

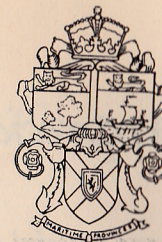
The
**MARITIME
COOK BOOK**



**MARITIME WOMEN'S CLUB
OF MONTREAL, INC.**

*We learned the art of cooking long ago
Down in a land of loveliness beside
The sea, where peace and beauty wander hand
In hand, and home means hospitality.
Our favorite recipes are golden keys
To rolling meadows, heartfast with those wisps
Of foam-flower witchery that rim the old
Atlantic song-and-story days of youth.*

AMY BISSETT ENGLAND.



Foreword

TO commemorate the visit of Their Majesties King George VI and Queen Elizabeth, the Maritime Women's Club of Montreal is publishing this book.

It has been the aim of the editors, to use as many recipes as possible identified with old days, and new, in the Maritime Provinces. They have also been so fortunate as to receive recipes in use at Government House, Ottawa, and furnished by Her Excellency, the Lady Tweedsmuir.

Mrs. Franklin D. Roosevelt, wife of the President of the United States has also been kind enough to contribute.

Under today's wartime conditions, it has been said that "the first line of defense lies in the kitchen." It is to be hoped, therefore, that the recipes found between the covers of this book, may be of real use to those who are carrying on so gallantly, behind the lines.

The officers of the Maritime Women's Club wish to draw attention to the fact, that, thanks to the generosity of the Premier of Nova Scotia, the Club possesses a Nova Scotia flag — one which was flown from the Province House in Halifax, during the Royal visit. The members feel that this is a distinction unshared by any other Club, and wish here to again express thanks to the donor.

FLORENCE RUSSELL LAPRAIK,
President.

MARY DUNCAN MITCHELL,
Chairman Special Committee.

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MRS. W. L. HUNTER
MISS MARY T. HUTCHINGS
MRS. J. P. MACRAE
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MRS. A. W. SEAMAN

Our Appreciation

We extend our sincere and grateful thanks to the patrons and firms listed below, who have generously contributed to the cost of printing this book.

The most practical and tangible way for our members to show their appreciation to these firms, is by reading the advertisements and patronizing the advertisers.

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Abbreviations

1 tsp. means 1 teaspoon	1 qt. means 1 quart
1 tbsp. " 1 tablespoon	1 oz. " 1 ounce
1 c. " 1 cup	1 lb. " 1 pound
1 pt. " 1 pint	

Weights and Measures

3 tsp.	are equal to 1 tbsp.
16 tbsp.	are equal to 1 c.
2 c.	are equal to 1 pt.
4 c.	are equal to 1 qt.
2 tbsp. Butter	are equal to 1 oz.
2 c. Butter	are equal to 1 lb.
3 $\frac{1}{4}$ c. Flour	are equal to 1 lb.
2 c. Granulated Sugar or Fruit Sugar	are equal to 1 lb.
2 $\frac{1}{2}$ c. Icing Sugar	are equal to 1 lb.
3 $\frac{1}{4}$ c. Brown Sugar	are equal to 1 lb.
8 or 9 eggs	are equal to 1 lb.
1 Square Chocolate	is equal to 1 oz.
4 tbsp. grated Chocolate	are equal to 1 oz.
4 tbsp. Granulated Gelatine	are equal to 1 oz.

Temperatures

Slow oven is an oven of temperature from 250° to 325° F.
 Moderate oven is an oven of temperature from 325° to 375° F.
 Hot oven is an oven of temperature from 375° to 450° F.
 Very Hot oven is an oven of temperature from 450° to 500° F.

Time for vegetables

Asparagus	15 to 25 minutes
String Beans	1 to 2 hours
Beets	1 to 3 hours
Corn	20 minutes
Cabbage	30 to 60 minutes
Cauliflower	30 minutes
Carrots	45 to 60 minutes
Green Peas	15 to 30 minutes
Potatoes, boiled	20 to 30 minutes
Potatoes, baked	1 hour
Sweet Potatoes, baked	45 minutes
Squash	1 hour
Turnips	1 to 2 hours
Brussels Sprouts	20 to 25 minutes
Spinach	20 minutes
Parsnips	35 to 40 minutes

Time for Broiling

Steaks, thick	10 to 15 minutes
Chops, Lamb	15 to 20 minutes
Fish	15 to 30 minutes
Chicken	20 to 30 minutes

Time for Meats

Chickens, 3 - 4 pounds	1 - 2 hours
Turkey, 10 pound	3 hours
Goose, 8 pounds	2 hours
Duck, tame	1 hour
Duck, wild	30 - 45 minutes
Partridge	45 - 60 minutes
Venison, per pound	10 minutes
Beef, per pound	15 minutes
Lamb, per pound	15 minutes
Veal, per pound	20 minutes
Pork, per pound	25 - 30 minutes
Corned Beef, per pound	25 - 30 minutes
Ham, per pound after water begins to boil	15 - 20 minutes

Soups

Soups are grouped in two classes: Soups made with meat and soups made without meat. Soups made with meat are classified as follows: bouillon, consomme and clear soup and should be served as first course of a heavy dinner or luncheon. Soups made without meat are cream soups, puree and bisq and are served as a main course for luncheon or supper.

BOUILLON

(4 cups)

- | | |
|-------------------------|------------------------------|
| 2 lbs. meat and bone | 6 pepperberries |
| 6 cups cold water | 1 bay leaf |
| 1 small onion | 1 teaspoon mixed sweet herbs |
| 1/2 cup carrots (diced) | 1 spray parsley |
| 1/2 cup turnips (diced) | 1/2 cup celery (diced) |
| 4 cloves | 1 teaspoon salt |

Method:—Cut meat into small pieces, add bone, and let stand in cold water for 1 hour. Bring to boiling point and simmer for 2 hours. Add vegetables and seasonings and cook 1 1/2 hours longer. Strain through moistened cheese cloth.

VARIATIONS OF CLEAR SOUP

- | | |
|-----------------------------|------------------------------|
| 4 cups bouillon | 2 tablespoons each of cooked |
| 1 tablespoon each of cooked | carrots and turnip cut in |
| peas and string beans | cubes or strips |

Method:—Heat bouillon, add vegetables; reheat and serve.

CONSOMME

- | | |
|--|-------------------|
| 3 lbs. beef, lower part of round | 1 tablespoon salt |
| 1 lb. marrow bone | 6 peppercorns |
| 3 lbs. knuckle of veal | 3 cloves |
| 12 cups water | 2 sprigs thyme |
| 1/4 cup each carrots, turnip, celery, and onions (diced) | 2 sprigs parsley |
| | 1/2 bay leaf |

Method:—Cut beef in 1-inch cubes and brown one-half of it in fat from marrow bone. Place remaining half of beef in kettle with cold water and salt, add veal, cut in pieces, browned meat and bones. Let stand 1 hour; bring slowly to boiling point, and simmer 5 hours, removing scum as it forms on surface. Add vegetables scalded, and seasonings; cook 1 hour longer. Strain, cool quickly; remove fat.

CHEESE SOUP

- | | |
|-----------------|--------------------------|
| 2 tbsps. butter | 1/4 tsp. pepper |
| 4 cupfuls milk | 1/2 cupful grated cheese |
| 1 tsp. salt | 2 egg yolks |
| 3 tbsps. flour | Dash paprika |
| 2 slices onion | |

Scald the milk with the onion. Remove the onion. Melt the butter, blend in the flour and add the scalded milk gradually. Cook over hot water, stirring constantly until thickened. Add the seasonings and the grated cheese and stir until the cheese is melted. Into this stir the beaten egg yolks, beat the mixture with a Dover egg beater and serve at once. Croutons or toasted saltines may be served as an accompaniment, a most delicious beginning to a meal.

A. G. ROGERS.

CHICKEN SOUP

- | | |
|---------------------------|---------------------------|
| 1 to 3 lbs. fowl | 2 teaspoons salt |
| 2 quarts cold water | 1/8 teaspoon pepper |
| 3 tablespoons cooked rice | 1 teaspoon minced parsley |

NOODLE SOUP

- | | |
|---|-----------------------|
| 4 cups of chicken stock or brown soup stock | 2 tablespoons noodles |
|---|-----------------------|

Method:—Cook noodles in boiling salted water until tender; drain and add to soup stock. Reheat and serve.

Note:—Two tablespoons macaroni or 1 tablespoon rice or barley may be added to soup stock instead of noodles, or 1 tablespoon sago or tapioca, previously soaked, may be cooked in stock until clear.

NOODLES

- | | |
|--------------|---------------|
| 1 egg | Pinch of salt |
| 1 tbsp. milk | Flour |

Beat egg light, add milk and salt, then enough flour to thicken to form a ball. Roll out very thin on floured board. When dry (but not hard) on top turn over and let that side dry, enough so noodles can be cut without sticking to the knife.

By cutting two inch strips and piling several on top of each other and then cutting crosswise in narrow strips the cutting is done in no time.

Drop them into boiling broth and cook 20 minutes. This recipe makes enough for broth from a large fowl.

LOUIS VOSSNACK.

LEEK SOUP

6 leeks, 1 head of celery, cut both in thin slices crosswise and cook in 2½ teaspoons butter stirring constantly for 10 minutes. Add this to 1 quart hot milk in double boiler and cook 40 minutes.

Melt 2 tbsp. butter with 2 tbsp. flour and blend with hot mixture. Cook till it thickens and season. If too thick add more hot milk.

(MISS) LILLIAN SNOWBELL, Chatham, N.B.

LIMA BEAN SOUP

2 cups lima beans soaked over night. Boil for 2 hours in 2 quarts boiling water, then boil ½ hour with 4 potatoes, diced, 1 quart tomatoes, 2 onions, piece of butter, salt and pepper. Add flour to thicken and lastly ½ tsp. soda.

MRS. J. V. ARGYLE.

PEA SOUP

2 pounds Split Peas (soaked over night)	¼ pound butter
1½ pounds Salt Pork	1 tbsp. chopped parsley
1 large onion	3 quarts or more of water

MRS. J. A. NICHOLSON, St. Lambert, P.Q.

CLEAR TOMATO SOUP

1 can tomatoes	1 slice onion
1 pint water	2 tsp. sugar
12 pepper - berries	2 tbsps. butter
4 cloves	3 tbsps. flour
1 bay leaf	1 tsp. salt

Cook first seven ingredients twenty minutes, press through strainer. Melt butter add flour and salt mix well. Slowly add tomato bring to boil.

MRS. J. S. ASTBURY.

CROUTONS

Cut one-third inch slices of stale buttered bread, from which crusts have been removed, into cubes and brown in oven or fry in butter in frying pan until browned. Serve with soup.

XMAS GRAPEFRUIT

(To be served in place of soup)

Cut grapefruit across; use whole green cherry for the centre, surround with slices of marachino cherries, cut "leaves" from angelica or green gum drops.

Fish

Fish is an important part of our food supply. It is highly nutritious, is easily digested, and is rich in proteins and vitamins. A fish is in good condition when the eyes are bright, scales shiny, the flesh firm and free from any unpleasant odor.

STUFFED BAKED FISH

Fish (2 lbs. or over)	Salt and pepper
Salt pork, bacon, butter or dripping	Juice of 1 lemon Juice of 1 onion

Method:—Prepare fish for baking. Rub salt and pepper into fish, inside and out, sprinkle with lemon and onion juices. Fill fish with stuffing, place on sheet of well-greased white paper on bottom of pan, and lay a few slices of salt pork or bacon over it, or pour over it a little melted butter or dripping. Bake in moderate oven of 350 degrees until golden brown. Garnish with egg, boiled hard, and parsley.

STUFFING FOR BAKED FISH

2 cups bread crumbs	⅛ tsp. white pepper
1 tsp. finely chopped parsley	3 tbsps. melted butter
½ tsp. salt	1 tsp. onion juice
1 tsp. chopped pickle	

Method:—Mix together. If a more moist stuffing is preferred add a little cream.

FISH FILLETS

2 to 3 lbs. fish fillets	Finely sifted bread crumbs
1 tbsp. salt	Oil or melted fat
Cup of milk	

Cut the fillets into portions, three to the pound. Soak the pieces in the salted milk 3 minutes, then cover with the sifted bread crumbs, using one hand for the wet work and the other for the dry, to keep the crumbs dry. Place in a pan and sprinkle with cooking oil or fat. Bake in a hot oven—450° to 500° F.—until fish is cooked. This will not take over 10 minutes for a piece one inch thick. Bread crumbs are used for they brown evenly. Grated cheese may be sprinkled over the top just before removing from the oven.

HUGGER-IN-BUFF

Shred and freshen ¾ lb. of salt codfish. Change the water several times. Add 2½ cups of diced potatoes and cook together. Cut ½ lb. of salt, fat pork in small cubes and fry with 1 large onion, sliced. Drain potatoes and fish and serve with the pork scraps and onion. Butter may be used in place of the pork scraps. Serves 6.

Kedgeriee

- 1 cup boiled white fish (flaked)
- 1 cup boiled rice
- 2 hard boiled eggs
- Seasoning to taste

Mix all ingredients together and serve hot. The hard boiled eggs are, of course, chopped and added. If one likes the mixture a little moist, milk may be added.

Sent in by
Mrs. ROOSEVELT
THE WHITE HOUSE
WASHINGTON, D.C.

SALMON PUFF

- | | |
|------------------------------|--------------------------------|
| 3 cups mashed potatoes | 1 finely minced onion or |
| 1 lb. can salmon (2 cups) or | onion juice |
| 1½ cups of any desired | 1 tbsp. finely chopped parsley |
| fish, cooked | or celery |
| | 2 eggs |

Mix the flaked fish and potatoes. Add the onion and parsley, then the beaten egg yolks, and fold in the beaten egg whites last. Place in a buttered casserole, dot with butter and bake in a moderate oven until brown. Serves 6.

FISH BALLS

- | | |
|-------------------------------|-----------------------------|
| 1 cup fish — codfish, salmon, | 1 tbsp. butter, melted |
| chicken haddie, etc. | Pepper and salt to season |
| 1½ cups mashed potatoes | (according to kind of fish) |
| 1 egg, beaten | ½ tsp. onion juice |

Any cooked, flaked fish may be used. Mix the ingredients well and beat until fluffy. Form in balls or cakes and roll in finely, sifted, dry bread crumbs. The fish balls may be chilled until time to cook. Sauté or deep fat fry (an inch cube of stale bread should brown in the fat in 40 seconds.) Drain and serve hot, with or without a sauce. Serves 4 or 5.

If salt codfish is used, tear it in shreds and freshen by covering with water. Change the water several times; then cover with cold water and just bring to the boil, or simmer. This will cook and further freshen the fish.

FISHERMAN'S BREWIS

- | | |
|--------------------------|-----------------|
| 6 cakes Nfld. hard bread | ½ lb. salt pork |
| 1 lb. salt dried codfish | 1 tsp. salt |
| (boneless) | |

Soak bread and codfish overnight in separate boilers, change water from both before cooking, bring bread to a boil to which a teaspoon of salt has been added, drain through collander and add fish which has been boiled about 15 minutes. Chop both together and serve on individual plates. Pour over this the pork which has been cut in small cubes and fried thoroughly.

If preferred bacon or melted butter may be used instead of pork.

This will serve six persons.

MRS. F. LUMSDEN.

FISH CASSEROLE

Flake 1 lb. of fish and place in casserole. Slowly melt ½ lb. Canadian Cheese in a double boiler; stir in ⅓ cup of milk. Pour the sauce over the fish. Line the rim of the casserole with unbaked biscuits cut in half (use prepared biscuit mix, your own recipe, or the oven-ready kind). Bake in hot (425 deg. Fahr.) oven until biscuits are done.

FLAKED FISH GOLDENROD

1½ cups medium thick white sauce, well seasoned, 2 hard-cooked egg whites, chopped, 1 cup flaked cooked fish, 2 hard-cooked egg yolks, sieved and toast triangles.

Method:—To the white sauce, add the egg whites and fish. Serve on toast and sprinkle generously with the sieved yolk.

"GASPE".

POACHED HALIBUT STEAKS WITH CURRY SAUCE

1½ to 2 lbs. halibut steak	1 cup fish stock
2 tbsp. butter	1 to 2 tsp. curry powder
1 tbsp. chopped onion	¼ cup cream or rich milk
2 tbsp. flour	

Cut the fish into pieces for individual servings, place it in a skillet or shallow pan, and cover with boiling water. Season with salt, a little lemon juice, a small bay leaf, and a few whole black peppers. Simmer for ten or fifteen minutes, until the fish is tender. Strain off the liquid (save it) and keep the fish warm. Cook the onion in the butter until slightly brown, stir in the flour, and gradually add the fish stock. Cook until thickened. Add the curry powder, and salt if needed. Just before serving add the cream.

VILLA ALWARD SMITH.

BAKED CODFISH MOUNT ROYAL

2 lbs. Codfish (thick part)	3 soup spoons Olive Oil
12 small Potatoes	Juice of half a lemon
½ lb. Fresh Mushrooms	Parsley
2 ozs. White Wine	3 ozs. of Butter

Cut the pieces of Codfish deeply on each side. Place it in an earthen cooking dish with minced fresh mushrooms, chopped onion and parsley. Add white wine and olive oil. Cover the fish with half the butter. Place in a medium hot oven and baste from time to time.

After baking for 25 minutes, sprinkle the fish with browned bread crumbs and remainder of butter (melted). Bake for 15 more minutes.

To serve, spring the fish with parsley chopped very fine and the lemon juice. The potatoes are cut and boiled in salted water, drained and dried in the oven for a few minutes and served with melted butter.

MOUNT ROYAL HOTEL, Montreal, Que.

*Sent in by the Department of Agriculture
Province of Prince Edward Island
(Women's Institute Branch)*

STUFFED HADDOCK

Use a whole fish, or if desired, the fillets. Clean the fish or wipe the fillets with a damp cloth, wrung out in cold, salted water. Salt lightly and stuff with the following:

2 cups soft bread crumbs	1½ tbsp. of melted butter or fat
½ can of tomato soup or ½ cup of cooked strained tomatoes	½ tbsp. of onion juice
	¼ tsp. of poultry dressing
	Salt to taste

Mix together and stuff whole fish, or place the stuffing between two pieces of fillets. Grease pan, place stuffed fish on it, sprinkle with oil or melted fat and bake in a 400 degrees F. oven until the fish is cooked. Tomatoes stuffed with oysters or creamed peas; stuffed parboiled onions may be baked with the fish if desired.

FISH SOUFFLE WITH PEAS

3 tbsp. butter	1 cup cooked flaked fish
3 tbsp. flour	½ cup cooked peas
½ tsp. salt	3 eggs
½ cup milk	

Melt butter, blend in flour and add milk slowly. Cook until smooth and thick. Add egg yolks and beat well. Add the fish and peas and fold in the whites of eggs, well beaten. Pour into a greased casserole and place in pan of hot water. Bake in moderate oven until done (a knife will come out clean when souffle is cooked). The oven should be hot enough to brown the souffle well. Canned or left-over fish may be used in place of fresh fish.

DRESSED FILLETS OF HADDOCK OR COD

1 cup milk	2 cups grated old Canadian cheese
½ cup flour	2 tbsp. butter
1 tbsp. mustard	Fresh chopped parsley

Prepare a white sauce with the butter, flour, mustard and milk, add the grated cheese. Season well. Wipe fillets with a damp cloth, cut in individual servings, cover each piece with the cheese mixture, sprinkle with chopped parsley, place on well buttered oven dish and cook 20 minutes in moderate oven.

CHOWDER

- | | |
|--------------------------------|----------------------------|
| 2 cups raw diced fish | 2 cups raw diced or grated |
| 4 cups water | potatoes |
| 3 tbsp. butter | 4 cups milk |
| $\frac{2}{3}$ cup minced onion | 1 cup chopped celery |
| | Salt and pepper |

Fry onion in melted butter, add fish, potatoes and celery, cook a few minutes, season well, add cold water and cook until tender. Add cold milk and heat to the boiling point. Serve very hot.

Any white-fleshed fish may be used in making chowders.

FRESH OR SALT WATER TROUT

Clean fish carefully, wash and wipe dry. Roll fish in flour which has been seasoned with salt and pepper. Have buttered pan smoking hot and fry quickly until cooked. Serve at once with lemon slices and sprigs of parsley.

Shell Fish

PRINCE EDWARD ISLAND LOBSTERS

Place the live lobster in boiling salted water (the sea water, if available, is the best), cover and cook 10 to 15 minutes, depending on the size of the lobsters. Remove from the fire and cool. Serve cold on lettuce with mayonnaise.

LOBSTER NEWBURG (Newburg)

- | | |
|------------------------------|--------------------------------|
| 4 tbsp. butter | 2 egg yolks |
| 1 tbsp. flour | $\frac{1}{2}$ cup milk |
| 2 cups diced lobster | $\frac{3}{4}$ tsp. lemon juice |
| $\frac{1}{2}$ tsp. salt | Cooking sherry to taste |
| Dash of pepper | Toast or crackers |
| $\frac{1}{2}$ cup thin cream | |

Melt butter in a double boiler. Add the flour, stir until smooth, then add the lobster meat, salt, pepper and cream. When smooth and thickened, add gradually the beaten egg yolks which have been combined with the milk and stir constantly. Then add the lemon juice and sherry to taste. Serve on toast or crackers. Serves 6.

"PRINCE EDWARD ISLAND".

LOBSTER IN ASPIC

- | | |
|------------------------------|------------------------------|
| 2 cups lobster, cooked or | 1 cup blanched almonds |
| canned | 1 cup lobster liquid |
| 2 cups boiling water | $2\frac{1}{2}$ tbsp. gelatin |
| $\frac{1}{2}$ cup cold water | 4 tbsp. lemon juice |
| 4 tbsp. sugar | $1\frac{1}{2}$ tsp. salt |

Soak gelatin in cold water for five minutes, add sugar, salt, lemon juice and boiling water. Cool. Add lobster liquid, diced lobster and chopped almonds. Place in mould previously rinsed in cold water.

FRIED MALPEQUE OYSTERS

Select large, plump Malpeque oysters. Roll each oyster in fine cracker crumbs, then in beaten egg and again in the cracker crumbs. Fry in butter. Serve very hot with lemon juice. Very little, if any salt, will be needed with the Malpeque oysters. These may also be fried in deep fat.

OYSTER SCALLOP

Place a layer of oysters in the bottom of a deep baking dish, cover with a layer of bread or cracker crumbs which have been well buttered. Continue until the dish is almost full, slightly seasoning each layer, ending with a layer of the cracker crumbs well buttered. Nearly cover with the liquid from the oysters. Place the dish in a moderately hot oven until the crumbs are lightly browned. Serve hot.

MUSTARD SAUCE (For Oysters)

- | | |
|------------------------|---------------------------------------|
| 2 tsp. of dry mustard, | 2 tbsp. of water |
| Condiment sauce. | $\frac{1}{4}$ cupful of melted butter |
- Combine the mustard, a few drops of condiment sauce and the water. Add the melted butter and serve.

OYSTER ROLLS

Trim crusts from thin slices of white bread; brush both sides with butter or margarine. Put a well seasoned oyster on each slice; roll diagonally; fasten with toothpick. Broil.

LITTLE PIGS IN BLANKETS

Drain oysters dry and roll each in a thin slice of bacon. Fasten with a wooden toothpick. Fry until bacon is crisp and brown.

W.A.D.

OYSTER COCKTAIL

- | | |
|------------------------------|----------------------------------|
| Oysters, 2 tablespoons | 1 tbsp. lemon juice |
| tomato catsup | $\frac{1}{2}$ tsp. minced onion |
| 1 tbsp. horseradish | $\frac{1}{2}$ tsp. salt |
| 1 tbsp. Worcestershire sauce | $\frac{1}{2}$ tsp. Tabasco sauce |
| 1 tbsp. vinegar | |

Mix ingredients. Keep in refrigerator for several hours and serve $1\frac{1}{2}$ tablespoons for every 5 oysters. Serve 5 oysters to each cup.

FLORENCE RUSSELL LAPRAIK.

The Selection and Cooking of Meats

Beef—Should be firm, of fine texture, bright red in color and well coated with fat. The fat should be firm and yellow in colour.

Veal—Should be pink in color and is usually less firm than beef. Fat should be white. If used too young it is watery and flabby.

Mutton and Lamb—Mutton should be dull red, firm and streaked with firm white or slightly yellow fat. Lamb should be pink with more red color in the bones than in mutton, with fat hard and white. Outside skin should come off easily.

Pork—Should be pink in color, with white fat. Never use pork that has dark spots in it.

ROAST BEEF

A roast with ribs left in is known as a "standing" roast. A roast with ribs removed, and meat rolled and tied, is known as a "rolled" roast. The tip of the sirloin is considered one of the best pieces for roasting. Wipe with damp cloth. Place roast on rack in roasting pan, skin side down, dredge with flour; and place in hot oven to sear; then reduce the heat. Add water to cover bottom of pan and baste every 15 minutes. When half-cooked, season with salt and pepper and turn with skin side up for final browning. Let water cook away when meat is nearly cooked. Remove meat to a hot platter, when cooked, and serve with brown gravy or Yorkshire pudding.

BROWN GRAVY

For 2 cups gravy leave 2 tablespoons fat in the pan; add 2 tablespoons flour, stir together over heat until brown; then add 2 cups boiling water or stock, stirring rapidly until smooth. Season with salt and pepper and strain. One tablespoon chopped onion may be browned in fat before adding flour.

YORKSHIRE PUDDING

1½ cups flour	2 eggs
1 tsp. baking powder	1¼ cups milk
½ tsp. salt	½ cup water

Sift flour, baking powder and salt together, drop in eggs, mix, then add liquids gradually, beating well. Remove roast, pour batter into the hot roasting pan and replace roast on wire rack over pudding and bake in hot oven, 400°, for 15 to 20 minutes.

Mrs. W. E. B.

POT ROAST OF BEEF

Four to six pounds of beef from shoulder or round beef. Wipe with damp cloth, place in pan with hot fat and sear meat all around; then add 2 cups boiling water. Cover and simmer until tender.

BROILED STEAK

Wipe meat with damp cloth and trim off extra fat; place meat in heated broiler, which has been rubbed over with fat, broil over glowing coals or in the broiling oven of gas or electric range. Sear meat on both sides, then reduce heat and turn every 2 minutes until cooked. Season when partly cooked.

ROAST LEG OF VEAL WITH DRESSING

Remove bone, wipe meat with damp cloth, fill with dressing given below and skewer into shape. Lay slices of salt pork over top, roast in hot oven of 450 degrees for 25 minutes, then reduce temperature to 375 degrees and cook until tender. Baste frequently and, when partly cooked, add salt and pepper. Serve with brown gravy.

DRESSING

2 cups stale bread crumbs	1 tablespoon minced parsley
1 cup ground salt pork	½ teaspoon each, salt and
½ cup minced celery tops	pepper

Method:—Combine ingredients and mix thoroughly.

VEAL CUTLETS

2½ lbs. veal (from round)	Tomato sauce
4 tablespoons dripping	Salt
Bread crumbs	Pepper
1 tablespoon water	1 egg

Method:—Wipe meat and cut into pieces for individual serving, removing bone, skin and tough membranes. Skewer small pieces of meat together with tooth picks. Beat egg and water so that white is well broken but not light. Roll meat in sifted, seasoned bread crumbs, dip in egg, then in crumbs again. Melt dripping in frying pan and, when hot, brown cutlets quickly on both sides and cover with tomato sauce. Place lid on pan; then cook in slow oven of 300 degrees for 1 hour.

BOILED NEW ENGLAND DINNER

Wipe corn beef and put in kettle, cover with cold water and bring slowly to a boil. Boil for five minutes, reduce heat, remove scum and cook at a low temperature until tender. Remove meat from water, skim off fat and cook vegetables. Use carrots, turnip, onions, potatoes and cabbage. Serve on a deep platter, corn beef in centre, surrounded by vegetables.

ROAST LEG OF LAMB

Remove caul from leg of lamb, wipe meat, sprinkle with pepper, salt and flour. Place in hot oven, baste every 15 minutes until meat is done. It may be necessary to add water if meat has not enough fat. Reduce heat when meat is browned. Allow 2 hours for a seven pound leg. Make a gravy. Serve with Mint Sauce or Currant Jelly.

BAKED LAMB CHOPS

Use shoulder chops. Brown, add 1 small chopped onion and make a gravy. Season. Shred raw cabbage and place in baking dish. Put the chops on top of the cabbage, cover with gravy. Bake 45 minutes.

MRS. D. L. STEWART.

LAMB EN CASSEROLE

2 cups cold cooked lamb	1 large can spaghetti
$\frac{1}{2}$ cup of water	$\frac{1}{2}$ cup of ketchup

Put meat through meat chopper. Arrange a layer of meat in a baking dish, cover with half of the spaghetti. Add second layer of meat and spaghetti. Pour water and ketchup. Bake $\frac{1}{2}$ hour.

ROAST PORK

Trim and wipe meat. If used with skin on, score it in inch squares, taking care to cut only through skin. Make a cut just below the knuckle with a boning knife. Slide the knife up along the bone and turn outward, making a half-dozen cuts two-thirds of the way to the skin; fill cuts with dressing. Sprinkle with salt and pepper, place on rack in roasting pan and dredge with flour. Half an hour before serving sprinkle with 1 tablespoon cracker crumbs seasoned with pepper, salt and sage. Serve with apple sauce.

APPLE SAUCE FOR ROAST PORK

Pare, core and cut in quarters 4 large NOVA SCOTIA APPLES. Cover with boiling water and add 2 whole cloves. Cook until tender, and rub through a sieve. Return to fire add 1 tablespoon vinegar and $\frac{1}{4}$ cup sugar. Cook ten minutes, then beat in 1 teaspoon butter. Serve hot or cold with Roast Pork.

PORK CHOP CASSEROLE

6 lean pork chops, boned	1 can sifted peas
Salt	1 can of tomato soup
Pepper	

Brown the chops and season with salt and pepper. Arrange them in a buttered casserole and pour the peas over them. Season and add the tomato soup. Cover and bake in a moderate oven for 50 minutes.

JEAN E. DUNCAN, Tide Head, N.B.

BAKED VIRGINIA HAM

Cover ham with cold water in deep pot and bring to boiling point quickly; then reduce heat and simmer 2 or 3 hours or until tender. Take from pot, remove skin and cover with brown sugar; stick whole cloves into the ham about 2 inches apart and sprinkle with fine breadcrumbs. Place in roasting pan with $\frac{1}{2}$ cup of water and brown in moderate oven of 350 degrees for 25 to 30 minutes.

LEFT OVER HAM PIE

2 cups of cooked ham	Mix together and put in
chopped fine	baking pan
1 teaspoon sugar	top with
$\frac{1}{4}$ teaspoon Lea Perrins Sauce	2 cups mashed potatoes
$\frac{1}{4}$ teaspoon mustard	$\frac{1}{2}$ teaspoon baking powder
$\frac{1}{2}$ teaspoon onion, chopped	$\frac{1}{4}$ teaspoon salt
fine	1 teaspoon butter
$\frac{1}{2}$ cup milk, shake of pepper	$\frac{1}{4}$ cup milk

Mix all together and spread on the ham mixture. Bake until brown about 20 to 30 minutes.

MRS. C. NEAL.

HAM BAKED IN MILK

Put a thick slice of smoked ham into a fireproof dish cover with sweet milk and bake until tender. Remove to a hot dish, thicken the milk with flour to make a thin gravy, season with salt and pepper and add two cupfuls of cooked potatoes, cut in small squares. When heated through arrange around the ham and sprinkle over some minced green parsley.

E. M. CHURCH.

Poultry and Game

WHAT TO SERVE WITH POULTRY AND GAME

Fowl in General: Cranberry jelly, cranberry, mushroom, oyster, celery or curry sauce, corn fritters croquettes or small sausages.

Roast Turkey: Cranberry sauce or jelly, celery.

Roast Goose: Brown giblet gravy, apple sauce, celery.

Roast Duck: Boiled onions, olives, orange jellies and sauces, currant and plum jellies, orange and cress, walnut and lettuce salad, apples.

Quail: Roasted or broiled: Orange and green salad.

Squab: Roasted or broiled: Currant jelly.

ROAST TURKEY

Singe, dress (reserving giblets for gravy) and wash turkey. Wipe with damp cloth. Pull skin of neck back and cut off neck close to body (skin will turn back and keep in stuffing). Cut off tips of wings. Fill turkey with chestnut or oyster dressing. Sew up opening, then tie in shape with wings and legs close to body. Rub entire surface with salt, brush with melted butter and dredge with flour. Place in roasting pan in hot oven of 475 degrees for 10 to 15 minutes. Add 1 cup of water, then reduce temperature to 375 degrees and cook until tender (allowing 15 to 20 minutes per pound). Baste every 20 minutes with fat in pan, adding more hot water if necessary.

ROAST CHICKEN

Singe, dress (reserving giblets for gravy) and wash chicken. Wipe with damp cloth. Pull skin of neck back and cut off neck close to body (skin will turn back and keep in the stuffing). Cut off tips of wings. Fill chicken with poultry bread dressing. Sew up opening, then tie into shape with wings and legs close to body. Rub entire surface with salt, brush with melted butter and dredge with flour. Place in roasting pan in hot oven of 475 degrees for 10 to 15 minutes. Add 1 cup water, then reduce temperature to 375 degrees and cook until tender, allowing 15 to 20 minutes per pound. Baste with fat in pan every 20 minutes, adding more water if necessary.

ROAST DUCK

Singe, dress and scrub duck with warm water and soap; wash thoroughly in cold water. Wipe dry. Fill with potato stuffing or poultry bread dressing. Season with salt and pepper. Tie securely and place on rack in roasting pan. Place

strips of bacon over breast and pour into pan 1 cup boiling water and 1 teaspoon salt. Roast in a hot oven for 15 minutes then reduce temperature to 375 degrees and cook until duck is tender. Baste frequently during cooking. Serve hot, with currant jelly.

NOTE:—If preferred without dressing, place a whole onion or apple in body of duck before placing in oven.

ROAST GOOSE

Singe, dress and scrub goose with warm water and soap. Wash thoroughly in cold water. Wipe dry. Fill with potato stuffing or poultry bread dressing, sprinkle with salt and pepper and tie in shape. Place on rack in roasting pan; pour 1 cup boiling water and 1 teaspoon salt into pan. Cover tightly and cook in hot oven of 475 degrees for 15 minutes; then reduce temperature to 375 degrees and cook until tender, allowing 20 minutes per pound. Baste often, adding more hot water if necessary. Serve with browned apples or applesauce.

NOTE.—Pour grease off goose after 1½ hours' cooking.

BROWNE APPLES

Pare 6 small apples and brown in 1 tablespoon each of butter and sugar. Add enough gravy off goose to barely cover. Simmer until apples are tender. Remove apples and boil gravy to a glaze. Roll apples in it. Serve.

CHICKEN CASSEROLE GRAND'MERE

Season a 3 lb. chicken well and roast for 30 minutes. Then around the chicken place small onions and diced potatoes which have been previously half-cooked and some fried diced pickled pork. Keep on basting the chicken quite often and let cook for another 15 or 20 minutes. A few minutes before taking out of oven add half a glass of water. Season again very well and serve very hot.

MOUNT ROYAL HOTEL, Montreal, Que.

CHICKEN SAUTE MARYLAND

Split the chicken in two. Bread English style. Fry slowly in butter. When serving garnish with potato croquette, corn fritters, sliced bacon and cream sauce.

MOUNT ROYAL HOTEL, Montreal, Que.

SQUAB

Brown some butter add a little water and put the squabs in. Cover closely and cook on top of the stove slowly.

Turn squab often and 10 or 15 minutes before serving add some cream, salt and pepper.

(MISS) LILLIAN SNOWBALL, Chatham, N.B.

ROAST VENISON

Roast venison is usually well larded with pork. Season well and cook rare (basting frequently). Allow 1½ hours for a leg weighing from 8-10 pounds. Serve with currant jelly.

VENISON STEAK

Have the steak thick and broil on a well buttered grid-iron for 10 minutes, cover with butter, serve piping hot with red currant jelly.

"UPSALQUITCH, N.B."

ROAST PARTRIDGE

Clean and prepare as any fowl. Bake ½ hour in a hot oven. Dress the bird with either butter or slices of bacon. Serve with: BREAD SAUCE.

BREAD SAUCE

1 cup milk, butter size of an egg, an onion, bread crumbs. Let milk, butter and onion boil together till onion is tender, then add grated bread crumbs enough to thicken.

"UPSALQUITCH, N.B."

TURKEY DRESSING A LA BILTMORE

Soak one loaf of white bread in milk. Cook a large chopped onion in butter until it is golden. Squeeze the milk from the bread, then add the onion, 1 lb. of fresh grilled chestnuts, 1 lb. sausage meat and mix well. Season with celery salt, pepper, sage, and finely chopped parsley. Add 2 eggs, and mix well together. Be sure to wait till the dressing is cold before putting it in the fowl or it will be soggy.

MRS. E. S. CUSHING.

POULTRY BREAD DRESSING

3 cups bread crumbs	1 teaspoon salt
1 small onion	⅛ teaspoon pepper
3 tablespoons butter	1 teaspoon poultry seasoning

Method:—Slice onion and fry in butter until a delicate brown. Add bread crumbs, salt, pepper and poultry seasoning; mix well

POTATO STUFFING

2 cups hot mashed potatoes	1 teaspoon salt
1½ cups bread crumbs	1 teaspoon sage or summer
1½ tablespoons chopped onion	savory
¼ cup butter, melted	1 egg

Method:—Combine ingredients, mix thoroughly and beat until light.

Meat Fish Sauces

CAPER SAUCE

2 tbsp. butter	⅛ tsp. pepper
2 tbsp. flour	1 cup stock
½ tsp. salt	1½ tbsp. capers

Melt butter, add flour, salt and pepper and stir until well blended. Add stock (water in which the meat has been cooked) gradually and bring to boiling point, stirring constantly. Cook until sauce is thick and smooth. Add capers and serve hot. Excellent with boiled mutton or beef.

BECHAMEL SAUCE

Follow directions given for white sauce. Take off the fire and add the yolk of an egg.

CUCUMBER SAUCE

½ cupful of whipping cream	Dash of cayenne
¼ teaspoonful of salt	2 tablespoonfuls of vinegar
Pepper	1 large cucumber

Whip the cream until stiff, add the salt, pepper and cayenne, and gradually add the vinegar. Peel the cucumber, chop very fine and drain. Add to the seasoned cream mixture and serve with chilled salmon.

CUCUMBER FISH SAUCE (from the "Chatelaine")

½ cupful of whipping cream	2 tbsps. of vinegar
¼ tsp. of salt, pepper,	1 large cucumber
dash cayenne	

Whip the cream until stiff, add the salt, pepper and cayenne, and gradually add the vinegar. Peel the cucumber, chop very fine and drain. Add to the seasoned cream mixture, and serve with salmon, which can be hot or in salad form.

DRAWN BUTTER SAUCE

¼ cup butter	1 cup boiling water
2 tbsp. flour	¼ tsp. salt
⅛ tsp. pepper	

For making follow directions given for white sauce.

HOLLANDAISE SAUCE

3 tablespoons butter	1 tablespoon lemon juice
2 egg yolks	Few grains cayenne
⅓ cup boiling water	¼ teaspoon salt

Method:—Cream butter, add beaten egg yolks, seasonings and water; simmer in double boiler until thick, stirring constantly. Remove from heat, and add lemon juice. Serve at once.

Note:—If mixture curdles, add 1 tablespoon cream and beat thoroughly.

CURRENT JELLY AND MINT SAUCE

Melt one cup of currant jelly, add one cup minced mint. Serve warm, but do not cook. Serve with lamb.

EGG SAUCE

Add two chopped hard boiled eggs to Drawn Butter sauce.

HORSERADISH SAUCE

3 tbsp. bottled horseradish, $\frac{1}{4}$ tsp. salt, $\frac{1}{2}$ cup heavy cream, whipped. Fold horseradish and salt into whipped cream. Serve with cooked ham or tongue.

MINT SAUCE

4 tbsp. minced mint leaves $\frac{1}{2}$ tsp. salt
1 tbsp. sugar 6 tbsp. vinegar

Place mint in small dish, cover with sugar. Let stand for one hour. Add salt to hot vinegar and pour over mint. Let stand 10 minutes before serving.

PARSLEY SAUCE

Add chopped parsley to White or Drawn Butter Sauce.

RAISIN SAUCE (Serve with ham)

Mix 2 tbsp. flour with 1 tbsp. sugar. Add $\frac{1}{2}$ cup water in which ham was boiled and $\frac{1}{2}$ cup water. Stir over heat till thickened, add grated rind of 1 orange, 1 tsp. lemon juice, $\frac{1}{3}$ cup raisins. Let stand in double boiler over low heat.

SPANISH SAUCE

2 tbsp. butter 2 tbsp. chopped onion
 $\frac{1}{2}$ tsp. salt 3 tbsp. each ham, celery,
2 tbsp. flour carrots (chopped and
Few grains cayenne pepper cooked)
1 cup strained tomato juice

Melt butter, add onion and fry until a light brown; add flour and seasonings; mix well. Add tomato juice and bring slowly to boiling point, stirring constantly. Add ham, celery and carrots. Serve with roast beef or beefsteak.

TARTAR SAUCE

1 cup mayonnaise 1 tbsp. each chopped capers
 $\frac{1}{2}$ tsp. each minced onion, chopped olives, chopped
minced parsley pickles

Combine the mayonnaise and other ingredients. Serve thoroughly chilled with hot or cold fish.

WHITE SAUCE

2 tbsp. butter $\frac{1}{4}$ tsp. salt
2 tbsp. flour Few grains pepper
1 cup milk

Melt the butter, add the flour mixed with seasonings and stir until thoroughly blended. Pour on the milk in small quantities, stirring until well mixed and cook until smooth.

Entrees

An entree usually takes the form of a casserole dish, a creamed dish served in timbale cases, patty shells, bread cases, or on toast; croquettes, souffles, etc. It is usually served as a separate course just before the meat course. The individual servings are quite small.

RAMEKINS OF CHICKEN

Make a sauce of 4 tbsp. butter, 6 tbsp. of flour, $\frac{1}{2}$ cup each of chicken stock, cream and liquor from canned mushrooms. Season with salt and pepper and add two cups cold chicken diced, the mushrooms and a tbsp. chopped pimento. Mix well, place in ramekins, cover with bread crumbs and brown in a hot oven. Garnish with strips of pimento when taken from oven. Serve very hot.

SALMON MOULD

1 cup flaked salmon 1 cup medium white sauce
1 tbsp. parsley 2 egg whites
2 egg yolks

Add egg yolks well beaten to sauce and cook for 5 minutes, then fold in salmon, chopped parsley and egg whites. Turn into a buttered mould, place in a pan of water. Bake in moderate oven for 30 minutes. Serve with the following sauce:

HORSERADISH SAUCE

2 tbsp. butter, 2 tbsp. flour, $1\frac{1}{2}$ cups (milk and fish stock) salt and pepper, $1\frac{1}{2}$ tsp. lemon juice and 1 egg yolk. Cook and add 2 tbsp. grated horseradish.

CROUSTADES OF BREAD

Cut stale bread 4 inches thick. Leave square or cut round and hollow out centre. Fry in deep fat or brush over with melted butter and brown in oven. Fill centres with creamed fish, meat, chicken or vegetables.

CHICKEN CROQUETTES

Season 2 cups chopped cooked chicken or veal with $\frac{1}{2}$ teaspoon onion, 1 teaspoon lemon juice and $\frac{1}{4}$ teaspoon salt. Add white sauce made by blending 4 tablespoons flour with 2 tablespoons butter. Add $\frac{1}{2}$ teaspoon each of salt and celery salt, $\frac{1}{8}$ teaspoon pepper, a few grains of cayenne pepper and 1 cup of milk. Cook until thick. Cool; shape into pyramids or cylinders; roll in crumbs, then in egg and in crumbs again. Fry in deep fat until golden brown; drain. Garnish with parsley and serve.

CORN FRITTERS

3 eggs, beaten
1½ cups milk
1 cup flour

1 can corn
½ tsp. salt

Mix. Drop on hot griddle. Turn when brown. To be served hot.

MRS. W. B. CARTMEL.

BANANA FRITTERS

3 bananas
1 cup flour
2 tsp. baking powder
2 tbsp. sugar

¼ tsp. salt
⅓ cup milk
1 tsp. lemon juice
1 egg

Mash bananas fine and combine with flour and seasonings, alternately with milk. Add lemon juice and lastly well beaten egg. Drop by spoonfuls into deep fat and fry. Drain on paper and sprinkle with powdered sugar.

APPLE FRITTERS

1⅓ cups flour
2 teaspoons baking powder
1 tablespoon sugar

⅔ cup milk
1 egg well beaten
Few grains salt

NOVA SCOTIA APPLES

Make a drop batter of the first six ingredients, beating until smooth. Pare and core apples and cut in slices ¼ inch thick, or in eighths. Dip in batter, and drop one by one into hot fat as when cooking doughnuts. Cook until delicately browned. Remove from fat and drain on brown paper. Serve at once with a liquid pudding sauce.

PINEAPPLE FRITTERS

Cut fruit into small pieces, sprinkle with sugar and leave for 2 hours. Drain as dry as possible. Roll in sifted bread crumbs and dip in batter made as follows:

1 egg
1 cup milk
1 tsp. sugar

1 cup flour
½ tsp. salt

Fry in deep fat. Drain, sift powdered sugar over and serve with Pineapple sauce.

PINEAPPLE SAUCE

Make a syrup of 1 cup sugar and 1 cup water, boiling until it spins a thread. Add juice drained from pineapple and ½ cup white wine.

Luncheon and Supper Dishes

CALCUTTA RICE (Meat substitute)

2 cups of cooked rice
2 cups of tomatoes

¼ lb. of cheese
1 tsp. of salt

Pepper and celery or onions added if desired (other vegetables). Mix with tomatoes, grated cheese and seasoning and pour into baking dish. Bake for ½ hour. If celery is used cut up and boil with rice.

MRS. J. P. MACRAE.

CASSEROLE DISH

1 lb. ground steak
½ lb. sausage meat
1 pkge. egg noodles

1 can tomato soup
½ lb. American cheese

Cook noodles, brown meat. Place meat in bottom of casserole. Add noodles, then cheese and tomato soup. Bake in oven until cheese is melted.

MURIEL DUNCAN, R.N., Campbellton, N.B.

CHEESE SOUFFLE

This can be prepared several hours before putting it in oven.

Make a white sauce with 1 cup milk, 2 tbsp. butter, tbsp. flour, add ½ lb. grated cheese. Cook a few minutes. 3 eggs beaten separately add hot mixture slowly to beaten yolks, season with pepper Cayenne, salt if necessary and a few drops Worcestershire sauce. Beat well. When cool add stiffly beaten whites, pour into buttered dish and leave until you wish to bake it. Bake 20 to 30 minutes.

(MISS) LILLIAN SNOWBALL, Chatham, N.B.

FISH SUPPER

1½ lbs. fresh fillets
1 lb. small onion
Salt

1 can tomatoes
Cracker crumbs
Pepper

Strain tomatoes. Put whole onion in bottom of casserole. Add alternate layers of fish, tomatoes and crumbs. Season to taste. Juice to cover. Serves 6.

H. S. MARSHALL.

TOMATO SNAPS

Place a thin slice of tomato on a water biscuit. Season well. Sprinkle with grated Swiss cheese and place under a salamander until the cheese is colored. Serve very hot.

MOUNT ROYAL HOTEL, Montreal, P.Q.

Steak and Kidney Pie

2 lbs. stewing steak

1 ox kidney

Chopped onion, parsley, a little
chopped thyme

Puff pastry

Cut the steak in slithers, and the kidney, removing the core. Season with salt and pepper. Add the onion and herbs. Mix altogether in a basin adding enough water to make it soft.

Put into a pie dish. Cover with the pastry. Cook in a moderate oven and bake 3 hours.

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HER EXCELLENCY
THE LADY TWEEDSMUIR
GOVERNMENT HOUSE, Ottawa.

HAM ROLLS WITH CHEESE SAUCE

2 cups flour	1 cup ground cooked ham
$\frac{3}{4}$ cup milk or half milk and half water	4 tbsp. shortening
4 tsp. baking powder (level)	2 tbsp. soft butter
	$1\frac{1}{2}$ tbsp. prepared mustard

Add butter and mustard to ground ham mix well. Sift together flour, baking powder, add shortening and mix in well with fork. Add liquid to make soft dough, turn out on floured board and toss lightly until outside looks smooth. Roll $\frac{1}{4}$ inch thick in sheet 12 ins. long, 10 ins. wide. Spread with ham mixture. Roll up lengthwise like jelly roll. Cut into slices $1\frac{1}{2}$ inches thick. Flatten each cake down. Place on greased pan. Bake in hot oven 475° Fahr. about 15 minutes. Makes 8.

CHEESE SAUCE

2 tbsp. butter	2 tbsp. flour
2 cups milk	$\frac{1}{2}$ cup grated cheese
Few grains salt	

Melt butter, add flour and salt, stir until well blended. Add milk slowly stirring constantly until thick and smooth. Bring to a boil and boil 2 minutes.

Add cheese and stir until cheese has melted.

MRS. FRED UNCLES, Newcastle, N.B.

ITALIAN SUPPER DISH

Butter scallop dish, put in layer of chopped meat, salt and pepper to taste, specks of butter, then layer of onions chopped fine, salt, pepper and butter, another layer of meat, one layer of macaroni and final layer of meat, seasoning and butter. Pour over all, one can of tomato soup before putting in oven. Bake 45 minutes.

FLORENCE RUSSELL LAPRAIK.

LOBSTER AND TOMATO LUNCHEON DISH

1 can tomatoes, drained	1 tbsp. onion, chopped fine
$\frac{1}{4}$ tsp. each salt and pepper	1 tbsp. butter
1 tsp. sugar	1 can lobster

Method:—Melt butter in sauce pan, add finely chopped onion, let cook until tender, do not brown, add tomatoes (canned or 3 large ripe ones) salt, pepper and sugar. Let cook for about 10 minutes. Do not stir vigorously so as to keep the tomatoes whole as much as possible. Add the lobster, remove from heat, let stand for a few minutes, and serve hot on a boiled potato or toast. Green peas may be served with this dish, if so desired..

MRS. C. NEAL.

MEAT LOAF

1/2 lb. pork	1 cup thick tomatoes
1/2 lb. veal, minced	1/2 onion grated
1 beef	1/2 tsp. salt
1 cup bread crumbs	Pepper
1/2 cup grated cheese	2 eggs well beaten

Combine ingredients and mix well. Pat a little at a time in a bread loaf pan. Bake one hour in moderate to hot oven. Serve hot or cold.

ELSIE BISSETT SMITH.

PEAS NANA

1 tin cream of mushroom soup, do not dilute	1 tin green peas drained
1 tbsp. each chopped parsley, onion juice	1/2 cup each grated cheese and bread crumbs

Mix well add half of the bread crumbs to the mixture; sprinkle the other half on top. Bake 10 minutes.

MRS. H. R. MOUNT.

RICE, CARROT AND CHEESE SUPPER DISH

1 1/2 cups shredded carrots	1 tbsp. chopped onion, salt and pepper to taste
1 cup grated cheese	
1 cup rice (parboil 5 minutes in salted water)	1 egg beaten

Bake in greased ring mould for 30 minutes. Serve with centre filled with green peas.

MRS. H. R. MOUNT.

SALMON FONDUE

1 large tin of red salmon	Crumbs of 4 crackers rolled fine
Yolks of 2 eggs beaten lightly	
Salt and pepper to taste	3/4 cup sweet milk

Beat all well together, then fold in stiffly beaten whites of the 2 eggs. Bake in moderate oven for 30 minutes. Put little dabs of butter on top of beaten mixture before cooking. Serve hot or cold.

A fondue is a light and delicate little dish, without the fragility of a souffle, although put together in somewhat the same way. The crumbs give it a structural firmness that the souffle cannot have.

Of course you could make this with any other kind of cooked or canned fish you like to substitute for the salmon.

MARY V. LONG, Outremont, Que.

SALMON LOAF

1 cup flaked salmon	1 tbsp. butter
salt	1 tsp. onion juice
1 cup stale bread crumbs	2 egg yolks beaten
soaked in 1 cup scalded milk	1 tsp. lemon juice
	2 egg whites stiffly beaten

Combine ingredients in order given, folding in beaten whites last. Drop mixture in well-greased and crumbed pan, and bake in moderate oven. Serve with white sauce.

MRS. J. W. THOMAS, Ottawa, Ont.

SUPPER SCALLOP

Line greased baking dish with thin sliced raw potatoes. Add layer of diced raw celery (optional) sprinkle with salt and pepper and chopped onion. Dredge well with flour and cover with diced raw bacon. Repeat layers to one inch of top, having bacon layer last. Cover with tomato juice and bake 45 minutes. Uncover to brown. Serve hot.

TUNA FISH CASSEROLE

Flake 1 tin of Tuna in sieve, and pour boiling water over it. Drain well and put in baking dish. Cover with potato chips, or noodles that have been boiled in salted water until they are soft. Then add 1 tin mushroom soup mixed with 1 cup milk. Add a few more chips to cover. Bake 1/2 hour. Bread crumbs may be used instead of chips for top.

MRS. FRANK A. TAYLOR.

TUNA NEWBURGH

10 soda crackers, rolled fine	1 tbsp. minced onion
1 3/4 cups milk	2 tbsp. pimento strips
1 tbsp. of butter	2 cups of tuna
2 tbsp. shredded green pepper	1 egg
	Salt and pepper

Soak crackers in the milk, add butter and slowly bring to boiling point. Add peppers, onion, pimento and tuna. Stir into beaten egg and return to fire and cook for 3 minutes. Stir constantly. Serve on toast.

VEAL LOAF

3 lbs. lean veal	1/2 lb. salt pork finely chopped
6 crackers, rolled	4 tbsp. cream
2 tbsp. lemon juice	1 tbsp. salt
1/2 tsp. pepper	1 onion finely chopped
1 egg white	1/4 cup pork fat

Put veal through chopper; add pork, cream, lemon juice, salt, pepper and onion. Pack into a loaf or bread pan, then turn out into a larger pan for baking. Brush with egg white. Bake slowly for 2 hrs. basting with pork fat. Prick frequently while baking so that fat may be absorbed by the meat.

(MRS. J. A.) CATHERINE MACKENZIE.