

Let boil. Line casserole with potatoes, put in  $\frac{1}{2}$  can of peas, then chicken, remainder of peas. Bake in a slow oven until a delicate brown. Mrs Ferrier

POTATO NESTS.—Beat to a stiff froth the whites of 2 eggs. Mix 2 cs. mashed potatoes, well seasoned with salt, pepper, and butter, with the beaten eggs. Add 2 tblsp. cream. Form the potato mixture into balls and flatten, hollowing out the centres with a spoon. Break an egg into the centre of each potato nest, and place in a hot oven until the eggs are set, and the potatoes nicely browned. Garnish with parsley. Mrs S. J. Conway

OMELETTE AND TOMATO SAUCE.—4 eggs beaten separately. Soak a thin slice of bread in just enough milk to cover it. After the bread is soft add the egg and beat thoroughly, seasoning to taste. Bake in hot oven. Take half can tomatoes and half a small onion sliced, and simmer gently till the onion is boiled soft. Thicken with flour and place around the omelette on a hot platter. Mrs Stark

POTATO CELERY CROQUETTES—Stir and beat into 2 c. of cold mashed potato, 1 egg, beaten thoroughly. Add to the mixture  $\frac{1}{2}$  c. of crisp celery chopped fine, 1 tsp. of chopped pimento, 2 tblsp, minced onion, salt and pepper to taste. Mold the mixture into croquettes, roll in egg and cornmeal, and fry in hot butter substitute. Garnish with celery tops, and serve hot, with tomato or white sauce if desired.

Myrtle Conway

FISH CREAM.—1 pt. bowl cooked fish, 2 eggs beaten separately, 3 tblsp. bread crumbs, 1 tblsp. butter, a little warm milk, pepper, salt, chopped parsley, nutmeg. Mix lightly, put in buttered bowl and steam one hour. Serve with white sauce, lemon, or sliced tomato. Mrs Collinge

FOWL OR FISH SOUFFLE.— $\frac{3}{4}$  pt. white sauce, 1 slice halibut or 1 c. cold fowl, yolk of two eggs, season well, add stiffly beaten whites. Mix lightly and bake in buttered casserole. Mrs Collinge