

through the food chopper, add cooked rice, poultry seasoning, one teaspoon salt, a little pepper, eggs well beaten and rice water to moisten. Pack in a ring mould and steam thirty minutes. Turn out on a plate and surround with tomato sauce made from tomato soup well seasoned with lemon juice, or the sauce may be made from canned tomato. Fill the centre with potato balls.

Baked Codfish Puffs

1 package codfish 1 teaspoon grated onion
1 qt. mashed potatoes 2 teaspoons butter substitute
1 cup cream sauce
Pepper

Soak the codfish over night, changing the water occasionally, in the morning put it on to cook in cold water, simmer gently for a few minutes, drain and add to the hot mashed potato, add the sauce, onion and pepper. Beat all together until light and put into a buttered baking dish. Rough the top with a fork and bake until brown.

Stuffed Flounder

1 flounder 1 tablespoon finely chopped onion
1 cup mashed potatoes 1/2 teaspoon salt
1 teaspoon chopped pickles 1/4 cup melted butter or substitute
Pepper

Mix all the ingredients together and add to the melted butter substitute. Clean the fish, cut down the centre as for boning. Raise the fillets on each side of the bone, but do not remove them. Fill with the stuffing. Lay the fish on a buttered tin, pour in half a cup of stock or tomato sauce and bake the fish until tender, basting frequently. Serve on a hot platter garnished with the lemon and parsley.

Fish Pie with Potato Crust

Finely flake with a fork the remains of any cold fish, put into a saucepan with a little white sauce, season with pepper and salt and some small bits of bacon. Line a pie pan with well seasoned mashed potatoes, brush over with beaten egg yolk, fill the centre with the fish and place in the oven for a few minutes to heat through and brown. Serve on a hot dish and garnish with slices of hard-boiled egg.

Boiled Alaska Cod

Tie the fish in a piece of cheese cloth and put on to cook in boiling water in which is a little vinegar and salt. Boil hard for three or four minutes, then set back so that the fish will simmer. Serve with egg sauce and chopped parsley.

New England Fish Dinner

1 package boned salt cod 1/2 lb. salt pork
Pickled beets Hot boiled potatoes

Soak the fish over night, changing the water. Put on to cook in cold water; if the fish is still too salt, change the water again. *Cut the pork into small cubes and fry until the cubes are crisp and the fat fried out of them. Pour over the codfish and serve with hot boiled potatoes and pickled beets.

Salmon Loaf

1 can salmon Pepper and salt
1 cup bread crumbs 1 egg
1 tablespoon melted butter 1 cup milk
1 tablespoon flour

Melt the butter, add the flour, a little hot water and the cup of milk, cook, stirring constantly until it thickens. Flake the salmon, removing the skin and bones, add the egg well beaten and the white sauce. A little Worcestershire sauce improves the flavor. Mix all well, put in a mould and steam three-quarters of an hour. Serve with white sauce.

Halibut or Fresh Salmon, Egg Sauce

3 lbs. halibut or fresh salmon 2 teaspoons grated onion
1 cup milk A dash white pepper
2 tablespoons butter 1 hard-cooked egg
substitute 2 tablespoons finely chopped parsley
2 tablespoons flour
1 tablespoon salt

Put the fish into a shallow pan and cover it with boiling water, add the salt and the onion, boil for thirty minutes. Remove with a skimmer to a hot platter and pour the egg sauce over the fish.

Egg Sauce

Put the butter substitute and grated onion into a saucepan, cook for three minutes, then add the flour, mix until smooth, add the cold milk slowly, stirring until smooth and creamy. Add the chopped parsley and the hard-cooked egg, which has been chopped fine. If desired the yolk and white may be separated, chop the white and add it to the sauce, then grate the yolk over the top of the dish.

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