

FOURTH WEEK. FRIDAY.

GRAHAM SOUP.

FRICASSEE OF CANNED SALMON.

CHICKEN DUMPLINGS.

SALSIFY SAUTE.

MACARONI WITH BACON.

BEAN SALAD.

PUMPKIN PIE.

GRAHAM SOUP.

3 onions; 3 carrots; 3 turnips; $\frac{1}{2}$ cabbage; 6 stalks of celery; $\frac{1}{2}$ can of tomatoes; 3 tablespoonfuls of butter rolled in flour; $\frac{1}{2}$ cup of milk (cream is better); pepper and salt; 3 quarts of water; a little sugar; sweet herbs.

Chop the vegetables, and put all over the fire in the water, excepting the cabbage and tomatoes. Parboil the cabbage, and add at the end of half an hour's boil. Half an hour later, put in the tomatoes and chopped herbs. Boil sharply twenty minutes; add sugar, pepper, and salt. Rub the soup through a colander. Return to the fire; stir in the floured butter; simmer five minutes, turn into the tureen, and stir in the hot milk or cream.

FRICASSEE OF SALMON.

1 can fresh salmon; 2 beaten eggs; 1 cup of drawn butter; 1 teaspoonful anchovy sauce; 2 hard-boiled eggs, chopped fine; cayenne and salt to taste; capers, or minced green pickles.

Stew the fish—broken into rather coarse bits—in the can-liquor ten minutes. If there is not enough of liquor, cook in a little water. Add the drawn butter, and, when these are well mixed, the beaten eggs. Stir five minutes; put in the chopped eggs and pickles. Heat one minute, and pour into a deep dish.

CHICKEN DUMPLINGS.

Meat from your cold fowls, minced fine; $\frac{1}{2}$ cup of gravy; yolks of 3 raw eggs; 1 tablespoonful of flour; pepper and salt; batter made of 1 egg; $\frac{1}{2}$ cup of milk, and a little flour; cracker crumbs.

Put chopped meat and seasoning, with a little of the liquor in which the chickens were boiled, into a saucepan, and heat to a gentle boil. Stir in the flour-wet in a little cold water, and a minute later the beaten yolks. Stir to thickening; pour out, and let it get cold and stiff. Flour your hands, and make the paste into flattened balls. Roll in cracker-dust, dip in the batter, again in the cracker, and fry in hot lard. Drain, and serve hot.

N.B.—Boil the skeletons and stuffing of the chickens in the rest of the pot-liquor, and put by, well seasoned, in the stock-jar.

SALSIFY SAUTE.

See Thursday, First Week in November.

MACARONI WITH BACON.

Boil half a pound of macaroni, broken up small, in a little weak "stock," salted, twenty minutes. Drain; stir in a quarter of a pound of streaked bacon, boiled and minced very fine; put into a buttered bake-dish; pour on a very little soup-stock; cover with rolled crackers, seasoned well; put bits of butter on top; bake, covered, half an hour—then brown.

BEAN SALAD.

Put the cold Lima beans into a salad-dish; and pour on such dressing as was made for cold slaw on Monday, First Week in November.

PUMPKIN PIE.

1 quart milk; 1 pint stewed pumpkin, rubbed through a colander; 4 eggs; 1 teaspoonful mixed cinnamon and mace, and half as much nutmeg; 1 scant cup of sugar; a little salt. Beat all well together, and bake in open crust. Eat cold.

FOURTH WEEK. SATURDAY.

OX-HEAD SOUP.

PORK STEAKS.

APPLE SAUCE.

MASHED TURNIPS.

POTATOES SCALLOPED WITH EGGS.

APPLE PIE AND CREAM.

OX-HEAD SOUP.

$\frac{1}{2}$ an ox's head, well cleaned, including the fresh tongue; 6 potatoes, boiled and mashed; 3 turnips; 3 onions; 4 carrots; 4 stalks of celery; pepper, salt, and mace; bunch of sweet herbs; 8 quarts of water; the stock already in your jar.

Put the head, tongue, and vegetables (leaving out the potatoes) over the fire, with the water, early in the day. Bring slowly to boiling, and keep this up five hours. At the end of three hours take out the tongue with enough liquor to cover it, and let it get cold. When the five hours have passed, strain off the liquor; take out bones and meat; season highly, and put into your emptied and scalded stock-jar. Pulp the vegetables into the soup; season it, and pour all not needed for to-day into the stock-pot. Add to that kept out the skimmed and strained broth made yesterday from the chicken-bones; the potatoes, boiled and rubbed hot through the colander. Boil slowly ten minutes, and pour out. When tongue and the stock in the jar are both cold, add the one to the other.