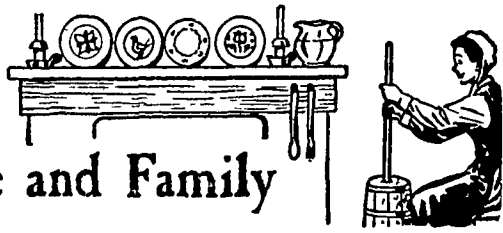


For the Farm Wife and Family



Take A Can Of Salmon

Mrs. Richard C. Spence

Canned salmon is a complete protein food, important for the replacement of worn-out tissues in the body and for building new tissues in growing children. It contains all the essential amino acids the same as meat, cheese, eggs, poultry and other protein foods.

Few foods bring as many valuable contributions to the table in significant quantities as canned salmon. In addition to the calcium present in the flesh of the salmon, there is additional calcium made available by the softening of the bones of the fish during canning so that they become an edible part of the fish.

Iodine is present in canned salmon as well as vitamin A. Salmon is rich in macin, riboflavin and other B group vitamins, which help to prevent deficiency diseases. Canned salmon is also an excellent candidate for low calorie diets.

Too frequently American homemakers think of fish only on Fridays; but fish, in addition to being low calorie complete protein food, can contribute infinite variety to weekly meals. Canned salmon is colorful and delicately flavored with popular appetite-appeal. It should be included at least once, if not more often in weekly menus.

A few hours spent each week planning daily menus can save time and many a food dollar. In addition, to this, families whose meals are planned rather than "gathered" each day from the local markets, enjoy more imaginative and varied menus. And variety is one secret not only of weight-control, but of increasing one's energy and feeling of well-being.

CREAMED SALMON ROYALE

1 can salmon (7 1/4 ounces)

Dash pepper
1 teaspoon grated onion
1 egg yolk
2 tablespoons diced pimento
1 tablespoon chopped parsley

Drain liquid from can of salmon into a measuring cup and add milk to make 1 cup of liquid. Pour into a saucepan and heat to boiling. In top of double boiler melt butter or margarine. Remove pan from heat and return pan to heat and stir in flour. Add hot liquid. Cook over direct heat, stirring briskly, until sauce is smooth and thickened. Add salt, pepper, and onion, place over simmering water, cover and simmer for 10 minutes. Stir in egg yolk mixed with a little of the hot sauce. Stir in flaked sal-

Milk (about 3/4 cup)
2 tablespoons butter or margarine
2 tablespoons flour
1/4 teaspoon salt

mon, pimento and parsley and cook for about 3 minutes longer, or until ingredients are hot. Serves 2.
VARIATIONS: Add 1/2 cup cooked peas or other cooked vegetable; add 2 diced hard-cooked eggs; stir 1/2 cup diced cheese into sauce add a favorite herb or seasoning to taste such as mustard, paprika, Worcestershire sauce or curry powder

2 teaspoons grated onion
2 tablespoons chopped parsley
2 cups fresh bread crumbs
Juice of 1/2 lemon
Dash of pepper
1/4 teaspoon curry powder
1 egg mixed with 2 tablespoons water in pie plate
1/2 cup flour on wax paper
Cooking oil or shortening
1/4 cup dry bread crumbs on wax paper

CURRIED CROQUETTES
1 cup thick white sauce, chilled
1-lb. can of salmon

TO MAKE THICK WHITE SAUCE: Drain liquid from a 1-pound can of salmon into measuring cup and add milk to measure 1 cup. Heat

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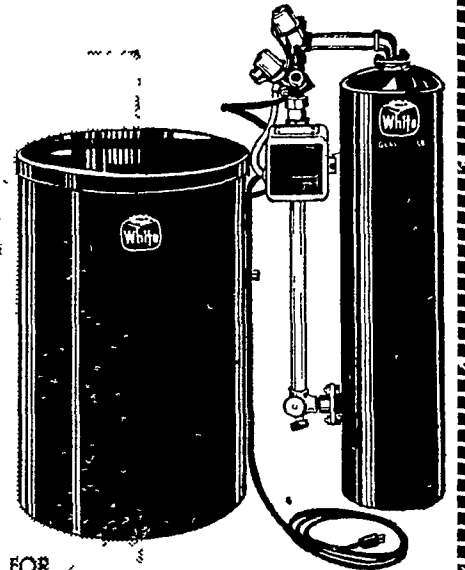
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