

With roast goose: Apple or cranberry sauce, grape or currant jelly.

With boiled fresh mackerel: Stewed gooseberries.

With boiled blue fish: White cream sauce, lemon sauce.

With broiled shad: Mushroom sauce, parsley, or egg sauce.

With fresh salmon: Green peas, cream sauce.

Pickles are good with all roast meats and are suitable accompaniments to all kinds of cold meats.

Spinach is the proper accompaniment to veal, green peas to lamb.

Lemon juice makes a very grateful addition to nearly all the insipid members of the fish kingdom. Slices of lemon, cut into very small dice and stirred into drawn butter and allowed to come to the boiling point, served with fowls, is a fine accompaniment.

Roast Beef Sirloin and Yorkshire Pudding.—Ingredients: Beef, dripping, grated horse radish, 1 tomato, sifted flour, little pepper, boiling water, vinegar. One very essential point in roasting beef is to have the oven **well heated** when the beef is first put in. This causes the pores to close up quickly, and prevents the escape of the juices. Reduce the heat 20 minutes after the roast is put in. Take a rib piece or sirloin roast of seven or eight pounds, wipe it thoroughly all over with a clean wet towel. Lay it in a dripping pan, and baste it well with dripping or suet fat. Set it in the oven. Baste it frequently with its own drippings, which will make it brown and tender, also more juicy. When partly done, season with salt and pepper, as it hardens any meat to salt it raw, also draws out its juices. Then dredge with sifted flour to give it a frothy appearance. It will take a roast of this size about two hours' time to be properly done, leaving the inside a little rare or red; half an hour less would make the inside quite rare. Remove the beef to a heated dish, and set where it will keep hot. Then pour off the fat, add a teaspoonful of sifted flour, a little pepper, and a teacupful of boiling water, with a tomato if possible. Boil up once, strain and serve hot in a gravy boat.

Some prefer the clear gravy without the thickening. Serve with mustard, or grated horse radish and vinegar.

Yorkshire Pudding.—Ingredients: 1 pint milk, 4 eggs, 1 teaspoonful salt, 4 level teaspoonfuls baking powder, 2 cupfuls flour. This is a very nice accompaniment to a roast of beef. Mix and sift the dry ingredients. Separate the eggs. To the beaten yolks add the milk and stir into the dry ingredients. Carefully mix in the stiffly beaten whites. Cover the bottom of two biscuit pans with hot dripping from the roast and pour half the mixture into each pan. Bake 20 minutes in a hot oven, basting after well risen with some of the fat from pan in which meat is roasting. Serve hot.

This I consider much better than the old way of baking the pudding under the meat.