

Hints for Homemakers

by SONDRA REID

WHAT TO DO AFTER ANGLER CATCHES 'EM

You may not be called upon often to clean fish unless you have a fisherman in the house who catches them and feels his



Sondra Reid

responsibilities end there. But it is a handy technique to know as vacation approaches.

To retain the fresh flavor it is best to clean fish as soon as possible after catching them. The one necessary tool for the task is a sharp knife. A flat work surface is needed, too.

The first step is to scale the fish by working with the knife almost vertical to the fish from the tail to head, being careful not to cut through the skin. It is

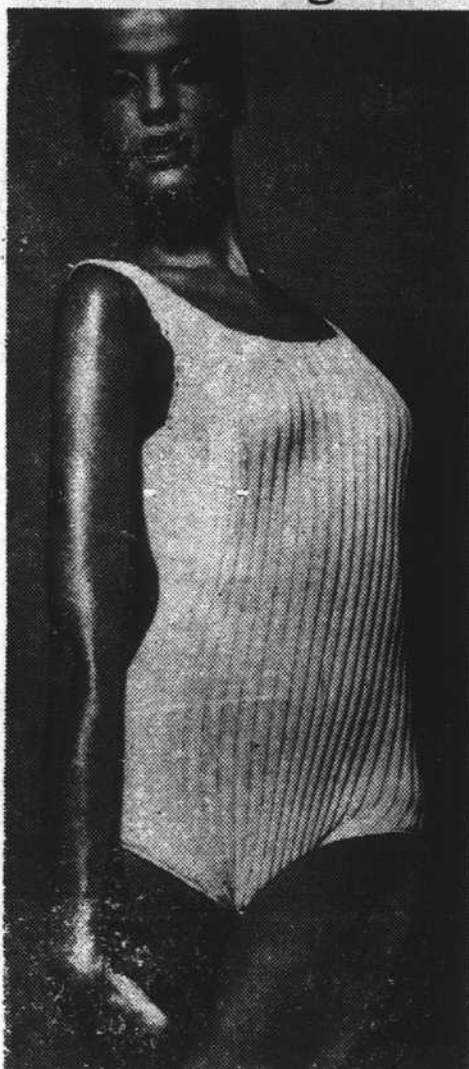
easier to remove the scales if the fish is wet.

To remove the innards cut the full length of the belly from the rear fin to the head. Cut around the fins near the head and remove, then remove the head and tail. Remove the large back fin by cutting the flesh along both sides of the fin then give it a quick tug toward the head. This removes the fin with the root bones attached. Remove other fins in the same manner.

Clean the entire fish in cold running water, then dry. The fish is ready to be cooked if it is the pan type or can be cut into steaks or fillets if it is a larger fish.

To fillet larger fish cut through the flesh on the back side starting at the tail to just behind the head. Angle the knife down and forward until it hits the backbone. Turn the knife flat and cut along the backbone to the tail, holding the fillet up and away from the bone with the other hand. Turn the fish over and fillet the other side. The skin may be removed if wished.

New York Fashion Report Italian Designers Follow in Mother's Footsteps



Second-generation Italian designers star in a new, young collection just arrived at Gimbels. Left: A rib-knitted white maillot by Nicoletta de Roma, daughter of Lydia, is \$30. Right: A scarf-print cotton shift is from Mary Antony, daughter of Antonelli, the couturier. \$35. Both in Young Sophisticate Shop, 3d floor.

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Corn Bread Base for Creamed Eggs

Corn bread flavored with applesauce, onion, green pepper and poultry seasoning makes a savory base for creamed eggs.

CORN APPLE SKILLET BREAD

- 1/4 cup butter or margarine
- 1 med. onion, minced
- 1 small green pepper, minced
- 14-oz. pkg. corn muffin mix
- 2 eggs, well beaten
- 1-lb. can applesauce
- 1 tsp. crumbled poultry seasoning

Melt butter, add onion and green pepper and saute until tender. Add vegetables and pan drippings to muffin mix. Add eggs, applesauce and poultry seasoning. Stir until blended. Pour into a well-greased 10-in. skillet. Bake at 400 deg., 35 to 40 min. or until lightly browned. Cut hot corn bread into squares and top with hot creamed eggs or chicken a la king. Makes 9 servings.

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