

STUFFING.

1 c. bread crumbs.
 $\frac{1}{4}$ tsp. salt.
 $\frac{1}{8}$ tsp. pepper
Cayenne.
1 tsp. onion juice.

1 tsp. chopped parsley.
1 tsp. capers or chopped
pickles.
3 tbsp. butter.

Mix seasonings with crumbs and add to melted butter. Moisten with milk or an egg, if a moister stuffing is desired.

CASSEROLE OF RICE AND FISH.

2 c. cold flaked fish.
 $\frac{1}{4}$ c. bread crumbs.
1 tsp. salt.
 $\frac{1}{4}$ tsp. pepper.
 $\frac{1}{4}$ tsp. onion juice.
1 tbsp. chopped parsley.

2 tbsp. butter.
1 egg.
2 tbsp. milk.
1 tsp. lemon juice.
4 c. cooked rice.

Mix seasonings with crumbs and add to melted butter, then add fish, egg and milk mixed, and lemon juice. Line buttered mould with rice, fill centre with fish mixture, cover with the remainder of the rice, cover tightly and steam 45 minutes. Turn on hot platter and serve with Parsley or Egg Sauce.

FINNAN HADDIE.

Lay in pan, put in oven and heat until skin can be easily removed. Remove skin. If too salty, parboil for a few moments. Then place on hot platter, pour over a rich, thin White Sauce, or dressing of heated cream. Garnish with parsley.

MEATS**GENERAL RULES.**

Meat should be removed from paper as soon as it comes from market, weighed, and wiped with a damp cloth. It should be placed in a granite or earthenware dish, covered, and kept in a cool place until time of using.

Only tender cuts of meat should be broiled, pan-broiled or roasted. When meat is to be cooked by any of these methods, it is first seared, then cooked at a lower temperature. In searing, the albumin on the outside of the meat is hardened and juices retained.

Tough meat should be cooked in water to be made tender—the heat and water soften the tough connective tissue. Boiling water should be poured over the meat to sear cut surfaces, that the juices may not be drawn out by the water. After boiling 5 minutes, temperature should be reduced and meat cooked until tender just below the boiling point. If the water bubbles, it is too hot. All tough meat may be cooked tender in this way.

The time for roasting meat, or cooking it in water, varies with the weight and quality.