

MARY WISE Menu Planners AND SHOPPING SUGGESTIONS



FRESH LEMON JUICE is the secret to this good-tasting Seafood Enchilada Casserole. And there's good news for busy homemakers—you can prepare the casserole in the morning and bake it just before serving.

Seafood Enchiladas Novel Lenten Dish

Versatile fish adapts to many foreign favorites with inspired results, like this brand new dish. These tantalizing enchiladas are filled with two tasty seafoods and then baked in a sauce quickened with lemon.

The enchiladas and their sauce can be prepared in the morning and then baked together just before serving. Be ready for compliments—the sauce is so delicious and delicate that repeats are sure to be requested.

SEAFOOD ENCHILADAS WITH LEMON

- 1 lb. fish fillets, fresh or frozen
- 1 slice lemon
- Boiling salted water
- 1 7½-oz. can crab meat, drained
- 1 tbs. grated lemon peel
- 2 tbs. fresh lemon juice
- 2 tbs. instant minced onion
- 3 tbs. butter or margarine
- 10 tortillas, fresh or frozen

Enchilada Sauce
2 to 3 lemons, cut into 10 slices

Thaw fillets slightly, if frozen; add with lemon slice to boiling water and cook 5 minutes, or until just done. Drain fillets; combine with crab and flake with a fork. Combine lemon peel and juice and onions; set aside. Melt a little butter in a skillet and fry one tortilla for a few seconds on each side until limp. Fill with about 1 tsp. of onion mixture and ½ cup of flaked seafood; roll up. Repeat until all enchiladas are prepared. Pour half of Enchilada Sauce into shallow baking pan; arrange enchiladas on top and cover with remaining sauce. Top each enchilada with lemon slice. Bake at 350 degrees for about 30 minutes. Serve 5 or 6.

ENCHILADA SAUCE
1 tbs. butter or margarine
1 8-oz. can tomato paste
½ cup chopped

- fresh parsley
- ¼ tsp. oregano leaves, crushed
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 clove garlic, crushed
- 1 pint dairy sour cream
- 1 8-oz. can tomato sauce
- ½ cup water

- 1 tbs. grated lemon peel
 - 2 tbs. fresh lemon juice
- Melt butter in skillet; add tomato paste, parsley, oregano, salt, pepper and garlic. Saute mixture, stirring frequently, about 5 minutes. Remove from heat. Combine with remaining ingredients and mix thoroughly.

Favorite Chocolate Recipe May Win You \$20 Order

Want to win a grocery order for \$20? Then be sure to enter the current Mary Wise Recipe of the Month Contest. Subject this time is "My Favorite Chocolate Recipe." Simply send your favorite chocolate recipe to Mary Wise, care of this newspaper. Entries must be postmarked no later than April 10. Anyone may enter except employees of this newspaper. Only one entry per envelope, please. Winner receives a \$20 merchandise order from any grocery store advertising in this newspaper.

Basting Sauce Uses Honey

Honey blended into fresh from the dairy sour cream makes a fine basting sauce for baked pears. Add enough honey to dairy sour cream to make a thin sauce. Spoon over fresh cored (but unpeeled) pear halves. Bake until tender at 325 degrees. Baste occasionally to blend fruit and sauce flavors.

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College Grads and Jobs Next Challenge for Computers

By REYNOLDS KNIGHT
The College Placement Council, Inc. has high hopes that the computer will prove as successful in wedding college graduates to businesses and corporations as it has in pairing boys with girls. CPC's system is called "Grad" — for Graduate Resume accumulation and Distribution. By June the Council's new computer will contain 25,000 names and essential data on graduates who have plunked down a \$10 registration fee. Employers can use the service as often as they wish by informing the computer of the type of college man needed. The computer will then present the name and code number of each graduate who fits the specifications, and the Council will dig out the resume from its microfilm files. The service costs 50 cents for each minute of computer time, \$2 per resume, and the employer must do his own interviewing.

BETTER INDUSTRIAL WASTE DISPOSAL — While industry faces pressure from federal and state authorities to

devise better methods of waste disposal, a Chicago firm has decided to put its waste into permanent storage by sinking a mile-deep "well" into a porous, sponge-like sandstone formation with the capacity of several Lake Michigan lakes. C. C. Candee, executive vice president and general manager of Holland-Suico Color Company, a subsidiary of Chemetron Corporation, said that this method is increasingly being used in disposing of industrial wastes when geological surveys can prove that ground and surface water will be protected against contamination. Candee pointed out that "since deep-well disposal eliminates the need for expensive neutralization of waste prior to disposal, no other method can be compared to it in terms of operating costs, simplicity of operation and safety from pollution."

THINGS TO COME — From Europe, for the superhighway, a newly patented system of anti-glare screens made of prefabricated elements of metal lathing. The lightness

of the material, it is said, makes the screens windproof and also allows low-cost supporting structures. . . . And from Italy, prefabricated bird cages made of plastic and mounted on a metal frame. The cages are available in five models and can be assembled in various sizes and shapes for the utmost in bird comfort. . . . A new gravity-feed slide projector that allows the operator to monitor each slide before it is projected. . . . A lawn sprinkler that can be contour-adjusted to sprinkle a lawn according to its exact shape. The water will miss driveways, sidewalks — and people walking by. . . . A water filter for the home using an activated charcoal cartridge to eliminate causes of unpleasant taste and odor such as excessive chlorine, light sulfur, or algae, and a second unit to clear up cloudiness and remove particles.

BEHIND RAILROAD RENAISSANCE — The development of a wide variety of special-purpose railroad cars has been a major factor in the renaissance of the railroads,

according to a leading private rolling stock manufacturer which has been in the thick of this equipment revolution. ACF Industries, Incorporated, points out that the rolling stock of yesterday was composed principally of standard cars, such as box-cars. Private carbuilders like ACF made them when they could get orders from the railroads, and the railroads made them too. Many roads still make standard cars for their own use, but they do not make special-purpose rolling stock because of their complexity and the small number of cars in each production run. Therefore, the private carbuilders are the innovators, concentrating largely on special cars designed to meet specific shipper problems.

What this has meant in rail transportation is revealed by a recent Railway Express Progress Institute report which states that average charges in 1965 for moving a ton of goods one mile were 14 percent less than in 1958. This cost reduction would explain, at least in part, the substantial recapture of traffic by the railroads.

The bright future for specialized carbuilders is indicated by ACF's projection that it will turn out 11,000 tank and freight cars in its current fiscal year, the greatest number that it has produced in many years.

SCIENCE IN THE NEWS

Prompted by the fact that there were 1,818 ship collisions on the high seas last year despite the use of radar, high-powered radios, and elaborate navigation equipment by most ocean-going vessels, the National Aeronautics and Space Administration has proposed a global air-sea satellite system that will provide automatic navigation fixes for ships and aircraft and relay the fixes to land-based control stations. These stations would then direct the traffic and would also provide foolproof voice communications. . . . Imagine! Three-dimensional photography without the use of a lens. A professor at the University of Michigan reports that he and his associates are busy perfecting just such a technique. Called "Holography," it is the latest use found for laser light. Simply, when light is directed onto a holographic negative— or hologram — its blotted patterns of concentric circles and parallel lines become a window through which a viewer sees a photographic scene in three dimensions.

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