

Melt three tablespoonfuls of butter, add three tablespoonfuls of flour, and stir until well blended; then pour on gradually, while stirring constantly, one cupful of fish stock (made from the skin and bones of the halibut). Bring to the boiling-point, and add one half cupful of cream and three sliced mushroom caps. Season with salt and pepper. The mushroom caps on the filets should be cooked in the sauce until they are soft.

Fish Cakes.

Mrs. W. Monteith.

- 1 pound cold fish.
- $\frac{1}{2}$ pint thick brown sauce. (Espagnole.)
- 1 dessertspoonful anchovy sauce.
- 6 gherkins.
- 1 egg.
- 2 ounces bread crumbs.

Make the brown sauce hot, stir into it the gherkins chopped fine and the anchovy sauce. When the mixture cools add the fish flaked, pepper and salt to taste. When quite cold form into little cakes, egg, bread crumb and fry. Serve with cold mayonnaise sauce.

Salmon Pudding.

One can of salmon, one cupful of bread-crumbs, three eggs, four tablespoonfuls of melted butter, one tablespoonful of chopped parsley, salt and pepper. Sauce—One cupful of milk, liquor of the salmon, one teaspoonful of cornstarch, one tablespoonful of melted butter, one lemon.

Drain the liquor from the salmon and save it for the sauce. Chop fine the fish and the parsley, add to it the butter, bread crumbs, pepper, salt and the well-beaten eggs, reserving one yolk for the sauce. Mix and pack well in a buttered dish, and steam one hour. A double boiler may be used. Turn it out on a platter and pour around it the sauce made in the following manner: Put the milk and liquor of the salmon on to boil, add the cornstarch moistened with a little milk, the butter and salt. When it has thickened remove from the fire, add the beaten yolk of egg, and the juice of half the lemon. Garnish with the remainder of the lemon cut in very thin slices.