

2 eggs well beaten.
1 teaspoonful essence of celery.
Pepper and salt.

Heat milk and vinegar in separate vessels. To the boiling vinegar add butter, sugar, and seasoning, lastly the chopped cabbage. Heat to scalding, but do not let it boil. Stir the beaten eggs into the hot milk. Cook one minute together after they begin to boil. Turn the hot cabbage into a bowl; pour the custard over it; toss up and about with a wooden or silver fork, until all the ingredients are well mixed. Cover and set in a very cold place for some hours.

This is a very delightful salad, quite repaying the trouble of cooking the dressing.

BROWNED POTATOES.

Boil large potatoes with their skins on; peel them, and, when you uncover your beef for browning, lay the potatoes in the dripping-pan about the meat. Dredge and baste them as well as the beef. If not quite brown when the meat is ready, leave them in the gravy for awhile, before thickening the latter. Drain in a hot colander, and arrange neatly around the steaks in the dish.

BAKED BEANS.

Soak dried beans all night in soft water, exchanging this in the morning for lukewarm, and this, two hours later, for still warmer. Let them lie an hour in this, before putting them on to boil in cold water. When they are soft, drain and turn them into a bake-dish. Season with pepper and salt, with a liberal spoonful of butter. Add enough boiling water to prevent them from scorching, and bake, covered, until they smoke and bubble. Remove the cover, and brown. Serve in the bake-dish.

APPLE AND TAPIOCA PUDDING.

1 teacupful tapioca, soaked for five hours in 3 teacupfuls of warm (not hot) water.
8 juicy pippins, pared and cored.
3 tablespoonfuls of sugar and a saltspoonful of salt, with a few whole cloves.

Arrange the apples in a deep dish; add a cup of cold water; cover, and steam in a moderate oven until tender all through, turning them once or twice. Turn off half the liquid and pour the tapioca, which should have been soaked in a warm place, over the apples, when you have filled the hollows left by the cores with sugar, and put a clove in each. The tapioca should be *slightly* salted. Bake one hour, or until the tapioca is clear and crusted on top. Serve in pudding-dish.

HARD SAUCE.

To two cups of powdered sugar add half a cup of butter, slightly warmed, so that the two can be worked up together. When they

are well mixed, beat in half a teaspoonful of nutmeg and the juice of a lemon. Whip smooth and light, mound neatly upon a butter-plate, and set in the cold to harden.

FIRST WEEK. WEDNESDAY.

SPLIT PEA SOUP.

HALIBUT STEAKS. BOILED LEG OF MUTTON.
CAPER SAUCE.

SPINACH. STEWED POTATOES.

COTTAGE PUDDING WITH LIQUID SAUCE.

SPLIT PEA SOUP.

1 pint of split peas.
4 quarts of water.
2 lbs. of beef and some bones.
 $\frac{1}{2}$ lb. of lean bacon or ham.
3 stalks of celery, the white part only, cut fine.

Juice of a lemon.

Stale bread cut into dice and fried.
Soak the peas all night in soft water, changing it in the morning for warm—not hot. Throw this off after an hour and cover the peas with four quarts of cold water. Boil in this—adding the meat, cut small, the bones well cracked and the celery—four hours. *Always boil soups slowly.* The neglect of this rule leaves in the kettle a mass of toughened meat and an ocean of dish-water.

When you are ready to take up your soup, strain in a colander, picking out and casting aside bits of bones and shreds of meat. Rub the peas and celery through the holes of the strainer until nothing more will pass. Season with pepper and salt; add the juice of a small lemon, and return to the kettle, which must first be rinsed with hot water. Let all boil together two minutes. Should it not seem so thick as you would like, you can put in, while it is boiling, a little corn-starch wet up with cold water. Put a couple of slices of stale bread, cut into dice and fried crisp in dripping, in the heated tureen, and pour the soup upon them.

HALIBUT STEAKS—FRIED.

Wash and wipe the steaks. Roll each in flour, and fry upon a buttered griddle, turning carefully with a spatula, or cake-turner, when the lower side is done. They should be of a nice brown, and tender throughout. Remove to a hot dish and garnish with sliced lemon; in carving, see that a bit of the lemon goes to each person, as many prefer it to any other sauce for fish. Send around potatoes with the steak. Worcestershire is a good store-sauce for fish and game. Anchovy is pre-eminently a fish sauce, but many do not like it.