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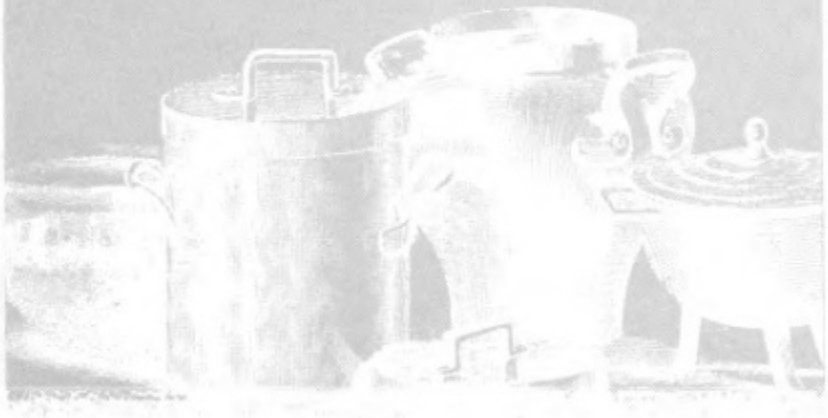

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The Rural Cook Book

"Some hae meat that canna eat,
And some wad eat that want it,
But we hae meat, and we can eat,
So let the Lord be thankit."
—*Burns.*

Published by
THE RURAL NEW-YORKER
NEW YORK

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Canadian Poached Eggs.—A cupful of milk is brought to scalding point in a shallow granite vessel, and into this the eggs are gently dropped, then covered. The milk is not allowed to boil, merely kept at the scalding point. The eggs will be ready in about two minutes, with the yolk inside of a beautiful pearly film. Lift them out carefully with a skimmer and set each egg on a slice of buttered, delicately-browned toast. Add to the hot milk one tablespoonful of butter and one tablespoonful of flour rubbed smooth, season with pepper and celery salt, beat till creamy and pour over the poached eggs.

Poached Eggs in Glasses.—Add a few grains of salt to the white of an egg (a level saltspoonful to five eggs) and beat until dry; turn into a buttered glass and form a nest on the top for the yolk, which must be kept whole. Put the glass on a trivet, or an inverted tin cover, in a covered dish of lukewarm water, letting the water come to within half an inch of the top of glasses, and let cook until the egg is set and rises in the glass. Do not allow the water which is around the glass to boil. Serve at once. Prepare as many eggs in glasses as there are persons to be served. Dainty and wholesome for invalids.

Eggs Poached in Tomato Sauce.—Put into the frying pan one tablespoonful of butter, one tablespoonful of flour; heat until frothy; stir into it 1½ teacupful of tomato (which has been peeled and chopped fine and heated) and then strain into the frying pan a dash of cayenne pepper and a heaping saltspoonful of salt; cook until creamy, and drop in four eggs, baste often, and when whites are set remove and put each egg on a quarter of a slice of buttered toast and pour sauce around them.

St. Pancras Eggs.—Separate the yolks from the whites of five eggs; keep each yolk separate; whip the whites to a stiff froth, adding a saltspoonful of salt; butter five small cups, put the whites into them and carefully drop the yolk into the center of each; dust with salt and pepper; place the cups in a shallow pan of hot water, put in the oven and bake five minutes, or till the whites are set. Serve in the cups.

Egg Salad.—Boil six eggs perfectly hard, putting them on in cold water and cooking 10 minutes after this reaches the boil, that the yolks may be dry and mealy. Cut the whites in two, remove carefully and rub the yolks to a paste with three tablespoonfuls of minced ham or chicken or both, 10 drops of onion juice, a saltspoonful of mustard, a tablespoonful of melted butter, salt to taste and half a teaspoonful of paprika. Crowd this mixture back into the halved whites, cutting a bit off the bottom of each cup, that it may stand upright, and letting the newly formed yolk rise above the edge of the white as far as the original yolk would have done. Arrange these on lettuce leaves and serve with a French dressing or with boiled salad dressing.

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