

*I want my
husband to
like Lent*

by CAROLYN EVANS

**Try out Salmon
5 Course Dinners**

*They cost no more than
ordinary meals.*
For instance, this one:

- Half Grapefruit with Emerald Sauce
- Onion Soup with Champagne
- Salmon-Bake Pie
- Asparagus Tips
- Hot Rolls
- Fresh Vegetable Salad
- French Dressing
- Pineapple Sherbet
- Chocolate Cup Cakes
- Coffee

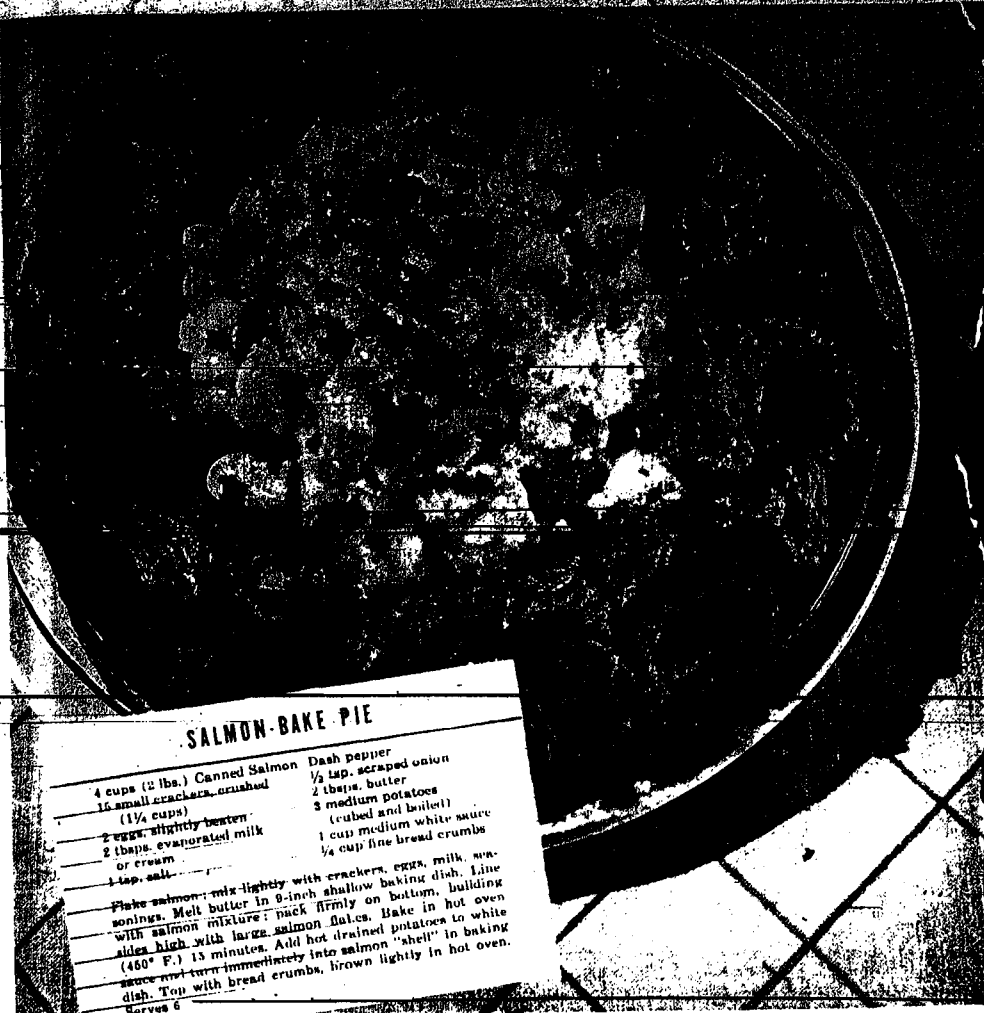
NEW MAIN DISHES—Your husband will thank you for your ear. So the *Ladies Home Journal* has extra courses without adding to your regular dinner budget.

And these new featured Salmon main dishes are good for the national pulse.

The first rule for any main dish is to supply rather than to suffer. So the normal, well-known, and healthy fishes and sea foods combine with Canned Salmon for courses of boundless variety.

Canned Salmon is a valuable food in any diet. It is rich in protein, and contains all the essential vitamins. It is also a good source of iron and calcium. It is a convenient and economical food for the home.

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SALMON-BAKE PIE

- 4 cups (2 lbs.) Canned Salmon
- 16 small crackers, crushed (1 1/4 cups)
- 2 eggs, slightly beaten
- 2 tbsps. evaporated milk or cream
- 1 tsp. salt
- Dash pepper
- 1/2 tsp. scraped onion
- 2 tbsps. butter
- 3 medium potatoes (cubed and boiled)
- 1 cup medium white sauce
- 1/2 cup fine bread crumbs

Flake salmon; mix lightly with crackers, eggs, milk and onions. Melt butter in 8-inch shallow baking dish. Line with salmon mixture; pack firmly on bottom. Bake in hot oven sides high with large salmon flakes. Bake in hot oven (450° F.) 15 minutes. Add hot drained potatoes to white sauce and turn immediately into salmon "shell" in baking dish. Top with bread crumbs, brown lightly in hot oven. Serves 6

SALMON CROSS BUNS

- 2 large sandwich buns
- 2 cups (1 lb.) Canned Salmon
- 2 tbsps. melted butter
- 8 pimento strips
- Salt and pepper
- 4 eggs
- 2 tbsps. milk or cream

Split buns in half. Flake salmon and arrange around edge on cut side of buns. Season with salt, pepper and melted butter and place in hot oven (450° F.) for 10 minutes. Mix eggs with milk or cream, season well and scramble in top of double boiler until creamy. On each hot bun inside circle of salmon flake place hot scrambled eggs; and garnish with crossed strips of pimento. Serves 4

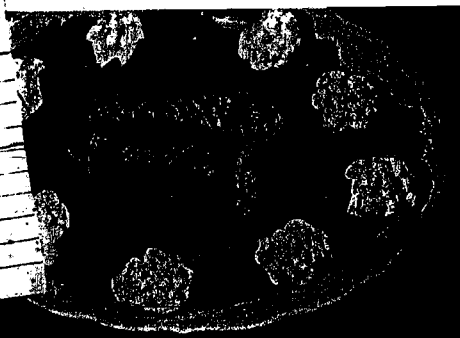


SALMON PLATE DINNER

- 1 pound can of salmon
- 1/2 lemon
- Salt and pepper
- 1 tbsp. melted butter

Open can carefully and remove salmon, keeping it in one place. Place on end in top of double boiler. Cover, and heat over boiling water for about 20 minutes. Drain, and turn out onto platter, season lightly with lemon juice, salt and pepper, and melted butter, surround with hot sliced hard-boiled eggs and buttered cauliflower. Serves 4

JUST FOR TWO—Use the half-pound can of salmon and seasonings in proportion



Our greatest food from the sea **CANNED SALMON**

