Fish pie makes a nice change and fish is something you can obtain all the year round. This is nice for mid-day lunch or a change for supper.

You require:—1 lb. fish (cod or haddock)—2 small sliced onions—2 skinned and sliced tomatoes—½ pint potato water—pepper and salt to taste—1 lb. cooked mashed potato. Grease a pie dish and put in a layer of uncooked fish (after the skin and bones have been removed) add a thin layer of sliced onion and then a layer of fish alternately until all has been used, adding a little of the sliced tomato to each layer. Season the potato water and pour over the fish, etc. Cover with mashed potato. Bake for 45 minutes. Regulo mark 4 or Electricity 375° F. The top should be a nice golden brown. This should serve 3-4 people.

Just a small hint to follow this recipe, When washing dishes that are fishy, put a little mustard in the washing up water, all smell and taste of fish will disappear.

Silver Cleaning

Now here is a simple method by which silver can be kept bright and unstained for a much longer period than is possible with the ordinary polishes. After cleaning and polishing in the usual way, moisten a soft cloth with a very little olive oil or a good brand of furniture cream and polish the article with this. Do not use too much of either the oil or the cream or a smeared effect will result and will quite defeat its own end. It will be found that the silver will not tarnish so quickly and the actual cleaning will be much easier, it also helps to preserve the silver and is particularly efficacious with articles kept out in a room for decorative purposes.

Happy polishing, until June . . .