

At Home With Trudy McNall



Baked Stuffed Fish

By TRUDY MCNALL

Variety is the spice of life, and most important thing to remember is that it is also one of the keys to successful meal planning. Very few people realize how many varieties of fish are available on the market. Only about 7 species of fish are well known to the average homemaker from coast to coast, although there are actually some 160 varieties sold in the United States.

Although the flavor, texture, appearance, and size vary according to the fish, the fundamental rules for cooking fish are few and easy to follow. The

BAKED STUFFED FISH

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|----------------------------------------|
| 2 c. toasted bread cubes |
| 1 t. salt |
| 1 t. crumbled whole basil |
| 1/4 t. ground thyme |
| Dash pepper |
| 3 T. butter |
| 1/2 c. diced fresh tomatoes (optional) |
| 3 to 4 pound whole fish, dressed |
| Lemon slices |
| Egg Sauce |

Toast bread after cutting into cubes. Add salt, basil, thyme, pepper, butter, and tomatoes to fish. Wash fish inside and out both the outside and the cavity. Rub lightly with salt and pepper to taste. Fill lightly with stuffing. Sew the opening with needle and thread or close with skewers. Place fish in greased baking pan. If you like, put aluminum foil over the fish. Preheat oven to 350 degrees. Bake for 1 hour or until fish is "flaky." Remove to serving platter and garnish with lemon slices, parsley buttered potatoes and parsley. Serve with Egg Sauce. Yield: 8 servings.

EGG SAUCE

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|--------------------------|
| 2 T. butter |
| 2 T. flour |
| 1 c. milk, scalded |
| Dash pepper |
| 1 hard-cooked egg, diced |
| 1 T. lemon juice |
| 1/4 t. salt |

Melt butter, blend in flour. Stir in milk, cook stirring constantly until mixture thickens. Add salt, pepper and lemon juice. Serve over fish.

LOOK FOR QUALITY WHEN YOU BUY FISH. When you're buying fish (fresh fish that is) you can determine its quality by its appearance. When you buy a whole fish, select one that has bright, clear and bulging eyes and reddish-pink gills. The scales should be tightly together and look "bright" and shiny. And the flesh ought to be firm and elastic and have a fresh odor.

IF YOU ARE buying fish steaks or fillets, check on the statements on the subject issued during the past year.



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Daily Mass

Calendar

Names of the Rochester Diocese whose names are listed below died on the date indicated. Your prayers are requested for them.

Sunday, Jan. 10 — Feast of the Holy Family (white). Gloria, 2nd prayer of 1st Sunday after Epiphany, Creed, Preface of Epiphany, 1946 — Rev. Alexander McCabe.

Monday, Jan. 11 — Mass of Epiphany (Jan. 6) except 2nd prayer of St. Hyacinth, no creed, 1945 — Monsignor William McPadden.

Tuesday, Jan. 12 — Mass of Epiphany except no creed, 1945 — Rev. Patrick Lett.

Wednesday, Jan. 13 — Baptism of Our Lord (white). Gloria, Creed, 1941 — Rev. Patrick McCormick.

Thursday, Jan. 14 — St. Hilary (white). Gloria, 2nd prayer of St. Felix, Creed.

Friday, Jan. 15 — St. Paul, hermit (white). Gloria, 2nd prayer of St. Mauritius, 1943 — Rev. Jacob Staub, 1948 — Rev. William Killaskey.

Saturday, Jan. 16 — Saturday Mass of the Blessed Virgin (white). Gloria, 2nd prayer of St. Marcellus.

COURIER-JOURNAL

Friday, January 8, 1960

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Liberalize Immigration

Manila — (NC) — Catholic students and alumni from 40 countries issued a formal statement here calling on the world's governments to liberalize immigration policies.

The appeal was made in a World Refugee Year resolution unanimously adopted at the world assembly of Pax Romana, international movement of Catholic students and intellectuals.

The resolution held that the World Refugee Year "can only provide the impetus" for solving the problem of resettling displaced persons, and that the solution will require work.

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The Weekly Note from Mr. Popel

Understanding, as defined by Webster, is the intellectual power or the capacity ... to form reasoned judgments. The art of listening and understanding is almost lost in our modern society.

We are all the talkers, and we are all the persuaders. Some of us spout ideas completely foreign to even ourselves, while others cannot express the richness of their own mind. Very rarely do we find someone who expresses the knowledge of his own thoughts. Talk is cheap. Seldom do we try to understand the reason behind someone's actions. We merely sit in judgment and say "he was wrong" or "he was right." Too seldom have we no ear for the other fellow. We are too much in a hurry to impress him with our own thoughts.

A little sympathetic listening could result in more understanding and fewer arguments, enemies and wars.

Frank G. Stropell, Pres.

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