

Delicacies from the deep sea

SALMON PUFF

- 2 cups mashed potatoes
 - 1 pound can salmon (2 cups) or 1 1/2 cups of any desired fish, cooked
 - 1 finely minced onion or onion juice
 - 1 tablespoon finely chopped parsley or celery
 - 2 eggs
- Mix the fish and potatoes. Add milk and parsley, then the beaten egg yolks and fold in beaten egg whites last. Place in buttered casserole; dot with butter and bake in moderate oven until brown. Serves six.

MRS. RAY GALLANT

SALMON ROLL

- 2 cups flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 4 tablespoons shortening
- 1 egg
- 1/2 cup milk
- 1 tin salmon
- 4 tablespoons milk
- 2 tablespoons lemon juice
- 2 teaspoons scraped onion

1 teaspoon parsley

- 1/2 teaspoon salt
- Bake in 425 degrees oven for 30 minutes. Serve hot with egg sauce. (Two cups medium white sauce and hard-cooked egg).

MRS. GUY PIERCE
Brackley

FISH CASSEROLE

- Flake one pound fish and place in casserole. Slowly melt 1/2 pound Canadian cheese in a double boiler; stir in one-third cup of milk.

Four the sauce over the fish. Line the brim of the casserole with unbaked biscuits, cut in half. Bake in hot oven, 425 degrees until biscuits are done.

MRS. RAY GALLANT
Milwaukee WI

CRABMEAT OR LOBSTER CUTLETS

- 2 1/2 tablespoons butter
- one-third cup flour
- 1 cup warm milk
- 1 egg yolk
- 1/2 teaspoon salt

1/4 teaspoon pepper

- 2 cups cooked lobster or canned crabmeat
 - 1 1/2 tablespoons lemon juice
- Melt butter, add flour. When well blended, add milk. Stir until sauce boils. Add egg yolk, seasonings and fish. Spread on a plate to cool. When cold shape in cones or cutlets. Dip in fine, dry bread crumbs, then in beaten egg, then in crumbs again. Fry one minute in deep hot fat. Garnish with green peas. Add lemon juice with seasonings, or sprinkle it over fish.

MRS. HARRY LEWIS, JR.
Woodstock WI
Newton NH

LOBSTER STEW

- 2 tablespoons butter
 - 2 cups lobster chopped fine
 - 1 tablespoon flour
 - 2 cups whole milk
 - salt and pepper
 - 1/4 teaspoon mustard, if desired
- Put butter in saucepan, then add lobster and let it heat well. Cook for a short time. Add

flour, salt and pepper. To a pour in milk and stir until well blended. Serve hot with crackers. To make especially good, use part cream.

MRS. HARRY LEWIS, JR.
Woodstock WI

SCALLOPED OYSTERS

Butter a bake dish and put in a layer of cracker crumbs. Put in a layer of oysters.

Repeat this, ending with a layer of cracker crumbs. Pour over hot milk to cover, and dot with butter. Serve with baked potatoes. (Instead of oysters use salmon or any kind of cooked fish).

- MRS. HARRY LEWIS, JR.
Woodstock, Newton NH
- CLAM COBIN CASSEROLE
- 1 can clams, 10 ounce
- 1 cup clam liquor, plus milk to make cup
- 3 eggs, well beaten
- 1 tablespoon chopped onion fine
- 1/2 teaspoon salt
- 2 tablespoons chopped pimiento
- 1 cup cream style corn

1/2 cup cracker crumbs, fine
1 tablespoon melted butter

Drain and strain liquid from clams. Rinse clams under cold water. Combine all ingredients and pour into a greased, quart size casserole.

Bake in moderate oven 30 degrees for one hour or until firm. Makes 4 to 5 servings.

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