

**MEATS,
FISH, POULTRY**

My Favorite Recipes for

MEATS FISH and POULTRY

PRESENTED BY CHATELAINE



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WITHOUT MEAT, fish or poultry for dinner many of us feel that the main meal of the day is not complete. All three provide large amounts of high quality protein, and are essential for a well-balanced diet.

Here are recipes that are easy to prepare and can't fail to satisfy the heartiest appetite. They include quick suggestions for broiling and frying, the method used for tender cuts of meat

and recipes too that take a little longer, but make use of less tender meat that will save you money. Both types of meat are equal in nutritional value, so it is a good idea to buy some of each to keep within the food budget.

I hope you will like the meat cookery as much as I do. There is no other food item that lends itself so well to the clever use of herbs, spices and special flavorings.

VEAL CUTLETS PARMESAN

6 veal cutlets	1/2 cup onion
1/4 cup flour	(grated)
1 tsp. salt	1 garlic clove
1/8 tsp. pepper	(grated)
1/4 cup salad oil	1/2 tsp. thyme
1 can condensed	1 1/2 tsp. salt
tomato soup	2 tbsps. vinegar
1 cup water	Parmesan Cheese

Dredge cutlets with flour mixed with salt and pepper. Brown in skillet in the hot salad oil. Place in a baking dish. Combine soup, water, onion, garlic, thyme, salt and vinegar. Heat thoroughly. Pour hot tomato sauce over veal. Bake in moderate oven 350 deg. F. 15 to 20 minutes. Sprinkle grated cheese over top, and continue baking 15 minutes longer.

Mrs. Lola Bryck,
Hubbard, Sask.

VEAL STRIPS SPANISH STYLE

2 lb. veal steak,	1 tsp. salt
1/2 inch thick	2 eggs
juice of 2 lemons	4 tbsps. water
1 1/2 cups fine dry	1/2 cup salad oil
bread crumbs	1 cup washed rice
1/2 cup parsley	3 tbsps. butter or
(minced)	margarine
1/4 cup Parmesan	salt and pepper
cheese, grated	pimento cubes

Wipe veal with damp cloth. Cut into finger length strips about 1/2 inch wide. Place in bowl. Add lemon juice. Let stand 10 min. turning occasionally. In flat dish combine crumbs, parsley, cheese, and salt. Beat eggs until foamy,

stirring in water. Roll veal strips, a few at a time, in crumb mixture, then in egg, and again in crumbs. Preheat oven to 350 deg. F. In frying pan saute breaded veal strips in the salad oil, few at a time. Brown on all sides. Add more oil if needed. Drain strips on absorbent paper. Transfer to shallow casserole. Bake for 30 minutes, or until tender. Cook rice in boiling salted water. Drain. Season with butter or margarine, salt and pepper. Arrange rice and veal in serving dish, and garnish with cubes of pimento. Serves 6.

Mrs. L. Pass,
Edmonton, Alta.

CORNED BEEF DINNER

1—6 oz. package	1 cup milk
macaroni	1/2 cup onion,
1/4 lb. processed	chopped
cheese, cubed	3/4 cup bread
1—12 oz. can	crumbs
corned beef,	parsley and
chopped	olive slices
1—10 oz. can con-	
densed cream of	
chicken soup	

Cook macaroni in boiling, salted water until tender. Drain. Combine remaining ingredients except crumbs. Alternate layers of macaroni and corned beef mixture in a greased casserole. Top with buttered bread crumbs. Bake at 375 deg. F. for 45 minutes to 1 hour. Garnish with parsley and olive slices.

Mrs. Shirley Gelz,
Vancouver, B.C.

KIDNEY AND SAUSAGE SQUARES

1 beef kidney
(1 1/4 lb.)
1 lb. pork sausage
meat

2 small onions
8-10 soda crackers
2 eggs, beaten
1 or 2 tart apples

Wash kidney in cold water. Slit and remove fat core and fibrous tubes. Cover with cold water and bring to boiling point. Reduce heat and simmer 5 minutes. Drain. Grind together kidney, sausage, onion and crackers. Blend well. Mix with eggs and press firmly into large square pan. Arrange apple slices on top and bake in oven 350 deg. F. for 30 minutes. Cut in squares to serve. Serves 6-8.

Mrs. A. Hergert,
Calgary, Alta.

BRAISED PORK CHOPS WITH PRUNES

1/4 cup ketchup
1 tsp. prepared
mustard
1 tsp. salt
6 pork chops,
1 inch thick
2 tsp. fat

1/2 lb. prunes
1/2 tsp. cinnamon
3 whole cloves
1 tsp. vinegar
1/4 cup honey
1 cup water

Combine ketchup, mustard and salt. Spread chops well with ketchup mixture. Brown slowly in hot fat about 15 minutes. Simmer prunes, spices, vinegar, honey and water about 15 minutes. Pour over chops. Cover and cook slowly until pork is well done.

Mrs. E. K. Reid,
Morris, Man.

VEAL BIRDS RANCH STYLE

2 lb. veal steak
12 sausages
salt
flour

fat
1 can cream of
mushroom soup

Cut veal into 2 by 4 inch pieces. Place a sausage in the centre, fold veal over sausage and fasten with toothpick. Season to taste. Roll in flour, brown in fat. Cover with soup mixed with milk and simmer or bake in oven for 1 hour at 350 deg. F. Serves 4-6.

Mrs. Jack G. Gordon,
Redwater, Alta.

LIVER DUMPLINGS

1 calf liver
8 slices bread,
diced
suet
2 oz. crisp bacon
4 eggs, beaten

1 medium onion,
minced
nutmeg (grated)
salt and pepper
flour

Put liver through coarse blade of food grinder. Fry bread cubes in suet. Combine liver, finely chopped bacon, bread cubes, eggs, onion and seasonings. Mix well with a little cold water, and enough flour to blend the dumplings. Test a small piece in boiling water. It should hold together and be very light. If it breaks add a little more flour. Make dumplings the size of an apple and boil in salt water for 15 minutes. Serve with fried bread crumbs, and a sauce of melted butter with grated potatoes cooked in it until thickened.

Mrs. Olive D. Wilson,
Victoria, B.C.

GALANTINE OF VEAL

<i>1 veal shank</i> <i>(about 3 lb.)</i>	<i>¼ tsp. black</i> <i>pepper</i>
<i>1 lb. lean stewing</i> <i>veal</i>	<i>1 tsp. poultry</i> <i>seasoning</i>
<i>1 small onion</i>	<i>1 slice lemon</i>
<i>2 stalks celery</i>	<i>2 hard-cooked</i> <i>eggs</i>
<i>1 tsp. salt</i>	

Put shank and stewing veal in large saucepan and add water to cover. Add chopped onion, celery, salt, pepper and poultry seasoning. Simmer until meat is very tender and falling off bones. Remove meat and return bones, gristle, etc., and slice of lemon to broth and boil hard uncovered, until stock is reduced to three cups. Rinse a mold with cold water, slice eggs and arrange in bottom and up sides of mold. Chop meat in small chunks and place over eggs. Strain broth and skim off fat. Pour over meat. Cool, then chill in refrigerator for several hours until firm. Unmold on lettuce and decorate with sliced pimento or tomatoes. Serves 8-10.

Mrs. George B. Key,
Victoria, B.C.

CHICKEN WITH RICE

<i>1 cup raw rice</i>	<i>6 tbsp. fat</i>
<i>2½ to 3½ lb.</i> <i>chicken</i>	<i>¼ cup onion,</i> <i>minced</i>
<i>2¼ cups milk</i>	<i>2 tbsp. celery</i> <i>minced</i>
<i>¾ cup flour</i>	<i>1 can pimentos</i> <i>minced</i>
<i>6 tsp. salt</i>	
<i>½ tsp. pepper</i>	

Wash rice and cook in 3 qts. water to which has been added 1 tablespoon salt.

Cook 15 to 20 minutes. Cut up chicken. Dip pieces in ¼ cup milk. Then place one at a time in paper bag containing flour, salt and pepper. Shake well until each piece of chicken has been well coated. Heat fat and brown chicken on all sides. Place cooked rice in casserole and put chicken on top. In fat left in pan cook onion and celery for 10 minutes. Blend in remaining flour, salt and pepper. Add pimento. Add remaining milk, stirring while cooking, until mixture thickens. Pour over rice and chicken and bake for 30 minutes covered, in oven 375 deg. F. or until chicken is tender.

Mrs. Ross Archibald,
Amherst, N.S.

APPLE HAMBURGERS

<i>3 apples</i>	<i>⅛ tsp. summer</i> <i>savory, thyme or</i> <i>poultry seasoning</i>
<i>1 medium onion</i>	<i>1 tsp. salt</i>
<i>3 slices day-old</i> <i>bread</i>	<i>¾ cup bread</i> <i>crumbs (fine)</i>
<i>3 sprigs parsley</i>	<i>2 tbsp. shortening</i>
<i>1 lb. ground beef</i>	
<i>1 egg</i>	

Peel and core apples. Place apples, onion, bread slices and parsley through coarse blade of food chopper. Mix lightly with ground beef, egg and seasonings. Shape into 6 patties and cover with fine bread crumbs. Melt shortening in skillet and fry patties over high heat, browning both sides. Lower heat, and cook 10 to 15 minutes longer. Makes a moist pattie.

Mrs. Maiza Acres,
Chilliwack, B.C.

SPICED POT ROAST

¼ cup shortening *4 to 5 lb. pot roast*
1 tbsp. dry *1 cup onion*
mustard *sliced*
1½ tbsp. brown *¼ cup vinegar*
sugar *¼ cup water*
1½ tsp. salt *potatoes & carrots*
¼ tsp. pepper

Slowly brown meat in shortening. Pour all ingredients except potatoes and carrots over meat. Simmer 3½ to 4 hours in covered roaster or dutch oven. Add potatoes and carrots 45 minutes to 1 hour before roast is done. (If using old carrots, cut in strips). Make gravy by stirring ½ cup cold water into 2 tbsp. flour and adding to liquid after roast and vegetables are removed. Serves 6.

*Mrs. H. Nugent,
Mission City, B.C.*

VEAL ROSETTES

1 slice veal, *cracker crumbs*
half-inch thick *salt and pepper*
bacon slices *¼ tsp. soda*
beaten egg *milk*

Cut meat into individual pieces. Wrap piece of bacon around each one and secure with toothpicks. Dip in beaten egg, then rolled cracker crumbs, season and fry a golden brown. Dissolve soda in enough milk to just cover meat. Place in covered casserole and bake at 350 deg. F. for 1 hour. Remove cover and continue baking another ½ hour.

*Mrs. Charlotte Bater,
Winnipeg, Man.*

FIT FOR A KING

2 lb. rump roast *1 cup mushrooms;*
2 tbsp. shortening *sliced*
½ cup water *8 potatoes*
4 carrots, *16 dried apricots*
quartered *1 cup ketchup*
2 celery stalks *1 level tbsp. salt*
 ¼ tsp. pepper

Melt shortening in a dutch oven and brown meat well. Add water and cook for 1 hour. Place vegetables, apricots, and mushrooms around top of roast. Pour ketchup, mixed with salt and pepper, over meat. Cover and cook another hour or until all is tender. A little more water may be added to make gravy.

*Mrs. G. Sparling,
Calgary, Alta.*

OLD FASHIONED BOILED DINNER

3 lb. corned beef *3 medium potatoes*
brisket *(quartered)*
2 celery leaves *1 small cabbage*
(optional) *(sectioned)*
1 bay leaf *3 medium onions*
(optional) *6 carrots*
½ medium turnip, *¼ tsp. pepper*
sliced

Cover meat with cold water, bring to boiling point, and simmer for 5 minutes. Drain. Add fresh boiling water, bay leaf and celery leaves. Simmer for 3 hours. Add vegetables and simmer 20-30 minutes or until tender. Season to taste. Serve meat on large platter, surrounded by vegetables.

*Mrs. Mary Olesuik,
Fenwick, Ont.*

OXTAIL STEW DELUXE

<i>1½ lb. oxtails, disjointed</i>	<i>3 carrots, quartered</i>
<i>3 tbsp. flour</i>	<i>1 cup celery, 1 inch pieces</i>
<i>3 tbsp. fat</i>	<i>4 potatoes, quartered</i>
<i>1 pkg. onion soup</i>	<i>2 tsp. salt</i>
<i>4 cups boiling water</i>	<i>¼ tsp. pepper</i>
<i>½ cup green pepper, finely chopped</i>	<i>½ tsp. mono-sodium glutamate</i>
	<i>1 tbsp. vinegar</i>

Wipe meat with damp cloth and sprinkle with flour. Melt fat in pressure cooker. Brown meat in hot fat. Add remaining ingredients. Place cover on cooker. Raise pressure to 15 lb. (cook position) and cook for 45 minutes. Serve with dumplings or melba toast. Serves 4.

*Mrs. M. Wright,
Calgary, Alta.*

SWEET-SOUR PORK

<i>1 lb. pork steak, tenderloin or other lean cut</i>	<i>1 tsp. salt</i>
<i>1 egg, beaten</i>	<i>¾ cup vinegar, white or cider</i>
<i>1 tbsp. cornstarch</i>	<i>½ cup water</i>
<i>¼ cup fat</i>	<i>¾ cup green pepper, cut in ½ in cubes</i>
<i>¾ to 1 cup brown sugar</i>	<i>1 cup drained pineapple tidbits</i>
<i>3 tbsp. cornstarch</i>	

Pound the meat and cut in 1 inch pieces. Coat with egg, and then cornstarch. Brown in ¼ cup hot fat. Cover and let meat cook slowly while preparing remainder of recipe. In top of double boiler mix the brown sugar, 3 tbsp. cornstarch and salt. Add vinegar

and water. Cook, stirring until thick and smooth. Cover and cook 12 minutes longer. Add green pepper to mixture in double broiler (a little sweet red pepper may also be added for color). After 1 minute, add the pineapple and drained pork cubes. Heat thoroughly and serve with hot fluffy rice and a tossed salad. Serves 4.

*Mrs. D. Ralph MacDonald,
Thorburn, N.S.*

CORNE BEEF

<i>10 lb. rolled beef brisket or 2 large beef tongues</i>	<i>3 cayenne peppers</i>
<i>½ cup salt</i>	<i>1 tsp. salt petre</i>
<i>¼ cup mixed whole pickling spices</i>	<i>3 garlic cloves, thinly sliced</i>
	<i>paprika</i>

Place meat in crock and sprinkle with salt, pickling spices, cayenne peppers, salt petre, and garlic. Shake paprika over all. Cover with cold water to one inch above meat. Invert a plate over meat, and weigh down with a stone. Leave in a cold place three weeks. When needed, remove from crock, rinse well. Place in pot and cover with cold water. Bring to boil and skim. Turn heat low and simmer slowly for 3 hours, or until tender. Remove from pot and place in refrigerator. Serves 25.

*Mrs. Colton Martin,
Sault Ste. Marie, Ont.*

PORK CHOPS SAUERKRAUT AND POTATOES IN-A-POT

4 pork chops *1/8 tsp. pepper*
(about 1 1/2 lbs.) *cayenne*
2 medium onions, *1 1/2 cups water*
chopped *8 medium potatoes*
1 (28 oz.) can *1 tbsp. caraway*
sauerkraut *seed*
1 tsp. salt

In large kettle, brown chops slowly on both sides. Remove chops. Add onions to fat left in kettle, and saute for 5 minutes. Stir once or twice. Add sauerkraut, pepper, cayenne and the water. Stir until onion is well distributed. Put peeled potatoes and chops on the sauerkraut. Sprinkle with caraway seed and salt. Bring to boil, cover and simmer for 1 hour. Serves 4.

Mrs. H. O. Wilson,
Innisfail, Alta.

BOILED SPARERIBS AND BEANS

2 cups navy or *1 celery stalk*
pea beans *3 tbsp. molasses*
1 qt. water *1 cup tomato sauce*
salt *3 lbs. spareribs*
1 clove garlic *1 tsp. monosodium*
1 medium onion *glutamate*
3 medium carrots *pepper*
1 green pepper

Soak beans overnight. Put soaked beans in dutch oven or heavy kettle with 1 qt. of the bean water, 2 tsp. salt, chopped garlic and chopped onion. Cover and bring to boil. Lower heat and cook slowly for 1 1/2 hours. Scrape carrots and cut into slices. Chop green

pepper and celery coarsely, and add vegetables to beans along with molasses and tomato sauce. Cut spareribs into individual portions and place them over beans. Sprinkle with 1 tsp. salt, monosodium glutamate and pepper. Cover and cook slowly for 1 to 1 1/2 hours, or until both meat and beans are tender. Serves 6.

Mrs. A. J. O'Connor,
Fredericton, N.B.

SPICED MEAT LOAF

2 lbs. ground *1 tsp. basil*
round steak *1/2 tsp. pepper,*
2 tbsp. green *black*
pepper, chopped *1 tsp. savory*
1 small onion, *1 tsp. curry powder*
chopped *1/4 tsp. nutmeg*
2 tbsp. fresh *2/3 cup dry bread*
parsley, *crumbs*
chopped or *1 egg*
2 tsp. dried parsley *1 cup milk*
1 tsp. salt *1/2 (10-oz.) can*
1 tsp. sage *tomato soup*
1/2 tsp. minced
garlic

Mix ground beef, green pepper, onion, seasonings and bread crumbs well. Add egg beaten with milk and mix well. Place mixture in an 8 in. square pan or shape into a round or oval loaf. Bake for 30 minutes in oven at 325 deg. F. Remove from oven and pour off fat. Spread tomato soup over top of loaf, and continue baking for 30 to 40 minutes. Serves 8.

Mrs. Stanley E. Stayzer,
Wainfleet, Ont.

LIVER PUDDING (MAKSALAATIKKO)

1 lb. pork or beef 3 tbsp. raisins
liver 1½ tsp. salt
1 medium onion, 1 cup milk
chopped ½ cup water
2 medium eggs, 1 tbsp. butter or
beaten margarine
¾ cup cooked rice ½ tsp. pepper

Put liver through meat grinder. Mix all ingredients together. Place in a well-buttered 1 qt. casserole. Bake at 350 deg. F. for 1½ hours. Serves 6.

Mrs. Trudy Cooper,
Applewood Acres, Ont.

MEAT LOAF RING

1½ lb. ground 2 tsp. salt
beef ¼ tsp. pepper
½ lb. ground pork 1 tsp. dry mustard
½ cup onion 1½ tbsp. drained
2 cups soft bread horseradish
crumbs ½ cup ketchup
2 eggs, beaten 1 tbsp. corn syrup
½ cup tomatoes or 1 tsp. Worcester-
tomato sauce shire sauce
½ cup celery,
diced

Combine first eleven ingredients, mix thoroughly. Turn into a well greased 1 qt. ring mold. Bake in oven at 37 deg. F. for 1 hour. Turn out onto baking sheet. Spread with ketchup blended with corn syrup and Worcester-shire sauce. Return to oven and bake for 15 minutes longer. Serves 6-8.

Mrs. Oliver Glebe,
Kitchener, Ont.

PORK CHOPS IN SOUR CREAM

4 loin pork chops ½ cup water
½ inch thick 2 tbsp. cider
4 whole cloves vinegar
½ cup flour ½ bayleaf
½ tsp. salt 1 tbsp. sugar
⅛ tsp. pepper ½ cup sour cream
2 tbsp. fat ¼ tsp. savory

Insert 1 clove in each chop and dredge in mixture of flour, salt and pepper. Brown in fat. Place in baking pan. Combine remaining ingredients, heat and pour over chops. Cover and bake at 350 deg. F. for 1 hour.

Mrs. F. H. Stockton,
Drumheller, Alta.

BARBECUED PORK ROAST

1 pork roast 1½ tsp salt
(5 to 6 lbs.) 2 tbsp. chili
1 small onion, powder(optional)
minced 2 cups tomato soup
1 garlic clove, 6 tbsp. lemon juice
minced or vinegar
¼ cup butter or ½ cup water
margarine

Place roast in large roasting pan. Sauté onion and garlic in butter in a heavy saucepan until tender. Adé salt, chili powder, soup, lemon juice and water. Cook, stirring frequently, about 10 minutes. Pour over the meat. Roast pork at 350 deg. F. basting with sauce every 20 minutes. Allow 30 minutes per lb. cooking time. Serve on platter with sweet potatoes, applesauce and tossed salad.

Mrs. Caroline Sundstrom,
Montreal, Que.

ENGLISH PORK LOAF

1 cup cooked white beans
1 lb. sausage meat
1 cup tomatoes (canned)
1 egg
1 tbsp. butter or shortening
1 cup mashed potatoes
1 tsp. salt
2 cups fine bread crumbs

Combine ingredients and mix well. Pack into a lightly greased standard size loaf pan, and bake in oven 325 deg. F. for 40 to 45 minutes. Serve with scalloped potatoes and green salad.

*Mrs. G. H. Ellarby,
Belleville, Ont.*

FRENCH TOURTIERE

1 lb. fresh pork
1 small onion, chopped
½ tsp. salt
½ tsp. summer savory
¼ tsp. pepper
¼ tsp. cloves
1 cup hot water
2 cups dry bread crumbs
1 tsp. milk

Make enough pastry for 9 inch 2 crust pie. Combine pork, chopped onion, salt, summer savory, pepper, cloves and hot water. Bring to boil. Cover and simmer for 20 minutes. Add bread and cook another 10 minutes. Cool. Pre-heat oven to 500 deg. F. (very hot). Line pie plate with dough. Fill shell with cooled mixture. Cover with pastry for top crust. Cut steam slits into pastry. Brush with milk. Bake in pre-heated oven 20 to 25 minutes. Serve hot or cold, with beets or pickles.

*Rose Bernardine,
Brantford, Ont.*

LOLLIPOP FRANKS

1 cup flour, all purpose
2 tbsp. sugar
1½ tsp. baking powder
1 tsp. salt
2/3 cup cornmeal
2 tbsp. shortening
1 egg
¾ cup milk
1 lb. weiners
wooden skewers

Sift together flour, sugar, baking powder and salt. Stir in cornmeal. Cut in shortening until mixture resembles fine crumbs. Combine slightly beaten egg and milk. Add to cornmeal mixture. Stir until well blended. Insert wooden skewers into end of each weiner. Spread evenly with batter. Fry in deep hot fat (375 deg. F.) until brown, about 4 to 5 minutes. Serve with ketchup or mustard.

*Mrs. J. C. Ash,
Flin Flon, Man.*

STEAK SUET PUDDING

1 lb. stewing beef
1 large onion, sliced
¼ tsp. sage
salt and pepper
to taste
2 cups flour
(all purpose)
2 tsp. baking powder
¼ tsp. salt
1 cup suet

Cut meat in cubes. Cover with water and simmer, with sage and onion until nearly cooked. Season to taste. Prepare a suet crust by mixing flour, baking powder, suet and salt. Make a stiff dough with water, roll out and line pudding dish, leaving some dough to overlap. Fill with meat mixture, and fold over crust on top. Cover with paper and cloth. Steam for 3 hours.

*Mrs. L. Sumpter,
North Vancouver, B.C.*

SAUSAGE UPSIDE DOWN PIE

1 lb. pork sausage 2 tbsp. brown
2 cups tart apples sugar
(chopped) (lightly packed)
 ½ tsp. dry mustard

Brown sausages and place in a greased pan 8 in. by 8 in. Combine apple, sugar, mustard, and sprinkle over sausage. Make the following dough:

TOMATO BISCUIT DOUGH

3 tbsp. shortening 2/3 cup tomato
1¾ cups flour juice
(all purpose) 1 tbsp. onion,
½ tsp. salt chopped
4 tsp. baking
powder

Cut shortening into sifted dry ingredients. Add tomato juice and finely chopped onion. Drop over sausage. Bake in oven 425 deg. F. for 35 minutes. Serves 6.

*Mrs. J. English
St. James, Man.*

INDIVIDUAL HAM LOAVES

1 lb. uncooked ¼ tsp. ground
ham (smoked) cloves
¼ lb. lean pork pepper
1 egg ½ cup crushed
½ cup sweet milk cornflakes
1 cup cornflakes or 1 tbsp. butter
other crisp cereal or margarine
 orange slices

Grind ham and pork together. Combine 1 cup crushed cereal with milk and beaten egg. Add seasonings and the ground meat. Make into 5 small individual loaves. Roll each in addi-

tional buttered cornflakes. Bake in oven at 325 deg. F. for 45 minutes. Serve hot or cold with orange slices which have been sprinkled with brown sugar and broiled until heated through. These may be made several hours ahead.

*Mrs. Charles Cofield,
Moose Jaw, Sask.*

FISH WITH ONION SAUCE

2½ lbs. fish fillets 2 tbsp. butter or
2 eggs margarine, melted
2 tbsp. cornstarch 2 tsp. salt
½ tsp. white 1 cup whipping
pepper cream

Wash and dry fish fillets. Chop fish very small, and add butter. Add slightly beaten eggs, cornstarch, salt and pepper. Mix well. Whip cream until stiffened. Fold in to fish mixture. Place in a greased casserole. Cover and bake for 50 minutes at 325 deg. F. Prepare onion sauce.

ONION SAUCE

1/3 cup butter 2 onions, chopped
or margarine 2½ cups milk
3 tbsp. flour ¼ tsp. butter
1 tsp. salt

Melt butter or margarine in saucepan. Add chopped onion and brown lightly. Add flour, stirring constantly. Add milk a little at a time, and stir until sauce is smooth and well cooked. Add salt and pepper. Serve over baked fish mixture. Serves 6.

*Mrs. Tom Wyatt,
North Battleford, Sask.*

TUNA CRESCENTS

12 pastry circles
3 tbs. butter
3 tbs. flour
1 cup milk
1½ cups mushrooms
2 hard cooked eggs, chopped

1 can tuna fish, flaked
½ tsp. salt
1 tsp. Worcester-shire sauce
2 tbs. cream

Make 12 pastry circles 4½ inches in diameter. Melt butter, add flour. Blend well, add milk gradually, stir and cook until thickened. Sauté mushrooms in additional fat and add to the sauce with remaining ingredients. Place spoonful of mixture on pastry circle, wet edges, fold over to form crescent. Press edges well together. Prick with fork. Bake on greased baking sheet at a temperature of 425 deg. F. for 20 minutes.

Mrs. F. A. Caven,
Swansea, Ont.

DUTCH KITCHEN PIQUANTE FISH CASSEROLE

1 lb. cod steaks (boiled)
2 large onions sliced
1½ cups fish stock
Mustard to taste
1 small white cabbage (sliced)

4 cups cooked rice, (½ lb. uncooked)
Salt & Pepper
½ cup butter or margarine

Fry onions in butter until rings are golden brown. Add dry mustard to taste, to the water in which the fish was boiled. Place layers of fish, onions, cabbage and rice in oval casserole.

Sprinkle each layer with pepper and salt. The top layer should be rice. Cover with mustard sauce, and dot with butter or margarine. Brown in oven about 1 hour at temperature of 350 deg. F. Serves 4 to 6. Other fish may be used.

Gloria M. Logan,
Camden, Colchester, N.S.

FILLETS WITH SAUCE

1½ lb. fillets, fresh or frozen
1 tbs. prepared mustard

1 can tomato soup
¼ cup sweet pickle relish
1 tsp. horseradish

Put fillets in glass baking dish (8 x 11 size). If frozen fillets are used allow to partly thaw. Mix sweet pickle relish, mustard and horseradish together and spread over fish. Pour soup over all. Place in oven and bake about 30 min. at 325 deg. F. Serves about 6.

Mrs. G. W. Turner,
Carleton Place, Ont.

FRIED OYSTERS

1½ pts. oysters
2 eggs
4 tbs. milk

4 tbs. flour
½ tsp. salt
¼ tsp. pepper

Drain the oysters. Beat eggs well. Add the milk and beat again. Dip each oyster into the egg mixture. Then, dip each lightly into seasoned flour. Fry in deep fat 375 deg. F. for 2½ minutes. Serves 5.

Mrs. Arnold Yeo,
Charlottetown, P.E.I.

BAKED LEMON HALIBUT

2 lb. halibut
steak
Salt & Pepper
2 tbsp. lemon
juice

1 tsp. onion,
grated
¼ cup margarine

Preheat oven to 350 deg. F. Cut steak into 4 pieces. Sprinkle with salt and pepper to taste. Combine lemon juice, grated onion, and melted margarine. Dip pieces of seasoned fish into this mixture. Place on greased oven platter or shallow casserole. Pour remaining mixture over fish. Bake at 400 deg. F. for 20 to 30 minutes, or until fish flakes easily with fork. Sprinkle with paprika for serving.

Mrs. Patricia M. Barker,
Penticton, B.C.

BAKED PETTICODIAC SHAD

1 cup mashed
potato
1 cup dry bread
crumbs
¼ cup melted
butter

1 small onion,
diced
¼ tsp. salt
1 tsp. summer
savory
pepper to taste
1 shad

Combine above ingredients. Wash one shad, removing scales and fins, and any blood adhering to the back bone. Carefully wipe the inside and the outside of the fish. Pack with stuffing, and sew up opening. Bake in oven at 400 deg. F., for 35 to 45 minutes. Uncover for browning. Serve with lemon wedges, green beans.

Mrs. Clarence Jonah,
Dorchester, N.B.

CURRIED CRABMEAT CANAPES

½ cup cooked
crab meat
2½ tbsp.
margarine
½ tsp. curry
powder

grated cheese
½ cup minced
onion
1½ tsp. flour
⅛ tsp. salt
¼ cup cream

Sauté onion in margarine. Combine flour, curry powder and salt; add to onion mixture. Stir in cream slowly, and add crab meat. Spread mixture on toast squares and sprinkle with grated cheese. Broil until light brown and serve hot.

Mrs. A. Macklin,
Edmonton, Alta.

CRAB BISQUE

1 pkg. noodle
soup mix
1 onion, chopped
1 stalk celery
2 tbsp. butter
1½ cups boiling
water

2 cups hot milk
1 (6½ oz.) can
crab meat
1 tbsp. lemon juice
2 tbsp. sherry

Combine noodle soup mix, chopped onion, chopped celery and butter. Add boiling water. Boil seven minutes. Heat milk in the top of a double boiler; add crab meat, lemon juice and sherry, then the first mixture. Keep hot over hot water until ready to serve. Serves 6. This recipe is delicious served with hot buttered French bread or rolls followed by a lemon chiffon pie, crisp cookies and coffee.

Mrs. Louie F. Gillies,
West Vancouver, B.C.

BOILED SALMON

3 to 5 lb. salmon 1 qt. water
2 bay leaves 1 tbsp. salt
1 tsp. paprika 10 peppercorns
1 tbsp. pickling 1 lemon slice
spice (unpeeled)

Combine all ingredients but the salmon. Bring to boil and simmer for 25 mins. Wrap fish in cheesecloth or clean linen, and place in bouillon. Cover and boil 10 minutes *per pound*. To serve cold, place the salmon in dish without unwrapping. Cover, with the strained bouillon, and place covered dish in refrigerator until ready to use. It will keep 2 or 3 days—bouillon jellies. To serve hot, remove fish from bouillon and wrappings. Place on platter, remove skin, and garnish with lettuce or parsley.

Mrs. H. Nugent,
Mission City, B.C.

STUFFED LOBSTER TAILS

6 med. lobster 1 tbsp. parsley
tails minced
2 tbsp. butter 1 tsp. minced
2 tbsp. flour onion
(all purpose) salt and pepper
2 cups evaporated to taste
milk 3 egg yolks hard
4 tbsp. bread boiled
crumbs

Simmer lobster tails in boiling salted water 15 to 20 minutes. Remove from water and cool. Cut into cubes. Melt butter, add flour, and blend until smooth. Add milk, cool until thickened. Add crumbs, parsley, onion, lobster and

salt and pepper. Wash shells and wipe dry. Fill with lobster mixture. Cook in oven at 400 deg. F. for 10 minutes. Before serving, sprinkle with sieved eggs yolks and dash of paprika. Delicious with parsley potato balls, asparagus tips, and Hollandaise Sauce. Garnish with sliced stuffed olives.

Jean F. Grant,
Saint John, N.B.

STUFFED FISH IN A BLANKET

2 cups onion 2 tbsp. lemon
 juice
¼ cup shortening 1 egg, beaten
1¼ cups soft 1½ lb. fillets of
bread crumbs cod, sole or
½ tsp. salt haddock
¼ tsp. pepper Pie pastry
1 tbsp. parsley
½ tsp. sage

Cook onions until tender and lightly brown, in shortening. Combine bread crumbs, salt, pepper, chopped parsley, sage and lemon juice. Stir into onion mixture and fry, stirring often, until lightly browned. Remove from heat and stir in egg. Wipe fillets (thaw if frozen) with a damp cloth and pile one on top of the other), with stuffing in between. Roll out pie pastry to 1/16 of an inch thickness, and cut a piece large enough to encase fish. Roll stuffed fillets in pastry, moisten edges, and seal, prick top with fork. Place in ungreased shallow pan and bake in preheated oven for 1 hour. Serves 6.

Mrs. Mildred Kranhenbil,
Waterloo, Ont.

BARBECUED SPARERIBS

<i>2 lbs. spareribs</i>	<i>1/3 cup chopped onion</i>
<i>1/3 cup chopped celery</i>	<i>1/2 clove garlic, minced</i>
<i>2 tbsp. brown sugar</i>	<i>2 tsp. prepared mustard</i>
<i>1 can condensed tomato soup</i>	<i>2 tbsp. Worcester-shire sauce</i>
<i>4 drops tabasco sauce</i>	<i>2 tbsp. lemon juice or vinegar</i>

Cut spareribs into serving pieces. Place in large shallow pan and bake in oven 350 deg. F. for 30 minutes. Drain fat off. Combine remaining ingredients and pour sauce over ribs. Continue cooking at same temperature for another 1½ hours, basting with sauce every 20 minutes. Good with rice. Serves 4.

*Mrs. R. F. Jooste,
Montreal, Que.*

STUFFED WHITE FISH

<i>3 or 4 lb. white fish</i>	<i>2 tbsp. butter or margarine</i>
<i>2 cups canned tomatoes</i>	<i>1 small onion grated</i>
<i>1 tsp. salt</i>	<i>1 tsp. poultry dressing</i>
<i>1 cup quick-cooking rice</i>	

Wash fish, remove head and tail. Boil tomatoes and salt, add rice and cook until all liquid has been absorbed. Remove from fire. Add margarine or butter, grated onion and poultry dressing. Stuff fish. Rub fish all over with butter or margarine, and wrap loosely in tinfoil. Lay on flat pan and bake with small amount of water to prevent burn-

ing. Bake at 400 deg. F. for 45 minutes to 1 hour. Serves 4. Serve with tossed salad and warmed rolls, or hot tea-biscuits. Pickled beets or red cabbage for color.

*Mrs. Constance Watkins,
Winnipeg, Man.*

FISH PIE

<i>1 lb. haddock or cod fillets</i>	<i>1/2 cup parsley, finely chopped</i>
<i>6 medium potatoes</i>	<i>1 cup cheddar cheese, shredded</i>
<i>1 tbsp. butter</i>	<i>1 large or 2 small tomatoes</i>
<i>1 tbsp. cornstarch (heaped)</i>	
<i>1 cup milk</i>	

Cook fish gently in salted boiling water until tender. Drain well, and flake into bowl taking care to remove any bones. Peel and boil potatoes, mash and cream with a little milk and butter. Meanwhile, melt butter over hot water. Stir in cornstarch. Add the milk a little at a time, and continue stirring until thick. Cook for 2 minutes longer. Add flaked fish and about two-thirds of the parsley and mix well. Turn this mixture into an ungreased casserole 9"x5"x3" deep. Spread the creamed potatoes on top and smooth until even. Sprinkle the cheese on top of this. Warm the pie in a preheated oven for 20 minutes, temperature of 375 deg. F. Remove from heat, and garnish with slices of tomato. Heat for a further 15 minutes. Before serving, sprinkle the remaining parsley on top.

*Mrs. T. M. Park,
Westmount, Que.*

SHRIMP AND MACARONI CASSEROLE

<i>¼ lb. macaroni</i>	<i>2 tbsp. butter</i>
<i>1 cup canned or cooked shrimps</i>	<i>2 tbsp. flour</i>
<i>3 hard cooked eggs, minced</i>	<i>1½ tsp. salt</i>
<i>1 cup grated cheese</i>	<i>speck of pepper</i>
	<i>2 cups milk</i>
	<i>paprika</i>

Cook and drain macaroni. Arrange macaroni, shrimps, eggs and cheese in alternate layers in a greased 1½ qt. casserole, having cheese for a top layer. Meanwhile melt butter in double boiler, stir in flour, salt and pepper, then milk. Heat, stirring until thickened. Pour over mixture in casserole and sprinkle with paprika. Bake in hot oven 425 deg. F. for 30 to 35 minutes.

*Mrs. W. Stroud,
Scarborough, Ont.*

SALMON PIZZA PIE

<i>1 pkg. hot roll mix</i>	<i>¼ tsp. pepper</i>
<i>1 tbsp. butter</i>	<i>1 tbsp. lemon juice</i>
<i>1 cup mushrooms fresh or canned</i>	<i>1 large tomato</i>
<i>1 Spanish onion</i>	<i>4 cheese slices</i>
<i>½ lb. can salmon</i>	<i>4 bacon slices</i>
<i>½ tsp. tarragon</i>	<i>1 large green pepper</i>
<i>1 tsp. salt</i>	<i>1 tsp. oregano</i>
<i>1 cup celery</i>	
<i>¼ tsp. thyme</i>	

Prepare one package hot roll mix as directed on package. Let stand in warm place until dough starts to rise. Roll as for pie crust, place in pie plates, and let rise to double thickness. Use small aluminum foil pie plates or 6 inch tins,

as these are served one per person. Filling: Place 1 tbsp. butter in frying pan, add sliced mushroom. When they start browning, add sliced onion and brown. Drain salmon. Crumble and place on raised pie shells. Make cream sauce of 3 tbsp. butter, 3 tbsp. flour and 1½ cups milk. Add mushrooms, onions, tarragon, salt, celery, thyme, pepper and lemon juice. Place this mixture over salmon in pie shells and decorate with slices of tomato, strips of cheese and bacon, green pepper rings. Sprinkle with oregano. Bake at 375 deg. F. for 30 minutes or until crust is done and top is golden brown.

*Mrs. Rosemary Dearman,
Middlechurch, Man.*

STEAK A LA KING

<i>1 lb. sirloin steak (cubed)</i>	<i>1 small can pimentos</i>
<i>3 tbsp. butter</i>	<i>1 small can mushrooms, button or pieces</i>
<i>3 tbsp. flour</i>	<i>Chinese noodles</i>
<i>1 tsp. salt</i>	
<i>1½ cups milk</i>	
<i>1 green pepper, minced</i>	

Brown meat in a little fat. Make white sauce with the butter, flour, salt and milk. The sauce should be smooth. Add meat, green pepper, pimentos and the drained mushrooms to white sauce. Pour into buttered casserole, cover generously with Chinese noodles, and bake in oven at 375 deg. F. for 20 minutes. Serves 3-4. Good with green peas.

*Mrs. Muriel L. Chapman,
St. Catharines, Ont.*

SPRING ALEWIVES (GASPEREAUX)

<i>1 gaspereau</i>	<i>salt and pepper</i>
<i>per person</i>	<i>1 tbsp. oregano</i>
<i>cornmeal, fine</i>	<i>oil or shortening</i>
<i>bread crumbs or</i>	<i>1 tsp. vinegar or</i>
<i>dry cream of</i>	<i>lemon juice</i>
<i>wheat</i>	

Scale and clean gaspereaux. On piece of waxed paper dust cornmeal, bread crumbs or wheat. Add salt, pepper and oregano. Dip each portion of fish in this mixture and fry in a skillet that has been barely brushed with cooking oil or shortening. (Gaspereaux are very oily). Brown one side thoroughly before turning over. When fish is cooked, remove from heat, pour one tsp. vinegar over each portion, and place in oven for 5 or 10 minutes. Serve with slice of lemon and French fried potatoes.

*Mrs. Frederick Dawe,
Peterborough, Ont.*

ROAST DUCK

<i>4 cloves</i>	<i>1 onion</i>
<i>2 tbsp. ground</i>	<i>salt</i>
<i>ginger</i>	<i>pepper</i>
<i>1 cup water</i>	<i>stuffing</i>

Prepare and clean duck as you would any fowl. Rub with salt and pepper. Take ground ginger and rub inside and outside of duck. Take onion, stick with cloves, and place in duck. Set in roaster and add the water. Roast until half cooked, basting often. Add water when necessary. Remove duck and discard the onion. Stuff with bread, apple or mushroom stuffing. Continue cook-

ing until tender. The gravy should be highly seasoned and a tart jelly may be added at the last. Serve with baked oranges.

BAKED ORANGES

<i>4 thin-skinned</i>	<i>2 cups sugar</i>
<i>seedless oranges</i>	<i>1 cup water</i>

Wash oranges, place in kettle and cover with boiling water. Reserve water from oranges (1 cup). Cook until tender when tried with fork. Remove from water, cut in half and arrange in baking dish. Cook together the sugar and orange water for 5 minutes, pour over the oranges and dot each with a piece of butter. Cover baking dish and bake in hot oven about 30 minutes, or until the oranges become transparent. Serve with duck.

*Alice S. Bingham,
Unity, Sask.*

CHICKEN PAPRICASH

<i>6 lb. boiling fowl</i>	<i>1 large onion</i>
<i>Salt and pepper</i>	<i>½ pint sour</i>
<i>2 tbsp. shortening</i>	<i>cream</i>
<i>1 tsp. paprika</i>	

Cut fowl into serving pieces. Season each piece thoroughly. Melt shortening in pressure cooker. Add paprika and finely chopped onion. Add chicken a piece at a time, browning lightly in the onion paprika mixture. When all are browned, place cover on cooker and cook for 25 minutes. Add sour cream. Serve with dumplings. Serves 5.

*Mrs. J. Sabo,
Hamilton, Ont.*

"HIS" LAKE TROUT

3 lb. lake trout	salt and pepper
6 slices bacon	3 tbsp. soft butter
1 onion, sliced	2 tbsp. flour
1 bay leaf, crushed	½ cup cracker crumbs

Clean fish, remove head. (Pickerel or bass may be used). Place three bacon slices in bottom of shallow pan. Cover with onion slices, sprinkle with bay leaf, salt and pepper. Place fish over bacon. Blend butter into flour, and spread on fish. Sprinkle all over with cracker crumbs. Place remaining 3 bacon slices on top. Bake in oven 375 deg. F. 35 to 45 minutes until golden, but easily flaked with fork. Serves 4.

Mrs. Irvin Barton,
Cooksville, Ont.

BARBECUE CHICKEN

3 cups chicken, cooked, cut in bite-size pieces	2 (8-oz. ea.) cans tomato sauce
1 cup chicken stock	1 (10 ounce) can sliced mushrooms
2 tbsp. chicken fat or salad oil	1 tbsp. vinegar
1 clove garlic, minced	1 tsp. sugar
1 small onion, chopped	1 tsp. chili powder
1 green pepper, chopped	1 tsp. mustard, dry
	½ tsp. salt
	¼ tsp. pepper
	2 cups raw rice

Heat chicken fat or salad oil in large frying pan; add garlic, onion and green pepper; saute over low heat about 10 minutes, or until vegetables are tender.

Stir in chicken stock, tomato sauce, mushrooms and juice, vinegar, sugar, chili powder, mustard, salt and pepper; heat to boiling. Add chicken; keep hot while rice cooks. Cook rice in large amount boiling salted water about 20 minutes, or just until tender; drain well. Pile rice at each end of large shallow casserole; spoon hot barbecue mixture into centre. Serve at once. If desired, garnish rice with sliced stuffed olives. Serves 6.

Miss L. Pass,
Edmonton, Alta.

SAVORY SINGHALESE CHICKEN

1 tbsp. butter or margarine	½ cup peanuts
2 cups cooked rice	2 cups chopped cooked chicken
1 large onion, sliced thin	2-4 slices of bacon
½ cup sultana raisins	1 large carrot, grated
	salt and pepper

Melt butter in a large frying pan and lightly fry the cooked rice, stirring constantly. Place in casserole and keep warm in oven. Next fry onion and drain on absorbent paper; fry sultanas and peanuts; add these to rice mixture. Sprinkle the chopped chicken over the top and return to warm oven. Fry bacon and lay across chicken. Sprinkle with grated carrot. This recipe can be adapted in several ways by using any chopped leftover meat, such as ham, pork, roast beef or lamb. Serves 4.

Mrs. Glenn Hill,
Port Perry, Ont.

FILLETS THERMIDOR

1½ lb. fish
fillets
1½ cups milk
1 tsp. salt
pepper
3 tbsp. butter
or margarine

3 tbsp. flour
1/3 cup cheddar
cheese (grated)
3 tbsp. lemon
juice

Split fillets lengthwise. Roll up each fillet and place in a shallow baking dish. Pour milk over fish rolls and sprinkle with salt and pepper. Bake in oven at 350 deg. F. for 30 or 40 minutes. Just before fish is done, melt butter in a saucepan, add flour. Spoon milk from casserole into a cup and add to butter and flour, stirring constantly to keep smooth. Add grated cheese. Let thicken, and add lemon juice. Pour sauce over fillets, sprinkle with paprika and brown under broiler.

Mrs. L. K. Mullen,
Yarmouth, N.S.

CHICKEN MORNAV

½ cup flour
1 tsp. salt
¼ tsp. pepper
6 chicken breasts

6 chicken legs
½ cup butter or
margarine
Mornay Sauce

Combine flour, salt and pepper in pie plate. Coat chicken parts evenly with mixture. Place chicken breasts (skin side down), and drumsticks in single layer in large shallow baking pan. Add melted butter or margarine. Bake in hot oven 400 deg. F. for 25 minutes. Turn. Bake basting often for 25 minutes longer, or until chicken is brown and

tender when pierced with fork. Serve with Mornay Sauce.

MORNAY SAUCE

2 tbsp. butter or
margarine
2 tbsp. flour
¼ tsp. pepper
¾ cup water
½ cup milk
1 bouillon cube

¾ cup sharp
Cheddar Cheese
½ tsp. prepared
mustard
½ tsp. Worcester.
sauce
1 tbsp. parsley

Melt butter or margarine in small saucepan. Remove from heat, and blend in flour and pepper. Stir in water and milk, add bouillon cube, cook over low heat, stirring constantly, until bouillon cube dissolves and sauce thickens and boils 1 minute. Stir in cheese, mustard, and Worcestershire sauce. Continue cooking stirring often until cheese melts. Remove from heat, stir in chopped parsley. Serve hot. Serves 6.

Mrs. Bernard Shaw,
Victoria, B.C.

CREAMED SCALLOPS

1 lb. scallops
3 tbsp. butter
3 tbsp. flour

2 cups milk
salt
pepper

Put scallops in casserole and cover with cream sauce (made with butter, flour, milk, salt and pepper—cook sauce in double boiler). Cover with cracker crumbs. Bake in oven at 450 deg. F. for 20 minutes. Serves 6. Delicious with tossed salad.

Mrs. Robert Ripley,
Truro, N.S.

CHICKEN BREASTS WITH MUSHROOMS

<i>6 cut-up chicken breasts</i>	<i>marjoram</i>
<i>1 or 2 chopped green onions</i>	<i>½ cup milk</i>
<i>1 tbsp. flour</i>	<i>1 small can mushroom pieces</i>
<i>½ tsp. paprika</i>	<i>salt</i>
	<i>pepper</i>

Coat cut-up chicken breasts with seasoned flour (remove skin and bone if desired). Brown in frying pan in butter or mild bacon drippings, then place in large casserole. Add chopped green onions to fat in pan, and brown lightly over low heat. Add flour, paprika, and pinch of marjoram. Stir in milk, mushrooms with enough mushroom liquid to make a smooth thin sauce. Season. Pour over chicken breasts in casserole and bake in moderate oven 350 deg. F., for 45 minutes. Serves 6.

*Mrs. W. C. Kuntz,
Toronto, Ont.*

ITALIAN SPAGHETTI WITH CHICKEN GRAVY SAUCE

<i>1 spring chicken</i>	<i>1 pkg. spaghetti or noodles</i>
<i>1 clove garlic</i>	<i>Parmesan of Romano cheese</i>
<i>1 can tomatoes</i>	
<i>1 medium onion</i>	
<i>3 small garlic cloves (optional)</i>	

Cut tender spring chicken into small pieces. Brown well in a little fat, to which 1 small clove of garlic has been added. Add tomatoes, onion. Three small cloves of garlic may be added

to the mixture if desired. Let simmer about 2 hours. Cook spaghetti or noodles according to package directions. To serve: Sprinkle a large bowl or platter with grated Parmesan or Romano cheese. Pour half of spaghetti on platter or bowl. Cover with some sauce; mix well with 2 forks. Add remaining spaghetti and sauce with sprinkling of cheese and mix well until sauce is evenly distributed. Arrange chicken pieces over sauce.

*Mrs. Laurie H. MacNeill,
Lennox Island, P.E.I.*

SMOTHERED CHICKEN

<i>1 4 to 5 lb. boiling fowl</i>	<i>2 stalks celery, chopped</i>
<i>1 tsp. salt</i>	<i>½ cup carrots, diced</i>
<i>½ tsp. paprika</i>	<i>1½ cups milk</i>
<i>4 tbsp. flour</i>	<i>1 cup mushrooms, sliced</i>
<i>4 tbsp. fat</i>	

Clean and disjoint chicken. Cut into serving pieces. Measure salt, paprika and flour into bag. Add chicken. Shake well until each piece is coated. Heat fat. Sear chicken until brown all over. Place in 2 quart casserole. Add vegetables to hot fat, cook and stir until golden brown. Add to casserole. Pour milk over all. Cover tightly, and cook at 325 deg. F. for 2 hours, or until tender. Add mushrooms 15 minutes before done. Serves 6.

*Mrs. Irene Dear,
Willowdale, Ont.*

FRIED CHICKEN SOUTHERN STYLE

2½ lb. broilers	½ cup shortening
2 eggs	or butter
2 tsp. salt	2 onions
¼ tsp. pepper	4 tbsp. flour
flour	2 cups milk
	1 cup cream

Clean and cut up chickens. Wash and dry well. Beat eggs, adding salt and pepper. Dip each piece in this, then in flour. Melt shortening. When hot put in pieces and brown well on all sides. Slice onions very thinly, and place on top of chicken. Cook in oven 300 deg. F. for 45 minutes. Lift out chicken, and to fat in pan add 4 tbsp. flour. Blend well, and slowly add milk and cream. Continue cooking stirring constantly until mixture thickens. Add chicken and serve immediately. Don't forget hot biscuits.

Mrs. Olive Campbell,
Bissett, Man.

CHICKEN WITH A ZIP

1 broiling	¼ tsp. pepper
chicken	1 tsp. paprika
1 cup flour	½ cup butter
1 tsp. salt	Lemon Sauce

Cut up broiler into serving pieces. Wash in cold water and dry well. Combine flour, salt, pepper and paprika in a bag. Add chicken. Shake bag well, to coat each piece. Melt butter in baking pan, adding chicken cut side down. Cook in oven 375 deg. F. for 30 minutes.

Turn and add sauce. Continue cooking for 30 minutes longer. Serve with Lemon Sauce. Serves 4.

LEMON SAUCE

½ tsp. garlic salt	2 tbsp. onion,
¼ cup salad oil	minced
½ cup lemon	¼ tsp. pepper
juice	½ tsp. sage or
	poultry dressing

Put garlic salt in bowl. Stir in salad oil, lemon juice, onion, pepper and sage or poultry dressing. It is best to let this sauce blend over night.

Mrs. L. Zupo,
North Bay, Ont.

FISH PIE

3 cups potatoes	1 tbsp. parsley
mashed	chopped
2 cups flaked	salt and pepper
cooked fish	1 cup grated
cod or halibut	cheese
1½ cups medium	
white sauce	

Line a buttered casserole with mashed potatoes (seasoned), allowing them to come about ½ inch above sides of dish. Put in a layer of fish, which has been broken into small pieces. Then a layer of sauce mixed with parsley and seasonings. Sprinkle with half the cheese, and add another layer each of the fish and sauce. Sprinkle remaining cheese on top. Bake in a hot oven 400 deg. F. for 20 minutes, or until cheese is melted. Serves 4-6.

Mrs. Ernest Sinclair,
Prince Rupert, B.C.

CHICKEN MOUSSE

2 cups hot chicken stock
1 pkg. lemon jelly powder
¼ to ½ tsp. salt
1 tbsp. vinegar
½ cup whipping cream
1 cup chicken
1 cup celery
1 small pimento
⅛ tsp. cayenne pepper

Dissolve jelly powder in hot stock, add salt and vinegar. Cool until slightly thickened. Add cream whipped not too stiff. Chop the chicken, celery and pimento. Fold into mixture with cayenne. Mold in large or individual molds. Serves 6. Nice served with cheese dreams, cantaloupe balls, or small crackers spread with cream cheese and topped with sliced olives.

Mrs. James Fowler,
Calgary, Alta.

CHICKEN SUPPER DISH

Breast of chicken per person
½ cup celery
¼ cup onion
1 large tomato, peeled
1 tbsp. mint jelly
1 tbsp. butter
½ clove garlic
½ cup kernel corn

Combine all ingredients except chicken breasts. Place each breast of chicken on piece of aluminum foil large enough to completely cover. Fill chicken with stuffing. Secure ends of foil by folding over, and place each parcel (one per person) in roast pan. Cook in oven 325 deg. F. for 1 hour. Serve at once.

This makes a quick and handy Sunday supper and is especially good with baked squash and potatoes.

Mrs. F. Bayliss,
Weston, Ont.

CASSEROLE OF RICE AND FISH

2 cups fish, cooked, flaked
¼ cup soft bread crumbs
2 tsp. salt
¼ tsp. pepper
1 tsp. onion, grated
1 tbsp. parsley, finely chopped
2 tbsp. butter, melted
2 tbsp. milk
1 tsp. lemon juice
1 egg, well beaten
2½ cups rice, cooked

Mix fish, crumbs and seasonings. Add butter, milk, lemon juice and egg. Butter a mold. Line with two-thirds of the rice. Pack centre with fish mixture. Sprinkle with remaining rice. Cover. Steam 45 minutes. Turn out. Serve with parsley or egg sauce.

Mrs. Rose Bernardine,
Brantford, Ont.

CHICKEN SUPREME

3—2 lb. chicken fryers
salt and pepper
evaporated milk
crushed cornflakes
¼ lb. shortening
celery
parsley
onion
¼ cup shortening
2 cups water

Split in half or cut up chickens as desired. Salt and pepper pieces well, and

dip in evaporated milk. Roll in finely crushed cornflakes. Melt the quarter pound of shortening in roast pan. Add chicken. Cup up and slice small piece of celery and parsley with 1 slice of onion. Put around chicken. Spread $\frac{1}{4}$ cup soft shortening over top of chicken. Add the water. Bake covered, at 300 deg. F., for 2 to 2 $\frac{1}{2}$ hours. Serves 8. Very delicious!

*Mrs. Pat Hupka,
Fort William, Ont.*

CHICKEN ITALIAN STYLE

1—2 lb. chicken 1 bay leaf
1 clove garlic $\frac{1}{2}$ cup white wine
4 tbsp. olive oil (sauterne)
 $\frac{1}{2}$ tsp. basil
(fresh)

Cut chicken in pieces for serving. Crush garlic, brown in oil then remove from frying pan. Sprinkle chicken with salt and pepper, and brown in oil. Place in casserole add herbs and wine. Cover. Cook in oven at 350 deg. F. for about 1 hour. Serves 4.

*Mrs. A. W. Bartlet,
Montreal, Que.*

BUTTER CRISP CHICKEN

1—2 or 3 lb. onion
frying chicken 1 cup flour
salt and pepper Thyme
1 tbsp. paprika $\frac{1}{4}$ lb. butter

Cut chicken into serving pieces. Rinse in cold water and dry. Put salt, pepper

and paprika into bag with the flour. Add 3 or 4 pieces of chicken to bag at a time, and shake well to coat thoroughly. Heat enough shortening in heavy skillet to make a layer of fat $\frac{1}{2}$ inch deep. Place chicken in hot fat, and brown on both sides. Remove and place one layer deep in shallow baking dish. For added flavor, sprinkle with thyme and onion. Pour the melted butter over chicken. Bake for 25 to 30 minutes in oven 350 deg. F. Baste with melted butter after 15 minutes.

*Mrs. Audree Dowling,
Toronto, Ont.*

FILLETS OF SOLE WITH LOBSTER AND MUSHROOMS

4 or 5 fillets 3 tbsp. butter
of sole 3 tbsp. flour
salt and pepper $\frac{1}{2}$ cup 18%
cayenne cream
lemon juice $\frac{1}{2}$ cup lobster
 $\frac{1}{2}$ lb. mushrooms meat

Season fillets with salt, cayenne and pepper. Add lemon juice. Fit fillets around sides (not bottom) of a buttered baking dish. Sauté mushrooms in butter; add flour, cream and lobster meat. Season with salt, pepper and cayenne. Pour into the centre of the casserole. Bake in oven 400 deg. F. until fish is cooked, 15 to 20 minutes. Garnish with sprigs of parsley and tips of lobster claws. Serves 4.

*Mrs. J. Tomlinson,
Toronto, Ont.*

CHICKEN ALMOND PARTY BAKE

<i>1 large stewing chicken</i>	<i>1-2 tsp. onion, grated</i>
<i>3 tbsp. butter or chicken fat</i>	<i>½ cup pimento, diced</i>
<i>3 tbsp. all-purpose flour</i>	<i>½ tsp. mono-sodium glutamate</i>
<i>2 cups chicken stock</i>	<i>salt to taste</i>
<i>½ cup mushroom pieces</i>	<i>¼ cup almonds</i>

Cook stewing chicken. Cut into bite-size pieces (3-4 cups). Melt chicken fat or butter in saucepan. Blend in flour. Add chicken stock, gradually. Cook over medium heat, stirring constantly until thickened. Stir in mushrooms, onions, pimento, monosodium glutamate and salt. Bring to boil. Add the chicken pieces and blanched slivered almonds. Pour into 6 or 8 individual casseroles or 12" by 8" baking plan. Top with the following almond biscuits:

ALMOND BISCUITS

<i>2 cups flour, all-purpose</i>	<i>1/3 cup almonds</i>
<i>4 tsp. double-acting baking powder</i>	<i>¼ cup vegetable shortening</i>
<i>½ tsp. salt</i>	<i>¾ cup milk</i>
	<i>⅛ tsp. almond extract</i>

Sift together sifted flour, baking powder and salt, into mixing bowl. Add blanched and ground almonds. Cut in fat until particles are fine. Add milk and

almond extract all at once. Stir until dough clings together in ball. Knead lightly about 10 strokes, on well floured pastry cloth or board. Roll out to ¼ inch thickness. Cut circles to fit tops of casseroles. Cut out 1 inch circle in centre of each to form "doughnuts." Place on hot chicken mixture. Bake in hot oven 425 deg. F. 20 to 25 minutes, or until top is brown. Serves 6-8.

*Mrs. K. Hutchings,
Kingston, Ont.*

FISH CHOWDER

<i>1 whole haddock fillet (½-2 lb.)</i>	<i>3 cups potatoes, finely diced</i>
<i>¾ cup celery, finely diced</i>	<i>¼ lb. salt pork or few strips bacon</i>
<i>1 cup carrots, finely diced</i>	<i>1 large onion</i>
	<i>1 (6 ounce) can evaporated milk</i>

Cook fish in unsalted hot water, for 20 minutes. Remove fish from water. Add celery, carrots and potatoes to the water and cook until tender. Fry salt pork or bacon. Remove from pan. Add diced onion and sauté, being careful not to let it brown. Combine salt pork, onion, vegetables and flaked fish with the fish broth. Bring to a boil and add evaporated milk. Sprinkle chopped parsley on top. Serves 6-8.

*Mrs. E. Perrett,
Verdun, Que.*

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