

salt, one egg, two tablespoonfuls of molasses, and one cupful of sweet milk. Mix the dry ingredients; beat the egg, add the milk and molasses, then beat in the flour. Beat hard for a moment, then bake in a rather hot oven for half an hour. Have the muffin-tins well greased and hot.—'Good Housekeeping.'

Buttered Eggs.—Beat up lightly as many eggs as required. Put a piece of butter—say one ounce to four eggs—in a shallow saucepan, and toss over the fire, which should be clear, but not too fierce, till melted. Add two tablespoonfuls cream, or failing that, one teaspoonful flour, and just enough milk to make a creamy sauce. Add seasoning to taste, such as salt, pepper, ketchup, etc., and then the eggs. Stir constantly in one direction with a wooden spoon till the mixture becomes thick. Have neat rounds or triangles of bread toasted and buttered, or fried, and on these spread the eggs, heaping them up in the centre. Sprinkle a little finely-chopped parsley over, and serve very hot on a napkin.

Lemon Puff.—Beat the yolks of four eggs smooth with two tablespoons of granulated sugar. Then stir in the juice and grated yellow rind of a large lemon, add two tablespoons of boiling water and cook in double boiler until like thick cream, stirring occasionally. Beat the whites stiff, then beat into them two tablespoons of granulated sugar, and when very stiff it is to be beaten into the yellow mixture while the latter is hot, which cooks it enough that the whites do not fall. This looks like a yellow puff ball, is not hard to make, and very good; a nice dessert.

Fruit Omelet.—Six apples, one lemon, one egg, small piece of butter, six ounces of powdered sugar, bread crumbs. Stew the apples with two ounces of sugar until soft, and add the lemon juice and peel; add the beaten egg. Butt a pie dish and cover the sides and bottom with bread crumbs fine enough to form a crust. Pour the apples into the dish, cover with bread crumbs and bake for one-half hour. Turn out and serve with a sweet sauce.

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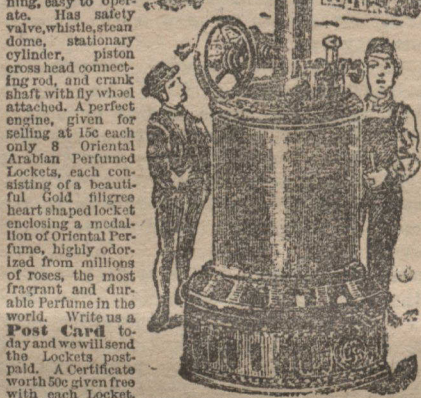
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