

### Salmon Sandwiches

For man-sized sandwiches to satisfy ravenous appetites, Salmon Bohemian is a meal in itself. Made with crusty French bread and tender canned salmon, it is inexpensively and yet one of the tastiest of simple-to-prepare meals.

#### SALMON BOHEMIAN

- 1 half-pound can salmon
- 1/2 teaspoon salt
- Pepper to taste
- 1 tablespoon Worcestershire sauce
- 1/4 cup chopped green pepper
- 1/4 cup mayonnaise
- 1 loaf French bread
- Butter or margarine

Combine salmon with salt, pepper, Worcestershire sauce and green pepper. Moisten with mayonnaise and blend. Cut the French bread lengthwise and spread butter on upper and lower layers. Spread salmon filling on the lower half and press bread together as for a sandwich. Cut into six or seven servings. For an accompaniment, serve with a tossed green salad.

### Spaghetti with Crab

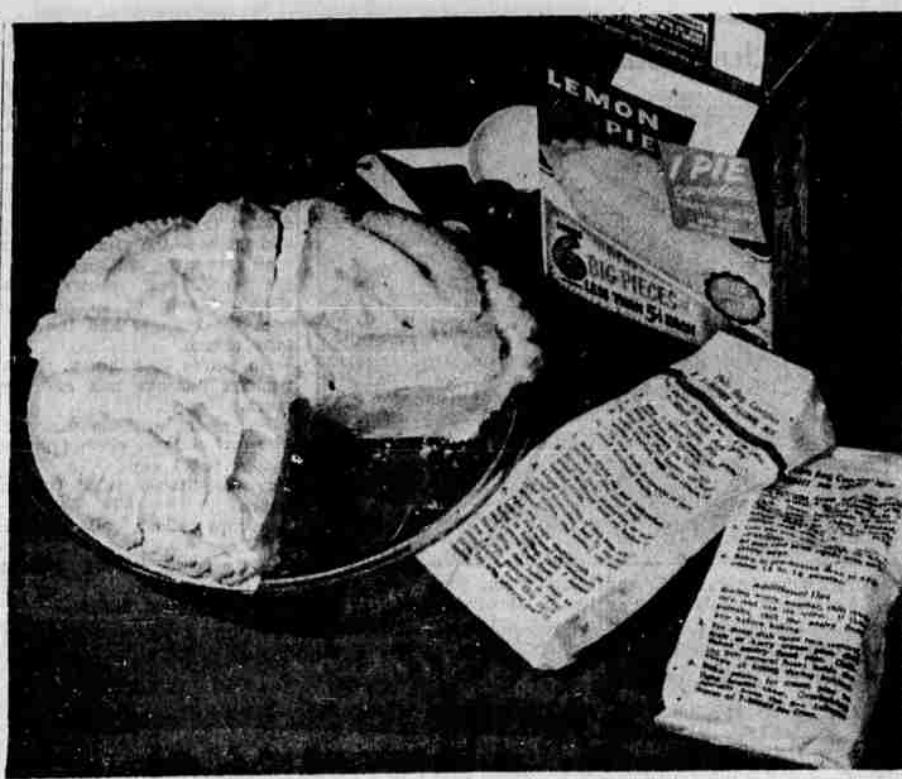
When you want a quick seafood supper, start with a can of spaghetti (in tomato sauce with cheese). Add about 1/2 cup of shredded cooked crab, and 2 tablespoons diced pimiento. Put mixture into a lightly greased 1-quart casserole, sprinkle top with buttered crumbs. Bake at 400 deg. about 15 minutes or until piping hot. Guaranteed to attract all appetites.

#### Coating for Fish

Since you may be serving fish more often during Lent, try new ways to add flavor. Finely crushed cereal flakes give a crisp and tasty coating to fish for boiling, baking, or frying. Dip the pieces of fish in slightly beaten egg, then in the cereal crumbs.

#### Quick Creole Sauce

Ideal for hearty, wholesome halibut steak. Take 1 can condensed chicken gumbo soup; thin with about 1/4 cup undiluted evaporated milk. Season to taste with salt, pepper, dash of curry powder. Cook over halibut steaks or serve as sauce with broiled or baked fish.



### New Mix Provides Tasty, Nice-Textured Lemon Pie

A tender, flaky crust and a tantalizing, tangy fresh-lemon flavor combine to make a pie that's a "honey!" And made with ready-to-make lemon pie mix... it's practically no work at all!

In one package you get both crust mix and filling mix. Inside each package there are two sealed bags. One bag contains all the ingredients for the crust. You just add water and roll out the pie dough, enough for an eight or nine inch pie shell. Pop it into the oven and bake to a light, golden brown. While your pie shell bakes you prepare the filling mix, which is in the other sealed bag. To make this lemon filling you add three-fourths of a cup of water and one or two egg yolks (as you prefer). Stir until smooth. Then add two cups of warm water stirring constantly.

Only one minute cooking time is required to make the lemon filling smooth and of the right consistency. Pour into the cooled pie shell. Top with meringue and brown in oven. Your lemon filling will be just right. Not too thick... not too thin! Everyone who has ever made a lemon pie knows how important this is.

And just as important to the busy homemaker is the fact that your kitchen is not cluttered up with a lot of measuring utensils to be cleaned up.

The ingredients used in making this ready-to-make lemon pie are the same as you would use in your own kitchen - flour, shortening, salt and baking powder for the tender, flaky crust, and the lemon filling is made with a cornstarch base. The capsule which is included in the filling gives the pie that fresh, lemon flavor. There's real economy in serving this delicious pie, too. For one pie makes six pieces for about five cents each.

And if lemon isn't your favorite flavor... there are five others to choose from in this particular brand of pie mixes, all of the few minute variety. There's a rich-smooth chocolate, a delicious banana cream, a creamy coconut, a

golden Boston Cream pie, all of the same high quality.

And if your favorite pie is chiffon - there's a recipe on the package for making chiffon pies this quick, easy way, too.

#### SALMARONI SALAD

Salmaroni Salad is a delightful combination when flaked salmon, cooked macaroni, pickle and salad dressing are tossed together lightly. A real treat when served with tomato slices and hard cooked eggs.

Sweet potatoes are so rich in vitamin A, that it's a good idea to serve them often to a family. Liver is another nutrient-rich dish that families benefit from; put it on your menus once a week.

For a quick Lenten supper dish, arrange cooked broccoli in a shallow baking dish, top with chunks of drained canned tuna and a cheese-flavored cream sauce. Heat in the oven or under the broiler.

### Eggs a La Goldenrod Popular

Creamed eggs are liked by young and old alike, and when served over rice, they are a dish so satisfyingly good that an A plus and a great big thank you hug is due the cook and creator of this simply sumptuous rice and creamy egg budget beater.

- Ingredients:
- 3 tablespoons butter or margarine
  - 3 tablespoons flour
  - 1 teaspoon salt
  - 1/4 teaspoon pepper
  - 1 cup milk
  - 6 hard-cooked eggs
  - 1/2 cup condensed cream of mushroom soup
  - 1/2 cup water
  - 2 cups hot cooked rice
- Method:
- In a saucepan over low heat melt the butter or margarine. Stir in the flour, salt and pepper. Stir until smooth. Slowly add

the milk, stirring constantly until the mixture is smooth and has slightly thickened. Separate the hard-cooked eggs. Slice the whites lengthwise into thin slices and add to the sauce. Keep hot. Mix together the mushroom soup and water and heat until very hot. Add the rice. To serve, pour the hot sauce containing the egg whites over the hot rice mixture. Sieve the hard-cooked egg yolks over the sauce. Serve immediately while hot. This recipe makes 6 servings.

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