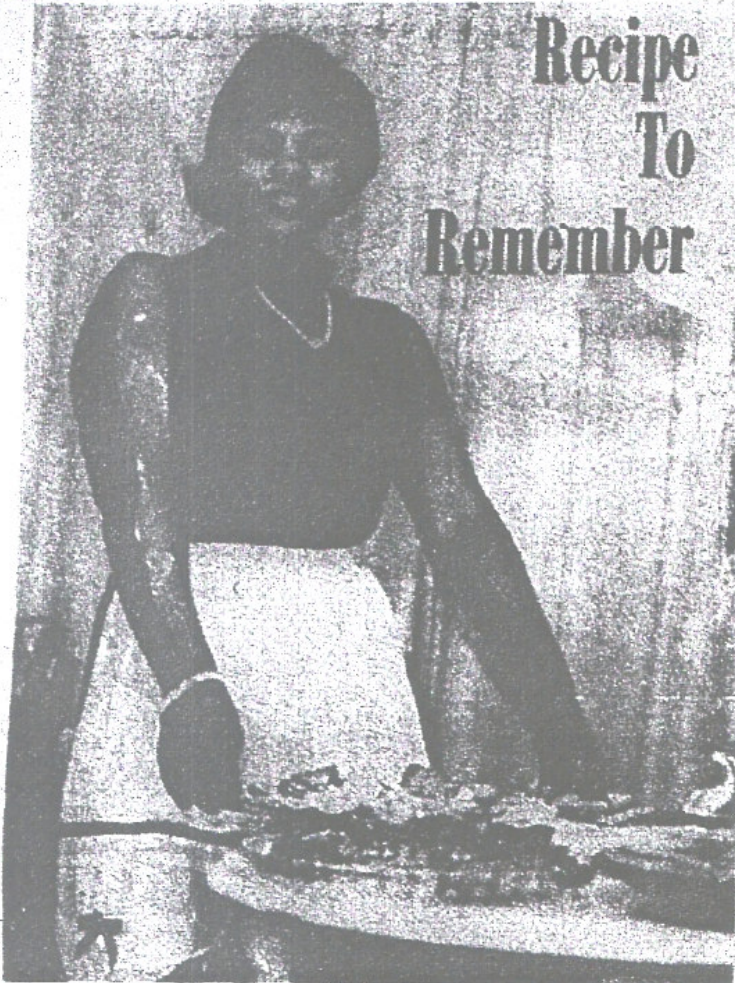


Recipe To Remember



MISS DELORES NELSON, a Chicago secretary who hails from Mississippi, prepares to serve one of her favorite dishes, baked fish.

Secretary Tells How to Make Baked Fish Delight

A recent arrival in Chicago, Miss Delores Nelson, formerly of Natchez, Miss., is now a top-ranking secretary and business administration assistant.

The former drum major-ette and dramatics major from Jackson College in Mississippi and Dillard University in New Orleans, brought along her culinary skills in preparing food delights from the South.

One of Miss Nelson's favorite dishes is baked fish, the recipe for which she offers to readers of Muhammad Speaks.

BAKED FISH

2 or 3 lbs. fish

1 stick butter

1 teaspoon paprika

$\frac{1}{2}$ cup corn meal

$\frac{1}{2}$ teaspoon garlic salt

$\frac{1}{2}$ cup Mazola Oil

black pepper

salt

Clean and cut fish in serv-

ings, or cut in half down the back. Season and sprinkle with cracked meal. Heat oil in pan or roaster to 450 degrees. Add the fish and cook in oven—covered or uncovered. Baste with oil to aid browning.

When browned, drain off oil, cover fish and return to oven after shutting off gas. Let fish steam for 35 or 40 minutes—then serve steaming hot.

ST 3-1113

ST 3-1114

MATERRE BROS.
Paint & Wallpaper Co.

FREE DELIVERY — CUT RATES

516 E. 75th STREET

CHICAGO, 19, ILL.