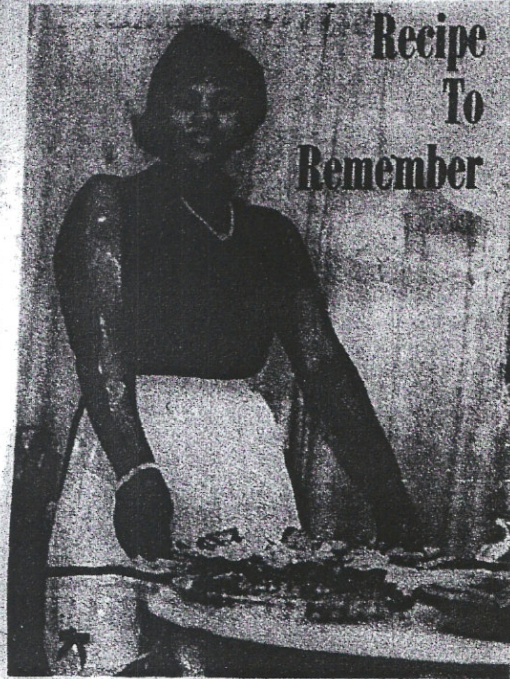


# Recipe To Remember



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 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
- 1/2 cup corn meal
- 1/2 teaspoon garlic salt
- 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.

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# For You

By Harriett Muhammad

**DEAR HARRIETT:** I have two children — a girl 14 and a boy 10 — who, in the past few months, just can't seem to get along. My daughter used to be able to handle him, and I was not aware that they had any more quarrels than other children in their age bracket. But now, about twice each day while I'm at work, one or the other must telephone to complain or to report a fight.

Most of the trouble seems to stem from my son, who doesn't want to do his share of the daily chores. The last few days I've had to threaten him about doing the dishes. It's his job to do ALL the dishes. My daughter's job is to iron, etc. I think the work is divided fairly, but lately he washes all the dishes except his sister's. He leaves them on the table.

I've listened to some of their quarrels, and it appears my son wants to contradict and defy his sister even when she's right. I've been patient up to now, but their constant bickering is getting on my nerves.

Why this seemingly sudden change to rebellion?—J.T.W., Tulsa, Okla.

**DEAR J.T.W.:** Your children just seem to be going through another stage of development. Your son, 10, is willing to recognize you as his boss, but he feels he no longer has to listen to his sister.

Before this time in his life, he listened to her because she was one of his bosses, too. But now she appears to be more like his equal and he is trying to be equally as "grown."

If the fights really are a problem now, I suggest you

hire a high school senior to "baby sit" after school until you get home. A mature girl of 17 or 18 would be old enough to get the respect and cooperation of your children. She also could eliminate the trouble arising from your son's rebelliousness toward his sister's instructions.

Meanwhile, I suggest trying to teach him the value of cooperation. Let your son feel what it's like not to have cooperation in doing household chores. If he does not want to wash his sister's dishes, so be it. Meanwhile, she doesn't iron his clothes. Let him wear them rough-dry.

Try this for a couple of weeks and see if he won't understand what work cooperation REALLY means.

**DEAR HARRIETT:** I would like to know if I'm as terrible as my husband claims—lazy, a sad wife, neglectful, etc. This is what I hear every day. Frankly, I'm getting to the point where I don't care anymore.

My husband and I hold jobs and we get home at about the same time each day. I must jump right in and prepare and serve din-

ner — while he takes it easy. I also do the cleaning and ironing. I do this without complaints.

However, when he wants me to wait on him like a house servant — bring him a glass of water or a book, when he could do these things for himself — I tell him where to go and how long to stay!

Harriett, do you think I'm terrible, lazy, sad, neglectful?—A WIFE.

**DEAR WIFE:** No, but you sound tired and irritable. Your husband seems aware of the fact that you, as his wife, are the one to pamper him. However, he's forgotten that since you must work to help him provide, you don't have the time or energy to be the model wife.

Ask him if he wishes you to stop working so that you can concentrate on being a better wife. If he doesn't think that is a good idea, then explain to him calmly how tired you get each day. Ask him to be helpful and cooperate with you.

**TO ANONYMOUS WRITERS:** I would appreciate the addresses from the following writers: A LOVING LIFE, Bluefield, W. Va.; Milledgeville, Ga.; STRANDED, Newark, N.J.

Something on your mind? Write and tell me about it.

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