

### FLAKED FISH

Put a fish in a baking dish with milk enough to cover. Cook in a slow oven; remove from oven; flake the fish; use the milk to make a white sauce. In the bottom of entree dishes put a layer of sauce, a layer of fish, a layer of sauce and a layer of buttered crumbs. Place entree dishes in baking pan in which there is a little water. Put into the oven until hot and under the gas flame until brown.

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### CHICKEN PANADA FOR INVALIDS

Take half the breast of a chicken and after removing the skin and every particle of fat, place in a saucepan with water enough to cover and let it slowly simmer for two hours. Take it from the broth and cut in small pieces, then press through a wire sieve. Use a large spoon to press with and use none of the breast which has not gone through the sieve; add the broth and season with salt. If cared for, four tablespoons of cream may be added; scald all up together. This is delicious, nourishing and harmless.—Mrs. J. M. Gill.

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### CHARLOTTE RUSSE

**Ingredients**—1 pint cream whipped stiffly, 1 tablespoon gelatine melted, 4 tablespoons sherry, sugar, 1 teaspoon vanilla.

Line a mould with ladies' fingers and fill with the above, allow to set and serve plain or with whipped cream.—Brockville General Hospital.

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### LADIES' FINGERS

**Ingredients**—Whites of 3 eggs, 1-3 cup of flour, 1-3 cup of castor sugar,  $\frac{1}{8}$  teaspoon of salt, yolks of 2 eggs,  $\frac{1}{4}$  teaspoon vanilla.

Beat whites of eggs until stiff and dry, add sugar gradually and continue beating. Then add the yolks of eggs beaten until thick and lemon colored, then flavoring; cut and fold in flour mixed and sifted with salt. Shape, using a pastry bag and tube, into tins or on buttered paper. Bake 8 minutes in a moderately hot oven. Remove from paper with a knife.—Brockville General Hospital.

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### HOW TO EAT A RAW EGG

Break the yolk of an egg into a dish with a teaspoon of white sugar and a teaspoon of orange or lemon juice and beat lightly together with a fork. Put the white on a plate and add a pinch of salt. Then with a broad-bladed knife beat it to a stiff froth. Now, as lightly as possible, mix all together in the dish. Transfer it to a tumbler, which it will nearly fill if it is properly prepared. Any fruit juice may be used in place of the lemon or orange.—Mrs. F. H. Clifford.