



## Fish Recipes for Lenten Fare

A Left-Over Fish Bisque. R ID COLD baked, or boiled, or by fish of bones and skin, pick fine bits with a sliver fork.

Red Snapper Scup. Planked Shad.

## Marin Harland

## Family Meals for a Week

SUNDAY BREAKFAST. Fruit, cereal and cream; creamed fish an gratin, fried mush, brown bread and butter, tea and coffee. Oyster bisque, brisket of beef a la more wired sweet potatoes, curried tomas abinet pudding, with brandy sauce; h

MONDAY

A Bag is Not Necessary if a Boiler is Used.



vinegar and water. Nothing is more disgusting to a careful housewife than a badly cleaned fish. Nowadays one usually buys them ready cleaned; but even has equal value in this respect; the amount of nourishment varies with the species. Thus, red-fleshed fish, so, it is important to go over them carefully before putting away.
Holding the fish by the head, scrape
with a sharp knife to remove all
scales, then either wash in cold wathan the white-fleshed, the latter, ter or wipe all over with a clean, damp cloth. It is a mistake to immerse a fish very long in water, even for the purpose of cleaning, as it is apt to destroy the flavor.

somewhat improved by washing in

churchman who eschews meat for Lent, it is well to have fish play an important part in the spring diet. Though we may not pin our faith to the old theory that fish food is brain food, we can be assured that the phos-

gestible qualities prove very bene-

ficial to the physical system that is

relaxed by enervating spring days. Not every one, unfortunately,

likes fish, but, if possible, the taste

for it should be cultivated. Probably if we were compelled to live

on it, as were the old Homeric

heroes, we might be inclined to com-

plain as bitterly as did Menelaus;

but as an occasional article of diet it should have a place in every fami-

Nothing affords greater relief to the housekeeper sore beset by that

ever-recurrent thought, "What shall I give them to eat today?"

than to have a family with a strong liking for fish. So fortified, she can provide soup or salad, a boiled or broiled or baked second course for dinner, croquettes or scallops for an entree, and even the "piece de re-sistance" of the family lunch. She

can be happy, moreover, in the fact that she is feeding her flock with a healthful, digestible food.

GUIDES TO SELECTION "But," some one cries, "I cannot digest fish. Nothing disagrees with me more quickly!" Which state should be attributed to some personal idiosyncrasy: to improper selection of the fish itself; to carelessness in preparation, or to bad methods of cooking, rather than to wholesale condemnation of a fish

dietary.

For whatever the exceptional person may say, fish is both digestible to the majority of

and nourishing to the majority of people. Where could one find great-er health and vigor, for instance,

than in the small fishing settlements

where little or no animal food is

such as salmon, are more nutritious

however, being more digestible. Cod proves the exception to this The homely and cheap her-

ring, strange to say, possesses more nourishment than almost any other

FLABBY FISH ARE STALE

Not every one is a good buyer of

fish is fresh or stale. Yet really it

is not very difficult to acquire this knowledge. A fresh fish should feel stiff and rigid—flabbiness is a sure sign of staleness. The gills should

be red and the eyes bright and un-sunken. These are much better tests

than to judge by the smell in these days of cold storage. If, on being

Of course, not every kind of fish

obtainable?

ly's weekly menu.

The after-1 eatment of the fish fish. Too many housekeepers trust so implicitly to the dealer for se-lection that they cannot tell if a depends chiefly upon the way it is to be cooked. Probably more people fail in boiling it than by any other method. Always, if possible, use a fish kettle with a strainer, to avoid danger of breaking. The time-honored method of tying the fish in muslin and placing it on a plate at the bottom of a large kettle is, however, not to be despised. Boil in as little water as possible, and except in the case of salmon, which requires boiling water, put the

quite up to the mark, it can be fish into lukewarm water, as the high temperature tends to break the skip, and with cold water much of,

the flaver is lost.

The length of time for cooking varies with the weight of the fish. One can usually tell when it is done by the flesh separating from the bone. It can acarcely cook too slowly, however, and, after being brought to the boiling point, should simmer gently for the rest of the time. On removing, strain carefully, and keep covered until ready for use. If lemon juice or vinegar is added to the water in which whitefish is cooked, the color is imwhitefish is cooked, the color is im-

Half the success of the boiled fish Half the success of the boiled fish depends upon its dressing and serving. Either a white cream sauce, with hard-boiled eggs, or a Hollandaise sauce are the most popular. A parsley sauce, or one made of a good handful of spinach or watercress, pounded and rubbed through a fine sieve, heated over the fire with three tablespoonfuls of cream, one dessertspoonful of tarragon vinegar, yolks of two eggs, salt and pepper until it is light and frothy, makes a

pleasant change.

Always serve a boiled fish in a folded napkin and garnish it with parsley, hard-boiled eggs or, if a little color is liked, with lobster coral.

Broiled fish next to planked is probably the most palatable way it can be served. There is a decided art, however, in broiling. The broiler must be absolutely clean and rubbed with suet to prevent sticking the fire should be clear and bright, and the fish itself must be wiped perfectly dry and brushed over with oil or melted butter and well seasoned. To cook with the necessary alowness it is well to reise the broiler on two bricks. If the fire is inclined to smoke, throw on a handful of salt. ful of salt.

PLANKING IN FAVOR Planked fish are now in such is Planked fish are now in such favor that every aspiring housekeeper should own a plank. This should be of hardwood about two inches thick, and either grooved or alightly hollowed in the centre to retain the juices, and furnished with clips or wires to fasten the fish to it. The plank must be heated before using. While the ideal way to plank is be-fore an open fire, the upper grate of now are very inexpensive. These give most attractive forms in which to prepare left-overs, or, indeed, new creamed fishes. The sauces in which the fish is prepared should always be a little stiffer than when it is not to be moulded. A very attractive way to serve salmon, either fresh or canned, is in timbale moulds. It is also very artistic as a course for a

Hold Fish by Head and Remove Scales.

while the ideal ray to plank is before an open fire, the upper grate of a very hot oven is a good substitute. Planking is usually associated with shad, but any good white-fleshed fish, as bluefish, whitefish or halibut, is equally good.

Frying is acknowledged the least digestible way to cook fish. It can, however, be done deliciously if the fish is either rolled in flour or dipped in well-seasoned egg and bread crumbs and done in very hot fat. The temperature should be slightly lower than when cooking such things as eroquettes, whose interior has been previously prepared. Oil or cottolene is the best medium for frying, as lard is very apt to taste.

Besides these staple ways of preparing fish, delicious rechauffes, croquettes and salads may be made from left-overs. Escalloped fish in little individual forms or shells are good either for a family lunch or as a course at more formal affairs. It should always be served with sauce tartare, or, at least, with a rather acid mayonnaise.

Every one should own some of the interesting fish moulds, which

HAMILTON: SE

canned, is in timbale moulds. It is also very artistic as a course for a dinner when chopped, creamed and moulded in the shape of a huge curled fish and served on a flat platter, covered with caper sauce and garnished with parsley and lemon.

Various bisques and fish soups are excellent Lenten fare, and should be more generally used than they are, as should also fish salads, chowders and creams. We are not very well acquainted in this country with the fish pies of which the English are so fond, but they provide a quite delicious way to utilize cold fish and cold mashed potatoes.

Indeed, the variety in fish are is very marked, and give small reason for complaint. Sould this sea or fresh was food be a matter of daily, or even more frequent, occarrence on the family board.

EHMAN

servitude; the sign of me

ed; but we have chan Nowadays there are apro purpose under the sun, use is considered. There of lawn, swiss, organdi-aprons with bows, frills aprons for knitting and serving afternoon tea or ing a chafing dish; homel-ble gingham aprons for-kitchen and others rathe nate, but still structiv util

play an important part workroom.

The homekeeping woma the initiation into the ap fad. The practical girl is include in her wardrobe different kinds of aprobs. different kinds or aprons, different purposes. Fre makes them herself out colored muslins or linens, with trimmings of enciennes or torchon; wit pleated or plain ruffles terial; makes them with variety or without any shoulder ruffles and a straps or plain buttoned long sash ends or litter long sash ends or l

bows.

In fact, there is no limit frilly aprons a clever need make for herself at very yard or two of flowered mu a summer gown will work prettiest possible little an rounded front reaching hat the gown and square bib rupper edge and trimmed with the cross at the point. that cross at the point each shoulder to meet th machine stitching or edge row knife-pleating or a Such an apron will prove dusting and other light even for sewing. GINGHAM FOR S.

No apron proves more the practical girl than a one of pretty checked girl than a one of pretty checked girl the lines of a child's plnaf apron or two of this kind for any emergency, even i pelled to do her own he will so completely cover afford absolute protection, finds it necessary to was reception dress of delicate was of domestic difficulties. Patterns for such cooking the procured, but should depense with a pattern it made from two the of

tapering to twelve inches Two four-inch gores are

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