

*CODFISH FOAM.*

Make a white sauce of one tablespoonful of flour, one teaspoonful of butter and one cupful of hot milk. Stir until smooth, then add two tablespoonfuls of finely picked codfish, freshened, and the beaten whites of two eggs.

—[Mrs. Harry Peel.

*BAKED HALIBUT.*

Take two slices of halibut one inch thick; between them put cracker crumbs, pepper, salt and fat pork chopped fine; put the same on top, using butter instead of pork. Bake in a small pan set into a larger pan of water. Bake until the crumbs are brown, basting frequently with the drippings.

—[Mrs. Harry Peel.

*CAPER SAUCE.*

*For Cod or Haddock.*

Chop one heaped-up dessertspoonful of capers rather coarsely, and add them to half-a-pint of white fish sauce; heat up, flavor with a teaspoonful of tarragon vinegar and serve.—[A. M. G.

*CARDINAL SAUCE.*

*For Turbot, Salmon, or Seals, Etc.*

Prepare a white fish sauce. When finished and strained, add half an ounce lobster spawn, rubbed smooth in the mortar or on a plate with a pat of butter. Whisk this into the sauce, then let it come to the boil and finish with a tablespoonful of double cream.—[A. M. G.

*SHRIMP SAUCE.*

Boil the shells and heads of a gill of shrimps in enough vinegar to cover. To this add also a small blade of mace and bay leaf. Strain the liquor into half a pint of white fish sauce; add a gill of pickled shrimps and boil up. Finish with a teaspoonful of anchovy essence and serve with boiled or grilled fish.—[A. M. G.