

Melt 2 tablespoons butter (less butter than usual is needed because of the salmon oil in the liquid from the can). Stir in 3 tablespoons flour and the hot liquid. Cook stirring, until the sauce is smooth and is very thick. Cook, covered, over simmering water for 10 min.

Empt salmon into large mixing bowl and mash it with fork. Add onion, parsley, fresh bread crumbs, lemon juice, pepper and curry and mix well. Stir in the white sauce. Measure mixture 1/2 cup at a time and roll between palms of hands into a thick roll about 3-

inches long Flatten ends and place on cutting board. When 6 rolls have been made, and all mixture has been used, coat them one by one and place on baking sheet. TO COAT: Roll in flour, then in beaten egg and water, then in dry bread crumbs. Chill for several hours, or until next day. TO SHALLOW FRY: Lower the croquettes into shortening 1-1/2 inches deep in a skillet heated to 390 degrees Fry 3 at a time 2 to 3 minutes, or until golden. Serve hot with a favorite sauce

SALMON SOUFFLE

- 1 can condensed mushroom soup
- 1/2 teaspoon mustard
- 7/8 ounce can salmon
- 1 tablespoon chopped parsley
- 5 eggs

Heat oven to 375 degrees. In a saucepan combine soup and mustard. Stir in liquid from can of salmon and heat until sauce comes to a boil. Separate egg yolks and whites. Beat egg yolks and a little of the hot sauce with a fork until thoroughly blended and stir in

er low heat for 3 minutes, being careful not to let the mixture boil. Set aside to cool a little. Mash salmon thoroughly. Add parsley and sauce and again mix and beat thoroughly. Beat egg whites until stiff, but not dry. Pour salmon mixture over egg whites and fold gently until egg whites are thoroughly distributed and mixture is of an even consistency. Pour into souffle dish and bake in the moderately hot oven for 30 min. Serve immediately. Serves 4. Serve with a tossed salad

and a hot bread-muffins, biscuits, cornbread are all good.

SALMON CHOWDER

- 1 pound can salmon
 - 1 chicken bouillon cube
 - 1 cup boiling water
 - 3/4 cup chopped onion
 - 1/2 cup chopped green pepper
 - 1 clove garlic finely chopped
 - 1/4 cup butter or other fat melted
 - 1/3 cup salmon liquid
 - 1 pound can tomatoes
- (Turn to page 10)



MEET A LADY WITH 39,640 NAMES

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They're mighty important people, too. Their investments help provide the power plants, lines and other facilities required to meet your growing electrical power needs.

Each time you snap a switch or install a new electrical appliance, you share in the benefits of the investments these people have made.

