

## FISH.

## THE SILVERY FISH.

"Grazing at large in meadows, sub-marine,  
Fresh from the wave, now cheers  
Our festive board."

## SALMON LOAF.

Tin salmon, cup bread crumbs,  $\frac{1}{2}$  cup milk, 2 eggs, juice of half a lemon,  $\frac{1}{2}$  teaspoon mustard, salt, 1 teaspoon parsley or celery. Steam 1 hour.—Mrs. A. F. Pollock.

## BANKED SALMON.

Place a can of salmon after opening in hot water, let it remain until heated through, peel and quarter 6 potatoes, when boiled add 1 tablespoon of butter, season with salt and dash of pepper, and milk or cream to moisten, mash and beat with a fork till light and creamy. While potatoes are boiling prepare a white sauce as follows—(Heat 1 pt. of milk, melt in sauce pan 1 tablespoon butter, 2 tablespoons (scant) flour and one quarter of the hot milk, and stir vigorously till the mixture is smooth, the remainder of the milk may be added gradually until all is smoothly blended, season with  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  teaspoon white pepper). Drain the liquor from the salmon, break it into flakes with a fork and arrange in the centre of a platter, heap the hot mashed potatoes around the salmon and pour over all the white sauce, garnish edges of platter with bits of parsley.—Eva Battell.

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