

Cream of Fish Soup.

Mrs. (Dr.) Watt, William Head.

1 tablespoonful butter.	2 tablespoons flour.
1½ pints fish stock.	1 pint milk.
Yolk of one egg.	

Water in which halibut or other white fish was boiled, together with an onion, six pepper corns and as many allspice, is saved for this stock. Cook butter and flour together. Heat stock and milk. Add gradually stock and milk to butter and flour. When it boils put in double boiler. Before serving add the yolk, previously stirred in a cup with a little of the soup. Care must be taken that butter and flour be not cooked so much as to turn yellow, and that the stock and milk be slowly stirred in warmed lumps. The same recipe, using vegetable stock instead of fish stock, makes delicious cream of asparagus, onion, potato and cauliflower soups. The same recipe with half the quantity of stock and milk makes good fish or vegetable sauce.

Ochra Gumbo.

Mrs. D. A. McTavish.

A New Orleans Recipe.

Three or four dozen ochra, one and one-half or two lbs. of the breast or neck of veal, one large tablespoonful of lard, one tablespoonful of flour, one slice of ham, one-half large green pepper, two large tomatoes, one teaspoonful salt, a little parsley chopped fine. Chicken will do instead of veal. Cut the meat into small pieces about the size of an egg, and rub the flour and salt on the meat. Cut the ochra into very thin slices crossways; cut the tomatoes into thin slices, put the saucepan on the fire; when hot put the lard in; as soon as melted put in the meat; stir it as soon as it changes colors and is thoroughly heated without being cooked, add the ochra. Stir the whole, and as soon as the ochra is a very green color, pour into the saucepan containing all the ingredients one pint boiling water, lastly the ham and parsley. A wooden spoon is always used in stirring to prevent the ochra looking black. Simmer gently four or five hours. Gumbo is always eaten with boiled rice, the same as curry is.