

## MACKEREL WITH TOMATO SAUCE.

One medium sized mackerel, one-half can tomatoes (strained), two heaping tablespoons butter, one slice onion, salt and pepper, one cup stock, one teaspoon powdered herbs, one-half cup of bread crumbs, one tablespoon chopped parsley, juice half lemon.

Place mackerel in buttered baking dish with stock, herbs, lemon juice and onion. When partly cooked add a little salt and pepper and some tiny pieces of butter. Pour over the stock in which the fish was cooked, cover with bread crumbs and some small pieces of butter, cook in moderate oven twenty minutes; sprinkle parsley over