

## Salmon Omelet

The ingredients required for this appetizing luncheon or supper dish are half a can of salmon, half a cupful of milk, four eggs and salt and pepper to taste. Pick the salmon into tiny flakes with a silver fork and reject all skin and bones. Beat the eggs well, add the seasoning, the milk and lastly the prepared fish. Fry as for an ordinary omelet in a well-buttered omelet pan. Serve very hot and garnish with a border or mounds of creamed peas.—