

## FISH—Continued.

### CREAMED SALMON—Mrs. Heston.

Empty can and remove bones, drain liquid and mix the salmon fine. Boil 1 pint of milk and thicken with 2 tablespoons of corn starch and 2 tablespoons butter. Add salt and pepper to taste. Have 1 pint of finely crumbled bread.

In buttered dish spread one layer of crumbs, then layer of salmon, then sauce; repeat until dish is nearly full, ending with crumbs. Bake till brown.

### LOBSTER A LA NEWBURG

- 1 CAN LOBSTER.
- 1 CAN MUSHEGOMS.
- 1 CAN PEAS.
- 1 SLICE PIMENTO.
- $\frac{3}{4}$  PINT MILK.

Put all together and thicken with butter and flour. Serve on buttered toast.

## MEATS

### YORKSHIRE PUDDING—

- 1 PINT MILK.
- 4 EGGS (well beaten).
- 2 CUPFULS FLOUR.
- SALT.

Cook in beef gravy.

### POT ROAST—

Sear the meat first, then add a little water, salt and pepper and two or three large onions; cut and place around meat. Cook five pounds of meat two and one-half hours, and brown well on both sides. Cook on top of stove in covered kettle.

### LITTLE PIGS IN BLANKETS—

Drain oysters dry and roll each one in a thin slice of bacon. Fry until bacon is brown. Be sure oysters are securely fastened in bacon. Oysters, if preferred, can be dipped in egg before wrapping.

### BEEF LOAF—

- 2 LBS. BEEF CHOPPED VERY FINE.
- 1 PINT BREAD CRUMBS.
- 1 EGG.
- 1 CUPFUL MILK.
- PEPPER AND SALT TO TASTE.

Mix well, mould in loaf, and place in a buttered tin. Bake 1 hour in moderate oven.

### BEEF OLIVES—

Cut a round steak into square pieces, sprinkle with salt and pepper and dredge well with flour. Cut up all outside skin and fat and put in bottom of white lined saucepan with a tight fitting lid. Have it smoking hot and put in pieces of steak rolled up tight and fastened with toothpicks. Cook for a few minutes in hot pan, then put on the cover tight and cook very slowly for 3 hours, not removing the lid. This should be covered with gravy when properly done. It must not be hurried.

### CHICKEN SOUFFLE—A. Vokes.

- 1 TABLESPOON FLOUR.
- 1 TABLESPOON BUTTER.
- 2 EGGS.
- $\frac{1}{2}$  CUPFUL CHICKEN STOCK.
- $\frac{1}{2}$  CUPFUL MILK.
- $\frac{1}{2}$  CUPFUL BREAD CRUMBS.

Melt the butter, stir in flour, add stock and milk, and cook until it thickens. When cool add egg yolks, seasoning and bread crumbs, and beaten whites of eggs. Lastly, stir in cold minced chicken, put in a buttered dish, and bake 30 minutes.