

Try These Three for Delicious Dinners



When it's time to provide your family with a meatless meal, chances are that fish is on the menu. And when fish is about to be served, keep in mind that a lot of such delicate flavor must be seasoned to perfection.

Monosodium glutamate brings out all the sweet natural "fresh caught" flavor of the fish. Add a fancy touch to your favorite kind of fish steaks with a wonderful sauce made of sour cream enlivened with chives, dill, or parsley.

Serve with baked potatoes, creamed spinach, molded fruit salad, corn muffins, and spice cake for dessert.

BROILED FISH STEAKS WITH SOUR CREAM SAUCE
(6 SERVINGS)

6 fish steaks, fresh or frozen (allow to thaw if frozen) Monosodium glutamate.

SOUR CREAM SAUCE

1/2 pint sour cream
1/2 teaspoon monosodium glutamate
1/2 teaspoon salt
1 teaspoon lemon juice
1/2 teaspoon dry or 1 teaspoon fresh herbs, minced (chives, dill, or parsley)

Prepare sauce by combining sour cream with monosodium glutamate and seasonings. Brush steaks with oil or melted butter and sprinkle with monosodium glutamate and a little lemon juice. Place fish on preheated broiler pan.

Broil about 2 inches from source of heat approximately 5 minutes, or until fish is done. Sprinkle with salt and pepper and serve with Sour Cream Sauce.

NOTE: It is not necessary to turn steaks if broiler pan is preheated. Fish should flake easily with a fork, but should be moist.



Beef and Peppers Roma, a tasty and economical skillet dinner, is easy to prepare and cooks quickly. Deliciously seasoned ground beef balls combine with green peppers, tomatoes and mushrooms in a zesty spiced tomato sauce.

Italians make liberal use of hot peppers in their cuisine, and the effect is duplicated here with liquid pepper seasoning made from tiny hot red peppers grown in Louisiana.

BEEF AND PEPPERS ROMA

1 teaspoon liquid pepper seasoning, divided
1 pound ground beef
1/2 teaspoon salt
1/2 cup grated Parmesan cheese
2 tablespoons minced parsley
1/2 cup packaged dried bread crumbs
1 egg beaten
1 medium onion, chopped
1 can (1 pound) tomatoes
1 can (8 ounces) tomato paste
1 can (8 ounces) mushrooms

4 green peppers, cut into lengthwise pieces
1/2 teaspoon Italian seasoning
1/2 teaspoon sugar
1 bay leaf
1 clove garlic

Prepare meat by sprinkling 1/2 teaspoon liquid pepper seasoning over ground beef. Add salt, cheese, parsley, bread crumbs and egg; mix well. Shape into 12 small balls. Brown meatballs in hot oil in large skillet. Remove and set aside.

Saute onion until tender; add tomatoes, tomato paste, mushroom liquid pepper seasoning and other seasonings. Bring to a boil; add green peppers and mushrooms; cover and simmer 10 minutes, stirring occasionally.

Remove bay leaf and garlic clove; add meatballs and simmer 10 minutes longer. Serve with noodles. YIELD: 4 generous servings.



Here's a wonderful tuna-corn casserole, easy as can be to make, and economical, too. Delectable morsels of convenient canned tuna provide hearty good taste and good nutrition, too.

One serving of tuna provides more complete protein than a comparable serving of red meat. The casserole takes only minutes to prepare and then the oven does the work for you.

The result — a marvelous dish with old-fashioned flavor reminiscent of Grandma's corn pudding, combined to a "T" with the delicate taste of the tuna. Tomato slices add a cheery note of color. Serve with a green salad and you'll have a meal to remember!

TUNA-CORN COUNTRY CASSEROLE
2 eggs

1 can (10 1/2 or 11 ounces) cream of mushroom soup, undiluted
1/2 cup milk
1 can (3 pound) cream-style corn
2 cans (8 1/2 or 7 ounces each) tuna in vegetable oil
1 cup soft bread crumbs
2 medium tomatoes, sliced
1/2 teaspoon sugar
1/2 teaspoon salt
1 teaspoon butter or margarine

Beat eggs; stir in soup and milk. Mix in corn, tuna and bread crumbs. Turn into buttered shallow casserole 10x6x1 1/4 inches. Bake in moderate oven (350° F.) 45 minutes; remove.

Cut tomato slices in half; place around edge of casserole. Sprinkle tomato slices with sugar and salt; dot with butter. Return to oven and bake 15 minutes longer.

YIELD: 6 servings.

Use Swift Searing for Cooking Steak

A quality steak deserves quality cooking—swift searing at high heat to bring it to charcoal-brown doneness on the outside and juicy pink or red tenderness on the inside.

The broiler of a modern electric range does just that—consistently. Features to look for in the broilers of electric ranges are instant high heat, throw-away foil linings, spatter-proof pans, adjustable broiler racks, and variable broiler heats.

For Clean Sweeps

To clean shoebrushes, soak them in warm, sudsy water to which a few drops of turpentine (or mineral spirits) have been added.

Look, No Search

If linens are soiled, cut an onion in half and rub the parts well with this; then soak in cold water, and usually the soiled spot will disappear.

Ease Housekeeping With Rest Period, Background Music

According to many psychologists and medical authorities, music makes you happier, livelier, and more content, and a short nap with music in the background is more relaxing than a tranquilizer.

Therefore, a little music can lighten your spring cleaning load.

Do not let the hum of your vacuum cleaner and the whirr of your floor polisher get you down. Take music breaks. Turn off the appliances and turn on the records.

Lie down on the couch, close your eyes and let some restful and relaxing music soothe you. A record break can also be combined with a coffee break for those vital periods of personal "recharging."

New Hair Style Great for Spring

Here's how to make a shy hairdo show for spring. Brush your hair thoroughly. Backcomb, strand by strand, spraying each lightly teased tress.

When you have a field of fronds brush your hair up, up, up—quickly and lightly. Continue until all hair, sides and back, meet at the top.

MOLD A smooth, tall turban by brushing hair round and round. If needed, hold in place with gold or decorated bobby pins. Let the ends curl on top.

It's a brand new high-rise coiffure you can do yourself in minutes. Spray the finished 'do to hold it high and handsome in the spring breezes.

Begin with Egg Yolk To Thwart Curdling

If your homemade mayonnaise curdles while you are making it, try this suggestion:

Start with either an egg yolk or a tablespoon of water or vinegar. While beating on the slow speed of your electric mixer, add the curdle mixture slowly and the mayonnaise will reform.

Remember, adding the egg yolk or liquid to the curdled mixture won't do any good at all. It must be done the other way around.

Give Your Floors Beauty Treatment

Schedule beauty treatments for your hardwood floors as conscientiously as you do for your complexion. Clean them with cleaning wax three or four times a year.

In between treatments, dry dust the floor with a mop. For a quick beauty "touch-up," re wax traffic areas, like hallways and doorways.

Sliding Doors Add Charm to Rooms Opening Outdoors

You can add a new dimension in home grace, spaciousness and design with aluminum sliding glass doors.

The doors can be used in the living room, dining room, bedrooms, family room—most any room that opens onto a porch, patio, deck or terrace.

Aluminum sliding glass doors offer all the advantages of glamour to indoor-outdoor living in any climate.

Trick for Pictures

Your pictures won't slip and hang crookedly if you'll wrap a little adhesive tape around the center of the picture wire.

Sound Conditioning Proves Sound Idea

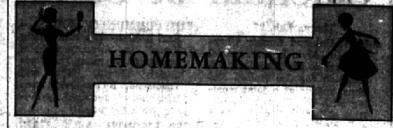
You can decorate and sound condition your home in one easy step with acoustical insulation board ceiling tile.

It's manufactured in several hundred patterns to match any room decoration. Acoustical insulation board ceiling tile absorbs up to 70 per cent of excess noise that strikes it.

Wallpaper Gives Illusion of Depth

With thousands of people from the provinces added to the crowded city of Paris each year, more Parisians must make do with less living space, and are adapting to the change through wallpaper.

An American wallpaper company reveals that French paper manufacturers are featuring designs intended to give cramped interiors an illusion of depth, distance and outdoor living.



Are You a Collector Of 'Antique' Utensils?

Are you a collector of antique kitchen utensils? If you don't know, here's a short quiz to help you find out.

1. If your kitchen tools have wooden handles, has the paint worn off the handles, exposing the bare wood? (If the bare wood has not been sufficiently, score 10 points. If it's just plain chipped off, score 3).

2. Are the tools themselves rusty and bent? (Here, again, score 10 points for artistically rusted tools; 3 points for looking like the cat dragged them in.)

3. Do your mesh strainers have holes large enough to strain whole lemons? (Score 6 points for strawberry-size holes; 1 point for lemon.)

4. Do your pots and pans have a tendency to burn food rather than cook it? (4 points if you like burned food; 10 points if it's only slightly scorched.)

IF YOUR TOTAL score is 26, you are definitely an antique kitchen utensil collector. But if your score is only 11 points, consider yourself an old-fashioned accumulator.

In either case, you, along with millions of other American housewives, all suffer from the same disease: An inability to discard old, worn, and inefficient kitchen equipment.

In a survey of homemakers from coast-to-coast, it was pointed out that women would never serve their guests food on cracked and broken plates.

But, when it comes to discarding old kitchen tools in favor of new tools available with color-coordinated handles, these same women are helpless.

If the kitchen utensils finally become too disreputable to hang on the wall, some housewives will then stiffen those lifeless crocheted dollies.

WHAT WOMEN should do is to take the same pride in their cooking utensils as they do in their food preparation. They should get rid of the broken pots, pans, and kitchen tools.

Cooking and serving is a lot easier with shiny new stainless steel cookware with radiant heat cores, sharpened-edged knives, and new cook and serve tools.

Homemakers should throw away (not hide-away) bent and rusted kitchen tools. Decorate-designed tools add color to the kitchen in addition to making cooking fun again.

About the only women not guilty of collected dilapidated kitchen tools are new brides. They usually start married life with beautiful new kitchen equipment, provided by gift-giving friends.

Stiffen Up Lifeless Crocheted Dollies

There are several good ways to stiffen those lifeless crocheted dollies. One mixture calls for a tablespoon of flour, tablespoon of cornstarch, two-thirds cup of salt, and a cup of water. Put this on the stove and stir until it comes to a boil. When cool, dip your dollies into it. Easier solutions for the dipping are epsom salts (saturated), melted paraffin, laundry starch, or a thick sugar syrup.

Watch Those Eyes When Watching TV

It's a good idea, while watching TV, to rest your eyes frequently by looking away from the set momentarily now and then. Don't view your screen from a spot too far to one side—but station yourself as near to the direct front of the screen as possible.

This will help prevent eyestrain. Also, sit from six to ten feet away—depending upon the size of the screen.

Wrinkle-Less Way

When putting a suit on a hanger to go in a suitcase or garment bag, do not button the coat. Instead, lap the buttonhole side of the coat well over the other side and it will wrinkle less.

Spotty Problem?

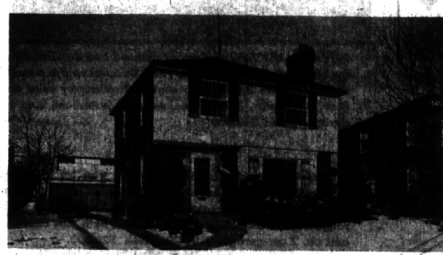
Stubborn paint spots on clothing will usually yield readily to a mixture of turpentine (or mineral spirits) and ammonia. Rub this well into the fabric before cleaning.



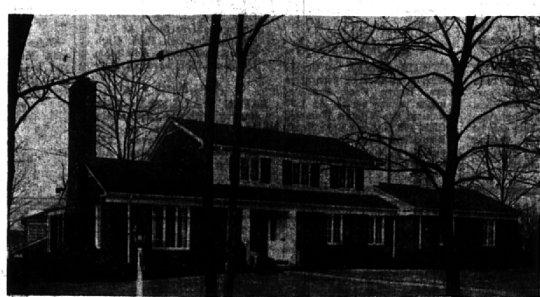
A MAGNIFICENT MANSION NEAR BEAUTIFUL CRANBROOK—on high wooded site. Nine bedrooms, eight bathrooms plus separate, charming GUEST HOUSE. New modern kitchen with butler's pantry. Live luxuriously in this tremendous home. It has everything!



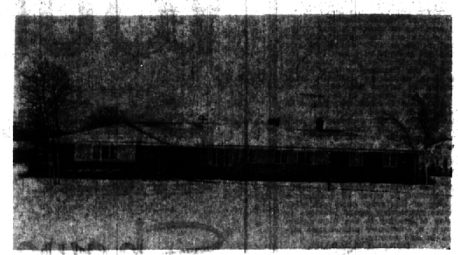
A FOXCROFT THOROUGHbred. Immaculate three bedroom home. Fresh decor—interior and exterior. Shade trees and a dandy summer porch. Style, location and price appeal. \$27,900.



MOTHER'S NOT A TAXI DRIVER HERE! Walking distance to schools and town. A real family neighborhood. Three nice size bedrooms. Recreation room with built-ins. In sparkling condition and owners are moving out of state, so it's yours at \$23,900.



THIS BLOOMFIELD VILLAGE HOME IS ONE IN A MILLION! Three bedrooms (first floor master suite) and 2 1/2 baths. Gorgeous oak-paneled entrance hall and stairway. Completely Air Conditioned. 800# Trion air-filter. Lawn sprinkling system. DON'T MISS IT! \$55,000.



BE SURE TO SEE this superb home in Bloomfield Township. Three bedrooms and 2 1/2 baths. Separate dining room, library and two fireplaces. 18 foot screened porch. Marvelous kitchen with built-in oven, range and refrigerator. Quick possession and a SWIMMING POOL!

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