

Creamed Salmon, No. 2.—Make a good white sauce by rubbing a tablespoonful of flour into a tablespoonful of melted butter; when smooth add one cup of cold milk, and stir while it is cooking; add one can of salmon separated into small pieces; if the sauce seems too thick, add a little of the liquor from the fish; serve this on soft buttered toast or square soda crackers; this may be varied by adding one-half teaspoonful of curry powder to the sauce, rubbing it in with the flour and butter; serve for breakfast, dinner, or supper. It can be prepared in ten minutes.

Creamed Salmon, No. 3.—One can of salmon; one cup milk; two level tablespoonfuls flour; two level tablespoonfuls butter; one teaspoonful chopped parsley; melt butter; add flour, rubbing together over blaze until flour begins to cook; add milk, stirring constantly; boil till smooth; add parsley and salmon; keep on stove till salmon heats through; serve on squares of buttered toast or in pastry cups.

Curried Salmon.—Melt two tablespoonfuls of butter in a saucepan, add one-third cup of flour, and one teaspoonful of curry powder; rub smooth in one pint of milk; stir until it boils; season with salt; add one can of salmon, and heat thoroughly while stirring; place in centre of a platter, and border with hot boiled rice seasoned with salt and dotted with butter.

Salmon Fritters.—One and one-third cupfuls of pastry flour, two level teaspoonfuls baking powder, one-fourth teaspoonful of salt, 1 egg, two-thirds cup of milk. Mix and sift dry ingredients, add milk gradually, then egg well beaten. Season three-fourths of a cup of minced salmon with salt, cayenne pepper, and lemon juice, if desired. Add to the batter and drop by spoonfuls into deep fat and brown. Drain on brown paper and serve hot with Tartar sauce.

Salmon Stuffed Hot Rolls.—Bake ordinary full crust rolls. Use one roll for each person; cut off the tops of the rolls, scoop out the crumbs, brush inside and