You don't have to be Jewish, to enjoy passover foods

With Jewish Passover starting April 17, the Maryland Seafood Marketing Authority has collected several outstanding fish recipes, including four different recipes for Gefilte Fish.

The Seafood Marketing Authority, a Division of the Department of Economic and Community Development, notes that many famous Jewish Fish recipes come from Jennie Grossinger's cookbook "The Art of Jewish Cooking." Ms. Grossinger suggests two Gefilte fish recipes for the Passover season. They are:

GEFILTE FISH

Two pounds whitefish, two pounds pike, two pounds winter carp, five onions, two quarts water, four teaspoons salt, one and one half teaspoons pepper, three eggs, three fourth cup ice water, one half teaspoon sugar, three tablespoons matzo or cracker meal, three carrots, sliced.

Have the fish filleted but reserve the head, skin and bones. You may use any combination of fresh-water fish although this combination is most popular.

Combine head, skin, bones, and 4 sliced onions with 1 qt. of water, 2 tsps. salt and ¾ tsp. pepper. Cook over high heat while preparing the fish.

Grind the fish and remaining onion. Place in a chopping bowl and add the eggs, water, sugar, meal and remaining salt and pepper. Chop until very fine; this is important for fluffy fish. Moisten hands; shape mixture into balls. Carefully drop into fish stock. Add the carrots. Cover loosely and cook over low heat 1½ hrs. Remove the cover for the last ½ hr. Taste to correct seasoning. Cool the fish slightly before removing to a bowl or platter. Strain the stock over it. and arrange carrots around it Chill. Serve with horseradish.

You can serve 12 people generously but the fish keeps for a few days so you might as well make this amount even for fewer people.

BAKED GEFILTE FISH

Three pounds halibut or pike fillets, one onion, two slices white bread soaked in water, one half cup water, two and one half teaspoons salt, one half teaspoon pepper, one egg, two tablespoons salad oil, two onions, sliced, one green pepper, diced, one cup canned tomato sauce.

Grind the fish and onion. Transfer to a chopping bowl and add the soaked bread squeezed dry, 1½ tsps. salt, ¼ tsp. pepper and the egg. Chop until fine and smooth. Shape into 12 balls.

Combine the oil, sliced onions, green pepper, tomato sauce and remaining salt and pepper in a baking dish. Arrange the balls in it.

Bake in a 325 degrees oven 45 mins. Baste frequently. Serves 6.

Ms. Grossinger also suggests Boiled Carp with horseradish as a Passover speciality. The high protein, low calorie meal is very quick and easy to prepare.

BOILED CARP

Four onions, sliced, two beets, peeled and sliced, three cups water, two teaspoons salt, one half teaspoon pepper, six slices carp.

Combine the onions, beets, water, salt and pepper in a deep skillet. Place the fish in it. Cover, bring to a boil and cook over low heat 45 mins., removing the cover after 30 mins. Serve hot or chilled. Serves 6.

ON THE EASTSIDE

Mrs. Underwood good neighbor

By GEORGIANNA MOODY

Mrs. Martha Underwood feels that to serve humanity one must serve the community where people can be reached.

Mrs. Underwood has devoted most of her life serving people who needs her most. She is a life long member of the Fountain Baptist Church and has served on most of its clubs and organizations.

Besides her church participation she is very concerned with life in the community, as a 20-year member of the Eastside Committee Inc., the last 10 years as vice-president.

She finds joy working with the Annual Blue Ribbon Tea. Our good neighbor's services spreads in many directions and especially in the area of aiding delliquent children. She has long believed that every child should, in on way or another be exposed to some cultural program.

Mrs. Underwood takes a deep interest in music. For nine years she has attended a summer music guild at Hampton Institute. Working with the Afro Clean Block and with the National Council of Negro Women of Baltimore are also concerns of hers. She, of course is a devoted member of the NAACP.

Despite community work and her employment as a crossing guard sometime ago and a beautician, Mrs. Underwood has never overlooked her home and family on E. Oliver St.

Her husband Frederick who has been employed by the Gas and Electric Co. for 30 years is proud of her.

Her son Edward is now a fireman with Baltimore City. Mrs. Underwood has one sister, Amanda who is the wife of the Rev Marcus, pastor of Little Ark Baptist Church.

Our good neighbor deserves a standing ovation for the way she has pledged herself in helping to make this world a better place to live.

Happy birthday greetings to our many friends who'll celebrate their anniversaries in April:

Stephane Moore, April 5; Charlotte Johnson, April 6; Carlene Young, April 10; Donna Cates, April 12; Elizabeth Molock, April 15;

Traci Coates, April 15; Hilda Lewis, April 16; Kim Dickerson, Aril 16; Denise Watson, April 17;Inez Colyns, April 17,

Babara Grier, April 19; William Turnage, April 12; Warren Holly, April 14; Amos Wallace, April 14; Ronald Coates, April 15; Gleen Steeles, April 18; Matthew Polk, April 18; Kevin Tyer, April 19 and Cary McGay, April 19

The Timothy Baptist Church extends its get well wishes to: Mesdames: Delia Bailey, Md: General Hospital; Lula Mae Hill, 1129 Tiffany Court; Bessie Vaughn, 1128 Gilmor St.; Dorothy Johnson, 1617 Normal Ave.; Mary Adams, Fernhill Ave.; Helen Eason, Century Nursing Home; and Daisy Hawkes.

Faith Baptist Church wishes speedy recovery to: Mesdames: Annie Hatcher, Rosanne Hatcher, Rosanne and Marie E. Booker, John Hopkins Hospital; Alice Jennings, Crownsville State Hospital; tal;

Martha Phillips, Good Samaritan Hospital; Annie Martin. City Hospital; Louvenia Faidley, Mt. Wilson Hospital; Mollie Watson, Harbor View Nursing Home;

Alice Baker, Bolton Hill Nursing Home; Pearl Moore, 1538 Pentwood Road; Viola McCormick, 2340 Ivy Ave.; Susie Smith, 1050 N. Ednen St.;

Rosie Hicks, White Marsh; Bessie Shelton, 2009 E. Eager St.; Mollie Price 1100 E. 43rd St.; Maggie Hughes, 816 W.t. Holly St.; Elnora Booker, 1751 E. North Ave.;

Margaret Roberts, 1706 E. Oliver St.; Benjamin Carr, Fort Howard Hospital; James Williams, Fort Howard Hospital; Thomas Melvin Key, Circle Nursing Home: Benjamin Graves, Mt. Wilson Hospital; Ben Brooks, Veterans Hospital, Loch Raven Blvd; Willie Watkins, 2934 E. Preston St.; and Harvey Fitzgerald, 1100 E. 43rd St.

English poetry readings

Two professors of English, Barbara Lefcowitz and David Hilton ,will give readings from their own poetry in Anne Arundel Community College's Humanities Lecture Hall 112 on Mon., April 16, from 12 to 1 p.m. Sponsored by the College's Public Events Committee, the readings are free to the public.

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CLOROX BLEACH plastic gallon 55¢

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ESSKAY BONELESS POT ROAST $1.29 lb.
SUNKIST 3-CORNER BEEF ROAST $1.29 lb.
ESSKAY'S PURE PORK SAUSAGE HOT or MILD lb. roll 89¢

MORRELL'S PRIDE ALL MEAT FRANKS lb. pkg. 89¢
COMBINATION PKG. CHICKEN LEGS & BREASTS lb 69¢

EVAPORATED PET MILK 5 tall cans $1
JACK O' LANTERN YAMS 40-oz. can 57¢
LUTER'S ALL MEAT FRANKS lb. pkg. 99¢
BUTTER'S VAC PAC BOLOGNA, COOKED SALAMI, SPICED LUNCHEON 12-oz. pkg. 89¢
LUTER'S SLAB BACON BY THE PIECE lb. 89¢

SUBURBAN CLUB ASSORTED SODAS 10 12-oz. cans 99¢
ASSORTED HI-C DRINKS 3 46-oz. cans $1
GOLDEN SCEPTER SALMON half size can 99¢
FRESHLY MADE GROUND BEEF IN 3 LB. PKG. or MORE lb. 89¢
HAM BOLOGNA 79¢
AMERICAN CHEESE 89¢
CAMPFIRE MARSHMALLOWS 16-oz. pkg. 25¢
MARYLAND'S CUT GRADE ASPARAGUS SPEARS 14½-oz. can 45¢
BUTTER'S CATSUP 2 14-oz. btls. 49¢
GOETZE'S BREAKFAST SAUSAGE 2 lb. roll $1.39
ESSKAY'S BREAKFAST LINKS 8-oz. pkg. 59¢
PEPPER LOAF 69¢

PUNCH DETERGENT 89¢ WITH THIS COUPON GOOD ONLY AT FOOD-A-RAMA STORE ONLY. Offer expires Sunday, April 15th, 1973.
10X or BROWN SUGAR 1-lb. box 24¢
INDIAN MAID - OVEN-READY TURKEYS 17-lbs. and up 59¢ lb.
CAKE MIXES DUNCAN HINES 3 $1 WITH THIS COUPON GOOD ONLY AT FOOD-A-RAMA STORE ONLY. Offer expires Sunday, April 15th, 1973.
TOILET TISSUE WALDORF 12 rolls $1 WITH THIS COUPON GOOD ONLY AT FOOD-A-RAMA STORE ONLY. Offer expires Sunday, April 15, 1973.
MASH'S CORNED BEEF LOW SALT lb. 99¢
MAXWELL HOUSE INSTANT COFFEE 10-oz. jar 99¢ WITH THIS COUPON GOOD ONLY AT FOOD-A-RAMA STORE ONLY. Offer expires Sunday, April 15, 1973.
WINDOW CLEANER AJAX 39¢ WITH THIS COUPON GOOD ONLY AT FOOD-A-RAMA STORE ONLY. Offer expires Sunday, April 15th, 1973.
MASH'S & ESSKAY'S SILVER LABEL FULLY COOKED HAMS BUTT HALF lb. 89¢
AJAX CLEANER ALL PURPOSE 14-oz. can 39¢ WITH THIS COUPON GOOD ONLY AT FOOD-A-RAMA STORE ONLY. Offer expires Sunday, April 15, 1973.
AJAX LIQUID FOR DISHES 12-oz. can 39¢ WITH THIS COUPON GOOD ONLY AT FOOD-A-RAMA STORE ONLY. Offer expires Sunday, April 15th, 1973.
SMALL - LEAN SPARE RIBS 1 TO 3 LBS. $1.09 lb.
LUTER'S - HOT or MILD PURE PORK SAUSAGE lb. 89¢

FOOD-A-RAMA'S FROZEN FOODS SPECIALS
BANQUET BUFFET SUPPERS CHICKEN 'N DUMPLING, BEEF STEW, SLICED TURKEY, SALISBURY STEAK & VEAL PARMIGIANA 2 lb. pkg. 99¢
FROSTY ACRES VEGETABLES CHOPPED & LEAF SPINACH, LIMA SPINACH, A CUT OKRA Your Choice 5 for 1
FISH PORTIONS breaded 2 for 79¢
FISH STICKS breaded 1-lb. pkg. 79¢
Swanson Dinners FRANK 'N BEANS, SPAGHETTI & MEAT, MACARONI & CHEESE and NOODLE & CHICKEN Your Choice 37¢
NABISCO SPECIALS NABISCO VANILLA WAFERS SALTINES Your Choice pkg. 39¢

DAIRY SPECIALS
DULANEY VALLEY FRESH MILK ½ gal. container 59¢ plus deposit & tax $1.19
LENTEN SPECIALS HADDOCK STEAKS breaded 12-oz. pkg. 89¢
PERCH FILLETS breaded 12-oz. pkg. 99¢
SHRIMP 2 lbs. $4.29
KRAFT'S ORANGE JUICE half gallon jug 79¢
MRS. FILBERT'S MARGARINE SOLIDS pound pkg. 27¢

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FRESH CAUGHT—SPLIT SHAD 29¢ lb.
GOETZE Bologna or Spiced Lunch Meats 55¢ 6-oz. pkg.
Sliced Bacon GWALTNEY $1.29 1-lb. pkg.
BREAKFAST 8-oz. pkg. Esskay Links 59¢

Esskay Franks 1-lb. pkg. $1.19
Esskay Bacon Sliced 1-lb. pkg. $1.35
SINGLETON Stuffed Flounder 8-oz. pkg. 65¢
(IN THE PIECE) Goetze Liverwurst lb. 79¢
BIG DADDY Goetze Frankfurters 1-lb. pkg. $1.19
12-OZ. PKG. PICKLE LOAF OR Armour All Meat Bologna 89¢
NATURAL CASING (SLICED TO ORDER) Esskay Liverwurst ½ lb. 79¢
SAVE!—FABRIC SOFTENER FINAL TOUCH ½ gal. cont. $1.47
SAVE! CLEANER MR. CLEAN LIQUID 40-oz. btl. 98¢
SAVE! SPIC & SPAN CLEANER 54-oz. box 99¢

Mash's Semi-Boneless Ham Butt Half $1.09 lb.
OSCAR MAYER—VARIETY PACK Lunch Meat ROUND or SQUARE 12-oz. pkg. $1.29
U.S. GOVT. INSPECTED GRADE "A" LARGE Roasting Chickens 5-6 lbs. 69¢
FRESH SLICED TO ORDER American Cheese ½ lb. 59¢
SOFT WHIPPED Mrs. Filbert's Oleo 1-lb. pkg. 45¢
GAYLORD FROZEN Green Peas 10-oz. pkg. 19¢
SAVE! GAYLORD Mayonnaise qt. jar 49¢

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