

or chopped celery, and a small piece of butter. Arrange paper so as to form a bag. Tie it with a string and put in boiling water. Boil 30 minutes. Open the paper, take out water and mix it with an equal quantity of milk, and prepare a sauce with 2 tablespoons butter, 2 tablespoons flour to each cup of liquid. Season well and serve very hot.

Fish Cooked in Milk

Cut the fish ready to serve. Soak in heavily salted cold water for five minutes. Then place the pieces of fish in boiling milk. Simmer until well cooked. Prepare a sauce with the milk—2 tablespoons of butter, 2 tablespoons of flour to each cup of liquid. Season well.

Broiled Fish

Clean the fish, using any of the small whole fish, or cuts of any fish. Sprinkle with salt and a few drops of lemon juice or vinegar (except in the case of salmon) and place between the wires of a toast rack. If the fish is dry-meated, sprinkle with a little cooking oil or fat. Place on pre-heated broiler, cooking the split or cut side first, turning when the fish has "set" and cooking on the other side. Over or under a hot flame or burner a fish, if not too thick, should cook within 10 minutes. The toast rack saves the broiler and makes for easy handling of the fish.

Spencer Method for Baking Whole Fish

Fish weighing 3 to 6 pounds

Oil or melted fat

Finely sifted bread crumbs

Prepare the fish by cutting off head, tail and fins, and splitting it down at the backbone like a finnan haddie so that it will lie open. Oil a baking pan and place fish in it, skin side down. Sprinkle well with salt, then strew all over with finely sifted bread crumbs. Now sprinkle over it oil or melted fat. Place in a hot oven of 500 degrees. Add no water. Bake quickly until well browned, allowing about 10 minutes per inch thickness of fish. The heat

