have a guide to quality in tuna. Now Breast O' Chicken is *the* tuna that's certified for quality, flavor and texture, by the United States Testing Company.

Enjoy the satisfaction of knowing you are serving only the best o' tuna.

Choose Breast O' Chicken Tuna for your family!

CERTIFIED MERCHANDISE UNITED STATES TESTING COMPANY SEAL OF QUALITY

THE TUNA CERTIFIED FOR QUALITY, FLAVOR AND TEXTURE

Breast O' Chicken Tuna

© B-O-C TUNA, INC.

Hauswald's Sof-Twist luscious and nourishing

Looking for a loaf of bread that is truly different and better?

Then try Holsum White Enriched Bread the new loaf being made by Hauswald.

Hauswald's Sof Twist Bread is the bread to call for.

* * *

HERE'S HOW it is made: The HOLSUM Bakers take two pieces of carefully prepared dough and gently twist them together into one piece. As the dough continues its rising action and gradually blends into one piece air pockets are squeezed out — in effect setting in the flavor and freshness.

This results in a more flavorful bread . . . one with a finer texture . . . soft, but firm and with no annoying holes in the slice. As all bakers know, the big enemy of flavor and freshness is AIR. So by preparing a smoother, closer texture, air is prevented from "illiberating" the qualities the consumer looks for.

* * *

SO YOU have a bread soft but firm texture, with flavor and freshness sealed in, and no annoying holes in the slice.

You also have lasting freshness and smoothness of texture full of energy and nutrition because it is enriched with vitamins and minerals.

HAUSWALD BRINGS TO BALTIMORE

We take two rolls of dough
We twist them together
We let them rise slowly
Drying air can't get through

Holsum Sof-twist BREAD

Madison Avenue Y workshop on 'College Is Family Affair'

For high school seniors and their parents the Madison Avenue Branch of the YWCA will sponsor an afternoon workshop on Saturday, March 19, from 1 to 4 p.m. called "College is a Family Affair."

According to Mrs. Lillian Parrott, chairman of the committee on administration for the branch and principal of Douglass High School, the workshop is designed to answer questions that might arise in a family concerning sending a boy or girl to college and the planning it entails.

The public is invited and registration for the family is $1.

Said Mrs. Parrott, "Preparation for college should begin long before the child reaches college age. Colleges do not ask for geniuses but they do require better than average high school grades. It is important that parents impress upon their children the need for a college education and that they prepare with them for acceptance by colleges and for financial support."

At the workshop there will be a panel of five representatives from local colleges and high schools to discuss "Why Go to College in 1960?" "How to Choose the Right School," "Scholarships Available," "Job Opportunities to Help Finance College," "Social Aspects of College Life," and "Correct Wardrobe Selection."

* * *

MODERATOR of the panel is Dr. Clarence Fields, chairman of the Education and Psychology departments of Coppin State Teachers College. Panelists will include Miss Mabel Rodgers, student at Coppin; Mrs. Cornelia L. Smith and her daughter, Juanita Smith, a student of Douglass High School; Charles Moore, student of Douglass High School; Miss Mildred Nonnalley, student of Lumber High School; and Charles Buebard, student of Morgan College.

Coordinator of the panel is Mrs. Ethel Day, administrative assistant to the president of Coppin. To answer questions from the panel and to offer resource information will be Dr. Ruth Brett Quarles from Morgan, Mrs. Louise Perrin from Coppin, Mrs. Lillian Parrott from Douglass and Mrs. Mildred Seahorne from Dunbar.

* * *

PROGRAM FOR the day will begin with registration from 1:00 to 1:30 p.m., followed by the panel and open discussion until 3:00 p.m. A Fellowship Visit through exhibits from various colleges will end at 3:30 and a representative from Walters Academy will then offer points on wardrobe selection for the college freshman.

Mrs. Parrott emphasized, "No parents can afford to underestimate the value of a college education for their children. The YWCA, a Community Chest Agency, hopes, through this workshop, to offer the opportunity for parents and students together to look at college as truly "a family affair."

WORTH WHILE — The social club met in the home of Mrs. Pearl Gould, Monday evening.

The next session will be at 1717 Poplar Grove St., when Mrs. Evelyn Johnson will be hostess.

Mrs. Elizabeth Davis is president and Mrs. Margaret Rogers is secretary.

BREAD WINNERS—"Baking Seeds" such as Poppy, Caraway, Fennel and Sesame add their delicious aroma to these easy and inexpensive hot breads.

Bread, cheese casserole

Bread and cheese for supper?

Folks will be mortehaf happy with this combination when served as "Bread and Cheese Custard." California Sauterne wine is used as part of the custard liquid. It's an ideal choice because it delicately favors the baked casserole with its own individuality and binds the other ingredients together into a mellow blend.

Serve this meatless entree as soon as it comes from the oven. Sliced fresh tomatoes make a colorful plate accompaniment with chilled sauterne as the beverage.

MAKE BREAD and Cheese Custard with three slices bread diced (about two cups). Two cups grated Cheddar cheese, one tablespoon chopped green onion, two eggs, beaten, one and one - fourth teaspoon seasoned salt, one - fourth teaspoon dried dill, one and one-half cups milk, one - half cup California Sauterne or other white dinner wine, and one tablespoon butter.

ONLY AT
North Avenue Market . . .
Will you find
SERVICE
Friendly, personal, courteous
QUALITY
Famous for 30 years
VARIETY
In-season and out-of-season here every season
PARKING
Plenty of easy free parking on our larger lot on Maryland Ave. opposite the market
North-Maryland-20th-Charles
Daily till 6—Wed. till 1—Fri. till 7
Stores Open EVERY NIGHT

Fish steaks are suggested for top Lenten meals

During this Lenten season may we interest you in fish and eggs as meat alternates that are attractively priced.

Select from other of the best buys in liberal supply to finish out your menus with tasty foods, says, Virginia McLuckie, Food Economist, Baltimore Office, University of Maryland, Department of Markets.

There is a wide selection of fish available. You may choose from fresh water or salt water fish, fresh, frozen, canned or smoked. There is also a choice of style in which the fish is prepared for market, whole or dressed, steaks or fillets. Suggested are croakers, halibut steak, swordfish steaks and pollock fillets. In shellfish, shrimp are in generous supply and attractively priced.

* * *

FISH IS a complete protein food, supplying in addition minerals and vitamins, and in saltwater fish iodine which is a dietary essential. Fish is lean, even the fish with the highest fat content, can be used alternately as lean meat portions.

The basic rules of fish cookery are simple and the chief difference to be considered is the variation in the fat content of the fish. Fat fish are better baked or broiled, while lean fish hold their shape well in steaming, poaching and frying.

All fish is tender and need cooking only to develop flavor. Test for doneness by flaking with a fork. Once the protein has coagulated the fish is done. Overcooking makes the fish dry and tough. Temperatures that are too high will do the same. Keep the temperature under 350 degrees F. for ideal cooking conditions.

* * *

EGGS OF high quality are in abundant supply at low prices. March is Egg Month. You will find eggs particularly helpful in planning nutritious, as well as attractive and satisfying meals.

Prices in the retail stores are the lowest since the early 1950's. Grade A Large eggs are recommended best buys.

* * *

PORK IS still economically priced. The supply has been heavy. The decrease in meat consumption this year is expected to be in pork products due to increases in the pork crop.

At the produce counter the best buys are to be found in sweet potatoes, carrots, onions, and mushrooms.

The sweet potatoes remaining in storage are in greater supply than last year, with excellent quality. Use this highly nutritious vegetable often. They add flavor and color to meals. Carrots are another yellow vegetable that should be on your market list. Yellow onions are almost a necessity for seasoning and making stews and casseroles for cold weather meals. Use fresh mushrooms to enhance the ordinary foods on your menu.

* * *

THE PRICES are low for mushrooms. Add sauted mushrooms to vegetable like peas, green beans, and lima beans for variety. Lettuce is slightly lower in cost. Some California asparagus is now available, which indicates the first sign of spring has come to the markets.

The fruit counter best buys are still in the citrus family. Small to medium size oranges from Florida and California are attractively priced. Avocados are low in cost. The buttery flavor of an avocado certainly adds to a green salad in taste and texture.

* * *

THERE ARE some sales of bananas that will provide fruit at economical prices. There is a generous supply of canned orange juice and canned blended juices and prices are somewhat lower. Use these juices to replace other beverages with the exception of milk.

* * *

STEAKS FLAMINGO are made with two pounds fish steaks, one teaspoon salt, dash pepper, one cup grated cheese, two teaspoons horseradish, two tablespoons chili sauce, one fourth cup butter or other fat, melted, and one tablespoon prepared mustard.

Cut steaks into serving size portions. Sprinkle both sides with salt and pepper. Combine cheese, mustard, horseradish, and chili sauce. Place fish on a greased broiler pan about 2 inches from source of heat. Brush with butter and broil 5 to 8 minutes or until lightly browned.

ABCO TELEVISION SERVICE
MA. 3-3412

GREEN STAMPS

SAVE Valuable S&H Green Stamps for beautiful EASTER GIFTS

Acme SUPER MARKETS

OPEN FOR BUSINESS
EVERY SAT. 8 A.M. to 3 P.M.
THE SLAUGHTER HOUSE
135 S. WARWICK AVE.
SPECIALS THIS SATURDAY!
HIND PIGS FEET 5¢ EACH
SNOOTS & EARS 20¢ POUND
FACES 25¢ EACH
SPECIAL—EXTRA—EXTRA
LEAN PURE PORK SAUSAGE
3 lbs. $1.00
Deliciously Seasoned

'Interesting' bread can steal the show

An "interesting" bread can often steal the show from fancier and more expensive dishes on the menu.

One of the simplest ways to add excitement to the bland wholesomeness of the staff of life is by stirring into the dough any of the five great spice-seeds— poppy, caraway, sesame, fennel and anise.

Bring your newly - baked loaf to the table proudly and let your family and guests breathe in the aroma. That's how culinary reputations are made.

* * *

THE BAKING SEEDS are famous in breads, of course but once you have put them on your spice shelf you will be using them in dozens of other dishes.

Have you used caraway in sauerkraut, cheese or new cabbage; scattered toasted sesame over salad greens to add nutty noodles lightly showered with poppy seeds? These well-known uses are mentioned just to encourage you to go on and try new tricks of your own.

Anise, caraway, and fennel seeds can be had in either whole or ground form. Poppy seeds are sold in whole form, though it's possible to buy a grinder in certain shops in big cities catering to Central Europeans.

Sesame seeds are used whole because they're best that way. The nut - like flavor is intensified if they are lightly toasted. Spread them thinly in a pan and bake about 20 minutes in a moderate oven.

Better clip these recipies for hot breads which come to us from the test kitchens of the American Spice Trade Association. You'll make a hit with any one of them:

* * *

FOR FENNEL SEED MUFFINS use two cups sifted flour, one fourth cup sugar, one tablespoon baking powder, one half teaspoon salt, one fourth cup melted butter or margarine, one egg, and and one cup milk.

Sift together flour, sugar, baking powder and salt. Add butter or margarine, egg and milk. Stir all ingredients just until all age blended. Fill greased muffin tins two thirds full. Bake in a preheated hot (400 degrees F.) oven for 20 to 25 minutes.

YIELD: 12 muffins.

* * *

SESAME SEED LOAF, is made with two tablespoons butter or margarine, three fourths cup sugar, one egg, one and one half cups milk, three cups sifted flour, three and one half teaspoons double - acting baking powder, one teaspoon salt, one third cup toasted sesame seed, and toasted sesame seed for garnish.

Melt butter or margarine. Add sugar and egg and blend well. Add milk and beat. Sift together flour, baking powder and salt and add to mixture. Fold in sesame seed.

Pour into a 9x5x3-inch well greased loaf pan. Sprinkle toasted sesame seed on top. Bake in a preheated moderate (325 degrees F.) oven for one hour and 5 minutes or until done.

YIELD: 1 loaf.

* * *

MAKE POPPY SEED BISCUITS with one package refrigerated biscuits, two and one half teaspoons melted butter or margarine, two and one half teaspoons corn syrup, and five teaspoons poppy seed.

Split each biscuit in half. Brush each with the melted butter or margarine and corn syrup. Sprinkle one fourth teaspoon poppy seed on each. Place each split biscuit back together so as to have 10 biscuits.

Bake on an ungreased cookie sheet in a preheated hot oven (475 degrees F.) for 10 to 12 minutes.

YIELD: 4 to 6 servings.

CARAWAY CHEESE ROLLS require two cups sifted flour, one tablespoon double acting baking powder, one teaspoon salt, six tablespoons butter or margarine, two thirds cup milk, two teaspoons caraway seeds, and one cup grated Cheddar cheese.

Sift together flour, baking powder and salt. Cut in butter or margarine. Stir in milk and caraway seeds. Knead for 10 to 12 seconds.

Roll out one fourth inch thick and sprinkle cheese over all. Cut one and one half inches wide and twist to make a long roll.

Place on an ungreased cookie sheet and bake in a preheated hot oven (450 degrees F.) for 12 to 15 minutes.

YIELD: 6 servings.

Mueller's has taste treat in macaroni, cheese dinner

Here's something exciting, something new — from Mueller's.

A new Macaroni and Cheese Dinner — in one package — that takes all the work out of making old - time oven macaroni dishes.

Easy does it—in three simple steps. Add the generous can of Mueller's special cream (creamy) cheese sauce to cooked Mueller's Elbow Macaroni—top with bread crumbs —and bake.

And wait 'til you taste the tender, light, tangy macaroni and cheese that comes golden brown and bubbling to your table.

Wait 'til you try one of the easy, tasty recipe variations on the package or dream up your own. This dinner is a "quick - change" artist — so easy to vary. Your family and guests will love new Mueller's Macaroni and Cheese Dinner anyway you serve it.

And you'll love the time and trouble it saves. Make sure they're Mueller's. At your store look for the familiar Mueller's red - white and blue package—new Mueller's Macaroni and Cheese Dinner.

NEW 'WHISPERING' BREAD!
Squeeze Tip-Top and get the message!

"Fresh-h-h-er" from our new Tender Bake method!

Do we really want you to squeeze Tip-Top right there in the store? You bet we do! "Fresh-h-h-er," Tip-Top whispers, and fresher it is. Our special Tender Bake method bakes new freshness and flavor right into every loaf. But please don't take our word for it—squeeze it yourself! Hear the whisper? Then serve Tip-Top, the bread that says "Fresh-h-h-er" to your bread-lovin' family.

Women who love their families set a Tip-Top table.

"Tip-Top" TM Reg. U.S. Pat. Off. © 1960 Hart Baking Company

REPORT gas leaks at once

If you smell the odor of Gas in or near your home,

call MU-Iberry 5-0123

If busy, call LExington 9-8000

24-hour emergency service every day in the year

BALTIMORE GAS AND ELECTRIC CO.

Who's famous for the RICHEST, CREAMIEST-TASTING COFFEE? *You are . . .* with double-rich PET Milk!

Wait till your family and friends taste—your good coffee made doubly delicious with double-rich PET Evaporated Milk! They'll be singing your praises while they pass their cups for more. PET Milk gives coffee the creamy color, rich mellow flavor your folks like in "coffee with." Try it right now and get . . . coffee at its *very best* is coffee with PET!

PET EVAPORATED MILK

"PET"—Reg. U. S. Pat. Off. Copr. 1959, Pet Milk Co.