

Lenten Season Opens Wednesday; Fish, Egg Dishes Interest



Salmon Loaf — To use during Lent and after.

Salmon Is Thrifty Main Course Dish Any Time

By CECILY BROWNSTONE
(AP Newsfeatures)

Found: A really delicious Salmon Loaf. If you've been looking for just such a recipe—one that has the right amount of bread crumbs, milk and seasoning to set off the good rich flavor of salmon—here it is. The sauce to accompany the Salmon Loaf is simple—condensed cream of celery soup thinned with milk, but the parsley added to it gives it a delightfully fresh flavor.

Garnish your salmon loaf with slices of lemon and rounds of carrot, and serve it with baked potatoes and another vegetable such as peas, snap beans or broccoli. A one-pound can of salmon is a fine thrifty way to serve your family a protein course during Lent. By the way, the salmon bones are softened in the canning operation and needn't be discarded; they provide calcium which our bodies utilize for strong bones and healthy teeth.

For salmon loaf, use thrifty varieties of salmon such as "pink" or "chum." The salmon is flaked in this dish and so color texture and oil content are not important here.

You might also like to try this salmon casserole recipe because it's thrifty and easily put together. Serve it with a green vegetable or a crisp salad.

Delicious Salmon Loaf

Ingredients: One 1-pound can salmon, $\frac{3}{4}$ cup evaporated milk (undiluted), 2 cups soft bread crumbs, 1 egg (well beaten), 1 tablespoon minced parsley, 2 tablespoons minced onion, $\frac{1}{2}$ teaspoon salt, 1 teaspoon chili powder $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon tabasco sauce.

Method: Turn salmon, including liquid in can, into mixing bowl; add evaporated milk and bread crumbs; mix with a fork until blended. Add egg, parsley, onion, salt, chili powder and tabasco; mix well. Turn into well greased loaf pan, about $7\frac{1}{2} \times 3\frac{1}{2} \times 2\frac{1}{2}$ inches. Bake in a moderate (375F) oven 40 minutes or until center is firm. Serve with Parsley Sauce. Makes 4 servings.

PARSLEY SAUCE

Ingredients: 1 can condensed cream of celery soup, $\frac{1}{2}$ cup homogenized milk, 2 tablespoons minced parsley.

Method: Mix soup and milk; stir over moderately low heat until very hot; stir in parsley. Serve over Delicious Salmon Loaf.

EVERYDAY SALMON CASSEROLE

Ingredients: 4 ounces elbow macaroni, 1 can condensed cream of mushroom soup, $\frac{3}{4}$ cup evaporated milk (undiluted), one 1-pound can salmon (drained and broken into pieces), $\frac{1}{4}$ cup finely cut pimiento, 1 cup grated cheddar cheese.

Method: Cook macaroni according to package directions. Drain, but do not rinse; reserve. Mix

An Elegant Frosting For the Fudge Cake

This frosting is easy to make and tastes positively elegant on a fudge cake: Combine 1 cup brown sugar with 2 or 3 tablespoons evaporated milk. Heat until sugar melts and mixture begins to boil. Remove from heat and stir in enough sifted confectioners' sugar to give the desired spreading consistency. Add a few drops maple flavoring and stir in $\frac{1}{2}$ cup finely chopped roasted almonds.

Nice Party Cake

One of our favorite party cakes is made with a package of white cake mix and baked in two layers. The filling is made with apricot whole fruit nectar custard and the frosting is whipped cream. It's a dessert that should be eaten the same day it's made.

Vegetable, Fruit Good Buys

We're going to give you a good condensed market report in just a minute, but before we go into that, we think you'll be interested in knowing what the average American family eats in the course of a year; this year, for instance.

Spring these figures on the man of the house at the table tonight and remind him that you select, transport, prepare and serve 2½ tons of food a year for the family; broken down like this, according to a report from national association of refrigerated warehouses:

Among dairy products, the average American family eats annually 10.5—pounds of butter, 7.2 pounds of cheese, 19.9 pounds condensed and evaporated milk, 385.0 pounds of fluid milk and cream, 263.4 pounds of grain cereals, 23.3 pounds of coffee, tea and cocoa, 34.6 pounds of fats and oils (except butter).

The average family also consumes annually 124.9 pounds of fresh fruits, 3.5 pounds of frozen fruits, 37.2 pounds canned and other processed fruits. When it comes to fish and shellfish, we consume 11.0 pounds, along with 143.9 pounds of meat, 8.9 pounds of nuts, 47.0 pounds of eggs and 29.3 pounds of fowl.

We also eat 95.5 pounds of sugar per family, annually; 251.0 pounds of fresh vegetables, 3.0 pounds of frozen vegetables, 121.9 pounds of potatoes and sweet potatoes and 58.0 pounds of canned and other processed vegetables.

That'll give the man of the house some sort of idea about how you spend your time . . . and his money.

Best Buys Now

Best Fruit Buys. Loose apples, Emperor grapes, Arizona grapefruit, small navel oranges, pears. Good supplies of wrapped apples, large oranges, lemons, avocados, California grapefruit are in.

Best Vegetable Buys. Potatoes both old and new, celery, lettuce, parsnips, carrots, squash, rutabagas are plentiful. Onions are vegetable of the week. Snowy white cauliflower has very low prices. Cabbage is bargain-priced for top quality. Asparagus is starting to roll.

Other Good Buys. Cottage cheese-making plants throughout the state are working overtime turning out good-tasting, nutrition-packed cottage cheese. Serve it more often. Find good buys in eggs, beef, lamb, some pork cuts, fats and oils, raisins, peanuts, fresh and frozen fish.

Low Calorie Cottage Cheese Aid to Dieters

The brand new low calorie cottage cheese is on the Salem market now, available in all outlets.

This is the cheese that makes life more interesting for those who diet—its butterfat content is only 1 per cent and the calorie content in one pint is but 420. Furthermore, the cost is slightly lower. Deliveries are made daily, a code on the bottom of the carton assuring a daily fresh supply.

The cheese is the only product of its kind at present on the market. Low in calorie content, reasonable in price, yet high in protein this is a food that is a big aid to the dieters. There is no salt added to the cheese.

Try this salad made with the new cottage cheese:

Molded Cottage Cheese Salad
1 tablespoon unflavored gelatin
 $\frac{1}{4}$ cup cold water
1 cup boiling water or grapefruit juice

Sandwich Idea

A hot and hearty grilled sandwich makes good eating on a cold day. One we like particularly well is made with a chopped ripe olive and grated cheese filling. Dip the sandwich in a French toast batter and grill on both sides until golden.

3 tablespoons lemon juice
3 Tbsps. sugar
 $\frac{1}{4}$ tsp. salt
 $1\frac{1}{2}$ cups new low calorie cottage cheese
 $\frac{1}{2}$ cup diced celery or use diced orange or tangerine sections or pineapple or diced raw apple

Soak gelatin in cold water for five minutes. Add boiling water and stir until gelatin is dissolved. Add salt and lemon juice. Chill until mixture starts to thicken. Add cottage cheese and celery or fruit and pour into mold or individual molds. Chill until firm, unmold and serve on lettuce or other greens with mayonnaise or salad dressing garnish. Serves 4 to 6.

Two Good Spud Dishes

If you've not done these potato recipes recently, you'll be glad we reminded you of them.

Oven Fried Potatoes

Cut potatoes as for French fries or in medium-thick slices. Soak in ice water 1 hour or longer. Drain. Arrange in pan greased with 1 tablespoon salad oil. Sprinkle 2 tablespoons salad oil over potatoes. Bake in hot oven, 450 to 500 degrees, 30 minutes or until golden brown. Remove and salt.

Potatoes in Sour Cream

Peel and slice 6 potatoes quite thin. If onion flavor is liked, add 1 onion, sliced very thin. Melt a very little fat in a hot skillet; add potatoes and onion; sprinkle each layer with salt. Pour over 1 cup thick sour cream; cover skillet and cook slowly turning potatoes occasionally with a spatula. When nearly done, remove lid and fry until cream is absorbed and po-

For 'Luncheon'

Nervous and nettled by noon? Then turn to orange juice for a "luncheon" at luncheon to give you a nudge up as well as nutrition along with a day's supply of the vital vitamin C.

Nuncheon was the seventeenth century name for a noon-day drink rivaling today's orange juice; or so we judge reading further from Samuel Pennys dairy under date of March, 1669. "There, which I never did before, I drank a glass of a pint, I believe, at one draught, of the juice of oranges . . . and it is a very fine drink." A fine drink, indeed!

Don't limit the family to nuncheon at luncheon. Give them healthful, plentiful, low priced orange juice several times a day. Many families keep frozen orange juice at hand; let the youngsters make orange juice when they come from school each afternoon.

atoes are brown. Maybe a sprinkling of celery salt?



Fine Lenten Combination—Cheese and shrimp fondue, tomato aspic and potato chips.

Here's a Favorite Lenten Supper Menu; Easy to Do

By CECILY BROWNSTONE
(AP Newsfeatures)

You'll treasure this Lenten menu. We first tasted it at the house of a New York friend of ours, and we've cherished it ever since. What's on it? Cheese and Shrimp Fondue, Tomato Aspic with fresh salad greens, crisp golden potato chips — three dishes that taste just right together.

You'll like this menu, too, because you can get most of it ready ahead. Simmer the shrimp in water to cover for several minutes and clean, crumb the bread, grate the cheese and have the seasonings at hand for the fondue. Prepare the tomato aspic early in the day and let it set; wash the greens to garnish it, wrap them in a kitchen towel and put them in the refrigerator to crisp. Open the potato chips at the last minute. Add hot rolls and coffee and you'll have a most enjoyable main course. Our hostess served apple pie for dessert with this menu, using a pastry mix and extra butter for the crust and rolling it paper-thin.

Cheese and Shrimp Fondue

Ingredients: 1 pound fresh or frozen shrimp (cooked and cleaned), 2½ cups milk, 2 cups coarse fresh bread crumbs, $\frac{1}{2}$ pound grated cheddar cheese, 1 teaspoon salt, dash of pepper, 2 tablespoons minced onion, 1 tea-

spoon dry mustard, 4 eggs (separated).

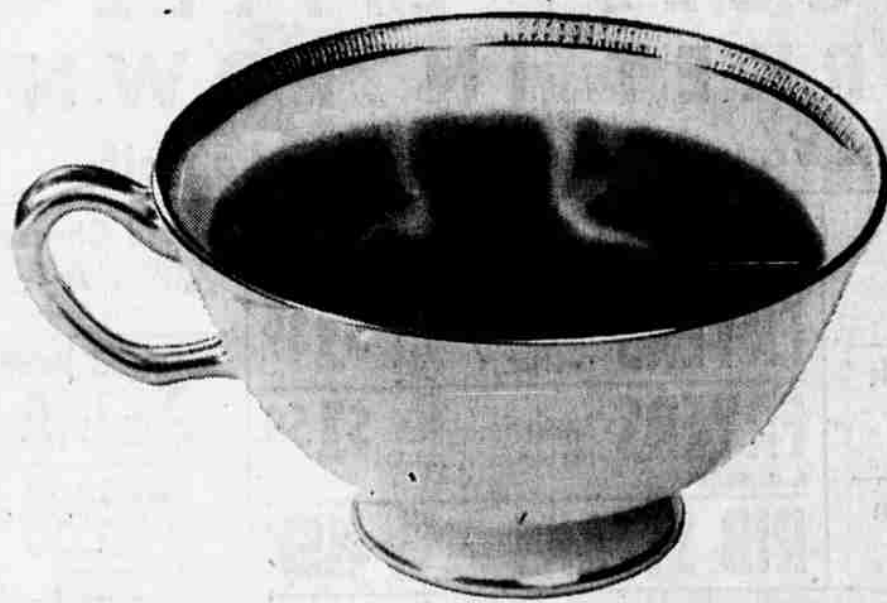
Method: Cut shrimps into thirds; reserve. Heat milk until skin forms over top; mix with bread crumbs, cheese, salt, pepper, onion and mustard. Beat yolks until thick and lemon-colored; slowly stir into bread mixture. Beat whites until stiff; fold into bread mixture; fold in shrimp. Turn into greased 2-quart casserole. Set in baking pan in slow (325F) oven; fill pan with hot water up to 1 inch from top of casserole. Bake until lightly browned and firm when touched in center—about 1½ hours. Makes 6 servings.

Lenten Tomato Aspic

Ingredients: 1 envelope unflavored gelatin, 2 cups tomato juice, 2 tablespoons lemon juice, $\frac{1}{2}$ teaspoon Worcestershire sauce, 1 teaspoon salt, salad greens, mayonnaise.

Method: Sprinkle gelatin over $\frac{1}{2}$ cup of the tomato juice; add lemon juice; allow to stand until gelatin is absorbed. Heat remaining tomato juice until very hot; add softened gelatin, Worcestershire sauce and salt; stir until gelatin is dissolved. Pour into small ring mold or 6 individual molds and chill until set. Unmold and garnish with salad greens and mayonnaise. Makes 6 servings.

day after day
cup after cup
pound after pound



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