Permanent Gifts

For a Peace Christmas

It is but fitting that our gifts this year should be of a permanent nature. Years hence there will be a sentiment and historic interest attached to them. These are historic days—the greatest that have ever been. In years to come these are the gifts that will be remembered by succeeding generations.

This will be the greatest gift-giving Christmas in the lives of any of us. There's a long restrained depth of feeling that can find expression in gifts as in no other way. Let these be lasting gifts.

For instance:—

A Diamond Ring, from	**$25.00 up**
A Platinum and Diamond Brooch or Bar Pin, from	**40.00 up**
A Platinum and Diamond Necklace or Lavalliere, from	**75.00 up**
A Tea Set, Sterling or Fine Silver-plate, from	**15.00 up**
A Service of Flatware, from	**14.00 up**
A Few Choice Pieces of Silverware, from	**5.00 up**
A Toilet Set, Ebony, French Ivory or Silver, from	**9.50 up**

These are but a few of many suggestions from our elaborately illustrated Catalogue—just off the press.

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To Ensure Engraving

Owing to a universal shortage of competent engravers, articles to be engraved must be ordered as soon as possible. Delays will mean ultimate disappointment. To enable us to give the usual Dingwall satisfactory service, place your orders early—now if possible.

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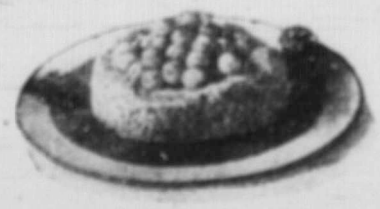
FISH DAY

ONE so often hears the remark, "We all dislike fish, we have it once a week from a sense of duty, but not because we enjoy eating it." Perhaps this is not to be wondered at, for until the last few years transportation facilities were so poor much of the fish sold in Western markets was decidedly inferior in quality. In these days of refrigerator cars, cold storage and fast freights one can have fresh fish of almost any variety and in prime condition. Of course in the country it is not always easy to get fish, especially in summer, but in winter it is a very easy matter to get a box or bag of frozen fish. We are urged to eat more and more fish, so that the meat supply for the army may be kept up. If the fish is well cooked and attractively served it will be no hardship to eat it twice a week or even more. Last winter we secured a box of frozen fresh fish from one of the fish dealers in Winnipeg; it contained flounder, soles, Alaska black cod and cod. They were all fresh and very delicious and were a welcome addition to our winter bill of fare. The Alaska black cod was especially fine.



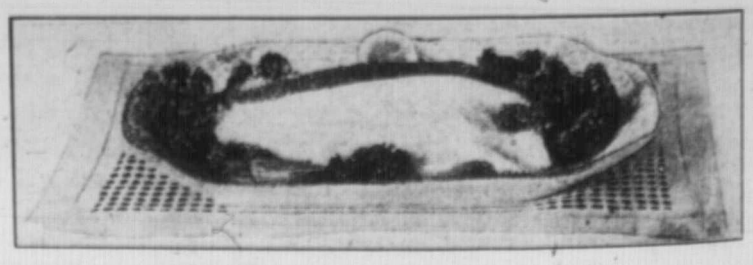
Fish Ring with Potato Balls.

Fish contains practically the same amount of protein that lean meat does, while oily fish like mackerel and salmon, either canned or fresh, has about the same fuel value. So in serving fish one need not feel that the family is being robbed of nourishment. Fish, like meat, should be cooked quickly at first to coagulate the albumen and retain the flavor. When the outside is seared cook slowly. For boiled fish the water should be boiling when the fish is put in and seasoned with salt and vinegar, in the proportion of one level tablespoon salt and one tablespoon vinegar to each quart of water.

Onion, carrot, bayleaf or peppercorns may be added to give flavor, and this fish stock may be used for fish sauce or soup. Small pieces of fish may be steamed rather than boiled, this prevents the fish falling to pieces and retains the flavor. When fish is baked it should be covered with buttered paper to prevent burning and drying up. Fillets of fish may be seasoned with pepper, salt and lemon juice, and may be rolled if desired. They should be dipped in crumbs, egg and again in crumbs, fried in hot fat and drained on brown paper. The lack of fat in halibut, haddock and similar fish may be supplied by brushing the fish with pork fat or other butter substitute. There are numberless ways of cooking left-over fish. Lake trout, white fish and salmon are delicious broiled over hot coals.

To bone fish, loosen bone from flesh at tail. Dip the fingers in salt and work the flesh from the backbone with a knife, working toward the head.

Much of the attractiveness of fish depends on the sauce with which it is served. With boiled fish serve white sauce, drawn butter sauce or egg sauce. With baked fish, drawn butter, tomato or lemon sauce. Fried fish, lemon, tomato or tart sauce. Oily fish should not be served with a butter sauce. Rice or mashed potatoes may be used in place of bread crumbs for fish stuffing until the wheat situation eases up.



Stuffed Flounder Served with Lemon and Parsley.

Tomato Sauce

1 cup canned tomato
1 slice onion
¼ teaspoon salt
¼ teaspoon sugar
Small piece bayleaf
Pepper

Cook tomato with seasoning slowly for ten minutes. Strain and add two tablespoons dripping and two tablespoons flour blended. Heat and pour over the fish.

Drawn Butter Sauce

1 tablespoon butter
½ pint water
Pepper
1 tablespoon flour
Salt
Juice ½ lemon

Melt the butter, add the flour, mix well and pour over this the hot water. Boil, stirring constantly, add the pepper and salt and the tablespoon butter. Lastly the juice of half lemon.

Egg Sauce

2 tablespoons butter
¼ cup hot water
Salt and pepper
1 tablespoon flour
1 cup milk
2 eggs

Melt the butter, add the flour, blend, pour over the boiling water, add the milk, seasoning and the eggs hard boiled and well chopped.

Hollandaise Sauce

1 tablespoon butter
2 egg yolks
¼ teaspoon salt
½ pint water
1 tablespoon flour
1 tablespoon butter
Flavored vinegar

Melt the butter, add the flour, add the boiling water, stirring constantly, take from the fire and add the yolks of two eggs, the second tablespoon butter, salt, pepper and flavored vinegar.

Flavored Vinegar

1 slice onion
1 bay leaf
¼ teaspoon celery seed
4 tablespoons vinegar

Cook together and reduce to one-half and strain. Lemon juice may be used in place of the vinegar in hollandaise sauce.

Macaroni and Fish Pie

¼ lb. macaroni
6 tablespoons grated cheese
Salt and pepper
½ lb. cold cooked fish
2 rounding tablespoons butter

Boil the macaroni in salted water. Divide the fish into small pieces. Butter a fire-proof dish, put in a layer of fish, then a few pieces of butter, sprinkle with cheese, add a layer of macaroni and so on until the dish is full, sprinkle a layer of cheese on the top, dot with butter and pour over the whole one cup thin white sauce. Bake until a nice brown. Serve hot. Cooked salt cod may be used in this dish.

Fried Codfish

2 lbs. codfish sliced
Salt and pepper
2 eggs
Bread crumbs
Lemon juice

Beat the eggs slightly, mix in the salt and pepper, dip in the fish, dust it thickly with bread crumbs. Put some frying fat in a pan, when it is smoking hot fry the fish rapidly on one side and then the other, and then very slowly for fifteen or twenty minutes. When it is done dust on a little more salt and pepper and the lemon juice.

Fish Souffles

1 cup cold fish
2 tablespoons butter
2 tablespoons flour
2 eggs
1 cup milk
Seasoning

This dish may be made with canned salmon or the left-overs of cold fish. To make a white sauce, melt the butter, add the butter or butter substitute, stir in the flour, add the milk and the beaten yolk of one egg and cook until it is thick. Flake the fish very fine, season to taste with salt and pepper. Beat the whites of two eggs stiffly and stir them lightly into the mixture. Butter a pudding dish, fill it three parts full of the mixture, cover with a buttered paper and steam for half an hour, or if it is more convenient bake. Serve with white sauce.

Fish Ring

2½ cups cooked cod or other fish
4 tablespoons cooked rice
½ cup rice water
1½ teaspoons poultry seasoning
Salt and pepper
2 eggs
1 cup tomato soup
Lemon juice

Put fish freed from skin and bones