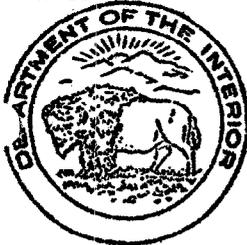


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DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

For Release FEBRUARY 12, 1954

SALMON, AN AMERICAN FAVORITE

Salmon has long been one of America's favorite fishes. Whether fresh, frozen, canned, smoked or kippered, it can be found in grocery stores and fish markets in all parts of the United States.

Well adapted to the diverse food habits of many people, canned salmon has also become widely used throughout the world. To the nutrition-minded, a can of salmon holds a wealth of body-building and health-giving nutrients. Vitamins, minerals, and protein abound in the rich oil, soft bones and flaky meat.

To emphasize the many qualities of canned salmon, a special advertising campaign is being conducted by the canned salmon industry. During National Salmon Month, which will run from February 27 through March 27, canned salmon will be especially advertised over radio and television, in national magazines, through daily and weekly newspapers, and at the point-of-sale.

To the timesavers, canned salmon is ready for the table as it comes from the can. As a quick salad, it is a luncheon favorite. As a main dish, it makes an excellent entree for dinner. The wise homemaker will keep several cans of this versatile fish on her kitchen shelf to use during the Lenten Season and throughout the year.

Here's a recipe for a delicious salmon loaf developed and tested by the home economists of the Fish and Wildlife Service.

SALMON LOAF

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| 1-pound can salmon | $\frac{1}{2}$ teaspoon celery salt |
| 3 cups fine bread | 3 tablespoons butter or other fat, melted |
| $1\frac{1}{2}$ tablespoons chopped parsley | 2 tablespoons grated onion |
| 1 tablespoon lemon juice | 2 eggs, well beaten |
| $1\frac{1}{4}$ teaspoons salt | $\frac{3}{4}$ cup liquid (liquid from canned salmon plus milk to make volume) |
| Dash cayenne | |

Drain and flake salmon, saving liquid. Combine all ingredients except egg and liquid. Mix well, and place in a well-greased loaf pan. Combine the beaten eggs and liquid. Pour over the salmon mixture in the loaf pan. Bake in a moderate oven, 350° F., for 45 minutes or until loaf is firm in the center. Unmold on a hot platter, and serve plain or with a sauce. Serves 6.

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