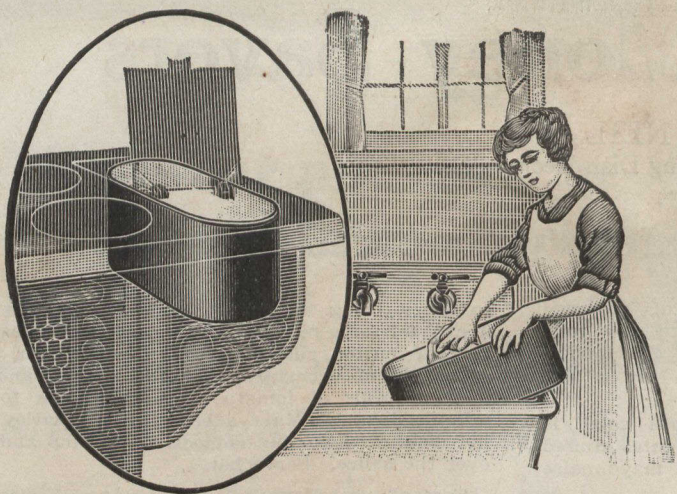




Pandora Range Reservoir is and does—

One thing a hot water reservoir should do—heat water.
And one thing it should be—easy to clean.

The Pandora flue system does the one—heats the water by carrying a continuous steady volume of heat to and along the length and depth of the reservoir.

The Pandora reservoir is easy to clean because it is seamless porcelain—enamelled white, with round ends. It can be lifted out with ease and washed as readily as a vegetable dish.

Different from the old-time, dark, built-in metal “tank” that had to be emptied with a dipper and cleaned by guess.

But the reservoir of the Pandora Range is modern, convenient, sanitary and good to look at, just like the Pandora is in every other way.

“The Magic of the Pandora”—Booklet Free

This is one of the many features of the Pandora Range described in “The Magic of the Pandora,” a little booklet full of information that every woman will want before she buys a range. Write for it to the nearest McClary branch.

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Fish—A War Time Food

Recipes from the Fish Exchange, Boston, Mass.

Use the Sea Food and Conserve the Land Products.

Fish is an ideal summer food, giving strength without unnecessary warmth. In warm weather the food problem is vastly different from the same problem in cold weather. During the latter period, foods should supply the body with heat, while in the summer months a food which gives the least possible heat with the requisite amount of nourishment should be selected.

During the cold weather, the average digestion will look after itself, but when warm weather sets in even the man with a steel armored digestive apparatus must beware. This is the reason that many persons practically become vegetarians during the summer.

There are few persons, however, who do not feel the need of one hearty meal a day, and to such fish is to be recommended. Sea foods aid instead of impeding the digestion.

Because of the many different ways in which it may be served, fish may appear on one's table either as a “heavy” or “light” food. Plainly fried, baked, or broiled, or served as a salad, no more easily digested food of great strength-giving qualities can be found. Served in other manners, it is heavy enough to satisfy a gourmand, without, however, putting his stomach and temper out of gear. Again, fish is an economical food. Summer, as a rule, is a greater drain on the household purse than winter. Even though fewer meals be eaten, and meat, that expensive commodity, be eaten more sparingly and seldom, the bills seem to mount. Vegetables are somewhat costly, and fruits even more so. To meet the hundred and one expenses which summer—even a summer in the city—entails, the housewife must keep a sharp eye on her food bill.

Out of a pound of fish she can make a delicious luncheon dish, and if she be clever, have enough left for a salad for supper, or, if the evening be cool, for a warming chowder, which will take the chill off the evening air.

It is generally acknowledged that meats, if used at all, should be consumed most sparingly during the warm season. Inhabitants of torrid countries live on fish, fruit and vegetables, relying on the fish for the muscle-making elements.

To cook fish properly does not require the understanding of any mystic art, nor any particular trouble. But it does require knowledge. Like all simple matters, it is enough when you know how. Incidentally, there is hardly any variety of food susceptible to so many variations of cooking as fish. A cod, for example, may be fried, baked, boiled, planked, made into patties, salads, and served in a hundred ways. In food value, and in taste, it is equally satisfactory whether served fried, plain, or made into an elaborate dish.

In purchasing fish, the housewife should remember that a pound of many varieties of fish will feed as many persons as twice that quantity of most varieties of meat, many varieties of fish having a particularly high nutritive value.

By a little careful study of her local markets, the housewife should be able to keep track of the fluctuations in the prices of the different varieties of fresh fish, and take advantage of them.

BAKED SALMON.—Salmon may be baked, broiled or boiled. The New England Fish Exchange cook book offers the following suggestions for cooking the fish:—

Take salmon steaks weighing about one pound each. Place these in a buttered saucepan with four cupfuls of stock, four tablespoonfuls of butter and salt, pepper, grated nutmeg, parsley, and any other herbs desired. Let come to a boil, then cover and simmer for thirty minutes. Drain the fish. Thicken the liquid with flour and cook for ten minutes. Then add two yolks of eggs. Spread a layer of mashed potatoes in a greased oval baking dish. Remove skin and bones from salmon and place the steaks on the potatoes. Cover with potatoes, pour some of the sauce over all, sprinkle with breadcrumbs, and bake in a moderate oven until a light brown.

BOILED SALMON.—Rub the fish with a little salt, tie it in a cloth and boil slowly for three-fourths of an hour. Serve with egg or caper sauce.

BROILED SALMON.—Sprinkle slices of salmon with chopped parsley, mixed herbs, salt, pepper and olive oil. Ar-

range on a well greased gridiron and broil over a clear fire, basting occasionally with oil seasoning. Serve with a white sauce.

GRILLED HALIBUT, NEW STYLE.—Take one slice of halibut, about one pound, pour over it a little oil, season with salt and pepper, place on a greased broiler and cook for eight minutes on each side. When nice and brown, arrange on a hot platter and pour over the following sauce. Melt two tablespoonfuls of butter, add one teaspoonful of chopped parsley, one-fourth teaspoonful of dry mustard, and salt and pepper to taste.

BAKED FINNAN HADDIE, CLUB STYLE.—Boil a finnan haddie for eight minutes and then cut it into small pieces. Place the fish in a greased baking dish and cover with a Welsh rabbit sauce. Sprinkle over with grated cheese and bake until brown. Serve hot.

BAKED OYSTERS.—Open me fresh oysters and leave them in the shell. Put a small piece of butter on each oyster and then a slice of bacon about one inch square on the top of each one. Sprinkle a few cracker crumbs over them and place in a hot oven for six minutes. Serve at once.

BOILED CODFISH.—Cover a three pound fresh codfish with well salted fish stock and let cook for thirty minutes, without boiling; then take out the fish and drain it well. Lay it on a hot dish and garnish with sprigs of parsley. Serve with a cream parsley sauce separately.

HOW TO MAKE A GALLON OF FISH STOCK.—Pour three quarts of water into a saucepan, add a handful of salt, one-half glassful of vinegar, one carrot sliced, one onion sliced, half a handful of whole peppercorns, one bunch of parsley, three sprigs of thyme and three bay leaves. Bring to boiling point and simmer for fifteen minutes. Cool and use when needed for various methods of cooking fish.

STEAMED MUSSELS.—Wash and clean the required amount of mussels thoroughly; place them in a closely covered saucepan or kettle after adding a cupful of water for every half peck of mussels. Boil from ten to twelve minutes or until they are all well opened. Strain the broth and serve the mussels on a large, hot platter. Serve them with melted butter, and a cup of the broth to each person. Remove the beards, and eat the same as steamed clams. One-half peck of mussels will serve five people.

STEWED EELS.—Skin and clean the eels; cut them into short lengths and lay them in cold water for thirty minutes. Put them into a saucepan, add enough water to cover them, and cook them slowly for thirty minutes, or more, according to their size. A large eel may require one hour to make it tender. Drain the fish well, cover with white sauce, seasoned with paprika, lemon juice, onion juice, salt and chopped parsley. Simmer for five minutes and serve hot.

FRESH CRAB FLAKES A LA TOKIO.—Cut a green pepper, a red pepper and six mushrooms into thin shreds. Stew in a little butter until tender, add two cupfuls of cream and boil for five minutes, then add one pound of fresh crab flakes. Season to taste with salt, paprika and melted butter. Arrange a border of mashed potatoes on a hot dish, pour the fish mixture into the centre and bake in hot oven until brown. Serve hot.

LOBSTER, BUNGALOW STYLE.—Melt six tablespoonfuls of butter, add two teaspoonfuls of finely chopped onion and cook until brown, stirring constantly. To this add two teaspoonfuls of flour and stir until well blended, then pour in gradually one cupful of stewed and strained tomatoes, well seasoned with salt and paprika, and bring to boiling point. Now add one and one-half cupful of cooked lobster meat cut into small pieces. Serve very hot in the lobster shell.

BAKED BLUE FISH, HOME STYLE.—Wash one medium sized blue fish, split it and remove the bones, then cut the fish in six pieces. Into a baking pan put four tablespoonfuls of butter, one onion chopped, and one-half cupful of chopped celery. Place in the fish, pour over a little melted butter, season with salt and pepper and bake for ten minutes. Now add the strained juice of one lemon and one cupful of canned tomatoes. Bake for fifteen minutes and serve hot.

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list of “Summer Hotels and Boarding Houses,” with rates; and for great fishing and canoeing expeditions get “Where to Fish and Hunt.” Any C.N.R. Agent, or write Gen'l Pass. Dept., Montreal or Toronto.

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