

SOUPS—Continued.

ONION SOUP—Mrs. C. S. Bowers.

Peel $\frac{1}{2}$ dozen good sized onions and 2 potatoes, cut in small pieces, and put in saucepan with a lump of dripping and cook for about 15 minutes (they must not brown), pepper them and pour over about 3 pints of stock (white if

possible), add a lump of sugar, a strip of bacon rind and one or two outer sticks of celery. Simmer gently till tender. Rub through sieve and return to pan. Grate the crumbs of a stale loaf into $\frac{1}{2}$ pint of boiling milk, pour into soup and serve.

FISH

BAKED STUFFED SMELTS—

A. Vokes.

Clean and wipe as dry as possible 12 selected smelts, stuff, sprinkle with salt and pepper and brush over with lemon juice. Place in buttered shallow plate and bake 5 minutes in hot oven. Remove from oven; sprinkle with buttered crumbs and bake until crumbs are brown.

STUFFING

$\frac{1}{4}$ CUP CRACKER CRUMBS.

$\frac{1}{4}$ CUP STALE BREAD CRUMBS.

$\frac{1}{8}$ TEASPOON SALT.

2 TABLESPOONS MELTED BUTTER.

SPECK PEPPER.

FEW DROPS ONION JUICE.

2 TABLESPOONS HOT WATER.

Mix ingredients in order given.

BAKED FISH

4 GOOD SIZED ONIONS.

SAME QUANTITY OF BREAD CRUMBS.

1 TABLESPOON BUTTER OR PORK FAT.

1 PINT TOMATO.

Mix all together and pour over fish and bake.

FINNAN HADDOCK

Wash thoroughly, leave soaking in cold water half an hour, then 5 minutes in boiling water. Take out of water, rub over with butter and lemon juice and broil 15 minutes.

HOLLANDAISE SAUCE—

$\frac{1}{4}$ CUP BUTTER.

YOLK 1 EGG.

2 TEASPOONS LEMON JUICE.

$\frac{1}{8}$ TEASPOON SALT.

FEW GRAINS CAYENNE.

3 TABLESPOONS BOILING WATER.

Put butter in a bowl of cold water and wash, using a spoon. Divide in 3 pieces. Put one piece in saucepan with yolk of egg and lemon juice. Put saucepan in larger one containing boiling water and stir constantly with wire brush until butter is melted. Then add second piece of butter, and as sauce thickens, third piece. Add water. Cook 1 minute and season with salt and cayenne.

SMOKED HERRINGS, CISCOES, Etc.

Wash thoroughly, wipe dry, wrap in manilla paper and put in hot oven for 15 minutes.

SALMON LOAF—

Mrs. W. B. Northcott.

2 EGGS (well beaten).

$\frac{1}{4}$ TEASPOON PEPPER.

$\frac{3}{4}$ TEASPOON SALT.

1 SMALL CUP MILK.

6 SODA BISCUITS (rolled fine).

1 CAN SALMON (drained).

Flavor with sage or other flavoring. Mix well, put in pan and steam 1 hour.