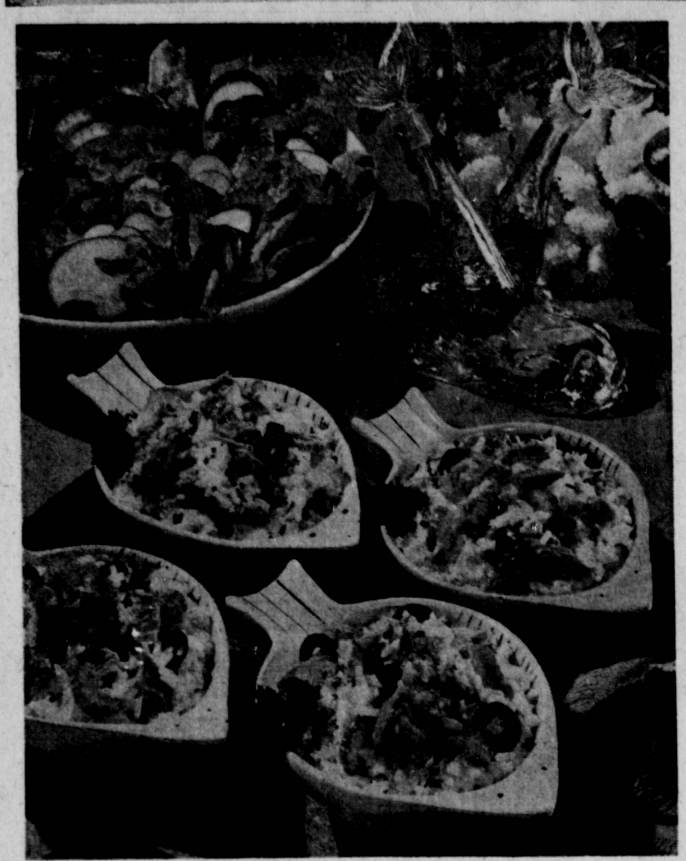


MARY WISE Menu Planner AND SHOPPING SUGGESTIONS



CANNED SALMON'S unique flavor, convenience, and versatility have been in style with homemakers across the nation for a long time. Lemon tartness and the Oriental elegance of curry pick up interesting flavors in this Baked Salmon-Rice Salad.

Hot Salmon Salad New

Make the style a smile at your dinner table with this bright, new hot salad creation. Some of the most interesting ingredients have come together in a flavor blend that will be the talk of the table.

Table-ready in a jiffy, Baked Salmon-Rice Salad will be a standout at lunch. Rice adds the base, while celery, parsley and ripe olives contribute color.

- BAKED SALMON-RICE SALAD**
- 1 can (1 lb.) salmon
 - 2 cups cooked rice
 - 1 cup thinly sliced celery
 - 1/4 cup chopped parsley
 - 1 cup sliced, pitted ripe olives
 - 1/4 cup mayonnaise or salad dressing
 - 2 tbs. French dressing
 - 2 tbs. lemon juice
 - 1 tsp. curry powder
 - 2 tbs. mayonnaise or

salad dressing
Paprika

Drain and break salmon into large pieces. Combine rice, celery, parsley, olives and salmon. Combine mayonnaise, French dressing, lemon juice and curry powder. Add mayonnaise mixture to salmon mixture; toss lightly. Place in 6 well-greased 6-oz. casseroles or custard cups. Top each with a teaspoon of mayonnaise. Sprinkle with paprika. Bake at 400 degrees for 15 to 20 minutes, or until heated. Serves 6.



DOES THE MENU call for soup? Then serve Midwest Fish Chowder, easily made and ready for the table in only a few minutes.

Midwest Chowder Is Rich in Protein

Move over, New England Chowder and Manhattan Chowder, for here comes Midwest Fish Chowder, a tomato-based soup made protein rich by adding easily digested fish fillets.

Cooked and ready in just a few minutes, this chowder will win high praise. Serve it in an iron pot or in your grandmother's prize antique soup tureen.

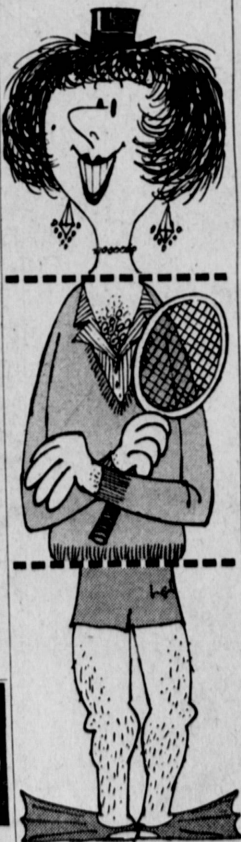
- MIDWESTERN FISH CHOWDER**
- 1 lb. fish fillets (sea bass, cod, haddock), fresh or frozen
 - 1/4 cup chopped bacon or salt pork
 - 1/2 cup chopped onion
 - 1/2 cup chopped green pepper
 - 1 cup chopped celery
 - 2 cups boiling water
 - 1 cup diced potatoes
 - 1 tsp. thyme
 - 1 tsp. salt
 - 1 Dash cayenne pepper
 - 2 cups tomato juice
- Thaw frozen fillets. Skin

EASY CHERRY DESSERT

Spoon cherry pie filling with dairy sour cream and serve with homemade almond stemmed glasses. Top with macaroons.

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ADELINE DALEY

The Battle Goes to the Strong

There must be an easier way to cancel your subscription to a magazine, other than meeting One's Maker, but I don't know what it is. I thought the decent way out would be to send an explanatory letter. Following is my correspondence with a magazine I will call "Smirk."

"Smirk Magazine, New York, N. Y.:

"I am in receipt of your five-page letter which documented how well-equipped you are to keep me informed on world affairs, and also, which was most complimentary to hear, that 'due to our income, education, and social position we are set apart from the general population who are not Smirk readers.' 'However, since we sub-

scribe to too many magazines, we do not wish to renew, even for seven cents under the newsstand price. Hoping you will understand, I remain, Mrs. Daley."

"Dear Subscriber—

"London? Moscow? Washington? Wall Street? Will you be able to understand the significance behind IMPORTANT DECISIONS being made at the world centers? Not if you don't send us the enclosed renewal form, which will save you seven cents under the newsstand price."

"Dear Smirk—

"Yes, I am interested in London, Moscow, Washington, and Wall Street but I hope to keep abreast of world affairs via other media. May-

over to your office grievance committee for a ruling."

Dear SUBSCRIBER—

"Third notice: We still have not received your renewal form but since we feel that you do not want to miss one single issue, we are sending you your FINAL COPY of Smirk. However, it is urgent that you return the enclosed air-mail renewal form TODAY!"

"Dear Smirk—

"Apparently you are not receiving my letters. I do not want to renew. And incidentally, how come my 12-year-old son also received a letter from you asking him to subscribe? You added that you got his name from an exclusive list which 'sets him apart

from the general population due to his income, education and social position.' The kid doesn't even have a paper route."

"DEAR SUBSCRIBER—

"FINAL NOTICE. It is imperative that you return the enclosed renewal form TODAY in order to continue being briefed in the world of Business and Finance, informed on unrest in the satellite nations, Peking's bid to dominate Red Affairs, de Gaulle's etc., etc."

Dear Smirk—

"You win, enclosed find my renewal. Waiting to hear from London, Moscow, Washington and Wall Street, I remain your

Obedient Subscriber."

THE LONG AND SHORT OF IT

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