

strain, add the butter, and cook for a few minutes ; add the sauce and cheese. Cut the toast into pieces a little larger than the sardines, spread with anchovy butter, place a sardine on each piece of toast, spread thickly with the sauce, season with pepper and cayenne ; sprinkle over with some breadcrumbs, put in a hot oven for a few minutes till warm through. Serve very hot.

#### COCOANUT CUSTARD PUDDING.

Boil 3 cups milk with 1 cup sugar ; dissolve 2 tablespoons corn starch in 1 cup cold milk and add it to the milk ; continue the boiling for a few moments and remove from the fire. Beat up the yolks of 4 eggs, and after the custard has cooled a little, add them to it ; when cold, beat the whites to a stiff froth and stir them into the custard. Butter a pudding dish and put in half the custard and a layer of macaroons, then a layer of cocoanut on top, into which 2 tablespoon sugar have been mixed. Bake in oven to a delicate brown and serve cold.

Keep all preserves, jellies, and tinned fruits in a cold, dark, and dry place.

#### THE STOCK POT.

Partly owing to careless handling, and partly to the advance of the culinary art, the once highly esteemed stock-pot has lately been somewhat discredited. And when one thinks of how, in the hands of the very plain cook, it became simply a kind of liquefied dustbin, one ceases to wonder that the disgusted and despairing mistress relegated it, and all its contents, to the limbo of disuse.

At the same time, when properly attended to, it is a most valuable adjunct to the kitchen requisites, and the means of saving many things that would, without its aid, go into the catalogue of unconsidered trifles, and would certainly find their destination in the hog's trough. The first thing to be attended to is to see that nothing be put in but what is good and fresh, that the pot be kept at the simmer all the time, and that when all the goodness is extracted from the ingredients the liquid be strained and put aside to cool. On no account must it be left standing in a half heat, as then souring will certainly take place, particularly if any vegetable matter has been added to

the contents. After what is called in culinary language the first stock is drawn from the bones, &c., a very fair second stock may be got from them, but of course this has less flavour, and is simply a gelatinous extract, useful enough in its place, but wanting in most of the constituents of good stock.

When the stock pot is called into use it should be put on in the early morning, with a mixture of raw and any cooked bones that may have accumulated, with any trimmings, provided that the latter are perfectly sweet and fresh ; also a few pounds of hough of beef, well washed in two or three waters. This, if not boiled to rags, for which there is no necessity, as the stock will be clearer if simmered slowly, will come in handy for kitchen or family dinner. Cover the whole with cold water in due proportion—about 3 quarts probably—and bring all to the boil. The pan or pot should be of such a size that the water reaches to within an inch of the top, as this greatly facilitates the skimming, a most important part of the process. Salt the whole to taste, always remembering that salt can be added, but never taken out. When the pot has been slowly brought to the boil, throw in a dash of cold water, which helps the scum to rise, and continue skimming as long as it does so. You have now unflavoured stock, and to bring it to perfection some vegetables may be added : a middle-sized carrot, a large leek (onion is supposed to cloud the stock), a small turnip, and a bit of celery, or a leaf or two of the celery plant, which comes in handy at a season when celery is not. These should all be cut up and put in a small net, so that they can be lifted out when cooked enough, as otherwise they would absorb the flavour of the meat, and make the stock all the poorer. After the vegetables are added, put on the lid and let the pot come again to the boil, then draw it to the side of the stove, and let the whole simmer for four or five hours ; then strain, put aside to cool, and remove the fat. Wash out the pot and put it away till wanted again. On no account leave it standing on the stove with the remains of the original contents, as used to be the fashion under the mistaken idea that the longer it stood the more goodness was got out of it. If the bones are to be used again, put them on afresh in a clean pan with some fresh cold water. As already mentioned, a gelatinous extract can be got from them, which may be enriched by some of the ready-made consommés