



MARCH 5, 1965

Recipe To Remember

SMILE OF anticipation is on the face of Mrs. Atlean Tedford as she prepares cheese sauce to go with delicious Salmon Kabobs.

Lift Spirits with Salmon Kabobs with Cheese Sauce

Welcome on a cold, wintry day to lift tired and flagging spirits are colorful and delicious Salmon Kabobs, covered with palate-pleasing steaming cheese sauce.

Mrs. Atlean Tedford, nurse's aid at Mt. Sinai Hospital, selected this treat as her "Recipe to Remember." Mrs. Tedford presently is waiting to be admitted to the Cook County School of Practical Nursing.

A busy working mother has to use all her inventiveness to present meals that will keep family appetites perked up. She has discovered hundreds of "wonderful and unusual dishes" which take a minimum of time and effort to prepare, but have the look and taste gourmets insist should be a part of every meal.

SALMON KABOBS

- 2 cans of salmon (drained and flaked)
- 1 egg slightly beaten
- 1 cup shredded cheddar cheese
- $\frac{1}{2}$ cup fine bread crumbs
- 1 onion, chopped fine
- $\frac{1}{8}$ tsp. tabasco sauce
- $\frac{1}{4}$ tsp. Worcestershire Sauce
- $\frac{1}{4}$ lb. of butter

Mix all ingredients except butter. Divide into 6 portions and press around a wooden skewer. Mold into oblong shape on each skewer. Brown in butter, turning often. Cover with cheese sauce and serve.

CHEESE SAUCE

- $\frac{1}{4}$ lb. butter

- 2 tbsps. flour
- $\frac{1}{2}$ tsp. salt
- $1\frac{3}{4}$ cups evaporated milk
- 1 cup shredded cheddar cheese
- 1 tbsps. lemon juice
- 1 tsp. Worcestershire Sauce
- 1 pkg. frozen broccoli (chopped, cooked and drained)

Melt butter in a saucepan, then blend in flour and salt. Gradually add evaporated milk and cook, stirring until mixture thickens and smooths. Add balance of ingredients and stir until cheese is melted. Makes about 4 cups of sauce.

Non-White Population Increases in Frisco

SAN FRANCISCO — Non-whites increased their numbers by 26,587, while whites dropped by 11,202 according to the City Health Department here. They state that increasing number of youths of the nonwhite races are responsible for the shift in population.

The figures were taken from a comparison of 1960 and 1964 population reports. Ages registering the greatest increase among non-whites were in the 5-14 year bracket.