

To Dress Cod's Head and Shoulders.

Mrs. John Brown, "Cherrybank."

Take a good cod, cut the head and shoulders the size you want, put the fish upon a board, pour boiling water upon it, then scrape black off, but do not take off skin. When white lay it in salt for a time before boiling it. When you are to dress it, have a pan with plenty of boiling water and salt, and a little vinegar; boil fish half an hour; don't keep cover close; skin the tail-pice, cut it into small pieces, roll them, then tie them, brush them over with a beat egg, and stew bread crumbs over them; have frying pan with plenty of lard very hot, put in filets, fry ten minutes, turn them, fry ten minutes more, then lay them upon a sieve before the fire to drain. Dish upon a napkin, lay the filets round them, garnish with parsley.

Salmon Souffle.

Mrs. R. B. McMicking.

2 tablespoonfuls butter.	1 pint milk.
2 tablespoonfuls flour.	1 teaspoonful salt.
1 teaspoonful anchovy sauce.	Pepper to taste.
1 tablespoonful onion juice.	1 cup bread crumbs.
1 tablespoonful chopped parsley.	
3 eggs beaten separately.	

Take one can of salmon, freed from skin and bones, beat very fine, make a white sauce, mix with the salmon, add the yolks beaten; lastly, fold in the white beaten stiffly. Turn into buttered dish, stand in pan of hot water, bake in moderate oven three-quarters of an hour; serve with or without sauce.

Escalloped Oysters.

Mrs. Wood.

Prepare bread crumbs or rolled crackers in bulk in the bottom of a pudding dish, then a layer of oysters, season with salt, pepper and butter, put in more layers of crumbs and oysters until the dish is full, finishing with crumbs. Pour over the oyster liquid and fill the dish with milk, put in hot oven, covered for ten minutes, remove cover to bake brown.