

flesh parts easily from the bones. Lay on a folded napkin, dress with lemon and parsley and send to the table with Poulette sauce.

Baked Fish (fresh-water). The best fresh-water fish to bake are Whitefish, Bass, Pickerel, Pike, etc., all having white flesh. They should be basted often and a stuffing also serves to keep the fish moist, as well as to season it. Clean, wash and wipe dry the fish. If fish is slimy, like Muskalonge, scald with hot water before attempting to clean. Rub with salt inside and out, stuff and sew with soft cotton, leaving knot at one end, so cotton can easily be removed when fish is cooked. Put fish on a sheet and rub all over with soft butter, salt and pepper, cut gashes about two inches apart and place narrow strips of salt pork in them. Dredge with flour, if desired, and put in hot oven, without water, basting with hot water and butter as soon as it begins to brown, and repeat every ten minutes. Remove it carefully from the fish sheet and place it on a hot platter, remove string, wipe off all water or fat which runs from the fish and remove the pork. Pour drawn butter sauce around (not over) the fish. Flavour sauce with lemon, piling potato chips lightly around fish. Garnish the head with parsley or water-cress.

Broiled Fish.—Clean, wash and dry the fish. Split so that the backbone will be in the middle when the fish is lying flat, or remove the backbone. Sprinkle with salt and lay, inside down, upon a buttered gridiron over a clear fire until it is nicely coloured, then turn. When done put upon a hot dish, buttered plentifully, and pepper. Serve hot.

Creamed Fish for Breakfast.—Soak the required amount of fish overnight. In the morning turn off the water, tear the fish into small pieces, cover with fresh water, bring to a boil, drain, and cook one minute in a rich cream sauce. The addition of a beaten egg makes it very delicious. Serve on buttered toast.