



# FEDERAL ACTIONS



## Department of Health, Education, and Welfare

### FOOD AND DRUG ADMINISTRATION

#### LIST OF FOOD ADDITIVES GENERALLY RECOGNIZED AS SAFE ISSUED:

A list of food additives or substances generally recognized as safe appeared in an order issued by the U. S. Food and Drug Administration and published in the

Federal Register of November 20, 1959. The order became effective on December 20, 1959.

The order also points out that inclusion of substances as nutrients does not constitute a finding that the substance is useful as a supplement to the human diet.

The order as it appeared in the Federal Register follows:

### Title 21—FOOD AND DRUGS

#### Chapter I—Food and Drug Administration, Department of Health, Education, and Welfare

##### SUBCHAPTER B—FOOD AND FOOD PRODUCTS

##### PART 121—FOOD ADDITIVES

#### Subpart B—Exemption of Certain Food Additives From the Requirement of Tolerances

##### SUBSTANCES THAT ARE GENERALLY RECOGNIZED AS SAFE

Pursuant to the authority vested in the Secretary of Health, Education, and Welfare by the Federal Food, Drug and Cosmetic Act (secs. 409, 701, 72 Stat. 1785, 52 Stat. 1055, as amended 72 Stat. 948; 21 U.S.C. 348, 371), and delegated to the Commissioner of Food and Drugs by the Secretary (23 F.R. 9500), and after having considered all comments on the proposed order published in the FEDERAL REGISTER of December 9, 1958 (23 F.R. 9511), containing a list of substances regarded as generally recognized as safe within the meaning of section 409 of the act, the Commissioner has concluded that the substances in that list with the exception of carbon black, charcoal, oleic acid, linoleic acid, titanium dioxide, and ultramarine blue, are generally recognized as safe. *Therefore, it is ordered*, That the food additive regulations (21 CFR Part 121 (24 F.R. 1095)) be amended by adding thereto, under Subpart B, the following new section:

##### § 121.101 Substances that are generally recognized as safe.

(a) It is impracticable to list all substances that are generally recognized as safe for their intended use. However, by way of illustration, the Commissioner regards such common food ingredients as salt, pepper, sugar, vinegar, baking powder, and monosodium glutamate as safe for their intended use. The lists in para-

graph (d) of this section include additional substances that, when used for the purposes indicated, in accordance with good manufacturing practice, are regarded by the Commissioner as generally recognized as safe for such uses.

(b) For the purposes of this section, good manufacturing practice shall be defined to include the following restrictions:

(1) The quantity of a substance added to food does not exceed the amount reasonably required to accomplish its intended physical, nutritional, or other technical effect in food; and

(2) The quantity of a substance that becomes a component of food as a result of its use in the manufacturing, processing, or packaging of food, and which is not intended to accomplish any physical or other technical effect in the food itself, shall be reduced to the extent reasonably possible.

(3) The substance is of appropriate food grade and is prepared and handled as a food ingredient. Upon request the Commissioner will offer an opinion, based on specifications and intended use, as to whether or not a particular grade or lot of the substance is of suitable purity for use in food and would generally be regarded as safe for the purpose intended, by experts qualified to evaluate its safety.

(c) The inclusion of substances in the list of nutrients does not constitute a finding on the part of the Department that the substance is useful as a supplement to the diet for humans.

(d) Substances that are generally recognized as safe for their intended use within the meaning of section 409 of the act are as follows:

##### CHEMICAL PRESERVATIVES

Ascorbic acid.  
Ascorbyl palmitate.  
Calcium ascorbate.  
Calcium propionate.  
Erythorbic acid.  
Potassium sorbate.  
Propionic acid.

Sodium ascorbate.  
Sodium propionate.  
Sodium sorbate.  
Sorbic acid.  
Tocopherols.

##### BUFFERS AND NEUTRALIZING AGENTS

Acetic acid.  
Aluminum ammonium sulfate.  
Aluminum sodium sulfate.  
Aluminum potassium sulfate.  
Ammonium bicarbonate.  
Ammonium carbonate.  
Ammonium hydroxide.  
Ammonium phosphate (mono- and di-basic-).  
Calcium carbonate.  
Calcium chloride.  
Calcium citrate.  
Calcium gluconate.  
Calcium hydroxide.  
Calcium lactate.  
Calcium oxide.  
Calcium phosphate.  
Citric acid.  
Lactic acid.  
Magnesium carbonate.  
Magnesium oxide.  
Potassium acid tartrate.  
Potassium bicarbonate.  
Potassium carbonate.  
Potassium citrate.  
Potassium hydroxide.  
Sodium acetate.  
Sodium acid pyrophosphate.  
Sodium aluminum phosphate.  
Sodium bicarbonate.  
Sodium carbonate.  
Sodium citrate.  
Sodium hydroxide.  
Sodium phosphate (mono-, di-, tri-).  
Sodium potassium tartrate.  
Sodium sesquicarbonate.  
Sulfuric acid.  
Tartaric acid.

##### EMULSIFYING AGENTS

Diacetyl tartaric acid esters of mono- and diglycerides from the glycerolysis of edible fats or oils.

Mono- and diglycerides from the glycerolysis of edible fats or oils.

Monosodium phosphate derivatives of mono- and diglycerides from the glycerolysis of edible fats or oils.

Propylene glycol.

MISCELLANEOUS

Acetic acid.  
Aluminum sodium sulfate.  
Aluminum sulfate.  
Butane.  
Calcium phosphate, tribasic.  
Caramel.  
Carbon dioxide.  
Carnauba wax.  
Citric acid.  
Glycerin.  
Glycerol monostearate.  
Helium.  
Magnesium carbonate.  
Magnesium hydroxide.  
Monoammonium glutamate.  
Nitrogen.

Papain.  
Phosphoric acid.  
Propane.  
Propylene glycol.  
Triacetin (glyceryl triacetate).  
Tricalcium phosphate.  
Sodium carbonate.  
Sodium phosphate.  
Sodium tripolyphosphate.

NONNUTRITIVE SWEETENERS

Calcium cyclohexyl sulfamate.  
Calcium saccharin.  
Saccharin.  
Sodium cyclohexyl sulfamate.  
Sodium saccharin.

NUTRIENTS

Ascorbic acid.  
Calcium carbonate.  
Calcium oxide.  
Calcium pantothenate.  
Calcium phosphate (mono-, di-, tribasic).  
Calcium sulfate.  
Carotene.  
Ferric phosphate.  
Ferric pyrophosphate.  
Ferric sodium pyrophosphate.  
Ferrous sulfate.  
Iron, reduced.  
L-Lysine monohydrochloride.  
Niacin.  
Niacinamide.  
D-Pantothenyl alcohol.  
Potassium chloride.  
Pyridoxine hydrochloride.  
Riboflavin.  
Riboflavin-5-phosphate.  
Sodium pantothenate.  
Sodium phosphate (mono-, di-, tribasic).  
Thiamine hydrochloride.  
Thiamine mononitrate.  
α-Tocopherol acetate.  
Vitamin A.  
Vitamin A acetate.  
Vitamin A palmitate.  
Vitamin B<sub>12</sub>.  
Vitamin D<sub>2</sub>.  
Vitamin D<sub>3</sub>.

SEQUESTRANTS

(For the purpose of this list, no attempt has been made to designate those sequestrants which may also function as chemical preservatives)

Calcium acetate.  
Calcium chloride.  
Calcium citrate.  
Calcium diacetate.  
Calcium gluconate.  
Calcium hexametaphosphate.  
Calcium phytate.  
Citric acid.  
Dipotassium phosphate.  
Disodium phosphate.  
Monocalcium acid phosphate.  
Monoisopropyl citrate.  
Potassium citrate.  
Sodium acid phosphate.  
Sodium citrate.  
Sodium diacetate.  
Sodium gluconate.  
Sodium hexametaphosphate.  
Sodium metaphosphate.  
Sodium phosphate (mono-, di-, tribasic-).  
Sodium potassium tartrate.  
Sodium pyrophosphate.  
Sodium tartrate.  
Sodium tetrapyrophosphate.  
Sodium tripolyphosphate.  
Tartaric acid.

STABILIZERS

Agar-agar.  
Carob bean gum (locust bean gum).  
Carrageenin.  
Guar gum.

*Effective date.* This order shall become effective 30 days from the date of its publication in the FEDERAL REGISTER. (Sec. 701, 52 Stat. 1055, as amended; 21 U.S.C. 371. Interprets or applies sec. 409, 72 Stat. 948; 21 U.S.C. 348)

Dated: November 13, 1959.

[SEAL] GEO. P. LARRICK  
Commissioner of Food and Drugs.

Product	Tolerance	Specific uses or restrictions
<b>ANTICAKING AGENTS</b>		
Aluminum calcium silicate.....	2 percent.....	In table salt.
Calcium silicate.....	5 percent.....	In baking powder.
Calcium silicate.....	2 percent.....	In table salt.
Magnesium silicate.....	do.....	Do.
Tricalcium silicate.....	do.....	Do.
<b>CHEMICAL PRESERVATIVES</b>		
Benzoic acid.....	0.1 percent.....	
Butylated hydroxyanisole.....	Total content of antioxidants not over 0.02 percent of fat or oil content, including essential (volatile) oil content, of food.	
Butylated hydroxytoluene.....	do.....	In cheese wraps.
Caprylic acid.....		
Dilauryl thioldipropionate.....	Total content of antioxidants not over 0.02 percent of fat or oil content, including essential (volatile) oil content of the food.	
Gum guaiac.....	0.1 percent (equivalent antioxidant activity 0.01 percent).	In edible fats or oils.
Nordihydroguaiaretic acid.....	Total content of antioxidants not over 0.02 percent of fat or oil content, including essential (volatile) oil content of the food.	
Potassium bisulfite.....		Not in meats or in food recognizable as a source of vitamin B <sub>1</sub> .
Potassium metabisulfite.....		Do.
Propyl gallate.....	Total content of antioxidants not over 0.02 percent of fat or oil content, including essential (volatile) oil content of the food.	
Sodium benzoate.....	0.1 percent.....	
Sodium bisulfite.....		Not in meats or in foods recognizable as a source of vitamin B <sub>1</sub> .
Sodium metabisulfite.....		Do.
Sodium sulfite.....		Do.
Sulfur dioxide.....		Do.
Thiodipropionic acid.....	Total content of antioxidants not over 0.02 percent of fat or oil content, including essential (volatile) oil content of the food.	
<b>EMULSIFYING AGENTS</b>		
Cholic acid.....	0.1 percent.....	Dried egg whites.
Dexoxycholic acid.....	do.....	Do.
Glycocholic acid.....	do.....	Do.
Ox bile extract.....	do.....	Do.
Taurocholic acid (or its sodium salt).....	do.....	Do.
<b>MISCELLANEOUS</b>		
Caffeine.....	0.02 percent.....	In cola type beverages.
Ethyl formate.....	0.0015 percent.....	As fumigant for cashew nuts.
Magnesium stearate.....		As migratory substance from packaging materials when used as a stabilizer.
Sorbitol.....	7.0 percent.....	In foods for special dietary use.
Triethyl citrate.....	0.25 percent.....	Egg whites.
<b>NUTRIENTS</b>		
Copper gluconate.....	0.005 percent.....	
Cuprous iodide.....	0.01 percent.....	In table salt as a source of dietary iodine.
Potassium iodide.....	do.....	Do.
<b>SEQUESTRANTS<sup>1</sup></b>		
Isopropyl citrate.....	0.02 percent.....	
Sodium thiosulfate.....	0.1 percent.....	In salt.
Stearyl citrate.....	0.15 percent.....	

<sup>1</sup> For the purpose of this list no attempt has been made to designate those sequestrants which may also function as chemical preservatives.

\* \* \* \* \*

**WARNING ISSUED ON USE OF TERM "CHOLESTEROL" IN LABELING OF COMMON FOODS:**

Addition of unsaturated fats and oils to the otherwise unchanged ordinary diet will not reduce blood cholesterol and prevent heart attacks and strokes, the Food and Drug Administration announced on December 10, 1959. Representations to the public that salad oils, shortenings, oleomargarine, and similar products have value for these purposes are false and misleading and will cause such products to be misbranded, according to a statement of law-enforcement policy published in the Federal Register of December 10.

The Commissioner of Food and Drugs said there is widespread interest in the possible relationship between blood cholesterol levels and heart and artery diseases. As a result, he explained, reference to the term "cholesterol" in the labeling of common foods now being offered to the public may have the effect of a claim of special value for preventing or treating these diseases. The Commissioner added:

"Scientific investigations of fatty substances as a possible factor in lowering blood cholesterol and preventing heart

disease should be continued, and this policy statement does not interfere in any way with legitimate research and clinical evaluation of unsaturated fats in the diet. It is our responsibility, however, to point out that the public has been misled into relying prematurely on data which are still experimental, incomplete, and contradictory, and to head off false and misleading promotions based on such data."

Cholesterol is a substance that is manufactured in the body and has an important function in many of the body tissues. It is also present in animal fats and oils such as butter, lard, bacon, and meat fat. The blood level of cholesterol is controlled largely by synthesis in the body and is affected very little by the amount present in our foods. The agency further pointed out the view of nutrition scientists that it is impracticable for a person to add enough unsaturated fats to an otherwise unchanged diet to bring about any significant change in blood cholesterol. Increased weight, they add, is the only result that is likely to be achieved by increasing the intake of fats.

The policy statement, based on an extensive survey of leading medical authorities, published in the Federal Register, follows:

## Title 21—FOOD AND DRUGS

### Chapter I—Food and Drug Administration, Department of Health, Education, and Welfare

#### SUBCHAPTER A—GENERAL

#### PART 3—STATEMENTS OF GENERAL POLICY OR INTERPRETATION

##### Status of Articles Offered to the General Public for the Control or Reduction of Blood Cholesterol Levels and for the Prevention and Treatment of Heart and Artery Disease Under the Federal Food, Drug, and Cosmetic Act

Under the authority vested in the Secretary of Health, Education, and Welfare by the Federal Food, Drug, and Cosmetic Act (sec. 701(a), 52 Stat. 1055, as amended; 21 U.S.C. 371) and delegated to the Commissioner of Food and Drugs

by the Secretary (23 F.R. 9500), and pursuant to the Administrative Procedure Act (sec. 3, 40 Stat. 237; 5 U.S.C. 1002), the following statement of policy is issued.

§ 3.41 Status of articles offered to the general public for the control or reduction of blood cholesterol levels and for the prevention and treatment of heart and artery disease under the Federal Food, Drug, and Cosmetic Act.

(a) There is much public interest and speculation about the effect of various fatty foods on blood cholesterol and the relationship between blood cholesterol levels and diseases of the heart and arteries. The general public has come to associate the term "cholesterol" with these diseases. A number of common food fats and oils and some other forms of fatty substances are being offered to the general public as being of value in the control or reduction of blood cholesterol levels and for the prevention or treatment of diseases of the heart or arteries.

(b) The role of cholesterol in heart and artery diseases has not been established. A causal relationship between blood cholesterol levels and these diseases has not been proved. The advisability of making extensive changes in the nature of the dietary fat intake of the people of this country has not been demonstrated.

(c) It is therefore the opinion of the Food and Drug Administration that any claim, direct or implied, in the labeling of fats and oils or other fatty substances offered to the general public that they will prevent, mitigate, or cure diseases of the heart or arteries is false or misleading, and constitutes misbranding within the meaning of the Federal Food, Drug, and Cosmetic Act.

(Sec. 701, 52 Stat. 1055, as amended; 21 U.S.C. 371. Interprets or applies sec. 403 (a), 52 Stat. 1047; 21 U.S.C. 343(a))

Dated: December 7, 1959.

[SEAL] GEO. P. LARRICK,  
Commissioner of Food and Drugs.



## Department of the Interior

FISH AND WILDLIFE SERVICE

BUREAU OF COMMERCIAL FISHERIES

### FROZEN RAW BREADED FISH PORTIONS VOLUNTARY STANDARDS PROPOSED:

Frozen raw breaded fish portions (including raw breaded fish sticks) voluntary grade standards are proposed by the U. S. Bureau of Commercial Fisheries. The regulations are proposed for adoption in accordance with the authority contained in Title II of the Agricultural Marketing Act of August 14, 1956, as amended. Functions under that Act pertaining to fish, shellfish, and any products thereof were transferred to the Department of the Interior by section 6(a) of the Fish and Wildlife Act of August 8, 1956.

The proposed standards, if recommended to the Secretary of the Interior for adoption and made effective, will be the first issued by the Department prescribing voluntary grade standards for frozen raw breaded fish portions. The proposed regulations were published in the December 5, 1959, issue of the Federal Register.

The proposed standards include product and grade description; factors of quality, including ascertaining the grade, evaluation of flavor, odor, appearance, absence of defects, and character; definitions and methods of analysis; lot certification tolerances; and score sheet.

The frozen raw breaded fish portions are described as uniformly-shaped unglazed masses of cohering pieces (not ground) of raw fish meat coated with suitable, wholesome batter and breading, at least 3/8-inch thick.

Standards for fried or cooked breaded fish sticks have been in effect for some time.



## Treasury Department

### FROZEN TROUT FROM JAPAN NOT BEING SOLD AT LESS THAN FAIR VALUE IN U. S.:

The U. S. Department of the Treasury has determined that frozen brook trout from Japan are not being sold in the United States at less than fair value. This was announced in the December 22, 1959, Federal Register. The notice points out that a complaint was received that frozen trout from Japan were being sold to the United States at less than fair value within the meaning of the Antidumping Act of 1921. The ruling as published in the Federal Register of December 22, 1959, follows:

#### Office of the Secretary

[AA 643.3]

#### FROZEN TROUT FROM JAPAN

#### Determination of No Sales at Less Than Fair Value

DECEMBER 11, 1959.

A complaint was received that frozen trout from Japan were being sold to the United States at less than fair value within the meaning of the Antidumping Act of 1921.

I hereby determine that frozen trout from Japan are not being, nor are likely to be, sold in the United States at less than fair value within the meaning of section 201(a) of the Antidumping Act, 1921, as amended (19 U.S.C. 160(a)).

*Statement of reasons:* It was determined that merchandise similar or identical to the merchandise sold for exportation to the United States was sold for home consumption in Japan in sufficient quantities to form an adequate basis of comparison. The comparison disclosed that purchase price was not less than home market price, after appropriate adjustment for higher costs of packing on sales to the United States.

This determination and the statement of reasons therefor are published pursuant to section 201(c) of the Antidumping Act, 1921, as amended (19 U.S.C. 160(c)).

[SEAL] LAURENCE B. ROBBINS,  
Acting Secretary of the Treasury.



## Eighty-Sixth Congress (Second Session)

**CONGRESS RECONVENES:** The second session of the 86th Congress convened January 6, 1960. The first session adjourned September 15, 1959. All



legislation before the House and Senate during the first session remained in its status as of adjournment and is subject to further consideration during the second session. Bills introduced in the first session do not have to be reintroduced. Bills reported out of a committee or passed by one body of Congress remained in status quo and do not have to retrace legislative steps during the second session.

**FISH SPAWNING PROTECTION IN SALMON RIVER:** S. 2586 (Church and Neuberger), bill pending before the Senate Interstate and Foreign Commerce Committee; introduced in Senate August 24, 1959, during the first session of the 86th Congress. Amendment introduced in Senate January 19, 1960, proposes to further strengthen original bill by prohibiting the licensing of any dam on the Salmon River, Idaho, whether or not such dam would prove more or less restrictive to the passage of salmon than existing down-stream structures; referred to the Committee on Interstate and Foreign Commerce. As amended, the bill would keep the Salmon River open and unobstructed until the fish passage problem has been satisfactorily solved.

**INTERSTATE AND FOREIGN COMMERCE COMMITTEE INVESTIGATIONS OF FISHERIES AND RELATED MATTERS:** S. Res. 243 (Magnuson), a resolution to authorize the Senate Committee on Interstate and Foreign Commerce to examine, investigate, and make a complete study of several matters, including fisheries and wildlife; referred to the Committee on Interstate and Foreign Commerce; introduced in Senate January 14, 1960.

**NATIONAL FISHERIES CENTER:** S. 2840 (Beall and Byrd), a bill to create a Federal planning commission to conduct a study of the possible establishment of a National Fisheries Center in the District of Columbia; to the Committee on the District of Columbia; introduced in Senate January 18, 1960.

Also identical bills H. R. 9691 (McMillan), introduced in House January 18; and H. R. 9722 (Aspinall) and H. R. 9727 (Broyhill), both introduced in House January 19, 1960.

**OCEANOGRAPHY:** H. R. 9361 (Pelly) a bill to advance the marine sciences, to establish a com-

prehensive 10-year program of oceanographic research and surveys; to promote commerce and navigation, to secure the national defense; to expand ocean resources; to authorize the construction of research and survey ships and facilities; to assure systematic studies on effects of radioactive materials in marine environments; to enhance the general welfare and for other purposes; to the Committee on Merchant Marine and Fisheries; introduced in House January 6, 1960. The bill, titled "The Marine Sciences and Research Act of 1959" provides for a 10-year program relating to objectives expressed in Senate Resolution 136, introduced June 22, 1959, and adopted by Senate July 15, 1959. Identical bill S. 2692, introduced in Senate September 11, 1959.

The bill would authorize the Secretary of the Interior to carry out the following activities: make grants of funds to qualified scientists, research laboratories, or institutions in furtherance of oceanographic studies; initiate and carry out a program for the replacement, modernization, and enlargement in the number of oceangoing vessels used for research, exploration, and surveys of marine resources; construct and operate shore facilities and laboratories to effectively support the vessels provided for in preceding item; cooperate with other agencies and departments in conducting oceanwide surveys; conduct studies concerning the relation of marine life to radioactive elements; conduct studies of the economic and legal aspects of commercial fisheries and the utilization of marine products; request and obtain cooperation from other governmental agencies and several states having an interest in marine sciences; and take such action and carry out other activities which will accomplish the purposes of this Act. For carrying out the provisions of this Act, funds are authorized in addition to other appropriations to the Bureau of Commercial Fisheries during the 10-year period beginning with July 1 of the first fiscal year following approval of this Act by the President. Bill also includes authorizations for work by the Department of Commerce, Department of Health, Education and Welfare, Office of Education, Department of the Navy, National Science Foundation Division of Marine Sciences (established by bill), and Department of the Interior, Bureau of Mines.

**SEAWEEDS (GROUND, POWDERED, OR GRANULATED) ON FREE IMPORT LIST:** Senate Report No. 1020, Free Importation of Ground, Powdered, or Granulated Seaweeds (January 13, 1960, 86th Congress, 2nd Session, Report from the Committee on Finance to accompany H. R. 5887), 2 pp., printed. Report contains purpose and provisions of the bill, committee recommendations, changes in existing law, and Paragraphs 1540 and 1722 of the Tariff Act of 1930 as amended. Committee encountered no opposition to the bill and recommended passage of the bill.

**SHRIMP CONSERVATION CONVENTION WITH CUBA:** S. 2867 (Magnuson), a bill to give effect to the Convention between the United States and Cuba for the conservation of shrimp, signed at Havana August 15, 1958; referred to the Committee on Interstate and Foreign Commerce; introduced in Senate January 20, 1960.

**TRANSPORTATION POLICIES:** S. Res. 244 (Magnuson), a resolution to authorize the Committee on Interstate and Foreign Commerce to examine, investigate, and make a complete study of transportation regulation, Government assistance

to transportation, Federal policies on consolidations and mergers in the transportation industry, and other related matters; referred to the Committee on Interstate and Foreign Commerce; introduced in Senate January 14, 1960.



**HORS d'OEUVRES AND CANAPES**

These canapes suggested by the home economists of the U. S. Bureau of Commercial Fisheries should be appealing, attractive, and appropriate for parties.

**GULF COAST SHRIMP BOIL**

- |   |                          |
|---|--------------------------|
| 2 pounds packaged (raw, frozen) fully peeled, deveined shrimp | 2 teaspoons whole cloves |
| 3 bay leaves  | 2 quarts water           |
| 1 tablespoon whole allspice                                   | 2 medium onions, sliced  |
| 1 1/2 teaspoons crushed red peppers                           | 6 cloves garlic          |
| 2 teaspoons whole black peppers                               | 2 lemons, sliced         |
|   | 1/4 cup salt             |

Tie spices in a piece of cheesecloth. To the water add onion, garlic, lemon, salt, and bag of seasonings; bring to a boil. Add shrimp; cover and return to the boiling point. Simmer 3 to 5 minutes, depending on size. Remove from heat and let stand in spiced water for 3 minutes. Drain and chill. Serve garnished with the whole spices and lemon slices. Yield: about 80 spiced shrimp.

**TUNA PINEAPPLE DIP**

- |                                    |                               |
|------------------------------------|-------------------------------|
| 1 can (6 1/2 or 7 ounces) tuna     | 3 tablespoons pineapple juice |
| 1 can (9 ounces) crushed pineapple | Dash salt                     |
| 1 package (8 ounces) cream cheese  | Dash nutmeg                   |
|                                    | Potato chips                  |

Drain tuna. Flake. Drain pineapple and save liquid. Soften cheese at room temperature. Combine all ingredients except potato chips; blend into a paste. Chill. Serve in a bowl surrounded by potato chips. Makes about 1 pint of dip.

**CRAB SALAD IN PUFF SHELLS**

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| 1 pound crab meat                  | 1/2 teaspoon celery salt             |
| 1 cup chopped celery               | 1 teaspoon salt                      |
| 2 teaspoons lemon juice            | Dash pepper                          |
| 2 teaspoons grated onion           | 1/2 cup mayonnaise or salad dressing |
| 2 tablespoons chopped sweet pickle |                                      |

Remove any shell or cartilage from crab meat. Combine all ingredients. Cut tops from puff shells. Fill each puff shell with approximately 2 teaspoons salad. Makes approximately 3 cups salad or fills 60 puff shells.

**PUFF SHELLS**

- |                             |                       |
|-----------------------------|-----------------------|
| 1/2 cup flour               | 1/2 cup boiling water |
| Dash salt                   | 2 eggs                |
| 1/4 cup butter or margarine |                       |

Sift flour and measure. Add salt and sift again. Combine butter and boiling water in saucepan; melt over low heat. Add flour all at one time and stir vigorously until mixture forms a ball and leaves the sides of the pan. Remove from heat. Add unbeaten eggs, one at a time, beating thoroughly after each addition; continue beating until a stiff dough is formed. Drop by teaspoonfuls on well-greased cooky sheets, 15 1/2 x 12 inches. Bake in a very hot oven, 450° F., for 10 minutes; reduce heat to 350° F., and continue baking about 10 minutes longer. Makes approximately 60 puff shells.

**SMOKED SALMON CANAPES**

- |                                      |                               |
|--------------------------------------|-------------------------------|
| 1 can (7 ounces) smoked salmon       | 1/4 teaspoon salt             |
| 1 package (3 ounces) cream cheese    | 1/4 teaspoon prepared mustard |
| 2 tablespoons mayonnaise or dressing | 16 slices bread               |
| 1/2 cup chopped celery               | Chopped parsley               |

Drain fish and grind twice. Cream the cheese and mayonnaise. Blend in fish, celery, and seasonings. Remove crusts from bread. Cut each slice into 3 strips and toast. Spread salmon on toast strips. Garnish with parsley. Makes 48 canapes.

