

stock. Stir all together thoroughly and let it boil. Arrange the fillets carefully in a china-lined saucepan. Pour over the sauce and stew gently for twenty minutes. Take up the fish carefully, boil up the sauce and pour over.

Haddock and Egg Sauce.—Ingredients: Cooked haddock, cayenne and salt, $\frac{1}{2}$ pint egg sauce, 2 tablespoonfuls butter. Take any pieces of fresh or dried haddock, pull to pieces with two forks, and season somewhat highly with white pepper. Take half a pint of egg sauce (or use any left over from a previous meal). Put the haddock in a stewpan and cook over a slow fire till thoroughly hot. Serve with a border of mashed potatoes formed into a firm wall. The haddock should be garnished with tufts of parsley and all served very hot, the sauce poured all over. If the fish is rather salt, simmer or soak for 5 minutes in milk and water; pour off and add sauce. When eggs are expensive, parsley chopped fine added to white sauce can replace eggs.

Stuffed Haddock, Cod or Mountain Trout.—Ingredients: 1 fish, 2 oz. beef suet, 1 dessertspoonful chopped parsley, 1 saltspoonful salt and pepper, 3 tablespoonfuls bread crumbs, 1 teaspoonful chopped thyme and one egg. The fish must be thoroughly dried after cleaning, and the tail and fins cut off, leaving the head. Make a stuffing by mixing the bread crumbs with the parsley, thyme, pepper and salt, into which drop the egg to give the dressing consistency. Pack this stuffing snugly into the stomach of the fish, sew the sides together with needle and thread, place it in a greased baking pan, damp it over with milk or egg, sprinkle over it a tablespoonful bread crumbs and some pieces of butter or fat, and bake three-quarters of an hour in a moderate oven, taking care to baste from time to time with the drippings.

Note.—To bake evenly, the fish should stand in the pan in the position which it naturally takes in the water, and this may be accomplished by placing a long skewer through the tail of the fish, next through the centre of the body, and lastly through the head. A strong cord passed in the same manner through the fish and drawn tight will serve the same purpose. Salmon may also be prepared in this way.

Stuffing for Fish.—Ingredients: Crust and piece stale loaf, salt and pepper, dripping and beef suet, scant teaspoonful sage or thyme, large onion, fat salt pork. An excellent stuffing for the baked fish (Friday) is made by soaking the sliced crust of half a stale loaf in cold water, then squeezing as dry as possible. To this add the inside of loaf, a high seasoning of salt and pepper, and one scant teaspoonful of sage or thyme. Chop a large onion fine, and slowly fry it in a little dripping until lightly colored. Mix it with bread, then slowly pour in six tablespoonfuls of melted beef suet, turning the mixture over and over, that the fat may be evenly distributed through it. It is also well to score the sides of the fish, and in each gash lay a narrow strip of fat salt pork. Have the oven