

CREAMED SALT MACKEREL—This is most acceptable on a hot morning. Soak the fish over night, flesh side downward. Rinse well in the morning, boil up once in fresh cold water, drain and put on hot platter. Blend a tablespoon of butter with one of flour and add milk sufficient to make a thick cream. Turn this over the fish, then set it in the broiler until browned on top. Garnish with parsley.