

a nice white sauce will be made, preserving all the nourishment cooked out.

Dressing—

1 cup soft bread crumbs, or	2 tablespoons melted dripping,
several slices of stale bread,	or a little chopped suet,
Salt and pepper,	A pinch of herbs.
A little onion and parsley,	

Mix ingredients and add melted dripping. Scarcely any moisture is needed as the moisture in fish should make the dressing damp enough, otherwise it will be sodden. Any stuffing used for any other dish will do. All fish is immensely improved by garnishing it with parsley, thin slices of lemon, cress, sliced eggs, beet pickle. Any fish, baked, boiled or fried, is much improved and its nourishing qualities added to by any kind of white sauce, to which can be added boiled eggs, capers, horseradish, celery, parsley, etc., and of course this will take the place of gravy.

Fried Fish.—Wipe the slices, fillets, or whole fish when very small—such as smelts, perch, etc.—dry, sprinkle with salt, roll well in bread crumbs, oatmeal or cornmeal, fry in enough fat to brown nicely, turning carefully. It is often necessary to add a little more dripping, which can be melted at side of frying-pan. Deep fat is extravagant and is only necessary when it is desired to have it most particularly well done. Nor is an egg at all necessary if the fish is well pressed in the crumbs or meal. If deep fat is used it is quite necessary to lay slices on brown paper to absorb grease, though it is not always needed for ordinary frying.

Fish Balls or Rissoles.—Numbers of dishes are to be made from left-over fish. See that fish is freed of bones and mashed smooth, then add twice or even four times the bulk of potatoes, as fish is more or less highly flavoured, combine, season well, adding parsley, onion, herbs, or any flavour desired. Form into cakes or “corks” about an inch thick and three inches long.