

Salmon Souffle.

- 1 small can of salmon.
- 2 tablespoonfuls of cornstarch.
- 1 tablespoonful of butter.
- $\frac{3}{4}$ cupful of milk.
- 3 eggs.
- $\frac{1}{2}$ teaspoonful of onion juice.
- 1 teaspoonful of chopped parsley.
- $\frac{1}{2}$ cupful of bread crumbs.
- Salt and pepper to taste.
- 1 teaspoonful of lemon juice.

Drain the liquor from the salmon, removing the skin and bones; blend the butter cornstarch in a saucepan over the fire; gradually add the milk—stirring constantly—until thick and smooth. Season nicely with salt and pepper; remove from the fire, add the yolks of the eggs well beaten, the lemon juice, onion juice, parsley and bread crumbs. Fold in the beaten whites of the eggs; turn the mixture into a buttered baking dish and bake in a moderate oven for about half an hour. The baking-dish should be placed in a pan of hot water. Garnish with parsley and serve immediately.

Clam Omelet.

- 1 cupful of hot chopped seasoned clams.
- 6 eggs.
- 2 tablespoonfuls of butter.
- Salt and pepper.

Heat the butter in an omelet-pan; beat up the eggs, season them with salt and pepper, pour them into the hot pan; draw the eggs from the edge to the centre as fast as they are cooked. Cook very slowly until all is thickened, place one half upon a hot platter, pour over the hot clams and cover with the remaining half of the omelet. Serve at once.

To Broil Salmon.

Mrs. John Brown, "Cherrybank."

Cut the slices from the thick part of the fish, butter a piece of paper, put in the slices, broil them over the fire for fifteen minutes, take off the paper, dish them on a napkin, garnish with parsley.