

in commercial practice. So plant managers and the Bureau of Commercial Fisheries ought to obtain data on production-line samples that

will make possible the formulation of satisfactory standards for each product.

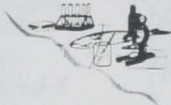
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### CANNED SALMON PLENTIFUL AND NOURISHING



Salmon has helped nourish members of the human race since prehistoric times. Today, thanks to modern canning methods, salmon is widely known as a cosmopolitan food fish. Its delicious flavor, nutritional value, and the convenience of the easy-to-store, easy-to-use can are three good reasons for serving salmon frequently, says Harold E. Crowther, Acting Director of the Department of the Interior's BCF.

A heavy catch of salmon in 1966 will result in plentiful supplies of canned salmon during the coming Lenten season.

This recipe, developed by BCF's home economists, demonstrates a simple-to-prepare canned salmon entree.

For menu suggestions and some helpful hints in serving this tasty fish, write for the popular Bureau recipe booklet, "Take a Can of Salmon." This 17-page booklet, in color, is free from the Canned Salmon Institute, 618 Second Ave., Seattle, Wash. 98104.

#### SALMON CHOWDER

1-pound can salmon  
1 chicken bouillon cube  
1 cup boiling water  
 $\frac{3}{4}$  cup chopped onion  
 $\frac{1}{2}$  cup chopped green pepper  
1 clove garlic, finely chopped  
 $\frac{1}{4}$  cup butter or other fat, melted  
 $\frac{1}{3}$  cup salmon liquid

1-pound can tomatoes  
1 can (8 ounces) whole-kernel corn  
1 cup sliced okra (optional)  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon thyme  
Dash pepper  
1 whole bay leaf

Drain salmon, reserving liquid. Break salmon into large pieces. Dissolve bouillon cube in boiling water. Cook onion, green pepper, and garlic in butter until tender. Combine all ingredients and cook for 15 minutes or until vegetables are tender. Remove bay leaf. Serves 6.