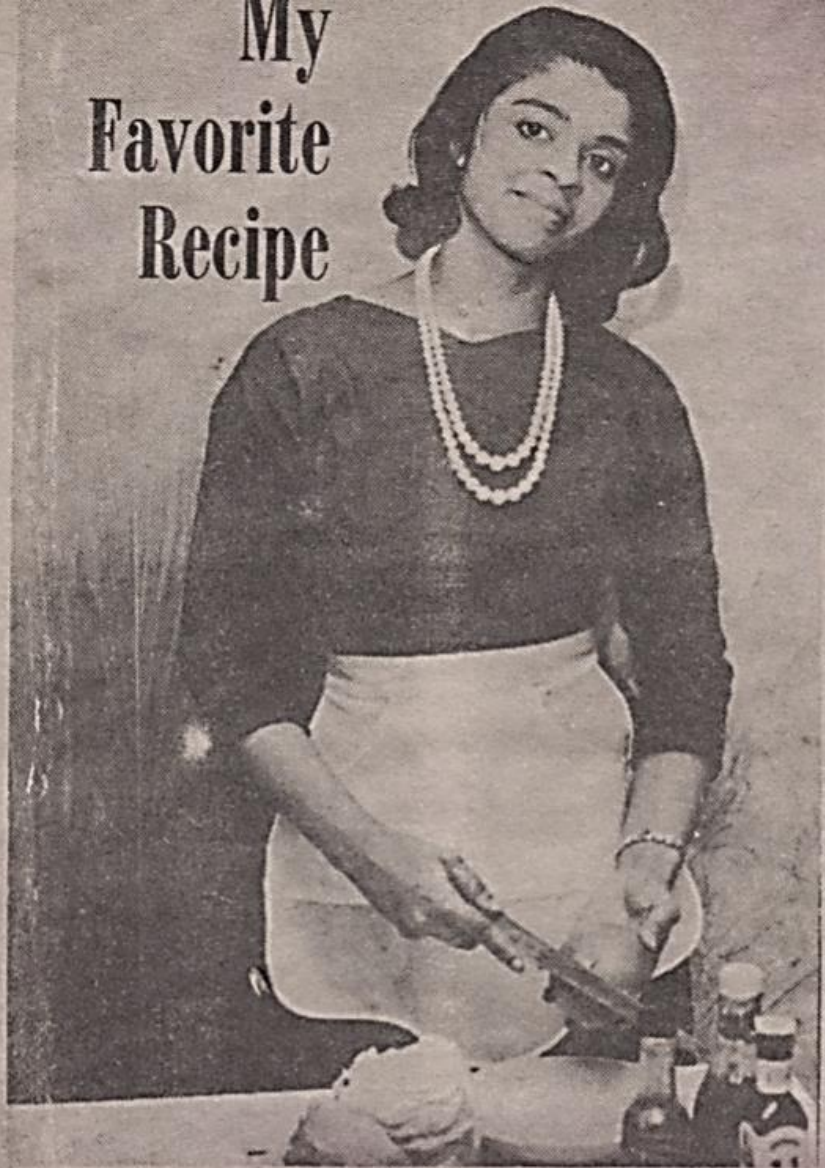


My Favorite Recipe



Mrs. Sylvia Tarpley

BEING A CAREER mother, with three children, doesn't give Mrs. Sylvia Tarpley much time to prepare elaborate meals, so she plans her meals for simplicity.

"One of my favorites and one that my children love is a simple "Combination Salmon Salad," which is not only tasty but economical and easy to prepare as well.

1 can salmon
1 onion, chopped
2 carrots, grated
1 teaspoon vinegar
1 head of lettuce
2 tomatoes
4 boiled eggs
 $\frac{1}{2}$ green pepper
Pinch of Accent
Salt and pepper

Salad dressing or mayonnaise

Drain and bone salmon, saving the juice. Mash salmon and eggs. Mix thoroughly, then add seasoning, chopped onions, tomatoes and pepper. Grate carrots and mix with other ingredients. Add juice and salad dressing. Sprinkle with paprika, and to add eye appeal, place slices of hard-boiled eggs around edges. Serve with lettuce and Ritz crackers and watch those appetities grow!