

DEVILLED KIDNEYS

Remove the skins from as many kidneys as may be desired, parboil them in a small quantity of water, cut down the centre and dip in a little melted sweet fat. Sprinkle over with salt and pepper and a little cayenne if wished. Serve with a very little added fat mixed with parsley, pepper and salt.

FRIED BEEF KIDNEYS

Cut into slices and soak in warm water for two and one-half hours, changing the water once or twice to thoroughly cleanse them. Take the slices out, dry them and dust in flour or flour substitute, with salt and pepper added. Fry to a light brown in a frying pan and place around the edge of a hot platter. To 1 cup of gravy add 1 tablespoon piquant sauce and 1 teaspoon of moist sugar or syrup. Pour this in the centre of the platter and serve hot.

KIDNEY STEW

1 lb. kidney pork	2 cups water
1 carrot	2 tablespoons flour
$\frac{1}{2}$ medium-sized onion	2 tablespoons drippings

Scrape and slice carrot, peel and slice onion, and cook together in two cups of water until tender. Soak kidneys for one hour in lukewarm water. Drain, clean and dry. Dredge with flour, slice, and brown in frying pan with drippings. Remove kidneys from frying pan, add flour to the fat and brown. Add to this the two cups of water in which the carrots and onion were cooked. Boil until thickened. Add kidneys, onion and carrots. Season with salt and pepper, cook for three minutes and serve.

LAMB'S KIDNEYS

Soak, pare, trim, and slice the kidneys. Sprinkle them with salt and pepper, fry them in a little fat and remove to a hot dish. Add to the fat in the pan one-half tablespoon finely chopped onion and fry brown. To this add three level tablespoons of flour or the equivalent in substitute flour and pour slowly over this one and