

Second. An Island specialty

SALMON POTATO ROLL

1 can (1½ oz.) salmon
 ¼ cup mayonnaise
 ½ cup chopped green onion
 4 medium potatoes, cooked
 2 tsp. butter
 2 tsp. mayonnaise
 2 tsp. chopped green onions
 ½ tsp. salt
 Few grains of pepper
 Drain and flake salmon; mash bones. Blend salmon with ¼ cup mayonnaise. Cover 8x12 sheet of waxed paper or aluminum foil with ½ cup chopped green onion. Mash potatoes until fluffy.

Mix in remaining ingredients. Spread potato mixture evenly on top of chopped green onion and cover with salmon mixture. Roll in jelly roll style and chill for several hours. To serve cut in slices. Makes 8 servings.

HILDA RAMSAY
 Indian River W. L.

TUNA TOWERS

1 can (6 or 7 ounces) tuna
 2 tsp. diced celery
 2 tsp. mayonnaise
 2 cups shredded lettuce
 2 large thick slices tomato
 mayonnaise
 2 stuffed olives
 Drain and flake tuna. Combine with celery and 2 tsp. mayonnaise. Arrange 1 cup of shredded lettuce in a round on each of two serving plates. Top each round with a thick slice from a large tomato. Divide the tuna mixture into two equal portions and mould each portion by pressing it into a measuring cup (½ cup size) or a tea cup. Unmould on tomato slice. Garnish each "tower" with a dab of mayonnaise and stuffed olive.

HILDA RAMSAY
 Indian River W. L.

BAKED HALIBUT

2 lbs. halibut
 1 cup milk
 Butter, salt and pepper
 Rub fish with butter and seasonings place in baking dish and pour milk over. Bake often while cooking until all milk is used. About 35 to 40 minutes at 375 deg.

RITA MANN,
 Indian River W. L.

FAVORITE FISH RECPE

Split and clean one large fresh mackerel. Place flat in shallow baking pan.
 Sprinkle with ¼ cup fine bread crumbs, 1 tsp. salt, 1 tsp. of dill seed. Dot with butter.
 Bake in hot oven.

HELEN TURNER
 Indian River W. L.

SALMON PUFF

2 cups cooked, flaked salmon
 3 cups mashed potatoes
 2 egg yolks
 ½ tsp. salt
 ¼ cup finely minced onion
 1 tsp. finely minced parsley
 2 egg whites
 Flake salmon, and mix with mashed potatoes, beaten egg yolks, onion and parsley. Fold in beaten egg whites. Pour into a greased casserole.
 Bake in moderate oven, 350 deg. F. for 30 minutes. Yield 4 servings.

MABEL MacLELLAN
 Indian River W. L.

SUMMER TUNA MOULD

1 cup salad dressing
 1 envelope unflavored gelatine
 1 can tomato soup
 14 oz. package creamed cheese
 1½ cup diced green pepper
 ½ cup chopped onion
 ¼ cup drained pickle relish
 14 oz. can tuna drained
 Melt gelatine in ½ cup cold water. Heat soup add creamed cheese, beat till smooth add gelatine stir in salad dressing. Chill. Add remaining ingredients. Chill in 3½ cup mold. Serves 6-8 persons.

MRS. DONALD J. MacLEAN
 DeGros Marsh

CLAM CHOWDER

1 pt. clams and liquor or canned clams (20 ounces)
 ½ cup chopped onion
 1 cup diced potatoes
 2 cups liquid (clam liquor add water)
 2 cups rich milk,
 ½ tsp. salt
 ½ tsp. pepper
 2 tsp. butter
 1 tsp. chopped parsley
 Method: Drain clams and save liquor. Cook onion until tender in bacon fat. Add potatoes and liquid. Cover and simmer 10 to 15 minutes until potatoes are tender. Add clams, milk, salt and butter, bring to simmer but do not boil. When



TEMPTING DESSERT: BLUEBERRY REFRIGERATED CAKE

servicing garnish with parsley.
 MRS. ELMER BROWN
 YORK ALPHA W. L.

CURRIED SALT COD SALAD

1 lb. salt cod
 1 tbsp. lemon juice
 1 unpeeled red apple, diced
 1 cup diced celery with leaves
 ¼ cup seedless raisins
 ¼ cup chopped onion
 ½ tsp. curry powder
 ½ cup salad dressing
 Lettuce cups
 Cover fish with cold water and soak overnight. In morning bring to simmering temperature over low heat for five to 10 minutes. Drain, flake the fish and chill. Sprinkle lemon juice over diced apple.
 Combine apple, celery, raisins and onion, add salt cod. Mix curry powder with salad dressing. Combine with fish mixture and toss lightly. Serve on lettuce cups. Makes 6 servings.

HILDA RAMSAY
 Indian River W. L.

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BAKED HADDOCK FILLET

1 pkg. haddock fillet
 ¼ cup cracker crumbs
 2 oz. butter
 Juice of ¼ lemon
 Method: Remove skin from packet, defrost for 1 hr. at room temperature. Cut crosswise to make six servings. Roll in cracker crumbs. Place in 10x5 pan or casserole. Melt butter and lemon juice and pour over all. Sprinkle any leftover crumbs on top and dot with generous dots of butter. Bake 30 to 35 min. in good oven and serve.
 MRS. B. M. CARROLL
 Parkdale

SALMON CASSEROLE

3 tsp. butter
 1 lb. tin salmon.
 1 20 lb. tin of peas
 1 tsp. chopped onion
 ¼ cup bread crumbs
 3 tsp. flour
 1½ cups liquid from peas plus milk (Take liquid from peas plus enough milk to make 1½ cups).

Method: Drain the salmon and peas, melt the butter in a skillet, add the flour then the liquid from the peas stir; when the liquid boils add the salmon, peas and seasonings heat 2 to 3 min. Stir into a buttered casserole. Dot with the bread crumbs. Bake in a 450 deg. F. oven for 10 min.

MRS. HARVEY SILLIPHANT
 Humier River

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