

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Take A Can Of Salmon



SPENCE

From every nutritional standpoint — high protein value, strong vitamin and mineral content, easy digestibility — salmon is a good food. It is also an economical food — and so easy to serve. You'll find that most recipes suggest using the whole can of salmon, including the liquid, bones, and skin. That's because these are good sources of iodine and phosphorus, Vitamin A, Vitamin D, and the B group vitamins. If overweight is a problem in your family, you'll be glad to know that equal portions of salmon and lamb chops contain about the same amount of protein but, four ounces of salmon contain only 150 calories while four ounces of lamb chops contain 450 calories.

SALMON SUPREME

- | | |
|---|---|
| 2 (1-lb) cans salmon, drained and flaked | 1 (4-oz) can mushroom stems and pieces, drained and chopped |
| 1 1/2 cups finely rolled saltine cracker crumbs | 1/4 cup chopped onion |
| 1 (4-oz) jar pimiento slices, drained and chopped | 5 tablespoons butter or margarine, melted |
| 3/4 cup chopped almonds | 3 eggs, beaten |
| 3 tablespoons finely | 2 teaspoons lemon juice |
| | 3/4 teaspoon tarragon leaves |

- 2 Dash of ground black pepper
 2 tablespoons all-purpose flour
 1 1/2 cups milk
 1/4 cup chopped green pitted olives
 1/4 cup mayonnaise

If necessary skin and bone salmon. Combine with next four ingredients. Saute mushrooms and onions in 3 tablespoons butter or margarine. Combine next five ingredients. Thoroughly blend with salmon mixture and sauteed vegetables. Turn into a well-greased 8 1/2 x 4 1/2 x 2 1/2 inch baking dish. Gently press top with a spatula or rubber scraper to even surface. Bake in a preheated moderate oven (350 degrees) for 40 to 45 minutes. Meanwhile, stir flour into remaining butter or margarine; cook until just bubbling. Remove from heat; gradually blend in milk. Cook, stirring constantly, until mixture comes to a boil. Boil 1 minute. Stir in olives and mayonnaise; heat. Spoon a small amount over salmon loaf; garnish with pimiento slices. Remaining sauce may be served at the table. Makes 8 to 10 servings. Loaf may be prepared ahead and refrigerated. Let stand 1/2 hour at room temperature before baking.

- 1 peel
 1 teaspoon salt
 Dash cayenne pepper
 Parsley butter
 Lemon quarters

Wipe salmon steaks dry and place on cold broiler pan. Combine mustard, lemon juice and peel and salt and pepper; blend until smooth. Brush a thick coating of sauce on steaks and place in broiler, 3 to 5 inches from source of heat. Broil about 5 minutes until bubbly and brown. Carefully turn steaks and replace on original spot on broiler pan; brush with remaining sauce. Broil an additional 5 minutes or until fish flakes easily with a fork. Serve sizzling hot with a pat of parsley butter and lemon quarters. Makes 6 servings.

To make parsley butter: soften 6 tablespoons butter or margarine. Add 3 tablespoons minced parsley and blend together. Shape into 6 balls and chill until ready to serve.

SALMON SALAD SANDWICH

- 1 can (7-3/4 oz) salmon, drained
 1/2 cup pickle relish
 1/2 cup chopped cucumber
 1 hard-cooked egg, chopped

- 12 green onion slices bread
 Mayonnaise or dressing
 Lettuce

In mixing bowl combine salmon, pickle relish, butter, egg, and onion. Spread with mayonnaise salad dressing. Place lettuce leaf on each of 6. Spread salmon salad mashing 6 slices. Close wishes. To serve, cut quarters. Makes 6 sandwiches.

SALMON

SOUTHERN CORNBREAD

- 1 can (7 1/4 oz.) salmon
 1 cup sifted flour
 1 cup cornmeal
 4 teaspoons baking powder
 1/4 cup sugar
 1/2 teaspoon salt
 1 egg, beaten
 1 cup salmon liquid milk
 1/4 cup butter or other melted

Drain salmon, re-liquid. Flake salmon. Sift together flour, cornmeal, powder, sugar, and Combine eggs, salmon and butter. Add to ingredients and mix enough to moisten. Bake salmon. Place in a (Continued on Page 12)

Holland Stone

Ready-Mixed Concrete

Concrete Blocks

Metal Windows

New Holland Concrete Products

New Holland, Pa. 354-2114

If you are able to buy fresh salmon at your fish counter, make the steaks this easy and flavorful way —

SALMON STEAKS DIABLO

- 6 salmon steaks, 1/2-inch thick
 1/2 cup prepared mustard
 1/4 cup lemon juice

Colds? Consult Your
 Doctor of Chiropractic


**LANCASTER COUNTY
 CHIROPRACTIC SOCIETY**

SUPER SHOES

Self Service

2750 Columbia Ave.
 Lancaster
 Lanc. Co.'s Largest Shoe Store
 All 1st Quality Super Low Prices

No Other Protein Need When You Feed



USE ONLY 1/3 LB. SPECIAL TANVILAC PER HEAD PER DAY WITH GRAIN AND ROUGHAGE — GET BIGGER PROFITS

FOR MORE PROFITS—MAIL COUPON

THE TANVILAC COMPANY, INC.
 6th & Corning Aves., Box 96, Highland Park Station, Des Moines 13, Iowa

Please Send Me Additional Information about Special Tanvilac

Name _____ Cattle _____


Address _____

SPECIAL TANVILAC

Feeders Say . . .

"The Most Economical Feeding Plan of All"

No trouble with occurs in going off feed. You'll be more satisfied with our feeding plan for you'll get healthy stock, gains at low cost. Remember TANVILAC—THE FULFILLING CULTURE PRODUCT FOR FARM FEEDING PURPOSE



C. O. NOLT

LOCAL DISTRIBUTOR

CIRD-IN-HAND Phone Lanc. 397-0

Short of cash for

Fertilizer

See Farm Credit first for

Money

Don't skimp on fertilizer, or any other essential farm supply, because you're short of cash. Farm Credit loans are readily available (even to part time farmers) to meet seasonal operating expenses. Repayment can be arranged for periods when you have peak farm income. Call on Farm Credit first for operating funds.

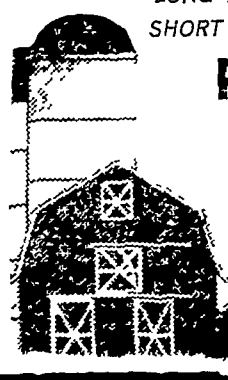

LONG TERM LAND BANK MORTGAGE LOANS

SHORT TERM PRODUCTION CREDIT LOANS


Farm Credit ASSOCIATION

411 W. Roseville Rd., Lancaster
 Ph. 393-3921

Agway Building, Lebanon
 Ph. 273-4506

BUDGET BALANCED?



**CONSOLIDATE BILLS
 WITH AN
 INSTALLMENT
 LOAN**



FULTON BANK

National OF LANCASTER

MEMBER FEDERAL RESERVE SYSTEM • F.D.I.C.

PENN SQUARE MCGOVERN AVENUE EAST PETERSBURG MOUNTVILLE AKRON GAP MANHEIM