

Kedgerie, a very nice breakfast or luncheon dish.—Ingredients: 1 lb. cold fish (boiled), 1 teacupful rice, 1 saltspoonful of salt, 6 tablespoonfuls of butter, 2 eggs, 1 teaspoonful curry powder, $\frac{1}{2}$ saltspoonful of pepper. Boil the eggs for 10 minutes, and the rice for 15 minutes; drain quite dry. Chop the eggs into irregular pieces. Remove the skin and bone of the fish. Melt the butter in a saucepan, and add the hard-boiled eggs, the fish and rice. Stir all together over asbestos on low gas until it is very hot, taking care the mixture does not burn, it being very dry and apt to spoil, since the only moisture in it is the butter. (Cut the fish up fine.) Add, just before serving, the curry powder, pepper and salt, and, piling it very high in the middle of a hot dish, garnish the preparation with a little fresh parsley, and serve very hot.

Note.—This preparation can be pressed into a round basin well buttered and turned out like a shape, leaving it a short time in the oven to get hot through. If it dries too much over the gas, more butter must be added.

Mullet and Tomatoes.—Ingredients: 4 mullets, 1 teaspoonful salt, 1 saltspoonful pepper, 1 teaspoonful chopped parsley, 1 teacupful of tomato sauce or 6 medium size peeled sliced tomatoes, 1 spring onion chopped. Take a baking dish and well butter it, and, after having cleaned and dried the fish, place them in it, and sprinkle over them the parsley (chopped fine), pepper and salt; dab small pieces of butter over them and pour over the tomato sauce. Cover with a piece of well buttered kitchen paper; bake half an hour.

To Cook a Shad Roe, Baked.—Drop into boiling water and cook gently for 20 minutes; then take from the fire and drain. Butter a tin plate and lay the drained roe upon it. Dredge well with pepper and salt, and spread soft butter over it; then dredge thickly with flour. Cook in the oven for half an hour, basting frequently with salt, pepper, flour, butter and water.

Canned Salmon Loaf.—Ingredients: Can of salmon, $\frac{1}{4}$ cupful melted butter, 3 egg yolks and whites, $\frac{1}{2}$ cupful bread crumbs (stale), salt, pepper and parsley. Next to canned tomatoes, canned salmon is about the most indispensable thing that comes in tins. Canned salmon is almost as good as the fresh fish, though not nearly so fine as the freshly caught. A salmon loaf is recommended for luncheon. Drain and chop one can salmon, add the yolks of three beaten eggs, half a cupful bread crumbs, quarter cupful melted butter, salt, pepper and a little minced parsley; lastly, beat in the stiff whites of eggs. Bake in a buttered tin for half an hour.

Stewed Fillets of Hake or Any Firm White Fish.—Ingredients: Fillets of hake, 2 mushrooms, 2 tablespoonfuls seasonings, parsley, lemon, thyme, 1 shalot, 4 tablespoonfuls butter, 1 teaspoonful of stock. This is one of the most savory fish dishes known. Chop the parsley, the thyme, the shalot and the peeled mushrooms, and fry these in butter for five minutes. Stir in the flour and fish