

pepper, salt, a dash of cayenne, and then mix one-fourth teaspoonful of dry mustard with the oil that was on the salmon and stir in the mixture, then one cup of milk. When the whole is thoroughly heated through and thick it is ready to serve. This makes an excellent dish to prepare on short notice.

**Salmon Eggs.**—Three hard-boiled eggs, one-half cup shredded salmon, two tablespoonfuls mustard pickles, four chopped green olives, salt and pepper to taste, three tablespoonfuls of mayonnaise (thin with lemon juice or vinegar). Cut eggs in half, remove yolks. Mix together yolks, salmon, pickles, olives, mayonnaise, salt, and pepper. Put this mixture into the halved whites of eggs. Serve on lettuce leaves, with a teaspoonful of thick mayonnaise on each egg.

**Salmon Soup.**—One can of salmon; bring one quart of milk to boil in double boiler, season with pinch of salt, pepper, and Spanish saffron, also a dash of nutmeg, if liked; then thicken with three tablespoonfuls of flour rubbed into three ounces of butter. Add contents of a can of salmon carefully freed from bones and skin and rubbed to a paste. Blend all carefully, and just before taking up add one-half teaspoonful onion juice and sprinkle with shredded parsley.

## SMELTS

About 5,000 tons of these dainty little fish are caught annually on the Atlantic coast. They are always sold fresh.

**Smelts.**—The only way to cook smelts is to fry them, although they are sometimes baked. Open them at the gills. Draw each smelt separately between your finger and thumb, beginning at the tail; this will press the insides out. (Some persons never take out the insides, but it should be done as much as in any other fish.) Wash them clean, and let them drain in a colander; then salt and roll in a mixture half flour and