

New ideas for the children's dinner

Growing children need fish. Scientific research proves that fish has valuable medicinal contents, iodine for instance, which help children to grow up straight and strong. Here are some new tempting ideas which will make it easy for you to give your children the fish they ought to have.

Fish shape

1 lb. steamed white fish, $\frac{1}{4}$ lb. breadcrumbs, 1 egg, 1 gill milk, 1 teaspoonful chopped parsley, seasoning. Serves 4 people.

Grease mould, sprinkle with chopped parsley. Flake fish. Mix with breadcrumbs, add seasoning. Heat milk and add the fish and breadcrumbs. When breadcrumbs are soaked add beaten egg. Mix together. Pour into mould and steam 30 to 40 minutes. Serve with parsley or egg sauce. (See page seventeen.)

A plain fish pie

1 $\frac{1}{2}$ lbs. white fish, $\frac{1}{2}$ pint thick melted butter sauce, 1 dessertspoonful chopped parsley, seasoning to taste, 1 lb. boiled potatoes, $\frac{1}{2}$ oz. butter, $\frac{1}{2}$ gill milk. Serves 4 people.

Steam fish between greased plates until tender. Flake carefully, mix with sauce, parsley and seasoning. Mash potatoes.

Grease fire-proof dish, put in layer of mashed potato, add fish and cover with potato. Dot the butter over, bake until well browned.

Fish with oatmeal balls

1 $\frac{1}{2}$ lbs. fish, $\frac{1}{2}$ pint milk or milk and water, 4 ozs. fine oatmeal, 2 ozs. dripping, a little chopped parsley, 1 small onion chopped, seasoning. Serves 4 people.

Mix oatmeal, melted dripping, parsley, onion and seasoning, form into balls. Put fish in greased baking dish, place balls round, pour in milk. Dot with dripping. Bake in moderate oven for half an hour.



Just a little fish goes such a long way in this pie. It's a sort of fish turnover. Don't make your potato layers too thick and be sure the pie is nicely browned.

