

**● For The Farm Wife**  
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2 tablespoons finely chopped onion  
1 tablespoon lemon juice  
1/2 teaspoon lemon juice  
3 egg whites, stiffly beaten  
Drain salmon, save the liquid  
Flake salmon Heat milk Add breadcrumbs and butter or margarine and let stand 5 minutes Add salmon liquid and beat until smooth Add egg yolks, green pepper, onion, lemon juice, pepper, and salmon; mix well Beat 1/2 teaspoon lemon juice with eggwhite until stiff Fold into lemon mixture Pour into a well greased 1-1/2 quart loaf pan. Bake at 375 degrees 40 to 50 minutes Loosen from sides of pan with a spatula and invert on a serving platter Serve plain or for a variation, with onion sauce. 6 servings

**● DUFFLE SALMON SALAD**  
1 can (1 pound) salmon  
1 package (3 ounce) lemon-flavored gelatin  
1 cup boiling water

1/2 cup cold water  
1/2 cup salad dressing  
2 tablespoons vinegar  
1/4 teaspoon salt  
Pepper, as desired  
1/2 cup chopped celery  
1 tablespoon chopped parsley  
1 tablespoon grated onion  
Salad greens  
Drain salmon and flake. Dissolve gelatin in boiling water Add cold water, salad dressing, vinegar, salt, and pepper Beat until smooth Chill until slightly thickened Whip until fluffy Fold in celery, parsley, onion, and salmon Pour into a 1-quart mold Chill until firm. Unmold on salad greens 6 servings

**SALMON CAKES**

4 tablespoons butter  
1 medium onion, chopped  
1 can (1 pound) salmon  
1 teaspoon salt  
1 teaspoon dry mustard  
4 tablespoons chopped parsley  
4 eggs, lightly beaten  
4 cups fine fresh bread crumbs (8 slices)  
Melt butter in a skillet and in

it cook the onion until transparent and tender. Remove from skillet and place in mixing bowl Add salmon, including the juice in the can, the salt, mustard and parsley and mix well Add eggs and stir in the bread crumbs Shape into large flat cakes Roll cakes lightly in flour and saute them in butter until browned on both sides and hot through. Serve with tartar sauce

**SALMON MUFFINS**

2 cups sifted all-purpose flour  
3 teaspoons double acting baking powder  
1 teaspoon salt  
2 teaspoons sugar  
1/4 cup shortening  
1 cup milk  
1 egg  
1 can (7-3/4 ounces) canned salmon, flaked

Combine flour, baking powder, salt and sugar in mixing bowl With a pastry blender or fork tines, cut in the shortening until it is broken into fine particles Mix milk and egg, add to shortening-flour mixture and stir gently until dry ingredients are moistened to make a lumpy batter Fold in the flaked salmon Fill greased muffin cups 3/4 full and bake at 400 degrees for 20 to 25 minutes Recipe makes 1 dozen muffins

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**● Have You Heard**  
(Continued from Page 19)

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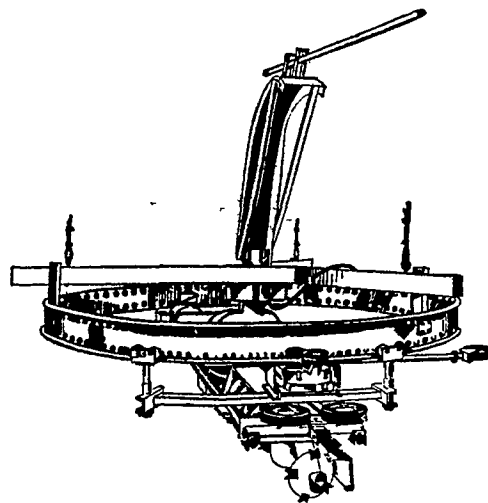
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