

Salmon Dishes Brighten Up Lenten Season Menus



Salmon loaf — To use during Lent and after.

By CECILY BROWNSTONE
Associated Press Food Editor

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, 2/3 cup evaporated milk (undiluted), 2 cups soft bread crumbs, 1 egg (well beaten), 1 tablespoon minced parsley, 2 tablespoons minced onion, 1/2 teaspoon salt, 1 teaspoon chili powder, 1/4 to 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 1/2 by 3 1/2 by 2 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, 1/3 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.

Salmon Casserole
Ingredients: 4 ounces elbow macaroni, 1 can condensed cream of mushroom soup, 2/3 cup evaporated milk (undiluted), one 1-pound can salmon (drained and broken into pieces), 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 soup and evaporated milk; add macaroni, salmon, pimiento and 1/2 cup of the cheese. Turn into greased 1 1/2-quart casserole; sprinkle remaining cheese around edge. Bake in a moderate (350F) oven 25 minutes. Makes 4 to 6 servings.

Old Timers Still Pan For Gold in Indiana
Delphi, Ind. (AP) — Whenever things get dull around this farm country county seat town of 2,500, old-timers go out to pan for gold.

Nobody ever got close to rich sifting the sands near the slate bluffs of Deer Creek. But ever since 1855, spare-time prospectors have been hoping to find a mother lode. That was when prospectors, back from the California gold rush, found the first flakes here. About the biggest day's take anyone can remember was worth \$1.50.

Past Glory

(Continued from Page 1, Section 2) were two passengers beside myself, namely Earle Dickinson, a Beaufort boy about my age, 15, and Tim Nelson's son, 12.

In due course we reached Baltimore and returned to Beaufort. Thus the "Cherubim" may have been one of the last vessels to load at Swansboro.

Several things stand out in my memory. It gave me a thrill when we passed the sea buoy on the first day out and the captain invited me to take the wheel and steer the good ship by the compass. I have since crossed the ocean in palatial steamships, but never got such a thrill as I did steering the "Cherubim" with all sails up in a 15-mile breeze. There is no other motion in the world that soothes the soul like the roll of a medium-sized sailing ship riding the waves.

One beautiful day, with a brisk breeze and big waves rolling, I lay with my head leaning over the bowsprit watching the waves part and kind of dreaming when the mate came up and tapped me on the back and said, "You'd better get up from there. The waves will put you to sleep and you'll fall overboard."

My father gave me \$3 to spend for pleasure in Baltimore. But the captain was short of change on arrival and borrowed it and I had to wait until the following day to start my first city spree.

I have no idea what became of the good ship "Cherubim." But I feel sure that if she sailed long enough she wound up in Davy Jones' locker, like the good ship "Charles," John L. Ireland, Captain, which left Beaufort one summer day at the end of the century, and was never heard from thereafter. Also, like the ship on which Harry Pierce, a Beaufort young man, shipped. It was lost with all the crew somewhere in the mighty deep.

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WITH the 4-H'ERS

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National 4-H Club week is over and we hope everyone enjoyed the publicity Carteret 4-H Clubs received. One article came in too late to get in the paper so here it is. This is by Robert Reynolds, Newport, who attended camp last year.

"I am about to tell of my experience at 4-H Camp this summer. It was a very hot summer morning in August. And I was supposed to get up bright and early to go to 4-H Camp at Waynesville, North Carolina. It was the first time I had ever been to a camp of any kind. I was so excited I could hardly wait to go.

We left Beaufort about 7 a.m. and arrived at camp about 8:30 p.m. At first we did not know what to do, but soon our director, Mr. DeGroot, had one of the camp staff



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educational. It was about the Cherokee Indians of North Carolina. Saturday morning we began our long journey home. No one wanted to go, in fact, some cried because they had to leave camp. We arrived in Newport at 10:30 p.m.

I'm sure that everyone enjoyed themselves at camp. Those days there were very helpful to us for our coming year in 4-H. I am surely looking forward to going back to camp again this summer."

Vernon Cannon of the Morehead City Sr. Club who lives at Broad Creek recently received 1000 bicolor lespedeza plants and two pounds of sericia seed for his 4-H wildlife project.

Vernon will plant the bicolor plants along a field border near his home for quail food. The seed of bicolor plants make good quail food during the winter months when natural food is scarce. The 1,000 bicolor plants will provide food for one covey of quail during the winter months. The sericia will provide protection for the quail while feeding.

These are the minutes of the last 4-H meeting at Camp Glenn School as written by Laura Adams, secretary:

"We held our regular meeting, March 9, 1954 at Camp Glenn School. The meeting was called to order by the President, Jane Olesby. We all stood and said the 4-H Club Pledge and sang, "Oh, Susanna!"

"Scripture reading was read by Sally Morris. Prayer was by Mary Sanderson. Then minutes of last meeting were read by Laura Adams, our secretary. There were no corrections or additions to the minutes.

"The president asked for old and new business, and there was none of either. The meeting was then turned over to Mr. Newsome and Miss Barnett. They talked to us about The Home Medicine Cabinet. The meeting was adjourned."

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