

Office Memorandum



DEPARTMENT OF THE INTERIOR 8/11/54
INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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FAMILY URGED TO TRY SOUP AND FISH-SANDWICH MEALS

Menu problems during the hot summer days may be solved by serving soup and fish-sandwich meals, advise the home economists of the Fish and Wildlife Service.

Hot soup, even on the hottest days is always tasty and satisfying. If canned or dehydrated soup is served, the preparation time is cut to a minimum.

Along with the soup, a "make-your-own" sandwich bar can be set up. To do this, stack a variety of breads within reach of everyone, then line up bowls of various sandwich fillings, lettuce, tomatoes, and dressings. Because canned fish and shellfish such as tuna, salmon, sardines, shrimp, crab and lobster are so popular, and readily available in most markets, they should be well represented. Then let everyone dip in and evolve the particular kind of sandwich that he likes best.

The FWS home economists offer the following sandwich suggestions to help inaugurate your "soup and sandwich" meals.

1. Flaked tuna, tomato slices, watercress, and Russian dressing on rye bread.
2. Flaked salmon, cucumber pickle slices, and mayonnaise on white bread.
3. Sardines, Swiss cheese, dill pickle slices, and mustard butter on rye bread.
4. Shrimp, asparagus, and mayonnaise on whole wheat bread.
5. Lobster, hard-cooked eggs, lettuce, and Russian dressing on cracked wheat bread.

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