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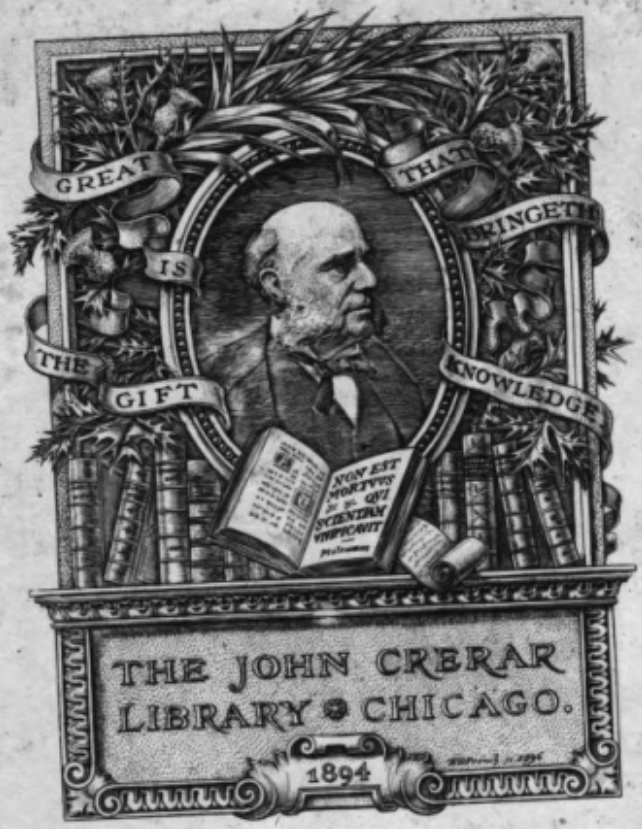

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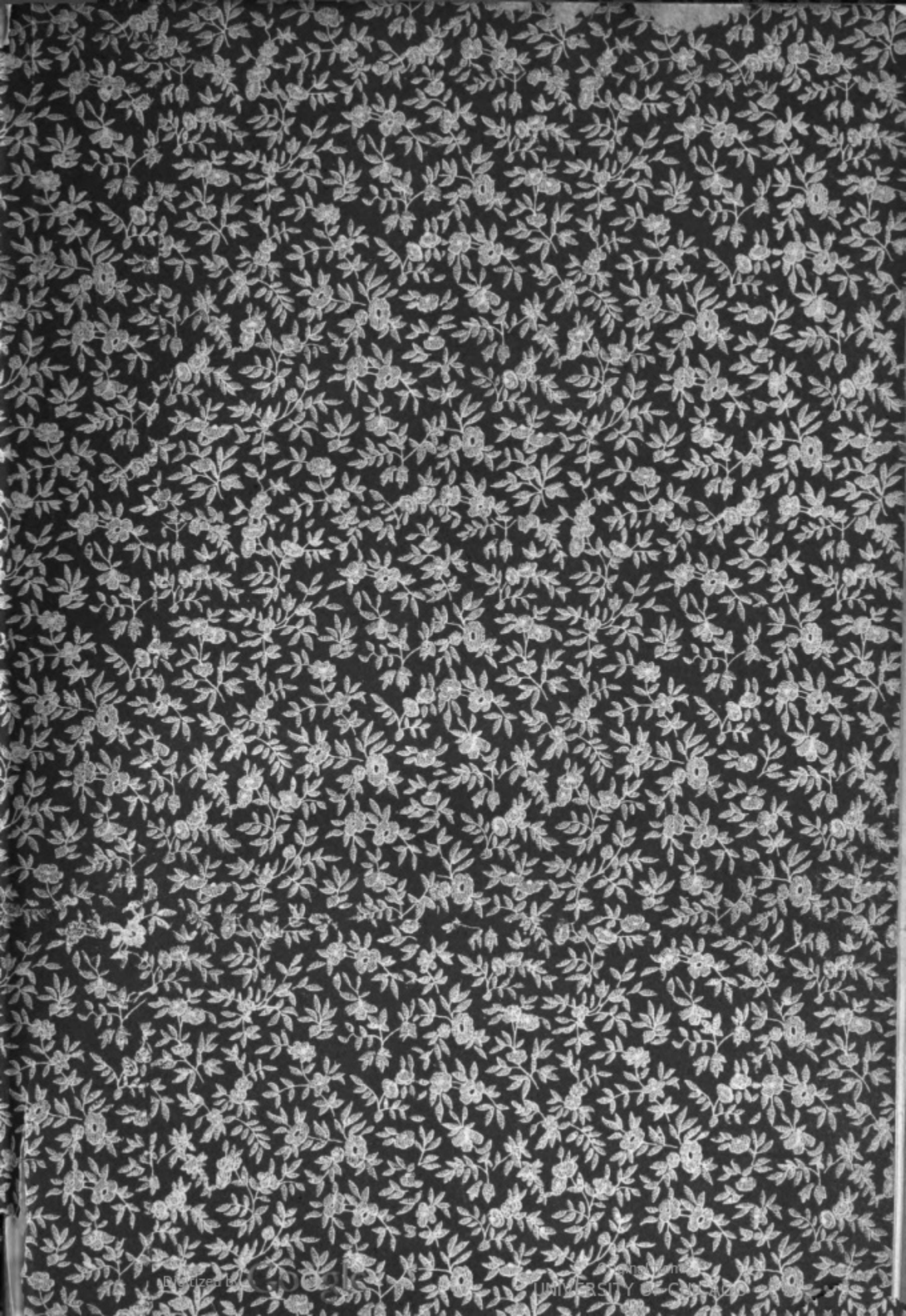

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..THE..

NEW CENTURY COOK BOOK

COMPILED FROM RECIPES CONTRIBUTED BY LADIES OF CHICAGO AND OTHER CITIES AND TOWNS, AND PUBLISHED FOR THE BENEFIT OF

WESLEY HOSPITAL, CHICAGO.

"Good diet, with wisdom, best comforteth man."—*Thomas Tusser.*

CHICAGO:
PUBLISHED UNDER DIRECTION OF
WESLEY HOSPITAL BAZAAR COMMITTEE.
1899.

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ART
HANDBOOK
YEARBOOK

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CHICAGO.

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PREFACE

IN OFFERING this collection of recipes for your consideration, the committee in charge of the work of compilation desire to thank the many friends of Wesley Hospital for the assistance they have rendered and the excellent collection of recipes which have been furnished. On behalf of the Bazaar Committee we also desire to express our gratitude to the advertisers and others who have aided in the publication of this work by contributing funds.

It is not claimed that this work exhausts the subject of cookery, but we have aimed to touch the most important lines by including practical and tested recipes in all the various branches of the cullinary art. We have aimed to admit nothing to these pages that is not both practical and excellent. The ladies whose names are attached to recipes do not claim to have originated them, but have gathered them from many sources. The ladies have tested them and can vouch for them. This applies both to the signed and unsigned recipes. Feeling that we can safely commend this volume to your taste and judgment, we are

Sincerely yours,

MRS. GEO. A. OGLE, Chairman,
MRS. S. C. HAUGHEY,
MRS. H. N. MUDGE,
MRS. E. A. STEARNS,
Wesley Hospital Cook Book Committee.

MRS. B. F. HEAD,
Chairman Wesley Hospital Bazaar Committee.

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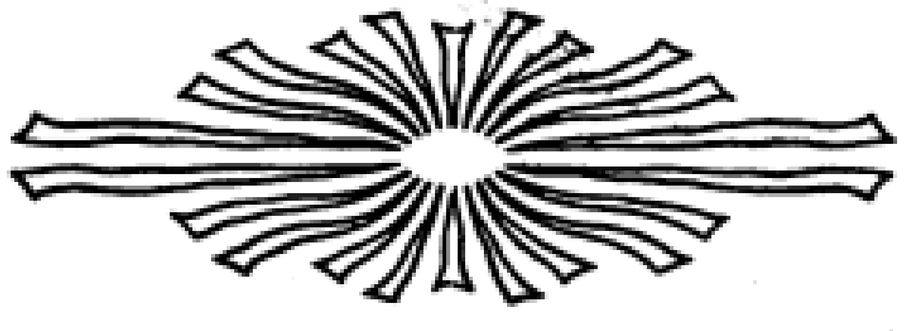

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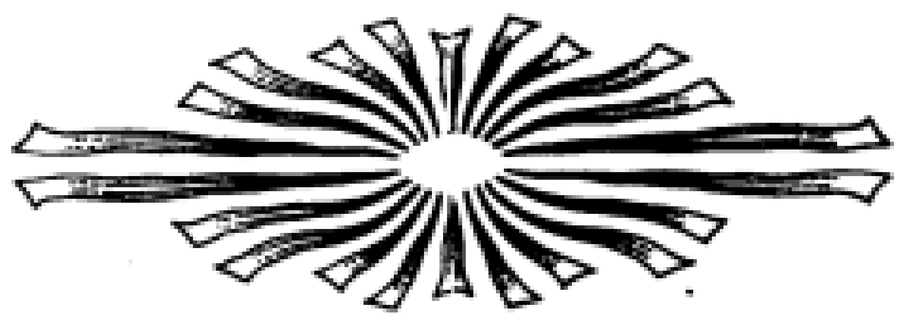

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THE STAFF OF LIFE

"Oh, what may man within him bide."—*Measure for Measure.*

"Here is bread which strengthens men's hearts and therefore is called the 'Staff of Life.'"

BREADS, ROLLS, MUFFINS, ETC.

White Bread.

Three Loaves.

About three quarts flour, sifted; two cakes compressed yeast, two teaspoonfuls salt, one tablespoonful lard, one tablespoonful sugar. Boil potatoes till soft in one quart water, strain through ricer or sieve into a large bowl or pan. Be sure there is still one quart of liquid. While it is hot add the lard and sugar. When sufficiently cooled not to scald add yeast softened with cold water. Set in a warm (not hot) place to rise. When light, in about two hours, add sufficient flour to make a stiff dough. Knead well and fast, being careful not to allow the dough to become cold. When kneaded into a smooth, firm dough, place again in a warm place, protected from draughts. Allow to rise until light and springy under the touch, or about two more hours. Mold into loaves and put in buttered tins. When these loaves are light, in about thirty or forty minutes, bake in oven heated to about four hundred degrees to begin with, and cooled to three hundred degrees after the bread begins to brown.

MRS. W. B. PARKES.

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Washington Bread.

Take three eggs, beat very light, a half cup of sugar, a little salt, half cup lard and butter mixed, one and a half pints milk, add enough flour to make a very soft dough, use four heaping teaspoons of baking powder sifted in flour, roll out into cakes about the size of a breakfast plate and an inch and a half thick, then bake; when done split open in the middle and butter while hot.

MRS. WATSON.

Bread.

For five or six loaves, one pint of good yeast, two or three small potatoes, one cup of sugar, one tablespoon of salt. At night boil the potatoes until soft, drain off the water, put this water with the potatoes mashed fine, add enough luke warm water to make two quarts, put in sugar and salt, mix this all thoroughly with the pint of yeast, then save out a pint for the next baking, keeping it in a cool place; in the morning stir into it sifted flour until it is thick enough to knead, if in a hurry put it in pans and bake when light, or let it rise first then make it into loaves.

MRS. J. W. NICHOLSON.

Salt Rising Bread—(Fine).

At night, let a teacup of fresh milk come to a boil, stir in a small teacup of corn meal, while hot, with a little salt, and set away until morning, where it will not get too cold. Then take one pint warm water, put in a teaspoonful of salt and about the same of sugar, stir in enough flour to make a thick batter and add the mush set the night before. Set the vessel in a pan of warm water and keep warm until it rises. Sift the flour well, mix the risen yeast in, and add as much warm water or sweet milk and water as will make two or three loaves of bread. Put in bread pan or crock and set in a warm place to rise again. Then knead well and put in the baking pans and let rise till ready to bake. No lard is required except to grease the top of loaves well before putting in to bake, to prevent the crust from being hard.

"GRANDMA" DUGAN.

Twist.

Make when you set bread. One quart flour, one tablespoon sugar, one tablespoon butter, one egg, one small teacup yeast, salt to taste. Mix thoroughly with lukewarm water. When it

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rises knead and set again. Knead again. Break into twelve pieces, mold about ten inches long, twist together, pinching the ends together. Rub with melted butter before baking.

Mrs. Annie Williams.

Entire Wheat Bread.

One-half yeast cake set in sponge. Dissolve two-thirds cup of dark brown sugar in a quart bowl of warm water. Add salt and enough flour to make rather a stiff batter. Fill bread pans one-half full. Set to raise quickly. Bake in moderately hot oven one hour.

Mrs. J. B. Gascoigne.

Boston Brown Bread

Three-fourths cup Indian meal, same of flour, one scant cup sour milk, one-third cup molasses, one-half teaspoon soda dissolved in little water, pinch of salt, steam one and one-half hours. Put on over cold water, but keep boiling after it once boils. Brown in oven. Cook in pound baking powder cans well greased.

M. W.

Boston Brown Bread, with Raisins.

One cup New Orleans molasses, three cups sour milk, two cups rye flour, two cups graham flour, one cup cornmeal, one-quarter teaspoon ginger, one saltspoon each of cloves, cinnamon, and salt, two even teaspoonfuls soda dissolved in a little warm water. Mix thoroughly, then stir in the mixture one teacup seeded raisins well floured. Grease cans well, and half fill with the mixture. Steam steadily for three hours, then place in the oven five minutes.

Mrs. L. C. Pitner.

Brown Bread.

Three-fourths cup molasses, one-half cup sugar, two cups of sour milk or cream, one teaspoonful soda. Stir well together and add one pound or one quart of graham flour, a pinch of salt. Put in well-buttered tin pans, and bake one hour in moderate oven. Excellent.

Mrs. J. W. Nicholson.

Boston Brown Bread.

One cup sour milk, one cup molasses, one-half cup corn meal, moistened with water, three cups graham flour, one teaspoon salt and one teaspoon soda.

Mrs. P. G. Burns.

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Boston Brown Bread.

One cup sour milk, one cup sweet milk, two cups graham, one cup corn meal, one cup flour, one teaspoon soda, one cup molasses. Steam three hours, bake thirty minutes.

MRS. WILBUR.

Brown Bread.

Three and one-half cups graham flour, two cups corn meal, three cups sour milk, one-half cup molasses, one and one-half teaspoon soda. Steam two and one-half hours, then put in oven for fifteen minutes.

Boston Brown Bread.

One quart of corn meal and one quart of rye or graham flour, put through sieve together. Add one quart sour milk, one teaspoonful of salt, two even teaspoonfuls of soda, dissolve salt and soda in one-half cup of water, one teacup of molasses. Steam three or four hours, longer the better.

Boston Brown Bread.

Three cups of sour milk, one cup of molasses, one and one half cups of Indian meal, one and one half cups of flour, two teaspoonfuls saleratus, dissolved in milk. Salt to taste. Mix all together, then steam four hours, and put in oven and brown fifteen minutes.

MRS. WATSON.

Boston Brown Bread.

Two cups Indian meal, two cups rye or graham flour, one-half cup molasses, one-half cup yeast, one teaspoon salt, one teaspoon saleratus. Mix with warm water, not too stiff. Let rise and steam three hours.

Brown Bread.

One and one-half cups corn meal, one and one-half cups white flour, two cups sour milk, one cup of molasses, one teaspoon soda, little salt. Steam hour and half. Empty baking powder cans may be used, filling two-thirds full, cover closely, set in pot of boiling water, boiling hard for one hour.

MRS. H. L. RANKIN.

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Brown Bread.

One cup rye meal, one cup corn meal, one cup flour, teaspoon salt, two-thirds cup molasses, one teaspoon soda. Mix to the consistency of a thick batter with sour milk. Steam four hours.

MRS. W. C. BOWLER.

Brown Bread.

Two cups of corn meal, one and one-half cups graham flour, one-half cup of white flour, one pint sour milk, one cup of molasses, one teaspoon soda, one-half teaspoon salt, steam three hours.

MRS. B. E. ARNTZEN.

Brown Bread.

Scant half cup sugar, scant half cup New Orleans molasses, one teaspoon salt; beat together. Add three cups of boiling water and small teaspoon of baking soda. When cool add one cake of yeast and three cups graham flour and one of white. Let rise three hours. Add more white flour so as to make into loaves. Let rise one hour and bake one hour. Do not knead. Will make two large loaves.

MABEL VAN ARSDALE.

Brown Bread.

One pint corn meal, two pints white flour, one cup Orleans molasses, two cups sweet milk, one teaspoonful salt, one teaspoonful baking soda. Steam two hours and bake one hour.

MRS. O. B. JENNINGS.

Brown Bread.

Two cups corn meal, scalded by placing in a pan and pouring just enough boiling water over it, stirring constantly with a spoon, to merely wet it, but not enough to make it into a batter; two cups rye flour, or coarse wheat flour; two cups sour milk; two cups sweet milk; one half cup molasses; two spoons soda; a little salt. Steam three hours and bake one-half hour.

MRS. N. C. T.

Steamed Brown Bread.

One cup flour, one cup rye meal, one cup corn meal, one-half cup molasses, one and one-half cups sour milk, one egg, a bit of salt, one teaspoonful soda. Steam for three hours, then set the pan in the oven for ten or twenty minutes.

MRS. MILHEMING.

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Steamed Brown Bread.

Three cups buttermilk, one cup molasses, one cup corn meal, four cups graham flour (sifted after measuring), two even teaspoonsful soda, one teaspoonful salt. Mix together and put in four one-pound baking powder cans, steam two and one-half hours, bake one-half hour. Excellent.

M. C. CLARK.

Brown Bread.

Three cups of graham flour, three-fourths cup of molasses, one full cup of sour milk, one small teaspoonful soda, one-half cup of seeded raisins.

ELLEN E. HUBBARD.

Brown Bread.

Four cups hot water, in which dissolve one heaping teaspoon soda, one and one-half cups molasses, two tablespoons shortening, mix to a stiff batter with graham flour; steam three hours or bake one and one-half hours.

MRS. RUTH MCELWAIN.

Steamed Brown Bread.

Stir well together, three cups of cornmeal, two cups rye-meal, one cup flour, one cup molasses, one-half teaspoon of soda, a little salt, and enough milk and water to mix rather thin, about four cups. Pour into a pudding mould and boil four hours. A lard bucket is very good to boil it in.

MRS. H. O. BATES.

Corn Bread.

Into one pint of white corn meal stir an even teaspoonful of salt, one pint of sour milk, one egg, one tablespoonful lard, one-half teaspoonful soda and one teaspoonful baking powder. Pour into a well greased pan and bake in fairly hot oven half an hour or more.

MRS. G. M. D.

Corn Bread with Rice—(Fine).

One and one-half pints white corn meal, one cup cooked rice (little more won't hurt), two eggs, milk enough to make batter not too thin, a good tablespoonful of lard. After meal is sifted, put in a good even teaspoonful of salt and pour in one-half pint or little more of boiling water and stir well, scalding part of the meal. Put in part of the milk to cool the mixture, add

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the rice; stir and mash all up well. Beat the eggs and stir in and add enough more milk to make batter not quite as thin as for griddle cakes. Put the lard in your baking pan and warm it, greasing the pan thoroughly; then stir the surplus lard into the batter. If sour milk is used add one-half teaspoonful soda, dissolved in little hot water, and one teaspoonful baking powder and stir well. If sweet milk, leave out the soda and put two good teaspoonfuls yeast powder. Pour in your pan and bake immediately in a good oven at least half an hour.

MRS. G. M. DUGAN.

Corn Bread.

Two eggs, one pint of sour milk, one pint corn meal, one tablespoon melted butter, one tablespoon soda, a little salt and bake in a quick oven. MRS. B. E. ARNTZEN.

Corn Bread.

One cup buttermilk, with one-half teaspoonful of soda added; one egg well beaten, piece of butter the size of a hickory-nut, melted, one cup of corn meal, one-third of a cup of flour, teaspoonful of sugar, a pinch of salt. A choice recipe.

MRS. JOHN F. PERSHING.

Corn Bread.

Two eggs, two tablespoons sugar, two cups sweet milk, three teaspoons baking powder, one and one-half cups corn meal, one and one-half cups wheat flour, pinch of salt.

MRS. H. E. FORD.

Corn Bread.

One pint corn meal, one pint flour, two eggs, two tablespoons brown sugar, two teaspoons of cream of tartar, one teaspoon of soda, butter size of egg. Mix with milk to thin batter. Bake either in loaf or small pans.

Corn Bread.

One and one-half cups of fresh meal, one and one-half cups of flour, one teaspoonful salt, one even teaspoonful soda, one-third cup of sugar. Mix well while dry, to which add two well-beaten eggs, two teaspoonfuls of melted butter, and mix with enough sour milk for a thick batter. Pour it into a well-greased bread-pan and bake for twenty minutes in a well-heated oven.

MARY E. WORK, Hillsboro, Ohio.

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Graham Bread.

Three and one-half pounds flour, one yeast cake, one ounce sugar, one ounce butter, one ounce salt, one cup molasses. Mix sponge same as for white bread. When light, knead, taking care not to get too much flour in. When kneading use one-half cup butter for shortening. This quantity makes four and a half loaves.

MRS. C. A. WILSON.

Graham Bread.

Beat three eggs real light, add one cup of sugar, one pint of water, three and one-half cups of graham flour, one-half teaspoonful of salt. Mix well and bake one hour.

MRS. I. N. DANFORTH.

Graham Bread.

One quart water, two cups brown sugar, one and one-half tablespoons salt, one cup lard, one cake yeast, equal parts graham and white flour. Make sponge at six o'clock in the evening; knead before going to bed. Put in a warm place to rise. In the morning knead just enough to put into loaves for baking. Make loaves two inches thick. Let it rise in pans. Bake in a slow oven forty-five minutes.

MRS. A. A. KING.

Currant Bread.

Bread dough equal to one loaf, add two teacups dried currants, one teacup raisins, two tablespoons butter, two teaspoons cinnamon, one teaspoon nutmeg, one cup sugar. Work well into dough. Let raise and bake.

MRS. A. W. HARLAN.

Currant Bread.

Take enough dough for one loaf from the white bread. Add one-half cup of shortening (lard and butter), two-thirds cup of currants, one-half cup of sugar. The secret of *good* bread is to mix the shortening and the sugar thoroughly into the dough and add the currants last, then let it rise again and bake in a moderate oven.

MRS. JOHN WORTHY.

Graham Gems.

One cup sour milk, one-quarter cup molasses, one-half teaspoon soda. Mix with graham flour.

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Graham Gems.

One pint of sweet milk, two teaspoons of baking powder, one teaspoon salt, one tablespoon sugar, piece of butter size of a walnut melted, graham flour enough to make a thick batter. one egg. Bake in hot oven for thirty minutes.

Graham Gems.

One cup milk, one-third cup sugar, one egg, one tablespoon butter, one-half cup flour, one cup graham flour, one-quarter spoon salt, two teaspoons baking powder. MRS. REEVES.

Graham Gems.

One pint sour milk, one egg, one tablespoon sugar, one teaspoon soda, good fresh graham flour enough to make a stiff batter. To be baked in a quick oven. MRS. STEVENSON.

Graham Gems.

Two cups of graham flour, one cup of wheat flour, one tablespoon sugar, one egg, well beaten, two teaspoons baking powder, a little salt, and enough sweet milk to make batter same as for cake. MRS. B. E. ARNTZEN.

Graham Gems.

One egg, one half cup sugar beaten together, add one cup sour milk, one teaspoon soda, one heaping cup graham flour, one tablespoon melted butter, and a little salt; bake in gem pans. MRS. MATT W. PINKERTON.

Graham Gems.

One pint sour milk, one teaspoqnful soda, one of sugar, a little salt, one teaspoonful butter and sufficient graham flour to make a stiff batter; bake in gem pans, in a quick oven.

Flour or Graham Gems.

One and one-half pint flour (or graham flour), three teaspoonfuls baking powder, one egg, lard the size of an egg, one-half cup of sugar, stir well, add one pint cold water; bake in gem pans in very hot oven. MRS. HARDY.

Corn Gems.

One-half cup of sugar, one tablespoon of butter, rub together; one-half teaspoon of salt, one egg, one and one-half

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cups milk, two-thirds cup of yellow corn meal. Sift one and one-half teaspoons Dr. Price's baking powder in flour enough to have batter drop from spoon. Twenty minutes in a hot oven.

MRS. W. H. HAMMOND.

Rice Gems.

One cup of warm boiled rice, one-half teaspoonful of salt, yolks of two eggs well beaten, one tablespoonful of melted butter, add alternately one cup of sweet milk with one and one-half cups of flour. Then cut and fold in the whites of two eggs well beaten and dry. Bake in hot, well greased gem pans from twenty to thirty minutes. MRS. D. D. THOMPSON.

Oatmeal Gems.

Two cups of Quaker oats, one cup graham flour, one-half teaspoon salt, one-half teaspoon soda, two tablespoons sugar, two cups sour milk. Bake half hour in hot gem pans.

MRS. THOMAS G. ROBERTS.

Gems.

Half cup of milk, half cup water, one egg, two tablespoons butter, one tablespoon sugar, one teaspoonful Dr. Price's baking powder; add flour enough to make a batter.

MRS. DR. PAUL.

Corn Gems.

One and one-half cups of sour milk, one-half cup of molasses, one cup flour, one and two-thirds cups of meal, one teaspoon soda, two teaspoons butter, salt.

Graham Breakfast Cakes.

One and one-half cups of sour milk, one teaspoon salt, one teaspoon soda, shortening size of an egg, one-half cup sugar, two cups graham flour, one cup white flour, one egg.

MRS. TREGAY.

Pop-overs.

Two eggs beaten about six strokes, add two cups of milk or one of milk and one of water. Then two cups of flour, a little salt. Bake in well buttered gem pans in a quick oven. No baking powder. MRS. W. A. LOWELL.

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Pop-Overs.

One cup milk, two eggs, one cup flour—scant. Beat eggs very light, add the milk and flour, whipping all the time. Bake for about half hour in hot oven. MRS. ALLEN.

Egg Muffins.

One quart of flour, three eggs beaten separately, three cups sweet milk, one teaspoon salt, one tablespoon sugar, one large tablespoon lard or butter, two heaping teaspoons of baking powder. Sift together flour, sugar, salt and baking powder, rub in lard or butter cold, then add beaten eggs and milk, mix quickly stiffer than for griddle cakes. Bake fifteen or twenty minutes. MRS. A. P. CAMP.

Muffins.

One-half cup sugar, butter one-half size of egg, cream together. One egg, six tablespoons of milk, one teaspoon (heaping) baking powder. Flour for soft batter, from a cup to cup and one-half. MRS. A. E. HULL.

Breakfast Muffins.

Two eggs, three tablespoons sugar, two of butter, one-half cup milk, two cups flour, two teaspoons baking powder, heat the muffin pan to a sissing heat before putting the batter in, bake quickly. Mrs. N. C. F.

Muffins.

One egg, one cup milk, two cups flour (graham or corn), two teaspoons baking powder, two greatspoons melted butter, salt to taste. Bake in hot oven in gem pans.

MRS. M. E. CADY.

Muffins.

One-half cup sugar, one cup milk, two eggs, two tablespoons butter, two teaspoons baking powder, flour enough to make a stiff batter. MRS. J. M. LATIMER.

Muffins.

Three cups of flour, three teaspoonfuls baking powder, one eeg, three tablespoonfuls melted butter, salt to taste. Mix with milk, beat well and bake quickly.

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Muffins.

One cup sweet milk, one teaspoonful sugar, one of butter, one of baking powder, one egg, flour to make it about as thick as cake.

OAKLAND CHURCH.

Aunt Chloe's Muffins.

One even quart of sifted flour, one quart of buttermilk, two tablespoonfuls of Indian meal, one teaspoonful of soda and one of salt sifted three times with the meal and flour, two well-beaten eggs, one even tablespoonful of sugar. Beat the eggs, mix with the sugar, then with the milk; add the flour sifted with soda and salt, beat hard one minute and bake at once in muffin rings or on a hot griddle.

Muffins.

One cup flour, one teaspoonful baking powder, two tablespoonfuls sugar, pinch salt, three-fourths cup milk, two eggs.

MRS. J. H. JOHNSON.

Waffles.

One pint sour milk, one tablespoon melted butter, two eggs, one pint flour, one teaspoon soda. Beat very light.

MRS. B. E. ARNTZEN.

Waffles.

Three eggs, one quart sweet milk, one-half cup melted butter, two teaspoonfuls baking powder, flour to make batter that will pour. Separate the eggs and add the beaten whites the last thing.

MRS. B. F. SHEETS, Oregon, Ill.

Waffles.

To one pint of sweet milk add two teaspoons of baking powder, the yolks of two eggs, thoroughly beaten, a little salt, one teaspoonful of melted butter, enough sifted flour to make batter of ordinary thickness, and last the whites of the eggs, whipped very light. Fill buttered waffle irons and bake quickly.

ALICE DYSON.

Rice Waffles.

Two cups of milk, one cup of cold boiled rice, three eggs, one scant tablespoonful of lard, one of sugar, one even teaspoonful of salt, one cup of prepared flour—a scant one. Melt the lard and beat into the rice, adding the whipped eggs when you have a smooth

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paste; next the sugar, the salt, the milk; lastly the sifted flour. See that the waffle irons are perfectly clean and dry, then grease well with fat salt pork before baking.

French Rolls.

One pint of milk, scalded; put into it, while hot, one-half cup of sugar and one tablespoonful of butter; when the milk is cool, add a little salt and half a cup of yeast or one cake of compressed yeast; stir in flour enough to make a stiff sponge, and when light mix as for bread. Let it rise until light; punch it down with the hand and let it rise again, and repeat this process two or three times. Cut out with a tumbler; brush the surface of each one with melted butter, and fold over. Let the rolls rise in the tins, bake, and while warm brush the surface with melted butter to make the crust tender. Very fine.

MRS. G. H. HAGANS.

Spirit Rolls.

Four large potatoes, boiled and mashed through a colander; one quart of flour and three ounces of butter, three eggs beaten light, one cup of yeast, one teaspoon of salt, one teaspoon of white sugar. Sift flour into bowl; mash potatoes while hot into it. Work them in with the butter until quite smooth; add eggs, salt, sugar and yeast. Knead well, and set to rise at twelve o'clock in summer and eleven o'clock in winter. An hour before tea, turn it out on the board; do not knead, but roll lightly an inch thick; cut in round cakes, let it stand awhile, and bake until brown. MRS. COCHRAN.

Potato Rolls.

A quart of flour, four eggs, a tablespoonful of lard, half a yeast cake dissolved in warm water, a heaping cupful of potatoes mashed soft and beaten light with half a cupful of warm milk, a cupful of lukewarm milk, a teaspoonful of salt, a teaspoonful of sugar. Beat the eggs light, sift the salt with the flour, melt the lard, and mix with the sugar in the potato. Make a hole in the middle of the flour, pour in the milk, the mashed potato, the yeast, the eggs; knead well, and set to rise over night. Early in the morning knead again, make into rolls, and set close together in a pan for an hour's rising. Bake in a steady oven. Send to table hot, and break, not cut, apart.

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Milk Rolls.

Use two cupfuls of scalded milk, three tablespoonfuls butter, two tablespoonfuls sugar, one and one-half teaspoonfuls salt, one cake yeast dissolved in luke warm water. Add the butter, sugar and salt to the milk, then add yeast and three cupfuls of flour. Beat thoroughly and let rise until light, then add enough flour to knead, let it rise again, then roll out a third of an inch in thickness, shape with biscuit cutter, place one inch apart in buttered pan, cover and let rise. Bake in hot oven twelve to fifteen minutes. MRS. CHETISTER.

Egg Rolls.

Two teacups of sweet milk, two eggs, a little salt, three and one-half scant cups flour sifted. Bake in hot gem pans.

Rolls.

Half cup each of butter and lard, three cups sweet milk, scalded, one-half cup sugar, one-half teaspoon salt, one yeast cake, enough flour to make a good batter; beat well; set to raise; when light stir in flour and knead well; set again to raise, then make into small biscuits and let spread out; bake in quick oven. MRS. E. T. MELLIN.

French Rolls.

Two teaspoonfuls sugar, butter size of egg, one egg, one cup warm milk, one-half yeast cake, flour enough to make stiff, like bread-dough; after kneading let rise over night; in morning make into rolls. MRS. E. BURLING.

Spanish Buns.

One pint flour, one pint sugar, one cup butter, one cup sweet milk, four eggs, one tablespoonful cream tartar, one-half tablespoonful soda, cloves and cinnamon to suit taste. Bake in flat pan. Frost on top and cut in squares.

OAKLAND CHURCH.

Buns.

One quart flour, set same as for bread; next morning add three eggs, one cup sugar, one-half cup butter and lard. Bake in moderate oven. MRS. VAN STONE.

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Bun Loaf.

One quart of sifted flour, three eggs, one tablespoonful of butter, rubbed light with two of powdered sugar, half a yeast cake dissolved in a large cupful of lukewarm water, a cupful of currants, washed, dried and picked over, half teaspoonful of salt, quarter teaspoonful of soda; mix all the ingredients together in a soft dough, except the currants; if stiff, add a little warm water; when you have an elastic mass on the board, set to rise until very light; knead again; mold into a loaf when you have worked in the currants dredged with dry flour, and leave to rise for an hour; bake in a steady oven, covering with paper as it rises. Eat fresh, but not warm.

Rusk.

One pint of sweet milk, hot, one-half cup of butter, two-thirds cup of granulated sugar. Pour the milk on the sugar and butter and stir until dissolved; one yeast cake; add sifted flour enough to make a stiff dough; let it rise until light, then add one well-beaten egg. Make up into biscuit; let them rise and bake.

Potato Biscuit.

Two cups of mashed potatoes, one-half cup of yeast, let raise, then add one cup of lard, one-half cup of sugar, four eggs, mix and raise. Make into biscuits, raise and bake.

MRS. I. J. HANMER.

Mashed Potato Biscuits.

Three potatoes mashed, one cup warm milk, two eggs beaten separately, one large tablespoonful lard, one tablespoon sugar, one teaspoon butter, one teaspoon salt, one small cake yeast, flour enough to knead soft. Set at eleven o'clock, roll out at four o'clock and cut with biscuit cutter. Let stand until light and bake. (Warm for dinner.)

MARY E. LLEWELLYN.

Maryland Biscuit.

One quart of sifted flour, one teacup of lard, one teaspoonful of salt, mix with water enough to make a soft dough; pick the dough until it snaps, when it will be light; pinch off pieces the size of a large walnut, mould with your hands into round biscuits, stick with a fork and bake. MRS. I. N. DANFORTH.

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Egg Biscuit.

One pint milk and one-half cup sugar, three-fourths cup of butter, a pinch of soda, scalded together, add one teaspoonful of salt, two-cent cake of yeast, three eggs, set over night for noon, or morning for night dinner. MRS. NICHOLSON.

Cream Biscuit.

To one quart of flour take two teaspoonfuls of baking powder, a little salt, and one pint of sweet cream.

Buttermilk Biscuit.

One quart of flour, one teaspoonful of soda sifted three times with the flour and a teaspoonful of salt, one pint of really sour buttermilk, one tablespoonful of melted butter. Sift flour, soda and salt into a bowl, stir buttermilk, and butter together, and pour into a hole in the flour. Mix quickly and with as little handling as possible. Be careful on this point, also, not to get the dough too stiff. Have your oven ready and hot. As soon as the biscuits are cut out put them in and bake. They are excellent if mixed—as the successful painter did his colors —" with brains." A heavy hand and heavy wits can result in nothing but sodden solidity.

Graham Biscuits.

Two cups sifted graham flour, one cup white flour, one cup sugar, two teaspoons baking powder, sifted in white flour, two tablespoons lard; mix with milk or water soft.

MRS. WATSON.

Graham Wafers.

Two cups sugar, scant cup butter, place in oven to crispen, one teaspoon soda, two cups sweet milk; add graham flour to stiffen; roll thin. MRS. A. O. MCLAIN.

Jumbled Biscuits.

Two and one-half cups flour, two teaspoons baking powder, one tablespoon butter, a little salt. Mix well, then add milk enough to make a thin batter; bake in tins.

LIZZIE C. JOHNSON.

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Corn Fritters.

One dozen ears of corn grated, one cup of sweet milk, two eggs, four tablespoons of butter, a little salt, two teaspoons of baking powder, add flour enough to make a batter stiff as griddle cakes.

MRS. C. H. THAYER.

Veal Croquettes.

One half cup of milk, one egg, one tablespoon of flour, boil until thickened and season with salt and pepper, chop one small onion, add one tablespoon of chopped parsley, mix all with one cup of chopped veal or other cold meat, set away until cool, then mold into form, roll first into cracker crumbs, then roll in beaten egg and then in cracker crumbs again and fry a nice brown.

MRS. C. H. THAYER.

Corn Fritters.

One-half dozen ears of corn, one egg, one tablespoon cream, a little flour and salt; beat very light and fry.

MRS. B. E. ARNTZEN.

Fritters.

One egg, one cup milk, two cups flour, two teaspoons baking powder, a pinch of salt.

MRS. J. M. LATIMER.

Cone Cake.

One quart corn meal, one pint wheat flour, one cup of sugar, half cup of butter, three eggs and a little salt, one tablespoonful baking powder. Sift flour, meal and baking powder together thoroughly and add milk to make a rather thin batter.

Corn Cakes.

Three even cuptuls of white Indian meal, two cups of sour or buttermilk, one heaping teaspoonful of lard, one tablespoonful of sugar, two tablespoonfuls of flour, one teaspoonful of soda, three eggs well beaten, cup of boiling water. Sift meal, flour, salt, and soda together three times into a bowl; mix sugar and lard in the boiling water, add the milk; make a hole in the meal and flour and pour this in, stirring down quickly. Now add the beaten eggs and whip upward—hard—until you have a smooth, light batter. Bake in greased patepans at once. Eat hot.

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Johnny Cake.

One egg, half cup sugar, one cup sweet milk, one cup corn meal, one cup flour, two tablespoons melted butter, one heaping teaspoon baking powder. Hot oven; bake twenty minutes.

Johnny Cake.

One quart meal, one teacup flour, one tablespoon lard, three eggs, three tablespoons baking powder, a little salt and sugar. Make batter with milk. MRS. STEVENSON.

Cracker Griddle Cakes.

One tablespoon melted butter, one quart milk, one or two eggs, one teaspoonful baking powder, one teaspoonful salt, two cups cracker crumbs, good handful of flour. Work cracker and milk smooth, stir in butter, eggs, salt, lastly enough flour to bind mixture. MRS. ISAAC G. LOMBARD.

Batter Cakes.

Beat three eggs separately, to the yolks add one teaspoonful salt, and one tablespoonful sugar, three cups of milk. Sift flour sufficient for a thin batter with two heaping teaspoonfuls baking powder. Add flour. Lastly add whites of eggs beaten to a stiff froth. Bake on hot griddle and serve immediately.

Batter Cakes.

One quart of flour, one egg, one teaspoon of salt, three teaspoons of baking powder, mix with cold water into a batter, and just before baking add two large tablespoons of melted butter. Excellent.

New Jersey Buckwheat Cakes.

One quart buttermilk, one quart buckwheat flour (unprepared New York buckwheat flour), large pinch salt, one yeast cake. Beat all together very thoroughly for several minutes and let rise over night in a warm place. When ready to bake add one small teaspoonful of baking soda in enough boiling water to thin batter for baking. Plan to leave at least a cup of batter for a starter the next night, and do so for a week, without using another yeast cake. Use an old-fashioned griddle and a piece of salt pork for a greaser, and they will not fail. Be careful about keeping batter jar clean and sweet. Let them freeze during the day. It makes them more tender.

MRS. U. H. STRUBLE.

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MEMORANDA

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FIRST ON THE BILL

"Feed on that first; there may be grief in surfeit."—*Milton.*

"Master, I marvel how the fishes live in the sea." "Why, as men do on land, the great ones eat up the little ones."

SOUPS AND FISH

SOUPS

Tomato Soup.

One can of tomatoes, one pint of water, two peppercorns, one-half bay leaf, four cloves and bit of mace, one tablespoon chopped onion, one-half teaspoon celery salt or teaspoon of seed. Cook until soft enough to strain. Add two teaspoons sugar, one teaspoon salt, one-quarter teaspoon soda, two tablespoons butter. Thicken with three tablespoons of flour.

MRS. J. A. SANFORD.

Tomato Soup.

One quart can of tomatoes, two heaping tablespoonfuls of flour, one of butter, one teaspoonful of salt, one teaspoonful of sugar and one pint of hot water. Let tomatoes and water come to a boil. Rub flour, butter and a tablespoonful of tomato together, stir into boiling mixture, add seasoning, and boil all together fifteen minutes. Rub through a sieve and serve with toasted bread. This bread should first be cut into thin slices, should be buttered, cut into little squares, place in a pan, butter side up, and brown in a quick oven.

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Tomato Soup.

One quart cooked tomatoes, strain through sieve, boil and add one tablespoonful flour, one half teaspoonful pepper, one teaspoonful salt, one tablespoonful butter, one half teaspoonful soda. When ready to serve add two rolled crackers and one quart hot milk.

Tomato Soup, No. 2.

To one quart cooked tomatoes, strained, add one and one-half quarts beef stock, one teaspoonful salt, one-third teaspoonful ground cloves, one-half teaspoonful mace, one tablespoonful flour, two rolled Uneeda crackers.

Cream Tomato Soup.

To one can of tomatoes add one-half pint water, strain through wire sieve; after boiling ten minutes add teaspoonful soda, salt to taste and butter size of walnut, one pint milk. Boil ten minutes longer and serve. MRS. W. H. BUSH.

Tomato Soup.

Two quarts of tomatoes, peeled and sliced, three pints of broth—veal or chicken is best—one tablespoonful minced parsley and the same quantity of minced onion, one tablespoonful of sugar, pepper and salt to taste, browned flour for thickening, tablespoonful of butter, fried bread dice. Stew the tomatoes in the broth until they are broken all to pieces, add herbs and onion, stew twenty minutes, rub through a collander, season, thicken with a tablespoonful of browned flour rubbed in one of butter, boil two minutes and pour upon the fried bread in the tureen.

Tomato Cream Soup.

Strain one can of tomatoes through a cheese cloth, place on fire, and when hot add one teaspoonful soda. When it ceases to ferment add one quart milk, butter, salt and pepper to taste.

Tomato Soup.

One quart can tomatoes, one pint hot water, one tablespoonful sugar, one teaspoonful salt, four cloves, four peppercorns or one saltspoonful white pepper, one tablespoonful butter, one tablespoonful chopped onion, one tablespoonful chopped parsley,

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one tablespoonful cornstarch. Put the tomatoes, water, sugar, salt, cloves and peppercorns on to boil in a porcelain stewpan. Put the butter in a small saucepan and when it bubbles put in the onion and parsley. Fry five minutes, being careful not to burn it. Add the cornstarch and when well mixed stir it into the tomato. Let it simmer ten minutes; add more salt and pepper, if needed. Strain and serve with plain boiled rice or toasted crackers.

MRS. N. J. LUDINGTON.

Cream Tomato Soup.

Slowly cook two-thirds can of tomatoes. Strain and then heat over, letting it come to boiling point. Add one-half teaspoonful soda. Heat one quart milk, pour into the tomatoes. Add two tablespoonfuls flour. Season to taste.

MRS. GEO. H. SIDWELL.

Cream Celery Soup.

Clean and cut four heads celery, one small onion. Boil in quart of water, strain and squeeze liquor off. One quart milk heated, melt two tablespoonfuls butter, and blend two small tablespoonfuls flour with it, and cook together, stirring about five minutes. Add milk and butter and strain into celery. Season, let all boil up once.

MRS. A. W. HARLAN.

Celery Cream Soup.

Boil a cupful of rice in three pints of milk until it will pass through a sieve. Grate the white part of two heads of celery (three if small) on a bread grater, add this to the rice milk after straining, put to it a pint of strong white stock. Allow to boil until celery is tender. Season with salt and cayenne pepper and serve.

If cream is obtainable substitute one pint for same quantity of milk.

MRS. D. SAUER.

Beef Soup With Vegetables.

Take beef or veal bone, put in one gallon cold water, boil five hours; add salt and pepper; skim as is necessary, strain, set in a cool place over night. Skim next day. Chop piece of cabbage, two medium sized potatoes, one small carrot, one turnip and one onion all together, add one tablespoonful rice, one can tomatoes strained. Put all in a vessel, boil till soft, serve hot.

MRS. W. H. BUSH.

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Vegetable Soup.

Three pounds of coarse beef minced, three quarts of cold water, two carrots, two turnips, one onion, mixed, three stalks of celery, can of tomatoes, quarter of a cabbage, one root salsify, two tablespoonfuls of chopped parsley, pepper and salt, a teaspoonful of sugar. Put beef and water together and bring slowly to a boil. Simmer gently for four hours. Pepper and salt and set away, meat and liquid together, until next day. Take off the fat and strain out the meat. Pare and cut turnips, carrots, celery and salsify into dice of uniform size. Shred the cabbage, mince the onion. Put all into a pot, cover with boiling salted water, drop in a bit of soda no larger than a lima bean, and cook gently twenty minutes. Drain well and turn the vegetables into the soup stock. Rub the tomatoes through a colander and add them with the parsley. Cook half an hour, keeping the contents of the pot at a slow, steady boil all the time; put in the sugar and pour into the tureen.

Green Pea Soup.

Two quarts of liquor, in which corned beef or mutton has been boiled; two quarts of green peas, bunch of sweet herbs, including a shallot, or young onion; one even tablespoonful of prepared flour rubbed with one of butter; pepper to taste; dice of fried bread; boil, skim and strain the liquor, and return to the fire with the pea-pods. Cook them twenty minutes, strain them out, and put in peas and onion. Cook until the peas are soft and broken; rub all through a colander back into the pot; stir in the floured butter, season, boil two minutes and pour upon the fried bread in the tureen. The advantage of using flour in this recipe is to prevent the separation of the pea pulp and the liquor.

Dried Split Pea Soup.

One gallon of water, one quart of soaked split peas, half a pound of salt pork, one pound of beef. Put over the fire, seasoning with salt and pepper, celery salt, salpicant, curry powder, marjoram, or savory; let it boil slowly for two hours, or until the quantity of liquor does not exceed two quarts. Pour into a colander and press the peas through with a spoon. Fry two or three slices of stale bread in butter till brown, scatter in the soup in the tureen.

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Potato Soup.

Slice three or four good-sized potatoes, and put on in at least a quart of boiling water, with little salt, and cook about half an hour; mash well, add as much milk and a good tablespoonful of butter and sprinkle of pepper. Beat one or two eggs well, and put in the tureen with a tablespoonful of chopped parsley. Pour in the soup, stirring so that the eggs will not curdle, and serve. This is a very delicate soup, well suited for an invalid or a convalescent.

MRS. G. M. DUGAN.

Potato Soup.

For six persons, take three large potatoes, pare and cut into dice; boil until thoroughly done in just enough water to cover, salt to taste, add three cups of milk or cream, one tablespoon of butter, one-fourth teaspoon white pepper, brown, two tablespoons of flour; mix with enough cold milk to make a paste, and then stir into the soup just as it reaches the boiling point.

Potato Soup.

Eight potatoes, one quart water, one quart milk, two small onions, boil with potatoes, salt and pepper to taste, one egg, one-half tablespoonful butter; mash potatoes when hot and pour on them boiling milk and water in which potatoes have been boiled; put on fire till boiling; beat the egg in the tureen, strain the boiling mixture and pour over egg, stirring constantly.

MRS. R. M. HITCHCOCK.

Chicken Broth.

The water chicken was boiled in, set away in a cool place, makes a good broth. The next day skim off all the fat; take the bones of the chicken, put into the soup pot with the broth, one onion cut very fine, one carrot, one turnip, a small bunch of parsley, a little salt and pepper; let it boil two hours, take out bones and add one-half cup of rice or vermicelli, let it boil one hour.

Corncob Soup.—(Fine.)

Cut the corn off ten or twelve good sized ears nice sugar corn; do not cut too close. Put the cobs on to boil with enough water to cover well, put on lid and boil an hour; set pot back on stove and lift out the cobs in a flat pan to cool a little, then scrape them well, returning the scrapings to the water in which

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cobs were boiled—of which there should be almost, if not quite, a quart; add as much sweet milk, one-half cup butter, pepper and salt, and let come to a boil; add a pint of broken crackers; set back on stove again to steep two or three minutes, well covered, then pour out and serve. If made carefully will be as good as oyster soup, and tastes very much like it.

MRS. GEO. M. DUGAN.

Cream of Corn Soup.

Have one quart of veal or beef stock. Add to this one can of corn, strain and press the corn through a sieve and add it to the stock. Season well with salt and pepper, and replace on the fire. Add one cup of rich cream. Beat all with a beater and make it light, if not thick enough thicken with a spoonful of flour.

MRS. HIGHLEY.

Corn Soup.

One can corn, one quart boiling water, one quart milk, three tablespoons butter rolled in one tablespoon of flour, two eggs, pepper and salt. Drain the corn and chop fine, put in double boiler, pour on it the boiling water and cook steadily one hour. Rub through a colander, to remove husks, return to the fire and season, boil gently three minutes then stir in the butter and flour mixed. Have ready the boiling milk, mix with the beaten egg and pour into soup. Simmer one minute, stirring all the time, take off the fire and add one tablespoon of tomato catsup, serve immediately.

MRS. R. M. HITCHCOCK.

Mock Bisque Soup.

A quart can of tomatoes, three pints milk; a large tablespoon flour, butter the size of an egg, pepper and salt to taste, small teaspoon soda. Put the tomato over to stew and the milk in double boiler to boil, reserving half a cupful to mix with the flour. Stir the milk and flour into the boiling milk and cook ten minutes. To the tomato add the soda, stir well and rub through a strainer, add the butter, salt and pepper to the milk, then add the strained tomato.

Mock Bisque Soup.

Stew one-half can of tomatoes until soft enough to strain. Put two quarts of milk in double boiler. Measure one-third cup of butter and rub it together with one third cup of flour and add

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to boiling milk. Let it cook ten minutes in double boiler, then add one teaspoonful of salt, one-half saltspoonful of pepper and put in the tomato juice just before serving.

MRS. D. D. THOMPSON.

Salmon Soup.

One-half can salmon, one quart milk, one tablespoon flour, salt and pepper to taste. Melt butter, add salt, pepper, flour and salmon chopped very fine; then add milk. Let all come to a boil. Serve hot with toasted soda crackers. This will make soup for six people. MRS. N. H. TOWNE.

Lobster Chowder.

Meat of one fine lobster, picked out from shell and cut into bits, one quart of milk, six Boston crackers, split and buttered, one even teaspoonful of salt, one scant quarter teaspoonful of cayenne pepper, two teaspoonfuls of butter rolled in one of prepared flour; a pinch of soda in the milk. Scald the milk and stir in seasoning, butter and flour; cook one minute; add the lobster and simmer five minutes. Line a tureen with the toasted and buttered crackers, dipping each quickly in boiling water before putting it in place, and pour in the chowder. Send around sliced lemon with it.

Stock for Soup.

Five pounds of beef and bones, two pounds of veal (shin bone), one chicken (take an old fowl rather than a young one, as it gives more taste), two carrots, one-half turnip, one onion, some celery, from three to four quarts of water, salt to taste, but be careful not to use too much. Boil about five hours.

Julienne.

Two to three quarts of stock, one carrot, half a turnip, one-tenth of a cabbage, half a leek. Slice your vegetables into julienne, that is to say, into fine strips about one and a half inches long; put them in a saucepan with some butter and a teaspoonful of sugar; let cook awhile. Pour your stock over and allow to cook for one and one-half hours.

Consomme.

One chicken, two pounds veal (shin bone or hock), one carrot, one onion, some celery, from three to four quarts of stock.

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Cut to pieces the chicken and the veal, let them cook in some butter until a light brown, then put in a kettle with the necessary amount of stock. Allow to cook slowly for two hours, skimming from time to time. Take the floating grease off and pass through a napkin.

Bouillon.

Six pounds of beef and bone. Cut up the meat and break the bones; add two quarts of cold water and simmer slowly five hours. Strain through a fine sieve, removing every particle of fat. Season only with pepper and salt.

Almond Bouillon.

One-quarter pound almonds, blanched and chopped fine. One hard boiled egg chopped. One grated nutmeg. Place milk on stove, add almonds, when seasoned add egg, salt, pepper and flour enough to thicken like cream. A little whipped cream added just before serving is excellent in any cream soup.

MRS. C. H. BRAND.

Cream of Oyster.

Put a piece of butter size of an egg, on the fire to melt, add about one-half a cup of flour, stirring in smoothly, then a quart of milk; put in one-half pint of oysters and a few sticks of celery. After seasoned well, strain; add salt and pepper. A little chopped parsley is also very nice. MRS. C. H. BRAND.

Cheese Soup.

Two tablespoons butter, one tablespoon flour, rub together. One quart water, six medium onions, Boil slowly. Two tablespoons extract of beef. Strain and pour over a small tablespoon of grated cheese. MRS. E. C. SPINNEY.

Mutton Broth.

One pound neck mutton, one-half pound barley, one large carrot, one small turnip, one small cabbage, two large onions, a little parsley, three and one half quarts water, salt and pepper.

MRS. SHIRRAN.

Brown Soup.

After boiling soup bone, strain and add a can of tomatoes, then strain and put on stove again, brown flour enough to thicken like cream, then add lemon cut in thin slices, add one

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teaspoon each of cloves, cinnamon and allspice. Just before taking up soup add hard yolk of egg, for each person, chop whites fine and put in tureen. MRS. A. BONNELL.

Corn Chowder.

One-half pound breakfast bacon sliced, one can corn, six medium sized potatoes sliced thin, one dozen oyster crackers. Put bacon in kettle and try it out; remove the meat and add alternate layers of corn and potatoes, dredging each layer with flour and seasoning with salt and pepper; cover well with water, and boil three-quarters of an hour, when near done add one pint of milk; add crackers when ready to serve.

MRS. MATT W. PINKERTON.

Chicken Gumbo (a New Orleans recipe.)

Put one-half cup butter in soup kettle with small tablespoonful of flour and a good sized onion—or two small ones sliced—stir until the butter browns, being careful not to scorch, add one-half gallon water and two medium sized potatoes cut thin, a slice of lean ham about four inches square chopped fine, two-thirds cupful beef chopped, a frying sized chicken cut up, a pint or pint and a half of okra sliced, about a pint of tomatoes skinned and sliced and a good sized ear of corn cut from cob (but drop the cob in for awhile), put salt, pepper—both black and cayenne. Let boil briskly for awhile, then cook slowly for two or three hours, stirring often. It will be somewhat thick and possibly very dark, depends upon the variety of okra used. Pour into tureen and send to table with a dish of plain boiled rice. Put a spoonful on each soup plate when serving. Some like a cupful of crab meat or a few oysters added, or crawfish. Instead of the young chicken the remains of a cold fowl may be be used, or a half pound of lean veal; cooked beef may be used instead of the raw; if stock is used instead of water, the corn may be left out. Be sure to stir often. MRS. G. M. DUGAN.

Chicken Cream Soup.

Two quarts broth, one pint sweet cream, two tablespoons butter, two tablespoons cornstarch, one small onion, two eggs beaten light. Cut and mix together the onion, butter and cornstarch. Cook a few minutes and then put it in the soup. Afterwards pour soup over the beaten egg.

MRS. N. J. LUDINGTON.

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Ox Tail Soup.

Two ox-tails, two slices ham, one ounce butter, two carrots, two turnips, three onions, one leek, one head of celery, one bunch savory herbs, pepper, tablespoonful salt, two tablespoonfuls of tomato catsup, three quarts of water. Cut up the tails, separating them at the joints; wash them and put in stew pan with the butter and cook. Cut the vegetables in slices and add with the herbs. Put in one-half pint of water and stir over fire until juices are drawn. Fill up stew pan with the water and when boiling add salt. Skim well and simmer gently for four hours or until tails are tender. Take them out, skim and strain the soup, thicken with flour and flavor with catsup. Put back the tails, simmer for five minutes and serve. M. W.

Fish Chowder.

Potatoes cut in squares and boiled. Onions fried in bacon grease or bacon cut with them and browned, also add tomatoes with onions. Sliced lemon, spices, salt, pepper and sage. Put sliced fish in with potatoes. Let boil and add onions, etc.

MISS LORA EIDSON.

Chicken Soup.

Take the bones of a roast chicken, the neck, giblets, etc.; cover with a quart or more of cold water and place on the stove where it will simmer until the meat falls from the bones. An hour before dinner peel and slice a small onion, a couple of sticks of celery, wash a tablespoonful of rice, strain the chicken broth over them, season and stir occasionally to prevent rice from sticking. Let it cook slowly and skim off all the fat, if any.

MRS. N. DECKER.

Pea Soup.

Drain the water from a can of peas, or take a small cup of dried peas. Dried peas should be soaked over night. Cook peas rapidly until very tender. While cooking mash with a fork or potato-masher. When soft press through a vegetable-masher or sieve, heat again, season with one tablespoon of butter, dash of pepper and salt. Add two cups of rich milk or cream to a quart of the peas. Break in a few crackers. Beef stock may be used in place of milk.

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Variety Soup.

Stock: Take bones of cold meat or fresh soup bones, cover with cold water and boil four hours, or until water is about half boiled away; strain, set away over night to cool (should jelly when cold). Take grease from top. For variety soup take three pints of stock, six potatoes, two onions, one carrot, one stick of celery, one-half pint of milk, one-half teaspoon of mixed mustard, one teaspoon of sugar, salt and pepper. Boil vegetables brown in the frying pan. Put all ingredients but milk in pot and boil one hour; strain, press vegetables through strainer; add milk; boil ten minutes. One-half teaspoon of lemon juice of vinegar just before serving.

Veal or Mutton Broth.

Take a scrag-end of mutton (two pounds), put in a sauce-pan with two quarts of cold water and an ounce of pearl barley or rice. When it comes to a boil, skim it well, then add half a teaspoonful of salt. Let it boil until half reduced, then strain it and take off all the fat and it is ready for use. This is excellent for an invalid. If vegetables are liked in this broth, take one turnip, one carrot and one onion, cut them in shreds and boil them in the broth half an hour. In that case the barley may be served with the vegetables in the broth.

FISH.

Schedule for Baking Fish.

Whitefish, bluefish, bass, haddock, shad, red snapper and mullet, stuffed, require about fifteen minute for each pound, and frequent basting.

A fish of three or four pounds opened flat in the pan, from which the backbone has been removed, requires fifteen or twenty minutes in a very hot oven.

Schedule for Broiling Fish.

For small fish the fire should be hot and clear; for large ones more moderate, as the outside must not be scorched before the inside is cooked.

The fish should be well dried and dredged with flour or brushed over with butter to keep it from sticking, and the broiler

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should be heated and rubbed with suet or salt pork before the fish is placed in it.

The broiler should be turned every ten seconds, and if the fish shows signs of scorching the cooking may be finished in the oven by laying the broiler on a pan as large as itself and placing it in the oven.

Time for Broiling.

Shad, Trout, Cod, Etc.,—Fifteen to twenty-five minutes,
Any small fish—Five to ten minutes, according to size.

Schedule for Boiling Fish.

Allow to every two quarts of water one tablespoonful of vinegar and one teaspoonful of salt, and always have the fish entirely covered with water.

The water must neither be cold nor boiling when the fish is first put in, but very warm. If cold it draws out the flavor; if boiling it gives the fish a ragged appearance.

Fasten the fish, if a whole one, to the strainer in an upright position, never remove the head or tail from any whole fish, lower it gently into the kettle of warm water, bring it quickly to the boiling point and then place it back or on the side of the stove, where it will simmer gently until done.

Count the time for boiling from the moment water begins to bubble.

Time for Boiling, per pound.

Salmon—Ten mimutes.
Halibut—Fifteen minutes.
Bluefish—Ten minutes.
Bass—Ten minutes.
Haddock—Six minutes.
Codfish—Six minutes.
Small Fish—Six minutes.
Lobster—Twenty to thirty minutes.

Salmon in Mould.

One can good salmon, pour oil off top and take out all bones. Rub salmon with spoon until smooth. Add two tablespoons melted butter, half cup bread crumbs, three well beaten eggs, pepper, salt, and a dash of cayenne pepper. Put in buttered dish and steam one hour. Put on platter and pour over

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it a sauce made of one cup milk, one tablespoon corn starch, wet with cold milk and oil from salmon. Boil until thick, add one well beaten egg, and pour over loaf and serve.

MRS. J. R. BRIGHT.

Salmon Loaf.

One can salmon, one cup bread crumbs, one teaspoonful butter, melted; one half cup milk, two eggs, a pinch of salt, pepper and mace. Form into round loaf and steam one hour.

GRAVY FOR SAME.—Liquor from the salmon, one cup milk, one egg, thicken with flour. The gravy may or may not be used.

MRS. RUTH MCELWAIN.

Salmon Balls.

One can salmon, three eggs, four soda crackers. Roll crackers very fine, beat eggs and add to salmon. Thoroughly mix cracker crumbs and salmon. Make into balls and fry in butter.

MRS. J. P. BRADLEY.

Salmon Loaf.

One two-pound can salmon, four eggs, well beaten, four tablespoonfuls melted butter, one-half cup grated bread crumbs; season with salt, cayenne pepper and minced parsley to taste; put in buttered baking dish and steam one hour.

SAUCE FOR SALMON LOAF.—One cup of milk, heated to boiling; stir in one tablespoon cornstarch, dissolved in a little cold milk. Take the liquor from the salmon, add one tablespoonful butter, three teaspoonfuls of tomato catsup, cayenne pepper and salt to taste, one egg; stir the mixture with the milk and cook until it thickens. When the loaf is cold pour the dressing over it and serve.

LILLIAN M. CESSNA.

Salmon Loaf.

Pick carefully the skin and bones from one can of salmon, add four tablespoonfuls soft butter, four eggs, beaten well, one-half cup bread crumbs, pepper, salt and one tablespoonful minced parsley. Pack in buttered mould and steam one hour.

MRS. WALLACE BLAKE.

Salmon Loaf.

One can of salmon, four eggs, beaten light, one tablespoon melted butter, but not hot; one-half cup fine bread crumbs;

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season with pepper, salt and parsley. Chop the fish fine, with the butter in, until smooth; beat the bread crumbs with the eggs and season before working together. Put in a buttered dish and steam one hour.

SAUCE.—One cup hot milk, one tablespoon cornstarch or flour, the liquor from the salmon, one tablespoon of butter, one raw egg, one tablespoon tomato catsup, pinch of red pepper. Put the egg in carefully at last and boil one minute.

MRS. G. H. HAGANS.

Baked Salmon.

One can salmon, well broken up. Put in baking dish with alternate layers of bread crumbs and butter, one and one-half cups of milk poured over all, three eggs thoroughly whipped placed on top. Bake in brisk oven one hour.

MRS. PIERCE.

Salmon Mould.

One cup of salmon rubbed fine, half cup of bread crubms, yelks of four eggs, two tablespoonfuls of butter, melt the butter and mix with the salmon, add the other ingredients, season with pepper and salt. Put in a mould and steam one hour.

SAUCE.—One cup of milk, when hot add one teaspoon of corn starch dissolved in a little cold milk. Boil one minute, add one egg well beaten and the oil from the can of salmon.

ADA B. PORTER.

Salmon Loaf.

One can of salmon, four hard boiled eggs chopped fine, one raw egg, one-half cup of butter, one-half cup milk; salt and pepper to taste; eight soda crackers rolled fine, a little nutmeg or curry powder; mix all together, and form into a loaf; bake a delicate brown. MRS. J. J. WAGONER.

Baked Can Salmon.

One cup milk, one egg, one tablespoon flour; cook until it thickens, then add teaspoonful Worcester sauce. Pour this over one can salmon sprinkled with cracker crumbs and bake half hour. Serve hot. C. W. C.

Flaked Salmon.

Take a can of salmon, drain through a colander, then pick with a fork until well shredded; put on to scald a pint and a half

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of milk, rub a tablespoonful of butter and two of flour together, when the milk comes to a boil add the thickening, some chopped parsley and a very small piece of onion chopped fine; have some stale bread dried in the oven, roll and sift; then put a layer of salmon in baking dish, over that a part of the milk dressing, then bread crumbs until the dish is filled; finish off with bread crumbs, and bake a delicate brown. ELIZABETH B. CLARKE.

Jellied Salmon.

One can of salmon, six lemons, butter the size of an egg, salt and pepper to taste, one-fourth box of gelatine; soak the gelatine. Put butter, salt and pepper and juice of four lemons in saucepan; let it come to a boil; add the salmon, picked into small pieces, and boil again. Line a mold, bottom and sides, with the other two lemons, cut thin. Pour in the mixture and allow to set. When ready to use, turn out and garnish with slices of lemon. MRS. H. B. GOODWIN.

Codfish Balls.

One pint of finely-chopped cooked fish, six potatoes (cooked), one egg, one tablespoonful of butter, two tablespoonfuls of cream or four of milk. Mash the potatoes with the fish, then add butter, milk and egg, and beat light and smooth; make into balls and fry in lard enough to cover them. The lard must be very hot, and the balls will then cook in three minutes.

MRS. W. GEO. PATTISON.

Codfish Balls.

Wash one cup of salt fish, pick into half-inch pieces and free from bones. Pare four or five potatoes; cut them into quarters, and measure one pint; put them with the fish into a stewpan; cover with boiling water and let them cook until the potatoes are soft. Drain off all water and add one teaspoonful of butter, one-fourth saltspoonful of pepper. Mash and beat very light, and while warm add one egg, well beaten, and more salt, if needed; shape, and fry one minute in smoking-hot fat.

MRS. D. D. THOMPSON.

Fish Timbales.

One gill of milk, one cup bread crumbs, one-half pound chopped fresh fish, whites of four eggs, little salt and cayenne pepper.

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SAUCE—One tablespoon butter, one tablespoon of flour; heat; one cup sweet milk.

To eat with boiled potatoes.

Escalloped Codfish, with Cheese.

Soak a pound of salted codfish six hours in tepid water, then boil it; when cold, pick into flakes with a fork and season with pepper. Heat a cup of milk to a boil, stir into it a tablespoonful of butter rolled in two of prepared flour; mix with the picked fish and pour into a bake dish. Strew grated cheese thickly on top and bake in a quick oven to a delicate brown. It is yet nicer if you add a raw egg to the mixture before cooking it.

Codfish Balls.

To three cups of boiled codfish minced fine, add four cups mashed potatoes, two eggs well beaten, and a little melted butter; mix thoroughly; drop from a large spoon into hot fat and fry as you would doughnuts. MRS. P. G. BURNS.

Stewed Codfish.

White sauce should be made first, by mixing a tablespoonful of butter, an equal quantity of flour and a cup of milk. To this compound is added a well beaten egg and two cups of codfish. Cook a few moments only. MRS. P. G. BURNS.

Fish Croquettes.

Take about two pounds of white fish and boil it until done, then pick it in small pieces. Put a large piece of butter in the pan and melt, and stir in some flour, a little grated onion, a little salt, pepper and cayenne, and four tablespoons of cream; then stir in milk until it is the right thickness, and let it cook good, then stir in the fish and set it away to cool; when cool shape and dip in egg and cracker crumbs and fry in hot lard.

MRS. D. NATUSON.

Cream Fish.

For five pounds of fish. Boil fish and pick into small pieces when cold; boil one pint of milk, thicken with one tablespoonful of flour mixed in a little cold milk, one tablespoonful of butter added to the milk; when cold add two eggs beaten light, one pint of fine bread crumbs, one teacup grated cheese; grease a dish, put layer of fish, layer of bread crumbs, moist-

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ened with thickened milk, layer of cheese; continue until you have a nice mound; serve on small dishes with sliced lemon and crackers. Salmon may be used in place of boiled fish also.

MISS LORA EIDSON, Galveston, Texas.

Baked Fish with Dressing and Cream Sauce.

Clean well, sprinkle with salt and pepper, put in a pan, make a dressing same as for chicken, put on top of the fish and bake till tender in a little water, make the sauce and pour over when ready for table, pint of cream, tablespoon of butter, little salt, little flour to thicken it, boil three minutes and pour over fish.

MRS. J. E. BURTON.

Fried Smelts.

Dry the fish by rubbing a little flour over them, dip them in eggs and fine bread crumbs and fry in plenty of very hot fat. Drain on a piece of white paper and serve with thin bread and butter and cut lemon. The smelts should be dry and crisp and a nice golden brown.

MRS. S. F. MORRIS.

Turbot Fish.

Take one pound can of salmon, shred and pick out the bones and skin, spread a layer in a buttered baking dish, then a thin layer of the prepared dressing alternately till all is used. Sprinkle bread crumbs over the top and bake one-half hour.

For the dressing take one pint of milk, thicken with two tablespoons of flour and add two tablespoons of butter. When cool add two well beaten eggs, salt and pepper.

MARY FIELD BOYLE.

Turbot.

Take a white fish, steam until done, take out all bones and sprinkle well with salt and pepper.

SAUCE.—Take a quart of milk, one-quarter pound of flour, one bunch of parsley, one summer savory, one slice of onion. Put all over the fire and stir until it thickens to a cream and then strain through a sieve. Then take two eggs and one-half pound butter and return to the fire until the egg is cooked. Put into a baking dish first a layer of fish and then one of the sauce and so on until the dish is filled. Spread bread crumbs over top and bake half an hour.

MRS. ISAAC G. LOMBARD.

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Shredded Fish.

One large white fish steamed the day before, pick the meat from the bones very carefully. Make a dressing of milk, thickened with flour, a lump of butter, salt and pepper with minced parsley stirred in. Mix this with the fish, until it is nice and creamy. Put this in cups and cover tops of cups with bread crumbs with a little butter on top of each. Set cups in a pan with a little water in the pan and put them in the oven to brown.

MRS. RACHEL DEVORE.

Cold Boiled Fish a La Vinaigrette.

Take the skin and bones out and place in the centre of a dish, have two cold hard boiled eggs cut fine, sprinkle the fish with this and garnish with small lettuce leaves, water cresses or cold boiled potatoes and beets, cut in slices, with here and there a sprig of parsley. Serve the Vinaigrette sauce in a separate dish, garnish and pour a spoonful of the sauce over each dish as you serve it; a nice dish for tea or lunch in summer, and takes the place of a salad.

Turbot a La Creme.

Boil five pounds of whitefish, take out all bones and shred the fish very fine. Have one quart of milk, one onion and a piece of parsley come to a boil, then stir in a cup of flour and milk and the yolks of two eggs, season with half white pepper, a little thyme, salt to taste. Butter a pan, put in a layer of sauce and then a layer of fish and so on, finish with sauce over it. Sprinkle with cracker crumbs and a light grating of cheese. Bake in a moderate oven one hour. MRS. D. WATTERSON.

Fish Turbot.

Use whitefish, about three pounds; steam three-quarters of an hour, then place aside to cool; when cold, pick meat from bones and skin. Make a sauce by boiling one and one-half pints milk, four tablespoonfuls flour and same of butter, rub to a cream, add salt, pepper and yolks of three eggs, well beaten. Stir while cooking. Butter a dish, put a layer of sauce on bottom, then a layer of fish and so on until dish is full, on top put cracker crumbs and butter. Bake for one-half hour in quick oven.

MRS. D. Y. MCMULLEN.

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SHELL FISH

"He that is of a merry heart hath a continual feast."—*Proverbs XV, 15.*

"Now, good digestion, wait on appetite,
And health on both."—*Macbeth.*

.. Oysters, Lobsters, Crabs and Clams ..

Oyster Patties.

Line patty-tins with rich puff paste, dry oysters and season with salt and pepper, place three or four in each tin according to size, and add a little butter, wet the edges of the crust and cover, pinching the edges tightly together. Bake about twenty minutes in a hot oven. MRS. J. E. MILLMAN.

French Scolloped Oysters.

Throw the oysters into boiling water, and let them bubble up, not boil hard; when the edges cool remove from liquor, roll them in butter with chopped parsley, fine crumbs, salt, pepper and lemon juice added. Have some shells handy, arrange the oysters in them, add sufficient of the liquor to nearly cover, place the shells on a gridiron, and the moment the liquor bubbles up at the sides take them up and serve at once. Eat from the shells. MRS. GEO. E. SPENCER.

Fricasseed Oysters.

Take a quart of oysters, drain off the water, put into a frying pan a piece of butter as large as an egg; when hot put in the oysters. As soon as they begin to cook mix a teaspoonful of flour with another piece of butter, let it cook a moment, then add one egg beaten with a teaspoonful of milk, cook a moment more and pour over toasted bread. MRS. FARRAR.

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Steamed Oysters.

Take six or more, as required, oysters in the shell, place them deep, shell down, in a steamer, and steam them five or ten minutes, until shell opens; have ready a hot plate with some fresh butter and seasoning; drop oysters in plate, and serve hot.

MRS. A. J. HAMBLIN.

Oysters a la Poulette.

Melt a tablespoon of butter in a saucepan; to this add one tablespoon of flour. Stir smooth; add one cup of cream, one cup of chicken broth. Put into a bowl the well-beaten yolks of two eggs. Pour the cream mixture onto eggs, stirring gently. When mixed, pour back into saucepan. Add salt and pepper to taste—mushrooms if you like, a handful of chopped parsley. Cook oysters in their own liquor till they curl; drain them, place on hot platter, and pour the sauce over them; the sauce should be creamy and smooth. Garnish with points of toast.

MRS. R. M. HITCHCOCK.

Oyster Omelet.

One dozen large oysters chopped small, one-half teaspoonful salt sprinkled on them, then let them stand in their own liquor half an hour: beat six eggs, yolks and whites separately, the former to a smooth paste, the latter to a stiff froth; add to the yolks a tablespoon of rich sweet cream, pepper and salt to taste; then stir in whites. Put two tablespoons butter in a hot frying pan; when it begins to fry, pour in your egg mixture, and add the oysters quickly; do not stir but with a broad-bladed knife lift, as the eggs set, the omelet from the bottom of the pan, to prevent scorching in five minutes it will be done. Place in a hot dish, bottom upward over the omelet, and turn the pan over with the brown side uppermost upon the dish. Serve at once.

MRS. JONES.

Maccaroni with Oysters.

Cook for twenty minutes or run until tender one quarter of a pound of maccaroni in salted boiling water; place one-half in buttered dish, then put in one pint of oysters dried, rolled in seasoned crumbs and then in grated cheese, cover with the remainder of the maccaroni; pour over an egg beaten with a cup of thin cream and a saltspoon of salt; sprinkle lightly with grated cheese and bake until richly browned.

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Oyster Croquettes.

One pint chopped oysters, one pint cold chopped meat (veal best), beat one egg, enough cracker dust to make adhere well form in cones or balls, dip in egg and cracker dust, fry in hot lard (plenty of it), salt and pepper to taste.

MRS. C. B. DYSON.

Fricasseed Oysters.

Boil one cup butter, then put in one quart oysters and let them come to a boil. Take oysters out of the hot mixture. Add to butter, one cup milk thickened with one teaspoon flour, then put oysters back and add three eggs beaten. Have a dish of toast ready to spread them over, salt and pepper to taste.

MRS. R. M. HITCHCOCK.

Corn Oysters.

Take eight or ten ears of corn—with the milk in, run a sharp knife lengthwise of rows and with the back of the knife press downward and squeeze the inside of the grains out. To this add two beaten eggs, two tablespoonful of flour, one-half cup milk or cream, salt and pepper and a tablespoonful of butter. Mix thoroughly and drop in small tablespoonful into skillet with at least one-half inch of lard (hot). If the mixture is too thin the cakes will spread out and make ragged-edged cakes—add little more flour, it depends entirely on amount of corn.

Minced Oysters.

Cut fine and strain one quart oysters, two tablespoons butter, three eggs, juice half lemon, small piece onion, a little grated nutmeg, salt and pepper. Put on stove to heat. Fill shells, cover with bread crumbs and brown in oven.

MRS. A. W. HARLAN.

Deviled Oysters.

Chop twenty-five oysters fine. Add one-half cup cracker crumbs, one tablespoon melted butter, one cup cream, salt and pepper. Butter oyster shells, or fancy baking dishes, and fill with mixture. Bake twenty minutes.

MRS. R. M. HITCHCOCK.

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Fried Oysters.

Select large oysters. Roll in cracker crumbs, then in beaten eggs, then again in cracker crumbs. Fry quickly in hot fat, in a wire basket, until a light brown.

MRS. JOHN F. PERSHING.

Maryland Fried Oysters.

Take the oysters and put them to drain. Have your crackers finely rolled. Season with salt and pepper, then take and beat two eggs light and run the oysters through the egg; then put the oyster from the egg to the cracker dust, stir them around; take about three oysters at a time in the palm of your left hand, and with the right hand pat them in shape of an oyster, then put more very fine cracker dust on it and pat again. Have ready a skillet of hot lard, put your oysters, in fry quickly to a nice brown. Serve very hot. You will find this receipt a fine one.

MRS. L. W. MURPHY.

Oysters in Jackets.

One pint of nice oysters, a nice piece of bacon cut in thin slices. Take one slice of bacon, place oyster on half of it, turn the other half over, pin together with wooden toothpick, fry brown without seasoning. (Do not remove toothpicks.)

C. A. WILSON.

Oyster Fritters.

One pint oysters, one egg. Make a batter as for pancakes, with milk and flour; drop in hot lard or butter; fry a light brown.

Oyster Sauce—For Turkey.

A pint of oysters cut up small and boiled in their own liquor, add a cup of cream, tablespoon of flour made smooth with part of the cream, salt, pepper and butter.

MRS. JONES.

Breakfast Relish of Oysters.

Fry one and a half dozen oysters a nice brown and lay them on five or six slices of well toasted bread. Over this sprinkle thickly fine cut celery; pour over a pint of hot milk, adding butter and salt; thicken with flour to the consistency of cream. Serve hot.

MRS. A. J. WHITE.

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Excellent Lunch.

Select good sized oysters, season with salt and pepper. Cut thin slices of bacon. Wrap each oyster in a slice of bacon and fasten with a wooden skewer. Put in a hot pan just long enough to crisp the bacon. Serve on toast.

MRS. M. J. CLARK.

Oyster Pate. (Filling for.)

Put one-half cup butter in stew pan and stir in two tablespoonfuls flour, pepper and salt. When well mixed add cup of rich milk and one-half cup oyster liquor, cupful of rolled crackers, and when almost to a boil add pint of oysters, cut up—and let boil up a minute—then fill the pate shells. If you cannot get the "pate shells" at your bakery, line small shells or dishes which come for serving oysters, fish and corn, and line with rich puff paste. Bake, then fill with the above mixture.

MRS. GEO. M. DUGAN.

Oyster Cocktails.

For a half dozen persons. Mix together three teaspoons each of vinegar, grated horseradish and tomato catsup. Six teaspoonfuls lemon juice, and one-third teaspoon of tobasco sauce. Have small oysters very cold and place six in each glass, pouring the sauce over. MRS. T. B. ACKERS.

Maryland Oyster Pie.

Make a very rich pie crust and line a deep dish. Take half gallon oysters; season with pepper and salt, and half pound butter; fill your pan. Sprinkle in some flour sufficient to have the juice a little thick, lay in a slice or two of crust, then put on your top crust and slash with a knife in the center and while the pie is cooking keep adding in all the juice of the oyster that you may have. When the crust is done so will the oysters be. This is a fine receipt. Never put any spice in an oyster, their own flavor is sufficient. MRS. L. W. MURPHY.

Scolloped Lobster.

Open can three hours before using, rub yolks three eggs smooth with one cup cream through a sieve. Put two teaspoonfuls butter into a spider and when melted add one tablespoonful flour. Stirring fast, add cream mixture, and when hot

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add lobster. Serve in baking dish or individual fish cup. Cover the top with fine bread crumbs soaked in butter. Brown in oven. MRS. C. E. MORRIS.

Deviled Crabs.

Pick the meat from the shells of cold boiled crabs, cut it fine, mix with it a tablespoonful of cracker crumbs for every five spoonfuls of the meat, the juice and a pinch of the grated peel of a lemon, a quarter teaspoonful of made mustard, a pinch of cayenne pepper and a quarter teaspoonful of salt. Melt two tablespoonfuls of butter in a saucepan, add the crab mixture and toss about with a silver fork until very hot. Fill the back shells of the crabs with this, stick tiny bits of butter on top, sift fine crumbs over all and cook to a light brown in a quick oven. Pretty and inexpensive dishes of colored china, imitating the shells and claws of crabs, in which deviled and escalloped crabs may be baked, are for sale by crockery dealers. Serve hot. Pass lemons and crackers with this dish.

Soft Shell Crabs.

Pull off the spongy parts on the back, under the sides of the shell and from the lower side of the body. Wash and wipe the crabs, dip in raw beaten egg, then in fine crumbs, and fry in hot salted lard about ten minutes. Drain off the fat, lay on a heated platter, garnish with parsley and send around lemons cut into eighths with them, also cayenne pepper.

Maryland Deviled Crabs.

Take one dozen crabs that have been well boiled, take the meat from the shell, shred fine, then take one pint bread crumbs rubbed fine, one-fourth pound good butter, pepper, salt and dry mustard, about one teaspoonful of mustard will be enough, pepper and salt to taste, rub everything together, place back in the shell and pack it in very hard, place a small lump of butter on top of the crab, put in the oven and bake until they are a nice brown. Serve in shell hot. MRS. L. W. MURPHY.

Baked Crabs.

Crab meat of twelve crabs, three small onions, chopped, put into pan (frying pan) with two slices of moistened bread (add a little butter), two tomatoes chopped fine; let brown, then

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add two hard-boiled eggs, chopped; pepper, salt, oil, vinegar, celery, to taste; sprinkle bread crumbs, squeeze lemon juice over top and bake in the shell of crab for one-half hour. Serve with sliced lemon and crackers. MISS LORA EIDSON.

Deviled Crabs.

Boil ten or twelve crabs, take off the under shell, take out spongy parts and sandbag, pick all meat out of back shell carefully (so as not to break it) and out of claws; to this, chopped well, put three or four hard-boiled eggs, small cup bread crumbs, pepper (also little cayenne, or peprika), a good tablespoonful butter; mix all together with one raw egg, two tablespoonfuls vinegar to spoonful Worcestershire sauce; fill shells, sprinkle some crumbs over and bake light brown; serve hot; if any left, may be re-heated for another meal.

MRS. GEORGE M. DUGAN.

Soft Shell Crabs.

Remove the claws, wash well and wipe, open carefully and take out the spongy part and sand bag, season inside and out with salt and pepper, dip in batter (or in egg, then in corn meal or crackers), and fry light brown; serve very hot.

MRS. G. M. DUGAN.

Clam Stew.

Lay the clams on a gridiron over hot coals, taking them out of the shells as soon as open, saving the juice; add a little hot water, pepper, a very little salt and butter rolled in flour sufficient for seasoning; cook for five minutes and pour over toast. MRS. M. L. S.

Clam Fritters.

Twelve clams chopped or not, one pint milk, three eggs, add liquor from clams, salt and pepper and flour enough for thin batter; fry in hot lard. M. A. T.

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MEATS AND POULTRY

"What meat doth this our Cæsar feed upon
That he is grown so great?"—*Shakespeare.*

"Not meats but cheerfulness makes the feast."

MEATS.

SCHEDULE FOR ROASTING MEAT, POULTRY AND GAME.

To roast properly the oven should be very hot for the first fifteen minutes; then the draughts should all be closed and the heat moderated for the rest of the time. This insures a crust over the outside of the roast, which retains the juices.

A roast should be basted every fifteen minutes with a little well-seasoned stock, if convenient; do not have water in the pan, as the steam from it keeps the crust from forming. Salt and pepper may be shaken over after the first fifteen minutes, and it should be dredged thoroughly with flour on all sides before placing in the oven.

TIME FOR ROASTING, PER POUND.

Beef ribs (rare)—Eight minutes.
Beef ribs (well done)—Twelve minutes.
Beef (rolled, without bones)—Twelve minutes.
Beef Round—Twelve minutes.
Mutton saddle (rare)—Nine minutes.
Mutton Loin (rare)—Eight minutes.
Mutton Leg (rare)—Ten minutes.
Mutton Leg (well done)—Fifteen minutes.
Mutton Shoulder (stuffed)—Fifteen minutes.
Lamb (well done)—Fifteen minutes.
Veal (well done)—Twenty minutes.

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Pork (well done)—Twenty minutes.
Venison (rare)—Ten minutes.
Goose—Eighteen minutes.
Chicken—Fifteen minutes.

TIME FOR ROASTING WHOLE.

Turkey of Eight Pounds—One hour and three-quarters.
Turkey of Fourteen Pounds—Three hours.
Tame Duck—Three-quarters of an hour.
Wild Duck (very hot oven)—Fifteen minutes.
Partridge—Thirty-five minutes.
Grouse—Twenty minutes.
Small Birds (hot oven)—Fifteen minutes.
Liver—Two hours.
Braised Meat—Three to four hours.
Fillet (hot oven)—One-half hour.

SCHEDULE FOR BOILING MEATS AND POULTRY.

To retain the flavor in meats they should be plunged into rapidly boiling water, covered closely with a lid, and after fifteen minutes the kettle may be drawn aside and the lid removed, and the ebullition should be slow.

Do not wash the meat, but cleanse it by rubbing with a damp cloth.

Tough meat should be cooked longer and more slowly than tender cuts.

Never put salt and pepper on meat before the outside is seared—that is, before a crust has been formed by the coagulation of the albumen on the surface—because they draw out the rich, nourishing juices.

Never pierce meat with a fork while it is cooking for the same reason. Use wooden paddles or spoons if it has to be turned.

Corned beef should be put to boil in cold water.

TIME FOR BOILING, PER POUND.

Corned beef—Thirty minutes.
Ham—Twenty minutes.
Mutton—Fifteen minutes.
Turkey—Fifteen minutes.
Chicken—Fifteen minutes.
Fowl—Twenty-five minutes.
Tripe—Four to five hours.

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SCHEDULE FOR BROILING MEAT, POULTRY AND GAME.

In broiling mutton chops or beefsteak the fire must be brisk and bright. The broiler should be heated and rubbed with a bit of fat cut from the meat.

The beefsteak or chops should be placed in it with the fat edge near the handle, so that the drippings may run down over the meet as it cooks.

The broiler should first be held near the coals ten seconds for each side of the meat, then it may rest supported by the top of the stove, but it must be turned every ten seconds.

A steak should offer a slight resistance to the touch and should puff up between the wires of the broiler when it is done. It should be full of juice, of an even red color--rare, not raw.

The same rule applies to chops.

TIME FOR BROILING.

Steak one and a half inches thick—Ten to fifteen minutes.
Steak two inches thick—Fifteen to twenty minutes.
English mutton chops—Ten minutes.
French mutton chops—Eight minutes.
Quails, over hot coals—Four minutes for each side.
Partridge—Twenty minutes, inside, next the coals; five minutes more for the skin side.
Grouse—Fifteen minutes.
Squabs—Ten to fifteen minutes.
Spring chicken—Twenty to twenty-five minutes over a slow fire.

All birds should be broiled with the inside next the coals first, and, with the exception of the quail, should only have the skin side down long enough to brown it.

All broiled food should be sprinkled with salt and pepper and spread with butter as soon as done, and served immediately on a hot platter. It may be decorated in a variety of ways—with parsley, lemon, watercress, toasted bread, or served with any small vegetables or fancy fried potatoes, or mashed potato or spinach, according to the meat used.

Veal Loaf.

Two and one-half pounds fresh veal, ground; one-quarter pound pickled pork, ground; one-half teacupful rolled cracker

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crumbs, two whole eggs, well beaten, salt, pepper and a little sage. Mix all together well and form into a loaf. Bake one hour without basting.

Veal Loaf.

Four pounds of raw veal chopped fine, one tablespoon of salt (heaping), one tablespoon of black pepper (even), three tablespoons of cream or milk, eight pounded butter crackers, two eggs, one nutmeg, piece of butter size of an egg. Mold into loaf, put in a pan with a little water in bottom, place over the top bits of butter, sprinkle with cracker crumbs. Bake two hours, basting with water and butter. Other meats can be prepared the same way. MRS. I. J. HAMNER.

Veal Loaf.

Two pounds veal steak, one-fourth pound raw salt pork, six butter crackers (rolled), two beaten eggs, pepper and salt to taste. Keep a little salt and water in bake pan to baste with. Bake in a slow oven. MRS. U. H. STRUBLE.

Veal Loaf.

Two and one-half pounds veal, one-half pound salt or fresh pork chopped, one cup cracker crumbs, two eggs, salt and pepper. Mix all together. Make in a loaf; sprinkle with cracker crumbs on the top, with pieces of butter. Put one pint of water in pan and cook about one hour, basting occasionally.

Veal Loaf.

Four pounds of lean veal, one one-half pounds of salt pork, chopped fine and well mixed, one teaspoon salt, one-half teaspoon pepper, one cup bread crumbs, two eggs, mold in a nice loaf and place in a dripping pan, filled part full of water; bake three hours in a moderate oven, basting often; when done let stand in pan until cold. MRS. R. T. REEVE.

Veal Loaf.

Three pounds raw veal, chopped fine with one-fourth pound salt pork, three well beaten eggs, six butter crackers rolled fine, one tablespoon salt, one and one-half tablespoon of sage, one desert spoon pepper, one-half teaspoon cloves, mix in a loaf, stick bits of butter over top, bake two hours in a tight roasting pan if possible. MRS. W. A. LOWELL.

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Veal Loaf.

Three pounds uncooked veal, three-fourths pound salt pork, both ground fine, one cup rolled crackers, two eggs well beaten, one teaspoon sugar, four teaspoons salt, two teaspoons pepper, bake two (2) hours. MRS. A. O. MCLAIN.

Veal Loaf.

Three pounds of veal chopped with two slices of salt pork, six rolled crackers, one teaspoon pepper, one tablespoon salt, one-half teaspoon mace, three hard-boiled eggs, grated, one nutmeg. Mix well and bake two hours, basting with a little butter and water. Excellent. MRS. L. C. PITNER.

Veal Loaf.

To every two pounds of veal add one-half pound of salt pork (have it ground in machine), then add salt and pepper to taste. Three well beaten eggs, four soda crackers, rolled fine. Mix thoroughly, cover the bottom of granite dish with water, put meat in and press down firm; beat another egg and pour over top, and bake in slow oven two hours. Beef may be used instead of veal, if preferred. MRS. WATSON.

Veal Loaf.

Three pounds veal, chopped fine, six rolled crackers, three hard boiled eggs, one teaspoon pepper, one tablespoon salt, one-half teaspoon mace, one nutmeg, one-half pound salt pork. Mix well and bake in loaf two hours. Baste with water and butter. MRS. GEORGE METCALF.

Veal Loaf.

Three pounds lean veal, boiled and chopped or minced fine, three rolled crackers, two eggs, one-half cup butter, two cups water, in which the meat was boiled. Season with sage, salt and pepper. Mix well and bake two hours slowly.

MRS. R. M. HITCHCOCK.

Veal Loaf.

Three pounds veal, chopped fine, one-half pound salt pork, chopped fine, three eggs, pepper to taste, salt to taste, sage to taste, piece of butter size of egg, five Boston crackers rolled fine, stir with the eggs and butter, one cup hot water. Pack in a bread pan and bake three hours. Slice when cold.

MRS. MICK.

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Veal Squabs.

Have veal cutlets cut quite thin, make a dressing of bread crumbs as for roast turkey, season the dressing with a little finely chopped onion, spread each cutlet with the dressing. Lay a good sized oyster in the center of each cutlet, roll up tightly and tie with stout white cotton; place in a dripping pan, pour in a cup of hot water, cover and bake till meat is done; thicken the gravy and pour it around the squabs as they lie on a hot dish.

MRS. RUTH MCELWAIN.

Pressed Veal.

Three pounds chopped veal, one-half onion chopped, one teaspoon each of salt, pepper and nutmeg, two tablespoons of cream, one of melted butter, four eggs, four crackers rolled fine. Mix all together, place in a bread tin, put upside down in a roasting pan and bake one hour and half.

MRS. J. E. STUART.

Bewitched Veal.

Have the butcher chop together three pounds of lean veal and half a pound of salt pork. Add a tablespoonful of minced onion, half a grated nutmeg, saltspoonful of red pepper, half teaspoonful of salt, three eggs, well beaten, and a small teacup of milk. Pack into a buttered breadpan, cover with cracker dust and bake two hours and a half, basting occasionally with a mixture of hot water and melted butter. Cool in the pan, and when ready to serve cut in thin slices. What remains can be kept on ice for future use.

Beef Loaf.

Three pounds beef, chopped fine, three eggs beaten together, six crackers rolled, one tablespoonful salt, one tablespoonful melted butter, one teaspoon pepper, sage to taste. Mix well and moisten with milk. Put a little water in bottom of pan and cover while baking. Bake one hour and a quarter.

MRS. F. P. RICHARDS.

Beef Loaf.

Three pounds of beef, chopped fine, three eggs beaten together, six crackers rolled fine, or their equivalent in bread crumbs, one teaspoonful pepper, one tablespoonful salt and one of melted butter; sage and herbs to taste. Mix all together in

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shape of a loaf; put in a pan with a little water and bits of butter; invert a pan over it and bake an hour and a quarter, basting occasionally. When cold slice very thin and serve.

MRS. PRENTISS WARNER DREW.

Beef Loaf.

Two and one-half pounds of beef, chopped fine, one-half pound of pork, chopped fine, one cup of bread or cracker crumbs, one cup sweet milk, cayenne pepper, salt. Press into pan, cover with cracker crumbs and bits of butter and a little water. Bake two hours.

MRS. B. F. SHEETS.

Beef Loaf.

Two pounds round steak, chopped fine while raw, six tablespoons cracker crumbs, two eggs, butter size of an egg, one heaping teaspoonful each salt and pepper, one pint water; mix thoroughly, place the pan with loaf in another of water and bake in quick oven one hour and a quarter. When cold will slice.

Beef Loaf.

Two pounds chopped beef, one pound chopped pork, four rolled soda crackers, two eggs well beaten, one tablespoon salt, one teaspoon pepper, summer savory or grated nutmeg for flavor. Bake one hour in moderate oven.

MRS. ALBERT VORKELLER.

Beef Loaf.

Two and one-half pounds of beef, one-half pound of pork chopped fine, two eggs, one cup of sweet milk, one cup of cracker or bread crumbs, salt and pepper. When ready for oven cover with crumbs and bits of butter and a little water. Bake two hours.

MRS. R. WAGNER.

Beef Loaf.

Two pounds hamburg steak, mix with two tablespoonfuls bread crumbs, one-half cup milk, season with salt, pepper and onion, if liked; place in pan with one tablespoonful dripping and one-fourth cup water. Bake in oven forty minutes to one hour. Serve hot or cold.

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A la mode Beef.

Six pounds of the upper part of the round of beef, half a pound of fat salt pork, three tablespoonfuls of butter, two onions, half a carrot, half a turnip, two tablespoonfuls of vinegar, one of lemon juice, one heaping tablespoon of salt, half a teaspoonful of pepper, two cloves, six allspice, a small stick of cinnamon, a little bouquet of sweet herbs, three pints of boiling water, and four tablespoonfuls of flour; cut the pork in thick strips, and with a large larding needle draw through the meat; put the butter in a six-quart stew pan, and when it melts add the vegetables cut fine; let them cook five minutes, stirring all the while; put in the meat, which has been well dredged with the flour, brown on one side and then turn and brown on the other; add one quart of water, stir well, and then add the pint, with the spice herbs, vinegar, salt and pepper; cover tightly, and simmer gently four hours; add the lemon juice; let it cook twenty minutes longer; take up the meat and draw the stew pan forward, boil rapidly fifteen minutes, skim off all the fat; strain the gravy on the beef and serve.

MISS PRICKETT.

Beef a la Mode.

Cut slits in round of beef and draw through them thin slices of bacon, spiced with a mixture of ground allspice, cloves pepper and salt, then rub spices all over the beer; put round in a deep dish, add one-half cup of vinegar and stand over night in fluid and spices; next morning add one chopped onion, two carrots and a table spoonful of lard, cover closely and let all steam together for four hours; when nearly done flour well on both sides. This beef is very nice sliced when cold or re-steamed.

Beef Roll.

One and one-half pound sirloin steak chopped very fine, one-fourth cup bread crumbs, one egg well beaten, one-fourth of an onion grated, piece of half a lemon, salt and pepper to taste; mix all together, boil five eggs hard, shell and cut tips of ends, fit together in a row, put meat in a greased pan, lay the eggs in the center and form the meat around them in shape of a roll; take three thin slices of bacon, place across the top, place in the oven and bake half an hour, basting three or four times; baste before putting in oven; slice when cold.

MRS. BLATCHFORD.

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Jellied Meat.

Take four pigs feet with legs to first joint; soak and scrape thoroughly. Put in kettle of water without salt, boil until tender and the bones will fall out. Take meat from liquor and set away to cool. Remove grease from liquor when cold. Take good-sized shank of beef; boil until tender (without salt); remove from liquor next day. Cut meat of pigs feet and beef in small bits, put jelly from feet into kettle, add meat and heat to boiling point; season pepper and salt, pour into molds when cold; slice and serve. MRS. W. H. NEWEY.

Roast Lamb.

Put the lamb in the oven with a dressing made as for a turkey, without water in the pan. Bake from two to three hours. Serve with mint sauce.

MINT SAUCE—Four tablespoons of chopped mint, two tablespoons of sugar, quarter of a pint of vinegar, a pinch of salt, mix an hour or two before using. It can be served hot or cold.

Roast Lamb in Green Tomato Sauce.

Pour boiling water over three green tomatoes and remove the skins. Put two tablespoons of butter in a sauce-pan, add one small onion chopped fine, and fry until soft, but not brown; put in the sliced tomatoes, cover close and cook fifteen minutes; add three-fourths of a teaspoonful of salt, one-fourth saltspoon of pepper, one and one-half teaspoonful of finely chopped mint, and sprinkle over it one tablespoon of flour; add one and one-half cupful of soup stock and cook five minutes. Cut from a cold roast of lamb eight nice slices of serving size. Lay the pieces in the sauce just long enough to become heated through, then lay on a hot dish, pour the sauce over and serve.

MISS ADA CARLISLE.

Corn Beef.

After washing put on in boiling water; change the water after boiling half an hour, covering with boiling water the second time and adding water as it boils away, allowing thirty or forty minutes to a pound. Cook the cabbage in a separate vessel, using some of the meat liquor to boil it in. Potatoes can be steamed in a colander over the meat. MRS. W. H. BUSH.

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Beef's Heart Stewed.

Wash the heart well, and cut into squares half an inch long. Stew them for ten minutes in enough water to cover them. Salt the water slightly to draw out the blood, and throw it away as it rises in scum to the top. Take out the meat, strain the liquor and return the chopped heart to it, with a sliced onion, add a little pepper and large piece of butter, stew until the meat is tender, add table-spoonful of flour, boil up once and serve.

Roast Pork.

Wash pork, rub salt and pepper in well, sprinkle with thyme, dredge flour over it, bake in a slow oven. MRS. JUSTINE.

Pork Steaks.

To fry pork steak requires twenty or thirty minutes, turn them often, pour off a part of the fat when they are half done, then dip steaks in bread crumbs with a little powdered sage and lay back into frying pan, when done take up, dredge a little browned flour into the gravy, a little salt, pour in a gill of boiling water, as soon as it boils up turn it upon the steaks.

Deviled Ham Loaf.

Take two teaspoons of cracker or bread crumbs, a quarter of a pound of ground ham, two cups milk, using a portion to moisten the ham, stir in two eggs, add salt to taste, put in a buttered pan and bake in a moderate oven. Serve cold, cut in thin slices and garnish with parsley. MRS. WATSON.

Scrappel.

Take the head, heart and tongue of pork, boil until the flesh falls from the bones, remove the bones, chop the meat fine. Set the liquor in which the meat was boiled to one side while the meat is being prepared. Remove the fat that has come to the surface. Be careful that the small particles of bone are removed. Then return to the fire the liquor and chopped meat. When it boils then thicken with corn meal and a handful of flour, sift the two in carefully to prevent lumps, season well with salt, pepper and sage. Cook one hour, stirring constantly. Afterward place on the back of the range in position to boil slowly. When done pour into square pans to mold. When cold cut in slices and fry as you would mush. This will keep several weeks in cold weather.

MRS. H. O. BATES.

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Lunch Nest.

Take the mashed potatoes left from dinner and make tbem into balls, and dip them into egg and then in cracker crumbs. Fry in hot lard to a light brown (for the egg). Slice about three potatoes and make into saratoga chips, slice about three potatoes and make into shoestrings, and fry to a light brown. Line a platter with lettuce leaves, then line that with saratoga chips, and then the shoestrings, and lay the egg in the nest.

MRS. GUNN.

Stuffed Baked Tenderloins, or "Poor Man's Turkey."

Cut open the tenderloins lengthwise, then stuff with a dressing of bread or cracker crumbs, a teaspoonful of butter, some oysters, chopped celery, and a little sage or onion, if desired. Salt and pepper to taste. Skewer or sew together, lard with a strip of bacon or salt pork, and bake in a pan with a little water. Baste well.

ROSE E. BRUCE.

Sweetbread Croquettes.

One pair sweetbreads, one pan calf's brains; scald to blanch, then cook until tender in salt water. When cold, chop fine, and take one teacup of rich, sweet cream, one tablespoon of butter, one tablespoon of flour. Put butter to warm. When it begins to bubble, stir in the flour until smooth; add the cream. When cold it will make a thick, white sauce. Stir this into the chopped meat; season with salt, pepper and celery salt. Make into croquettes by taking a spoonful at a time; dip in egg, roll in cracker crumbs and fry in hot lard. Very nice with mushroom sauce.

CARRIE ANDERSON.

Veal Croquettes.

One pint of chopped cooked veal, one tablespoonful of butter, two teaspoons of flour, one small onion minced fine, one cup of milk, one egg, season to taste. Put the butter and flour in a saucepan; cook until smooth, stirring constantly; add the milk and onion, and when cool add the veal and egg; roll in oblong shapes, dip in beaten egg, then in bread crumbs and fry in hot lard.

Chicken Croquettes.

One chicken boiled and cut up fine, four ounces of butter, three tablespoons flour, one-half pint cream or stock, one-half

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lemon, season with pepper and salt; melt butter, stir in flour, then add the rest. Mix up well, and form the shape like oysters; dip in beaten yolks of eggs, then in cracker crumbs and fry in hot butter. BELLA REEVE.

Ragout or Baked Hash.

Chop very fine, cold meat (beef, veal or chicken). To one pint or one and one-half pints add one or two onions, a cup of bread crumbs, pepper and salt. Mix well together with the gravy that was left (if beef gravy take off the cold tallow), butter baking dish and put the mixture in—smooth over nicely—scatter a few bits of butter over the top and pour over a small cup of stock or water and bake at least one-half hour or until light brown. Serve in baking dish. MRS. G. W. DUGAN.

Sweetbreads, with Mushrooms.

Take one pair of sweetbreads, parboil, blanche and slice them, one dozen mushrooms, chopped coarsely, one-half pint of cream, one gill of mushroom liquor, one tablespoonful of butter, one tablespoonful of flour, yolks of two eggs, salt and white pepper; cook the butter and flour together over boiling water, pour upon them the cream and mushroom liquor, stir until smooth, and lay in the sweetbreads, let them cook three minutes, put in the chopped mushrooms and seasoning, then add the beaten yolks of the eggs, very slowly, stirring all of the time. Cook two minutes after the eggs are in, and serve.

MRS. JAMES ANGUS.

Roasted Sweetbreads.

Parboil sweetbreads in salt water for twenty or thirty minutes; pick off the hanging skin; lard each with several strips of bacon; lay in baking dish; sprinkle flour over and pepper; put lump of butter in each and roast a nice brown. May be sent to table garnished with water cress to be eaten with tomato or mushroom sauce, or may be placed in center of platter with green peas poured around. MRS. GEO. M. DUGAN.

Calves Brains—(Served Like Sweetbreads).

Take two or three sets of calves brains; boil them a few minutes to set them; then take off outside skin, but don't break them. Dip in beaten egg, then in cracker crumbs, and fry a nice brown in lard and butter. Turn frequently so that they will be done through and not burn. Serve with tomato sauce

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poured over as sent to table, or lay in center of platter and pour stewed green peas around. They make as pretty a dish as sweetbreads and to most people more delicate.

MRS. G. M. D.

Hash and Eggs.

Chop up meat for hash, add chopped potatoes, and just a little flour to hold it together; moisten flour with a little water; salt and pepper, grease gem pans and fill each pan nearly half full of hash, then break an egg in the remaining half, or on top of hash; salt and pepper and a little butter; bake twelve or fifteen minutes or until eggs are well cooked.

MISS LORA EIDSON.

Beef or Pork Pie.

Boil the required quantity of fresh lean pork or beef, cut in small pieces in plenty of water, season with salt and pepper, boil till very tender; make a crust as for baking powder biscuits, and line a two-quart dish with the paste; then add alternate layers of meat and small pieces of dough until the dish is two-thirds full, season the broth with plenty of butter and slightly thicken with flour; pour over the meat and cover with the paste and bake until done.

MRS. WATSON.

POULTRY.

How to Use Cold Fowl.

Cut up meat and mince finely without any skin; put the bones, etc., into a stew pan with a sliced onion, little piece of mace and a bay leaf, add one pint of water and let stew for an hour; then strain, adding tablespoonful Worcester sauce; take two hard-boiled eggs chopped fine, mix with the fowl, add salt and pepper and put in the gravy with a little finely minced lemon peel, one tablespoonful of flour mixed with a little water; let the whole come to a boil, and serve on a platter with narrow strips of toast around the edge, or upon toast.

Chicken or Veal Pie.

Cut cold turkey, duck, chicken or veal from the bones, slice two or three potatoes and put on to stew in the gravy left over or in stock, with little pepper and salt; make a nice, rich pastry, have a baking pan or dish that can send to table, line it with the

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pastry, break the white of an egg into it (drop the yolk into cup to use later) and rub it all over the bottom and sides, leaving it in; this will keep the gravy from soaking into the bottom crust; put in layer of meat, some of the stewed potatoes and few little pieces of pastry; then more meat and potatoes, till pan is full enough; put on top a few pieces butter, a little sprinkle of flour, a little salt, some chopped parsley, all the gravy and enough milk to almost fill the pan; put on top crust, having first wet the edges of the paste so that the top will stick, press it firmly all around the edges and cut two or three slits in the top crust large enough to pour more milk in, if needed; roll out a piece of pastry and cut two strips about two inches wide, four or five inches long, cut each one into three narrow strips and plat a "three-plat" and lay on the top of the pie (midway between the centre and the edge); then take the yolk of the egg to mix with a tablespoonful of water, and with a little cloth brush the whole top of the pie, to make it brown nicely; pour the rest into the pie; bake at least one-half hour in an oven not too hot; if gravy seems to have cooked up, pour in some more hot milk, or a little water or stock.

MRS. GEO. M. DUGAN.

Rice Chicken Pie.

Boil a quart of rice, add three well beaten eggs, butter, pepper and salt; stir this well. Season your chickens with butter, onions, mace, pepper and salt; put them into a saucepan and let them boil till tender; then line your dish with the rice, put a layer of chicken, then a layer of rice until the dish is filled. Cover with a thick layer of rice. Be sure and have plenty of gravy with your chicken and bake for three-quarters of an hour.

MRS. ROBERTSON.

Creamed Chicken.

Two cups of cold cooked chicken. Cut in pieces and cook in the following sauce: Two tablespoons of butter, two tablespoons of flour, one cup chicken stock, one-half cup cream, one-quarter teaspoon of salt, dash of pepper, one-quarter teaspoon of celery salt. Very nice for lunch, served on half of a biscuit.

MRS. H. N. MUDGE.

Creamed Chicken.

One chicken of four and one-half pounds, four sweetbreads and one can of mushrooms. Boil chicken and sweet-

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breads, and when cold put up as for salad. In a saucepan put four coffee cups or one quart cream; in another four large tablespoons butter and five even ones of flour; stir until melted, then pour on the hot cream, stirring until thickened. Flavor with a small half of a grated onion and a very little grated nutmeg; season highly with black and red pepper.

Put chicken and ingredients together with sweetbreads and mushrooms in a baking pan, cover with bread crumbs and pieces of butter and bake twenty minutes. MRS. A. J. WHITE.

Pressed Chicken.

Boil one or two chickens in a small quantity of water, with a little salt. When thoroughly done, take all the meat from the bones, keeping the light and dark meat separate, chop fine and season. Put in a pan a layer of dark and light meat, add the liquor it was boiled in, which should be about a cupful. Press with a small weight. When cold cut in slices.

MRS. A. J. O. LEARY.

Pressed Chicken.

Stew slowly two chickens, cut up small, until the meat drops from the bones, then take out and chop fine, let the liquor boil down to a cupful. Add to it butter the size of an egg, a teaspoon of pepper, little allspice and a beaten egg, stir through the meat. MRS. FORESTER.

Jellied Chicken.

One good sized chicken, boiled until tender. Take out and save liquor. Pick up in small pieces. Add to liquor one box gelatine, salt and pepper, small piece of butter. Put all back in kettle, boil a few minutes, then pour in mould to get cold.

MRS. E. BURLING.

Chicken Croquettes.

One chicken boiled in salted water till tender, when done take bones of chicken and add to the chicken water and boil down till strong; butter size of small egg, brown in kettle, add one-half cupful of flour to butter; one-half large onion and three sprigs of parsley chopped together; a little of the crisp part of lettuce; one and one-half cupfuls stock; one-half grated nutmeg; juice of

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one-fourth lemon; salt to taste. Add this to chopped chicken and put away to stiffen; when cold, make into forms; dip twice into egg and cracker crumbs and fry in lard.

MRS. ISAAC G. LOMBARD.

Scalloped Chicken.

One tablespoon each of butter and flour rub smooth, heat a pint of milk to boiling, add the butter and flour and cook until thick, season to taste. Add chicken chopped fine; cover with cracker crumbs and brown. MRS. ALLAN A. GILBERT.

Roasted Quails.

Cover the breasts with very thin slices of bacon or rub them well with butter; roast, basting them often with butter. Fifteen or twenty minutes will cook sufficiently. Salt and pepper to taste. Serve on a hot dish. Bread sauce can be served with them. MRS. GEE.

Broiled Quails.

Clean, wash, and split down the back. Lay in cold water half an hour. Wipe carefully, season with salt and papper, and broil on a gridiron over a bright fire. When done, lay in a hot dish, butter on both sides well, and serve at once. Pigeons, woodcock, and small birds may be broiled in the same manner, and are delicious and nourishing fare for invalids.

Duck Boiled (Very Fine).

Have ready two or three pints of good stock, drop into it and cook, one carrot, one onion and one turnip with a few spices and a bay leaf; let this boil one-half or three-quarters of an hour; squeeze one pint of tomato through sieve and add to stock. Tie up the duck well, which has been carefully dressed, put it in the stock and boil three-quarters of an hour. Take it up and set it back on stove. Strain the stock. Put one-fourth pound of butter in pan and two tablespoonfuls of flour, mix and heat thoroughly, then stir in stock. Remove strings from duck and lay it nicely on dish and pour sauce over it. Decorate edges with trimmed bread, cut in fancy shapes, fried or toasted, also carrot and turnip cut like comb teeth and last some split olives and serve hot. MRS. G. M. D.

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