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Toronto, Ont.



cool; then form into croquettes; dip into beaten egg, then into bread crumbs, and fry a light brown in deep fat.

STEWED EELS.—Put into a saucepan one quart of cold water, two-thirds of a teaspoonful of salt, two teaspoonfuls of peppercorns, one small red pepper pod, a blade of mace, one-half of a bay leaf, half a dozen allspice berries and one thinly-sliced onion. Heat and simmer for fifteen minutes. Cut two pounds of eels (previously skinned) into two-inch lengths, wash, drain and drop into the saucepan. Cover and simmer gently for fifteen minutes. In serving, the liquor may if desired be strained and slightly thickened. To make a good cold dish remove the fish as soon as cooked add to the liquor one-quarter of a cupful of good vinegar and boil until re-

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duced a little more than half then pour over the fish and chill; when cold it will form a soft jelly.

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