



# A Page for THRIFTY SHOPPERS and CLEVER COOKS



## LENTEN MEALS DEMAND FISH

It comes along every year—the miracle of approaching spring and the problem of planning Lenten meals. This month we are suggesting a Lenten platter—deliciously crusted Salmon Patties around a hill of greens, the whole garnished with sliced beets and pickle fans, which are made from small, sweet gherkins, split in half lengthwise, then cut into very thin parallel sections almost the length of the pickle—the sections spread out carefully like a fan.

In the recipe for Salmon Patties canned salmon may be used; you use the salmon liquid, also, which is full of flavor and the sunshine vitamin D. And that new touch—of minute tapioca, used as a binder—gives you tender, shapely patties and extends the fish so that you get a dozen patties from 2 cups of salmon.

**SALMON PATTIES**  
2 cups flaked salmon  
1/2 cup salmon liquid and water  
2 children-sized bouillon cubes, if desired  
4 tablespoons minute tapioca  
1/4 teaspoon salt  
Dash of pepper  
1/4 teaspoon minced onion

Soaked bread or cracker crumbs 1 egg, beaten with 2 tablespoons milk and dash of salt. Drain liquid from salmon and add water to make 1/2 cup; place in top of double boiler, add bouillon cubes, and bring to a boil over direct heat. Combine minute tapioca, salt, pepper, and onion; add gradually to liquid and bring to a brisk boil, stirring constantly. Place immediately over rapidly boiling water and cook 5 minutes, stirring constantly. Add salmon and mix thoroughly. Chill—mixture thickens as it cools. Shape into patties. Roll in crumbs, dip in egg mixture, then roll again in crumbs. Fry in skillet in a small amount of hot fat, turning patties to brown both sides. Drain. Makes 12 patties.

Tuna or other cooked fish may be substituted for salmon in this recipe.

## Salad Ideas

**GINGER PEACH SALAD**  
Drain the peach halves from half a No. 2 1/2 can and lay in lettuce leaves on salad plates. Mash one

cream cheese, add two tablespoons mayonnaise, and cream together. Crumble three ginger snaps and mix in carefully. Pile this mixture on top of the peaches, and chill. Garnish with the rest of 1/4 cup mayonnaise. Serves four.

**PEACH AND COTTAGE CHEESE SALAD**  
Have everything very cold. Drain four peach halves (half of No. 2 can), and place, cut side up, in lettuce leaves. Pile 1/2 cup cottage cheese on top, put a dab of English Chutney (you will need two tablespoons of it) on top of each, and garnish with four tablespoons mayonnaise. Serves four.

**JACK-O-LANTERN SALAD**  
Chill 12 small-sized canned peach halves, drain and slightly scoop out cavities to make holes larger. Mix 1/2 cup halved, seeded white grapes and 1/2 cup chopped salted almonds with enough mayonnaise to moisten. Stuff cavities with this and then press the two halves together. Place each stuffed peach in a wreath of shredded lettuce. Make a Jack-o-lantern face on each with bits and strips of date. Makes six salads.

**FIVE FRUIT SALAD**  
Drain a No. 2 can peach halves, a No. 2 can grapefruit and a 10-ounce can figs, and chill. Remove all the skin and fibre from two oranges, and cut in thin circles or in sections. Cut two bananas in fingers. Place a peach half in the center of a bed of lettuce and fill the cavity with cream mayonnaise to which has been added bits of preserved ginger and chopped salted almonds. Arrange the other fruits in groups around the peach. Serves eight.

## Clear Lake SERA Classes Will End

Clear Lake—The ladies' club met at the church for an all day meeting and an SERA class in the morning. Mrs. Holden gave a lecture on nutrition. A class was also held Thursday morning instead of evening as previously. This week will finish Miss Wheeler's SERA classes at Clear Lake.

Those present were Mrs. E. Dutt, Mrs. Theo Stolk, Mrs. Lois Stolk, Mrs. Loyd Mason, Mrs. Amos Smith, Mrs. James O'Neill, Mrs. Guy Smith, Mrs. Edna McLeod, Mrs. Cecil Boyd, Mrs. David Schlegel, Mrs. Orall Garner, Mrs. Roy Smith, Hazel Clement, Mrs. Linquest, Miss Lydia Powell, Mrs. John Berle, Mrs. Fred Hammack and daughter, Norma, Mrs. Arthur Baker and Mrs. Fred Hammack, Sr.

## Proof of the Pudding

This column is for the benefit of Capital Journal readers. Contributions of recipes will be gladly accepted and any queries as to recipe, party plans or menus should be addressed to Ruvena Eyre, Food Page Editor, Capital Journal.

**Dear Miss Eyre: May I trouble you for recipe for a coffee spice cake and orange bread, using candied peel in the latter? I enjoy your food page very much. Mrs. K.H., Salem.**  
Ans.: For the cake: 1/2 cup shortening, 2-3 cup sugar, 1 egg, 1 1/2 cups flour, 1 1/2 teaspoons baking powder, 1/4 teaspoon cinnamon, 1/4 teaspoon cloves, 1/2 cup cold coffee, 1/2 tea-1/2 teaspoon vanilla. Cream the shortening with sugar; add beaten egg and mix well. Sift flour once, measure and sift again with baking powder, salt and spices. Add alternately with the coffee. Add vanilla and beat thoroughly. If desired, half a cup of seedless raisins, cut into pieces, may be added. Pour into greased muffin pans and bake in a moderate oven 270 degrees F. about 20 to 25 minutes. Serve fresh. Orange Bread: 2 cups flour, 4 teaspoons baking powder, 1/2 teaspoon salt, 1/2 cup sugar, 1 egg, 1 1/4 cups milk, 1/2 cup chopped orange peel, 2 tablespoons butter, melted. Mix ingredients and pour into greased loaf pan and let rise 10 minutes. Bake 50 minutes in moderately slow oven.

**Food Page Editor: At your cooking school last year a recipe was given for an "all in a dish" dinner. I have not been able to find the one I saved and am wondering if you have one on file. Thank you. K.L.G., Salem.**

Ans.: The recipe I have for an "all in a dish" dinner is one that should be prepared in an electric casserole. The time for cooking is 1 hour and 15 minutes. Use 4 medium sized potatoes, 4 medium sized tomatoes, 1/2 cup mushrooms, 4 slices pineapple, 8 link sausages, 8 lean lamb chops, salt and pepper. Lay pineapple in bottom of dish on which place chops. Arrange vegetables and sausages at side of dish. Place mushrooms over all. If you use the oven, cook at 275 degrees for the same amount of time as designated above.

**Miss Eyre: Will you please print a recipe in your weekly column for cheese biscuits. B.A., Silverton.**  
Ans.: 2 cups sifted flour, 2 teaspoons baking powder, 1/2 teaspoon salt, 2 tablespoons butter or other shortening, 1 cup grated American cheese, 1/2 cup milk (approximately).

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening and cheese. Add milk gradually until soft dough is formed. Turn out immediately on slightly floured board. Roll 1/2 inch thick and cut with 3/4 inch floured biscuit cutter. Bake on ungreased baking sheet in hot oven 12 to 15 minutes. Makes 2 dozen small biscuits.

**Women's Page Editor: Will you please suggest some ways for serving asparagus. I would like recipes that will allow for the serving of six people. J.S., Woodburn.**

Ans.: Asparagus and Cheese: 1 tablespoon butter or margarine, 2 tablespoons flour, 1 cup milk, asparagus tips, 1 cup blanched almonds, 1 1/2 cups yellow cheese. Melt butter and add flour. Add milk gradually and cook until thickened, stirring constantly. Add liquid from asparagus and bring to the boiling point. Add asparagus tips cut in small pieces, chopped almonds and grated cheese. Serve in patty cases.

**Asparagus and Italian Dressing:** 1 large bunch asparagus, 2 tablespoons butter or margarine, 4 eggs, salt, pepper, grated Italian cheese. Cook asparagus until tender. Cut into pieces and put in pan with butter. Cook two or three minutes. Beat eggs well, add salt and pepper to taste and pour over asparagus. Before the mixture sets, sprinkle the cheese over it, and stir until done. Serves 6.

**Asparagus and olives au gratin:** 2 cups cooked asparagus, 1/4 cup stoned chopped olives, 1 hard cooked egg, 1 cup milk, 2 tablespoons flour, 2 tablespoons butter, 1/2 teaspoon salt, 1/4 teaspoon pepper, 1 cup buttered crumbs. Place layer of asparagus in bottom of a greased baking dish. Sprinkle with chopped olives and egg. Make a white sauce of milk, butter, flour and seasonings. Pour the sauce over the ingredients and cover with crumbs. Bake in hot oven until crumbs are brown.

## SALMON IS VALUABLE AID

If you've children in the family, be certain that they get enough salmon. It goes to build sturdy bones and good teeth. Rich in iodine and vitamin D (the sunshine vitamin), you see how important it is that your child gets the necessary amount of this popular fish.

Out here on the west coast there's no excuse for us not eating lots of it. A few tins of canned salmon on the pantry shelves come in handy, too, if you haven't the fresh Clinook. Here are a few recipes:

## Willamette Talent Heard At Assembly

Turner—At the special assembly program Tuesday morning in the high school auditorium, Willamette university students were the entertainers. Under the direction of Richard Lucke, student body president of the university, who gave a short talk of some of the opportunities at Willamette, those on the program were introduced: Alexander Meloviddoff, distinguished musician who has played before the king and queen of England, delighted the students and faculty members with violin and saxophone selections, and vocal solos and interesting readings by Earle Potter, Miss Mary Jane Hottel and Miss Anna Jo Fleming.

## CANNED SALMON LOAF

One can salmon, one cup cracker crumbs, one egg, two tablespoons sweet milk, nutmeg, paprika and salt. Break the salmon into flakes, add beaten egg, seasoning and crumbs. Put into buttered baking dish and cook 15 minutes in a moderate oven. Serve hot.

**CANNED SALMON SOUFFLE**  
Flake a can of salmon and season with paprika, salt and two teaspoons of lemon juice. Cook one-half cup bread crumbs in one-half cup of milk for five minutes. Add the salmon and beaten yolks of three eggs, then fold in the stiffly beaten egg whites. Turn into a buttered baking dish, place in a pan of hot water and bake in a moderate oven about half an hour, or until firm.

## Hot Sandwiches

Hot chicken sandwiches may be made in several ways. If you had chicken with biscuits and gravy for dinner a very easy sandwich is made by removing the meat from the bones, reheating it in the gravy and serving it on the biscuits which have been split and toasted.



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