DAWN RECIPES:

Frozen Fish

Frozen fish is a particularly good buy since it is 100 percent edible. You do not pay for heads, tails, bones or any other part you cannot use. And, the frozen product is ready to use. The fish has already been cleaned, cut and quick frozen within hours of being caught. The freezing process locks-in nutrients that might otherwise be lost during shipping and storing.

Frozen perch is an excellent fish food, whose white and flaky flesh has a delicate flavor. FACT (Frozen Food Action Communications Team) recommends using the fish to make oven-fried fillets with barbecue sauce.

OVEN-FRIED OCEAN PERCH FILLETS

2 pounds frozen ocean perch or other small fish fillets, thawed
1 egg, beaten
2 tablespoons milk
½ teaspoon salt
⅛ teaspoon black pepper
¾ cup cornflake crumbs
2 tablespoons melted margarine or butter
Fruity Barbecue Sauce (recipe follows)

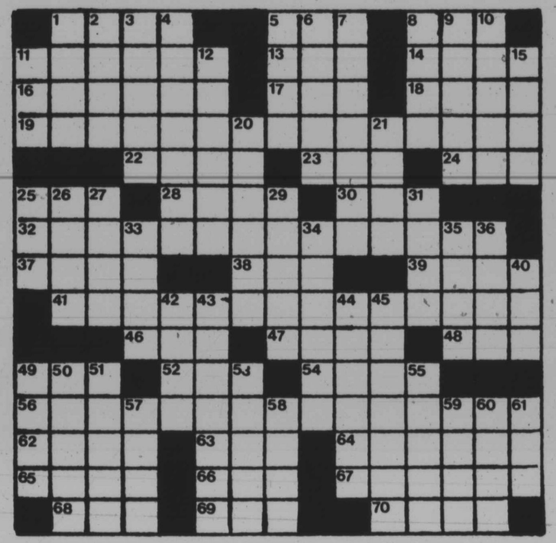
Combine egg, milk, salt and pepper; mix well. Dip fillets in egg mixture; drain and roll in crumbs until evenly coated. Place fish in a single layer, skin side down, on a well-greased baking pan, 15 by 10 by 1 inches. Drizzle melted margarine or butter over fillets. Bake at 500 degrees F. for 12 to 15 minutes, or until fish flakes easily when tested with a fork. Serve with fruity barbecue sauce. Makes 6 servings.

FRUITY BARBECUE SAUCE

1 can (8 ounces) crushed pineapple, undrained
¾ cup catsup
½ cup frozen chopped onion
¼ cup water
2 tablespoons sugar
2 tablespoons vinegar
1 teaspoon cornstarch
2 to 4 dashes liquid hot pepper sauce or as desired

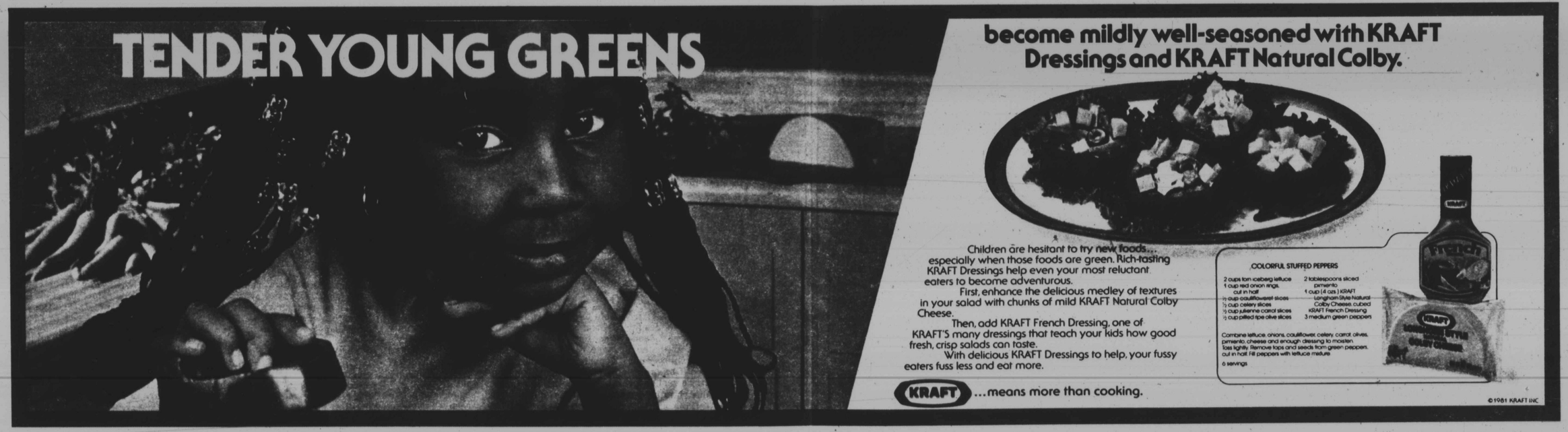
Combine ingredients; mix well. Simmer about 10 minutes to blend flavors. Spoon ½ of the sauce over fish fillets. Serve with remaining sauce. Makes 2 cups sauce.

Black History Crossword Puzzle



ACROSS

1 Seat for Mich. Judge, W. Whiting: blk. fem.
5 Monogram of 19 across
8 —urafa, Libya: "Kashfa," was King
11 Sentence anew
13 —fz, S. Africa: Gov't. imposed bias here
14 Arthur —: blk. star of tennis
16 —, Nigeria
17 Rosa —, Parks, of bus fame: A1A.
18 Robert B—: blk. inv. of AA gun
19 1st open heart surgeon: a blk. (1893)
22 Alaskan island
23 III slaves were sold in this No.
24 Inv. by L. C. Bailey: a blk., Pat. 1899
25 Inv. by W. B. Purvis, a blk.: Pat. 1890
28 Zach Walker, was —ofied by a mob (1911)
30 Satchel Paig, was — — — Monarch
32 Black inv. of an elevator (1887)
37 17 across refused to sit here
38 — Pinckney, a blk., 1st draftee WWI
39 Sacred bird of black, 'King Tut'
41 Blk. inv. of a mech. sweeper: Pat. 1896
46 Civil rights workers suffered for —
47 Ebenezzer Bassett's inits: blk. U.S. amb.
48 — Turner: slave revolt leader
49 — beater: inv. by Willis Johnson, Pat. (1884)
52 Alma Mater of 14 across: — — L —
54 "— 500:" Julia Carson, a blk., is a Sen. here
56 Black inv. of electric incubator
62 —a, Tunisia, Africa
63 J. F. Pickering's, Air-ship inv. was — — Boat
64 Large number: slang
65 Matt Henson, blk. disc. of N. Pole, seen much
66 Dict. of Nat'l Biog. (Brit.)
67 Slaves were depicted thus: 2 wds.
68 Symbols for Thoron (chem.)
69 Blacks were here Pre-Columbian —
70 Impression

DOWN

1 — — o— — wa, Nevada
2 Gulf of Africa
3 —a, Texas: State of, W. Delco, blk. Rep.
4 — S. King Jr.: freedom fighter
5 Dr. Charles —: blk. pioneer in plasma
6 This shape is found in 11 down
7 Geo. — Bush: blk. pioneer & settler N.W. Terr.
8 Country of Kunta Kinte's ancestors
9 — Murphy: blk. winner of 3 Ky. Derbys
10 —ni, Kenya, Africa
11 Curtain —: invented by 50 down
12 — Street: PA pol
15 Andrew Young: blk. U.S. Amb.
20 Blk. athlete, Josh Culbreath's obstacle
21 —mi, Congo Africa
25 Charles Sifford's aim: 1st blk. to win PGA champ.
26 L. H. Latimer, blk. inv., wrote 1st book on —. lighting
27 — Bay, Wash.: blk. Rep. P. Joan Maxie's State
29 Della —: blk. singer
31 City of Mich., S.C., Ala. and Iowa
33 Portable inv. by Frederick Jones: a blk.
34 Nickname for, Robt. P. Scott: blk. inv. of a corn sliker Pat. (1894)
35 — Venus: poem by 26 down
36 —sso, Mali Africa
40 Jet
42 —ray L. Quebec
43 —, Pa.: Marian Anderson's State
44 Brook —: blk. musician
45 — City, CA: state of blk. school supt. Ruth Love
49 56 across is used for these
50 W. S. —: black inventor
51 —, Central Africa
53 —mos E. —: blk. co-inv. of jar caps
55 Jazz: sort of
57 Ida B. Wells' concern: blk. editor (1800s)
58 Elijah McCoy, blk. inv. of auto. — device
59 —, Iowa
60 Harriet Tubman, was this in helping slaves
61 Compass Point