

To make candy from honey, boil one cupful of honey, one cupful of sugar, one-fourth cupful of water and a large teaspoonful of butter. Test in water and pull while cooling.

BOMBAY TOAST.—Take one ounce of anchovies, wash, bone and pound in a mortar with one ounce of fresh butter till reduced to a paste; melt in a saucepan; add the beaten yolks of two eggs and pepper and salt to taste, and spread the mixture on some slices of nicely-toasted bread. Serve very hot.

INDIAN CUSTARD PUDDING.—Two quarts of new milk, one cupful of fine Indian meal, one cupful of molasses, or sugar if preferred. Heat the milk to the boiling point, reserving a little cold to mix with the meal, and one beaten egg, which stir into the milk while hot; add the salt, spice and sweetening. Bake two hours or more in a slow oven.

LEMON JELLY.—Put two ounces of gelatine to soak in a pint of water with half a pound of sugar and the thinly peeled rind of two lemons. When the gelatine has melted add the strained juice of five lemons and the whites and crushed shells of three eggs. Whisk it on the fire and pass it through the jelly-bag; at the last add three-quarters of a glass of brandy. Pour it into a wet mould and let it set.

POTATO ROLL.—Put one cupful of cold mashed potatoes into a saucepan, add one-quarter of a cupful of milk and a palatable seasoning of salt and pepper, a tablespoonful of chopped parsley and two well-beaten eggs. Mix thoroughly, take from the fire, beat until light. Put one tablespoonful of butter in a frying-pan, when hot put in the potatoes, spread evenly over the pan, cook slowly until a golden-brown. Roll like omelet, and serve smoking hot.

TURNIP PUREE.—Take six large turnips, peel, slice thin and boil in salted water until sufficiently cooked; then drain in a colander and afterward rub through a fine sieve. Place the pulp thus obtained in a saucepan, mix with it a tablespoonful of flour, a seasoning of salt, pepper and grated nutmeg, a good slice of butter and a teacupful of rich milk. Stir over the fire until thoroughly hot, then serve as required—say, with beef or mutton.

MOLASSES CAKE.—This recipe is for a cake not nearly so elaborate as the one given above, yet for children and those who once were children it is very good, and takes very little time to make. You will need two eggs and a piece of butter the size of an egg, half a cup of water, two-thirds of a cup of sugar, one cup of molasses, half a teaspoonful of soda and two cups of flour. It bakes much better if put in two tins.

STEAMED GRAHAM PUDDING.—Beat one egg, add one cupful of New Orleans molasses and one cupful of sour milk, dissolve one teaspoonful of soda in the milk, and stir in two and a-half cupfuls of sifted Graham flour, half a teaspoonful of salt and one cupful of chopped raisins. If not thick enough add a trifle more flour. Grease a deep basin and pour it in; steam three hours. Eat with sauce.

When you make chocolate now of an evening sprinkle a little cinnamon on top after the chocolate has been poured in the cup. It adds the same piquancy and charm that nutmeg adds to lemonade, lemon juice does to Vichy, sliced lemon does to tea, or, to come nearer home, that salt does to an egg.

SARATOGA BISCUITS.—The following breakfast cakes are great favourites at a certain Saratoga hotel: Heat a pint of new milk over the fire, and when hot enough to melt butter, remove, add butter the size of a walnut, three beaten eggs, three tablespoonfuls of good yeast, a little salt and flour enough to make a soft dough. Let them rise in a warm place for two or three hours. Make up into small biscuit, of bun-shaped cakes, lay close together on a well-buttered tin, and bake for fifteen minutes in a quick oven.

SCALLOP OF MUTTON.—Take scraps of cold mutton and cut them into small pieces; put a layer of the meat into a dish, then a layer of stewed tomatoes—canned tomatoes will do—then a layer of bread crumbs; sprinkle with salt and pepper, and add a few bits of butter, then another layer of meat, and so on until the dish is full. Have the last layer of crumbs. Bake in a moderate oven one hour and a-half.

AN IMPORTANT SUBJECT.

The subject of health. Good health depends upon good food. It is not what we eat that nourishes the body, but what we digest. To study what we eat and why we eat is important. It was by eating the wrong food that the curse came upon mankind at first. Thousands are miserable with indigestion and dyspepsia from eating the wrong kind of food now. Some eat the same kind of food in hot weather that they do in cold weather, and consequently they suffer and are cast out of the paradise of health. It is always safe to eat Desiccated Wheat, but be sure you get the proper article with the name and trade mark of the Ireland National Food Co. (Ltd.) on the package.

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