

Feeding the Family

By ZOLA VINCENT
Food Editor

Salmon Takes Spotlight During Lenten Season

As the Lenten season begins, a tremendous spotlight of publicity is thrown on famed Pacific Coast canned salmon produced from Eureka to the Yukon. Last season's pack of the king of the fish employed more than 40 thousand people, totalled approximately four million cases valued at \$85 million. Value of this "crop" is said to far exceed that of all the gold ever taken out of the Territory of Alaska.

Five Varieties and Uses

Five varieties of salmon are canned. Largest of the salmon goes by the name of Chinook on the Columbia River, King in Alaska and Spring in Puget Sound. Soft in texture, rich in oil, the canned product separates into large flakes, ranges from red to white in color and usually is priced higher than other varieties. Especially good "as is" and in salads.

Red or Sockeye salmon love a lake. This variety is called Red or Sockeye in Alaska, always called Sockeye in Puget Sound and Blueback on the Columbia River. Meat is deep red in color; flesh breaks into small flakes, is firm in texture, has considerable oil making it delicious in both hot dishes and salads.

Medium Red, Coho or Silver is smaller than the King but larger than the red; large red

flakes but lighter in color than the Sockeye; good "as is" and in all dishes.

Pink salmon enjoys wide popularity. Some seasons nearly half the entire pack is from this species. Smallest of the salmons, it is small flaked, ranges from light to deep pink; is attractive and wholesome in entrees, soups and sandwiches.

Chum or Keta is the cheapest of all salmons when canned. Lighter in color, it has less oil, is large flaked and more coarsely textured; especially suitable for casseroles and other cooked dishes where color is not of prime importance.

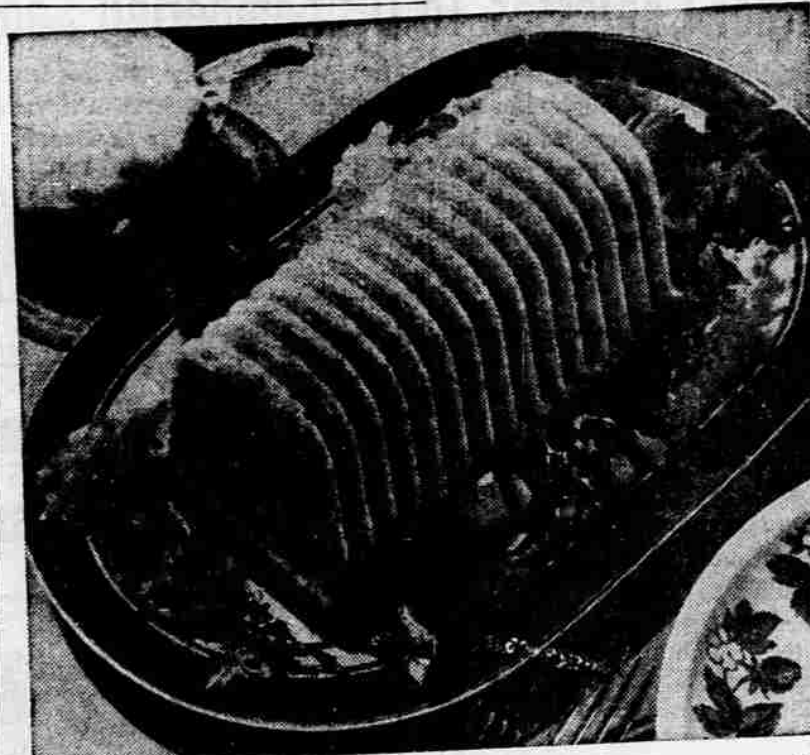
Can Size and Cost

Salmon is packed mainly in the one pound tall can, the one pound flat and the half pound flat. The one pound size contains two cups or enough for four servings. We should remind you that practically anyone can enjoy two or more servings.

We're not telling you to look for sale prices on canned salmon. Salmon at the shelf price is an economical, nutritious, concentrated, cooked, high protein and vitamin food with no waste, no shrinkage! Its nutritive values are many. A fine staple item to have on hand for frequent use.

Many Prefer Salmon "As Is"

Many think that salmon, particularly the Chinook, King or Spring variety, eaten "as is" right from the can has flavor



CANNED SALMON—Ways with delicious, nutritious canned salmon are beyond numbering. Today we suggest the king of canned fish in recipes both cold and hot including this superb jellied salmon loaf for enjoyment during the Lenten season and throughout the year.

perfection. Many think that salmon right from the can with salt and pepper shakers handy and mayonnaise or sour cream within reach makes superb eating.

Jellied Salmon Loaf

This easily made salmon recipe will serve four generously or six if offered as salad course. Uses lemon-flavored gelatin that is available in most cupboards, or quickly come by.

1 package lemon-flavored gelatin
1 cup hot water

¾ cup cold water
¼ cup lemon juice
1 teaspoon salt
1/3 cup mayonnaise
2 cups (1 pound can) salmon, flaked
1 cup diced celery
½ cup diced cucumbers or sweet pickle relish

Dissolve gelatin in hot water. Add cold water, lemon juice and salt. Chill until slightly thickened. Then fold in mayonnaise, salmon, celery, and cucumbers. Turn into 8x4x3 inch loaf pan. Chill until firm. Unmold on crisp lettuce. More mayonnaise on the side, if you like. Six servings.

Salmon Supper Loaf

Such good eating. A real break for busy homemakers. Four servings from a can of salmon.

1 1-pound can red salmon
1 cup rolled cracker crumbs
1 tablespoon grated onion
1 tablespoon lemon juice
2 tablespoons melted butter
Salt and pepper
1 egg, beaten
2/3 cup milk

Drain and flake salmon. Add other ingredients and mix lightly. Pack mixture into a small well-greased loaf pan or shape by hand into a loaf and bake on a shallow pan. Bake in moderate oven, 375 degrees, about 45 minutes. Four servings. Plenty of lemon wedges.

Salmon, Hot or Cold

Simply superb whichever way you do this, according to weather, time of day or place in the menu.

For hot salmon, turn one 1-pound can salmon into an eight inch pie plate or shallow baking pan; break up with a fork. Bake in moderate oven, 350 degrees, 20 minutes. To one cup of sour cream, add two tablespoons of capers or chopped parsley and spoon over salmon; bake five minutes longer. Lemon wedges on the side.

For cold salmon, turn out one 1-pound can of chilled salmon and mask all over with one cup of sour cream to which you've added two tablespoons of capers or chopped parsley and a dash of salt and pepper. Lemon wedges on the side.

Diced Pear Salad
Pear taste treat using plentiful 'Anjou winter pears. Wash, core and dice two cups pears. Sprinkle with juice of half a lemon. Combine with one cup of chopped celery, one-half cup broken walnut meats, six marshmallows quartered and one-

fourth cup mayonnaise. Toss lightly. Chill thoroughly. Serve on crisp lettuce. Six servings unless used as main course.

Creamed Celery

Walnuts add flavor and texture. Combine three cups cubed cooked celery, one and one-half cups medium white sauce and three-fourths cup broken walnut meats. Season to taste; turn into casserole and top with one cup soft bread crumbs that have been browned in butter. Bake in moderate oven, 325 degrees, 15 minutes.

Rosy Rhubarb Leads Spring Dessert Parade

Rhubarb, harbinger of Spring, is increasing in supply right along and never tasted better than right now when it is new and comparatively expensive. Fresh field rhubarb supply reaches its peak in May and June. In the meantime, the hot house variety, mostly from Washington is rosy red, succulent, tender and wonderful. It shouldn't be necessary to peel it.

Rhubarb Sauce

At any meal, rhubarb sauce (stewed rhubarb) is a welcome delight; as fruit at breakfast, as dessert noontime or evening meal. Go easy on the sugar and easy on the cooking. Today's rhubarb is naturally sweeter, requires ten minutes or less of gentle simmering, practically no water . . . and no stirring, please. For tart-sweet perfection, one-fourth cup sugar and one-fourth cup water to each pound of rhubarb is about right. Taste for family preference as to degree of sweetness. Use brown sugar occasionally for a change; or maybe add a few very thin lemon slices with or without a clove in the center.

Rhubarb Betty

Serve this warm with cream

or half and half. For each four servings, wash one-half pound rhubarb and cut in half-inch pieces. Combine with one cup day-old bread cubes, one-fourth cup sugar and a dash of cinnamon in a greased baking dish. Dot with two tablespoons butter; cover and bake at 350 degrees for 30 minutes. Uncover and bake 10 minutes longer to lightly brown top.

Lamb and Apricot Stew is Flavor Treat

Does lamb and apricot stew sound odd, weird, fantastic? However it sounds, it actually is a perfectly delicious blending of meat and fruit flavors using dried apricots and bargain-priced lamb neck or lamb breast. Family will applaud this. You can serve it with or without dumplings made according to any favored recipe or from a packaged biscuit mix.

Wash two cups dried apricots

SV-B District Sets Meeting for March

The annual meeting of the Sams Valley-Beagle Soil Conservation district will be held on March 21 in the Eagle Point Grange hall, according to W. B. Tucker, county extension agent in agriculture.

Fay I. Bristol, Rogue River,

and soak in cold water to barely cover for two hours. Have meat man cut 2½ pounds lamb neck or breast in pieces. Cover with boiling water and simmer, covered, one hour. Add apricots and liquid and simmer another hour stirring occasionally to prevent scorching. If dumplings added, drop them by spoonfuls on top of stew, cover tightly and cook 12 to 15 minutes. Arrange meat on platter; surround by sauce and dumplings. Six servings.

will be the main speaker on mineral development in Jackson county. He will demonstrate use of Geiger counters and other devices to detect valuable minerals.

Tucker will speak on fertilizers and soils in the Rogue valley, and progress reports will be made. The district includes some 900,000 acres in the northern part of the county.

A supervisor will be elected to fill the position now held by George A. Loftin, Beagle, on the board of supervisors.

Refreshments will be served. The meeting is open to the public and all residents of the district are urged to attend, Tucker said.

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