



At Home With Trudy McNall

Butterfly Shrimp

(Trudy McNall is seen daily, Monday through Friday, on "Home Cooking" at 2:30 p.m. on WROC-TV.)

Lent is full of meatless days. Sometimes it is hard for we homemakers to find enough variety to prevent family-meals from becoming boring and monotonous. It shouldn't be that way, really. There are so many protein mainstays to fall back upon—and each can be cooked in a variety of ways.

Here's the time to get thinking about unusual sauces to give color, variety and flavor to fish, vegetables, egg and cheese dishes. Last week I promised to help you with your LENTEN MENUS. So here are some more suggestions. I think and hope that they will make your Lenten meals delectable, if that's what you'd like them to be. Just try them—and see.

A meatless main dish that will be a deluxe treat on any Lenten menu is new "CRUNCHY FRIED BUTTERFLY SHRIMP." The crisp and tasty crust is made with finely crushed round buttery crackers into which the shrimp are dipped after coating in an easy-to-make batter. Extra good eating—and extra easy to prepare! Here's how:

- CRUNCHY FRIED BUTTERFLY SHRIMP**
- 2 lbs. raw shrimp
 - 4 c. finely crushed Hi Ho Crackers
 - 1 c. flour
 - 1/2 t. salt
 - 1/2 t. sugar
 - 1 c. ice water
 - 1/4 t. prepared mustard
 - 1 egg, beaten
 - 2 T. melted butter
 - Fat for frying
- Clean shrimp, leaving tail intact. Cut a slit through center back of shrimp without severing. Spread soup over fish; sprinkle either end. Dry well. Crush with cheese, parsley and paprika.

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DELUXE ADDITION TO MEATLESS MENUS

BAKED-FISH AU GRATIN
1 lb. haddock fillets
1 can Cream of Celery Soup
1/4 c. shredded process cheese
1/2 t. chopped parsley
Dash paprika

ks. Bake at 350 degrees for 45 minutes. Note: If fish fillets are thin reduce baking time to 30 minutes.

MUSHROOM CHEESE FONDUE
4 eggs, separated
1 c. shredded sharp process cheese
1/2 t. dry mustard
1 can Cream of Mushroom Soup
2 t. soft bread cubes

Beat egg whites until stiff but not dry. Then beat egg yolks until thick. Combine egg yolks, cheese, dry mustard and soup with bread cubes. Gently fold in egg whites. Bake in a 1 1/2 quart casserole in a slow oven at 325 degrees for about 1 hour.

TEA DRINKERS, ARISE!
Ever since the Boston Tea Party Americans have more or less turned up their noses at TEA, and why? Because, perhaps the average American is unaware of the satisfaction which can be gained from a cup of properly made, rich, fragrant, stimulating tea.

The Date Book

Mercyhurst Alumnae
Rochester Chapter of the Erie, Pa. annual Communion and Breakfast at Manger Hotel, Wintiecki, C.S.S.R., to conduct first Saturday of Lent, March 6, Mass and Holy Communion, St. Mary's Church, 8 a.m. Breakfast after: Mrs. Gerald Sullivan, chairman.

Perpetual Help Society
A benefit program in St. Mary's Hospital auditorium, 1:30 p.m. is slated Wednesday, March 16, Mrs. Mortimer Donovan, chairman, assisted by Miss Florence Groff, Mrs. Harold Burns, Mrs. Frank Harold.

St. Bona Auxiliary
Wednesday, March 9, 8:30 p.m. March meeting, AAUW Clubhouse, East Ave. Mrs. Anthony Tormont, president, Mrs. Walter Peet, refreshments.

St. Agnes Lists Daily Mass
During Lent, Mass and Communion become part of the daily schedule of the students and faculty members of Saint Agnes High School.

SISTER ROSE ALMA, principal, and the Rev. John W. LeVeque, chaplain, have again arranged the school's daily schedule to make possible celebration of Mass at 10:30 each morning.

With Mass at this time the girls are able to eat their breakfast before leaving for school and still be able to keep the three-hour fast law before receiving Holy Communion.

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FULL CUT **75c** LB.

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LAKE ERIE FRESH FROZEN FISH

PERCH FILLETS 12 Oz. Pkg. 59c	WHITEFISH FILLETS 12 Oz. Pkg. 79c	TROUT FILLETS 12 Oz. Pkg. 89c
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Star MARKETS

Pre-Cana Conference Underway In Corning

Corning—The Corning District of the Diocesan Council of Catholic Women is sponsoring the third annual series of Pre-Cana Conferences for the benefit of engaged and recently-married couples.

The first conference was held at St. Vincent de Paul School on Sunday afternoon, Rev. James F. Slattery, assistant pastor at St. Vincent Church, spoke on "A Brief History of Marriage."

The following topics will be presented on succeeding Sundays: March 6, "Your Marriage—A Great Sacrament," Rev. James Malley.

March 13, "A Doctor Looks at Marriage," Dr. James Mulcahy, M.D.

March 20, "God's Plan in Love and Marriage," Rev. Gerald Dunn of Rochester.

March 27, "Adjustments in Marriage," Rev. James Slattery.

Purpose of the series is to help those who are about to enter the married state to approach their new life well disposed and well prepared.

Seton Groups In Action

14TH BRANCH of Seton Workers of St. Mary's Hospital will have working session and business meeting prior to luncheon at home of Mrs. Frederick W. Luck of Dale Road, East, March 5.

12TH BRANCH was to meet Thursday, March 3, at home of Mrs. George C. Greas on Seneca Parkway, New officers are: Mrs. Philip H. Goetz, chairman; Mrs. Louis A. Whalen, treasurer.

16TH BRANCH will continue work on Rosaries and scuffs at the home of Mrs. DuMonte W. Gosselin in her home, 4 Laredo Drive, Chili, Tuesday, March 8, 8:15 p.m.

20TH BRANCH members celebrated their 13th anniversary as a Seton unit March 1 at the home of Mrs. Joseph Fox, Waverford-Wabster, Plans for the 1960 Seton sale project were made.

16TH BRANCH continued work on "Puppets" for Pediatricians, March 1 at the home of Mrs. Donald P. Webb, 80 Hamden Park.

11ST BRANCH to meet Tuesday, March 8, for luncheon at home of Mrs. Gerard Delaire, 11111th St., Chili. Election of Holy Communion to him at 11:30 a.m. luncheon.

Tea Drinkers, ARISE!

Don't go through life unaware of the satisfaction which can be gained from a cup of rich, fragrant, stimulating tea—real tea!

Potentia! Tea Drinkers of the world, ARISE! Join the cult of clandestine tea connoisseurs who have found pleasure at Atlantic Supply's savory, hearty tea from Java; super-charging tea from Formosa; teas that would put the staidest Briton into ecstasies of delight. Here is a list of teas which can be had at Atlantic. The prices listed are per pound, but you will likely want to buy smaller amounts and so enjoy a greater variety.

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Gunpowder Green \$1.10
Flower Assam 1 1/2 1.29
Formosa Dulong 1.39
Japan, Earl Grey (Green) .97
Jasmine 1.59
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