## B. Y. P. U. COOK BOOK.

#### Salmon Balls

Potatoes mashed, a little salt and pepper, cracker crumbs and salmon made into balls and fried in butter.--Mrs. H. S.

### Fish Puffs

Remove all the skin and bones from a pound of any kind of cold fish, chop fine, mix with equal parts of mashed potatoes, season highly with salt and pepper, add one egg well beaten, form in small balls, roll in flour and my brown in boiling lard; serve hot with walnut pickles.—Mrs. B. Slade.

#### **Boiled Whitefish**

Lay the fish open, put in a dripping pan with back down, nearly cover with water; to one fish put two tablespoons of salt, cover tightly and simmer (uot boil) for half an hour, dress with gravy, butter and pepper, garnish with sliced egg. For sauce use a piece of butter the size of an egg, one tablespoon of flour, half a pint boiling water, boil a few minutes, and add three hard boiled eggs sliced.—Mrs. J. Tuck.

# A Nice Way to Utilize Pieces of Left Over Fish

Pick over nicely very small, be sure all the bones are removed, then cook in a little milk with butter, pepper and salt till all are well mixed and thickened, put into a baking dish, sprinkle with fine bread erumbs and little pieces of butter, set in hot oven and brown nicely.—Mrs. Frank Halliday.

#### **Baked Boers**

Dress your fish nicely, salt to taste, lay it out flat in a well greased dripping pan, leaving flesh side up, scatter small pieces of butter on fish, then bake until done, from twenty minutes to half an hour, according to size of fish, then pour over the fish a enpful of sweet cream, and return to oven until nicely browned; a very hot oven is required.—H. C. M.

#### Gaspe Codfish

Shred the fish, cover with cold water and let stand for a time; when ready prepare it, pour off water and cook for three or four minutes in fresh water, pour this off and add a pint of rich milk, make a white sauce, cook thoroughly; when ready to take from the fire, add a thoroughly beaten egg.—Mrs. J. L. H.

18