

Smothered Fish.

Ladies' Home Journal.

Fresh fish.	Potatoes.
Salt pork.	Seasoning.
Onions.	

In Canada this dish is greatly relished on a cold winter night. To make it put six or seven slices of fat salt pork in a frying-pan and fry slowly. When the pork is brown take it out and put in the fat five or six sliced onions of medium size. Cook the onions until they are about a third done; then skim out the onions and lay pieces of raw, fresh fish on the bottom of the pan. Over this spread some of the onion, adding a dash of salt and pepper. Cover the onions with sliced raw potatoes and a sprinkling of salt; then put on another layer of fish, which should be covered with more onions, salted and peppered. The top layer of the dish should be formed of sliced raw potatoes, also seasoned. Cover closely, and cook slowly on a part of the range where the dish will not burn, until all the ingredients are thoroughly cooked. It will take an hour or more to accomplish this.

Cold cooked fish and cold boiled potatoes may be used in place of the raw material, but in that case the pork and onions should be prepared just as if all the ingredients were raw.

Stuffed Halibut Steak.

- 2 one-inch-thick halibut steaks.
- 6 slices of thin salt pork.
- 1 cupful of bread crumbs.
- 1 tablespoonful of melted butter.
- 1 tablespoonful of chopped parsley.
- 1 tablespoonful of chopped onion.
- Salt and pepper to taste.

Remove the bones from the steaks, then wash and dry them thoroughly; lay one steak in a buttered baking-pan. Mix together the bread crumbs, butter, parsley, onion, salt and pepper; lay this dressing on the top of the steak, and over that put the other steak. Over the fish lay the salt pork. Bake for forty minutes in a hot oven. Serve with a white sauce containing a little chopped parsley.