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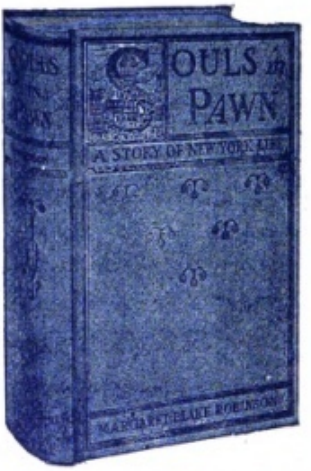

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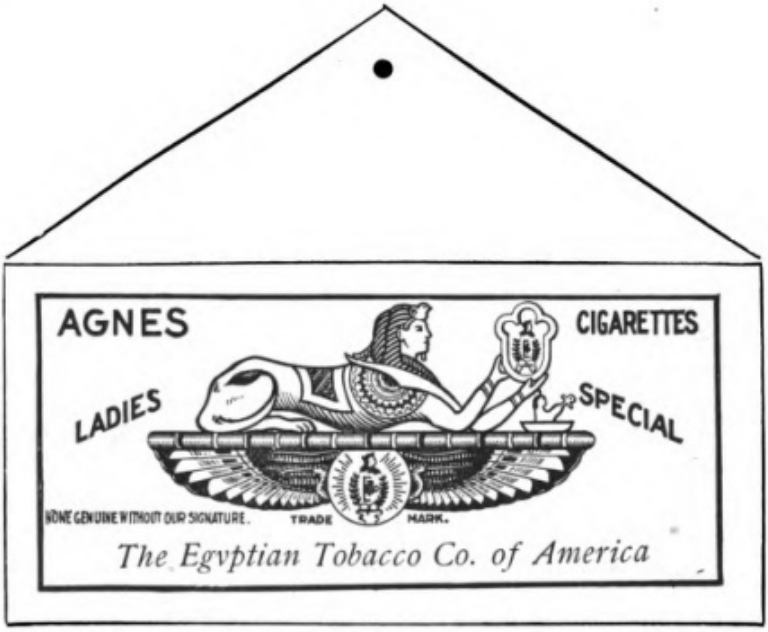

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Larded Grouse

Baked Tomatoes

Fruit.

TUESDAY

Coffee.

Wheat Cakes

Chicken Cutlets

Broiled Potatoes

Fruit.

WEDNESDAY

Coffee.

Cream Toast.

Salmon Cutlets

Potatoes and Cream

Fruit.

THURSDAY

Coffee.

Parker House Rolls

Broiled Lamb Chops

Fried Sweet Potatoes.

Stuffed Tomatoes

Fruit.

FRIDAY

Coffee.

Breakfast Gems

Baked Sweetbreads

Shredded Codfish Balls

Baked Sweet Potatoes

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SATURDAY

Coffee or Chocolate.

Rice Griddle Cakes.

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Fruit.

SUNDAY

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Omelet (Splendid)

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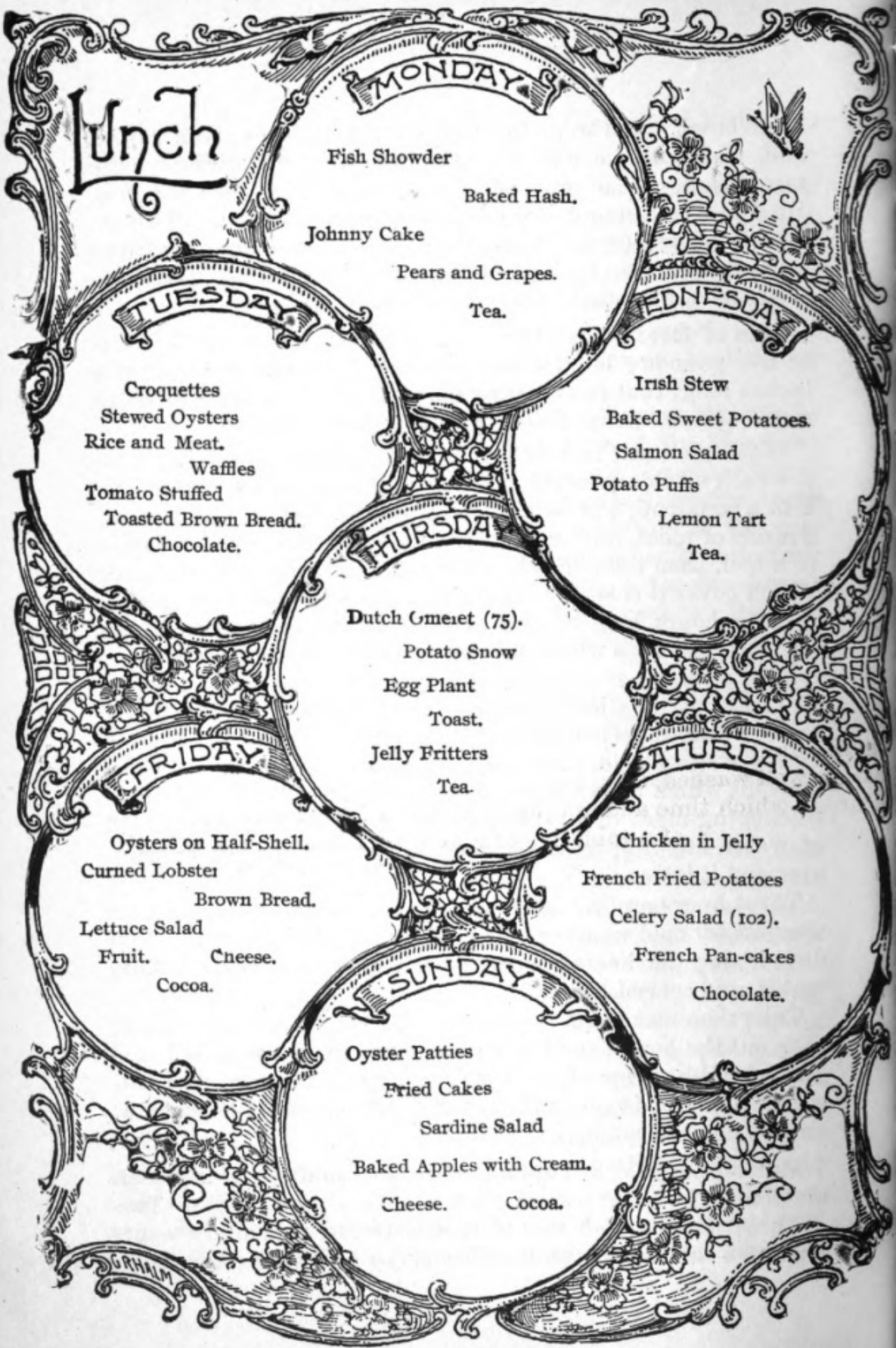

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Green Tea.

Beef Tea

Rare Roast Beef.

Pared Roasted Potatoes.

Crab-apple Jelly

Celery Salad.

Coffee Jelly and Whipped Cream.

Iced Milk.

Clam Bouillon

Chicken Cream

Scalloped Oysters

Sweetbreads with Water Cress

Sliced Banana and Oranges.

Angel Food.

Egg Wine

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they may be simply broiled, and served with butter, pepper and salt; or having broiled one side, and turned the steaks, lay thin slices of lemon over, and serve in the dish with the steaks.

Beefsteak and Kidney Pudding.—Two pounds of rump-steak, two kidneys, seasoning to taste of salt and black pepper, suet crust made with milk (*see* PASTRY), in the proportion of six ounces of suet to each one pound of flour.

Mode: Procure some tender rump-steak (that which has been hung a little time), and divide it into pieces about an inch square, and cut each kidney into eight pieces. Line the dish with crust made with suet and flour in the above proportion, leaving a small piece of crust to overlap the edge. Then cover the bottom with a portion of the steak and a few pieces of kidney; season with salt and pepper (some add a little flour to thicken the gravy, but it is not necessary), and then add another layer of steak, kidney and seasoning. Proceed in this manner till the dish is full, when pour in sufficient water to come within two inches of the top of the basin. Moisten the edges of the crust, cover the pudding over, press the two crusts together that the gravy may not escape, and turn up the overhanging paste. Wring out a cloth in hot water, flour it, and tie up the pudding; put it into boiling water, and let it boil for at least four hours. If the water diminishes, always replenish with some, hot in a jug, as the pudding should be kept covered all the time, and not allowed to stop boiling. When the cloth is removed, cut a round piece in the top of the crust, to prevent the pudding bursting, and send it to table in the basin, either in an ornamental dish, or with a napkin pinned round it. Serve quickly.

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A Nice Breakfast Dish.—Chopped cold meat well seasoned; wet with gravy, if convenient, put it on a platter; then take cold rice made moist with milk and one egg, season with pepper and salt; if not sufficient rice, add powdered bread-crumbs; place this around the platter quite thick; set in oven to heat and brown.

Chicken in Jelly.—A little cold chicken (about one pint), one cupful of water or stock, one-fifth of a box of gelatine, half a teaspoonful of curry powder, salt, pepper. Cut the meat from the bones of a chicken left from dinner. Put the bones on with water to cover, and boil down to one cupful. Put the gelatine to soak in one-fourth of a cupful of cold water. When the stock is reduced as much as is necessary, strain and season. Add the curry and chicken. Season, and simmer ten minutes; then add the gelatine, and stir on the table until it is dissolved. Turn all into a mould, and set away to harden. This makes a nice relish for tea or lunch. If you have mushrooms, omit the curry, and cut four of them into dice. Stir into the mixture while cooking. This dish can be varied by using the whites of hard-boiled eggs, or bits of boiled ham. To serve: Dip the mould in warm water, and turn out on the dish. Garnish with parsley.

A Good Dish.—Mince cold beef or lamb; if beef put in a pinch of pulverized cloves; if lamb, a pinch of summer savory to season it, very little pepper and some salt, and put it in a baking dish; mash potatoes and mix them with cream and butter and a little salt, and spread them over the meat; beat up an egg with cream or milk, a very little; spread it over the potatoes, and bake it a short time, sufficient to warm it through and brown the potatoes.

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turn the omelet into a dish, and serve. This must be done over a moderate fire.

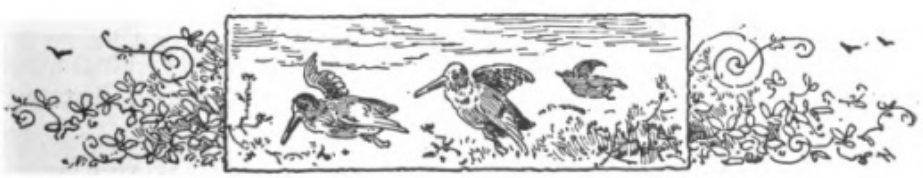
Eggs Poached in Balls.—Put three pints of boiling water into a stew-pan; set it on a hot stove or coals; stir the water with a stick until it runs rapidly around, then, having broken an egg into a cup, taking care not to break the yolk, drop it into the whirling water; continue to stir it until the egg is cooked; then take it into a dish with a skimmer, and set it over a pot of boiling water; boil one at a time, until you have enough. These will remain soft for a long time.

Omelet au Natural.—Break eight or ten eggs into a basin; add a small teaspoonful of salt and a little pepper, with a tablespoonful of cold water; beat the whole well with a spoon or whisk. In the meantime put some fresh sweet butter into an omelet pan, and when it is nearly hot, put in an omelet; while it is frying, with a skimmer-spoon raise the edges from the pan, that it may be properly done. When the eggs are set and one side is a fine brown, double it half over, and serve hot. These omelets should be put quite thin in the pan; the butter required for each will be about the size of a small egg.

Omelet in Batter. Fry an omelet; when done, cut it in squares or diamonds; dip each piece in batter made of two eggs and a pint of milk with enough wheat flour, and fry them in nice salted lard, to a delicate brown. Serve hot.

Scrambled Eggs.—Four eggs, one tablespoonful of butter, half a teaspoonful of salt. Beat the eggs, and add the salt to them; melt the butter in a saucepan. Turn in the beaten eggs, stir quickly over a hot fire for one minute, and serve.

Omelet (splendid).—Six eggs, whites and yolks beaten separately, half pint milk, six teaspoons corn starch, one teaspoon baking powder, and a little salt; add the whites, beaten to a stiff froth, last; cook in a little butter.



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without sealing, more sugar may be added, but its too free use impairs the peculiar cranberry flavor. For dinner sauce half a pound is more economical, and really preferable to three-quarters, as given above. It is better, though not necessary, to use a porcelain kettle. Some prefer not to add the sugar till the fruit is almost done, thinking this plan makes it more tender, and preserves the color better.

Port Wine Sauce for Game.—Half a tumbler of currant jelly, half a tumbler of port wine, half a tumbler of stock, half a teaspoonful of salt, two tablespoonfuls of lemon juice, four cloves, a speck of cayenne. Simmer the cloves and stock together for half an hour. Strain on the other ingredients, and let all melt together. Part of the gravy from the game may be added to it.

Currant Jelly Sauce.—Three tablespoonfuls of butter, one onion, one bay leaf, one sprig of celery, two tablespoonfuls of vinegar, half a cupful of currant jelly, one tablespoonful of flour, one pint of stock, salt, pepper. Cook the butter and onion until the latter begins to color. Add the flour and herbs. Stir until brown ; add the stock ; and simmer twenty minutes. Strain, and skim off all the fat. Add the jelly, and stir over the fire until it is melted. Serve with game.

Apple Sauce.—Peel, quarter, and core, rich tart apples ; put to them a very little water, cover them, and set them over the fire ; when tender, mash them smooth, and serve with roasted pork, goose, or any other gross meat.

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to have excellent mush, the meal should be allowed to cook well, and long as possible while thin, and before the final handful is added. When desired to be fried for breakfast, turn into an earthen dish and set away to cool. Then cut in slices when you wish to fry ; dip each piece in beaten eggs and fry on a hot griddle.

Corn Mush.—Put four quarts fresh water in a kettle to boil, salt to suit the taste ; when it begins to boil stir in one and a half quarts meal, letting it sift through the fingers slowly to prevent lumps, adding it a little faster at the last, until as thick as can be conveniently stirred with one hand ; set in the oven in the kettle (or take out into a pan), bake an hour, and it will be thoroughly cooked. It takes corn meal so long to cook thoroughly that it is very difficult to boil it until done without burning. Excellent for frying when cold. Use a hard wood paddle, two feet long, with a blade two inches wide and seven inches long, to stir with. The thorough cooking and baking in oven afterwards takes away all the raw taste that mush is apt to have, and adds much to its sweetness and delicious flavor.

Graham Mush.—Sift meal slowly into boiling salted water, stirring briskly until it is as thick as can be stirred with one hand ; serve with milk, or cream and sugar, or butter and syrup. It is much improved by removing from the kettle to a pan as soon as thorougly mixed, and steaming for three or four hours. It may also be eaten cold, or sliced and fried, like corn mush.

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sifted. Return it to the sieve, and mix the soda and cream of tartar with it. Sift this into the bowl of beaten ingredients. Beat quickly and vigorously, to thoroughly mix, and then stop. Take three sheet pans of the same size, and in each of two put one-third of the mixture, and bake. To the other third add four teaspoonfuls of cinnamon, a cupful of currants and about an eighth of a pound of citron, cut fine. Bake this in the remaining pan. When done, take out of the pans. Spread the light cake with a thin layer of jelly, while warm. Place on this the dark cake, and spread with jelly. Place the other sheet of light cake on this. Lay a paper over all, and then a thin sheet, on which put two irons. The cake will press in about two hours.

Jelly Roll.—Make the sponge-cake mixture as for lady-fingers, and bake in one shallow pan twenty minutes. While it is yet warm cut off the edges, and spread the cake with any kind of jelly. Roll up, and pin a towel around it. Put in a cool place until serving time. Cut in slices with a sharp knife.

Delicate Crullers.—Four eggs, four tablespoonfuls of lard, four tablespoonfuls of sugar, a teaspoonful of salt, and half a nutmeg, grated; a teaspoonful of lemon extract may be added; work into these as much sifted flour as will make a nice dough, roll it to about an eighth of an inch thickness, and fry, as directed, for doughnuts and crullers.

To make little baskets, cut the paste in strips an inch and a half wide and three inches long, and with a gigling iron, cut slits across it from one side to the other, within a quarter of an inch of either edge, and quarter of an inch apart; then join the two ends together in a circle, forming the basket; press it down slightly, that the strips may bulge, and so form the basket, like those made for fly traps, of paper; as soon as they are taken from the fat (five minutes will do them), grate white sugar over.

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keep the milk smooth and prevent it from burning. Half an hour will be sufficient for the cooking of this dish.

Slippery-Elm Bark Tea.—Break the bark into bits, pour boiling water over it, cover, and let it infuse until cold. Sweeten, ice, and take for summer disorders, or add lemon juice, and drink for a bad cold.

Beef Tea.—One pound *lean* beef, cut into small pieces. Put into a jar, without a drop of water; cover tightly, and set in a pot of cold water. Heat gradually to a boil, and continue this steadily for three or four hours, until the meat is like white rags, and the juice all drawn out. Season with salt to taste, and when cold, skim.

Egg Wine.—One egg, one tablespoonful and one-half glass of cold water, one glass of sherry, sugar, and grated nutmeg to taste. Beat the egg, mixing with it a tablespoonful of cold water; make the wine and water hot, but not boiling; pour it on the egg, stirring all the time. Add sufficient lump sugar to sweeten the mixture, and a little grated nutmeg; put all into a very clean saucepan, set it on a gentle fire, and stir the contents one way until they thicken, but *do not allow them to boil.* Serve in a glass, with sippets of toasted bread or plain crisp biscuits. When the egg is not warmed, the mixture will be found easier of digestion, but it is not so pleasant a drink.

Toast Water.—Slices of toast, nicely browned, without a symptom of burning. Enough boiling water to cover them. Cover closely, and let them steep until cold. Strain the water, sweeten to taste, and put a piece of ice in each glassful.

Onion Gruel.—Is excellent for a cold. Slice down a few onions, and boil them in a pint of new milk; stir in a sprinkle of oatmeal and a very little salt, boil till the onions are quite tender, then sup rapidly, and go to bed.

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