

of the buckwheat can be used. The cakes will brown better if all milk is used. Cook as soon as mixed. They will be lighter if cooked before the gas escapes, and it is preferable to mix at a time only so much as will be cooked within fifteen minutes. Corn meal makes them less tough, and some prefer corn meal both in buckwheat and wheat cakes.

## ***Vegetables and Fruits***

**Corn Chowder**—Chop fine a pint of canned corn, slice one and one-half pints of raw potatoes very thin; fry three or four slices of salt pork in a deep kettle, and in this fat fry one sliced onion; over this put in the corn and potatoes in layers, sprinkle with salt and pepper, and dredge with a little flour. Pour over a pint of boiling water, cover and cook until the potatoes are soft, which should be in fifteen or twenty minutes, then stir in at least a pint of milk and a little flour and water for thickening. Split half a dozen crackers (Boston crackers are the best), dip them in cold water a few seconds, put them in the chowder, let it boil up once and it is then ready to serve.

**Baked Sifted Potato**—A very nice way to warm over mashed potato is to press it through a potato sifter, which can now be obtained very cheaply (25 to 35 cents). This leaves it light as a feather. It is well to grease the pan or baking dish, then sift the potatoes directly into it. Lay bits of butter on the top and bake to a delicate brown. It makes a pretty dish for lunch or breakfast. It can be set on the table in the dish in which it is baked, or be carefully removed to another, so as not to materially break up the golden top crust.

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**Tomato Omelette**—Skin half a dozen large ripe tomatoes, stew and strain through a sieve, mix well with them three tablespoonfuls of bread crumbs, four well-beaten eggs, four tablespoonfuls of sweet milk. Salt and pepper to taste. Bake brown in buttered pans.

**Potato Croquettes**—Pare six large potatoes, boil and mash fine, and mix with them the whites of two well-beaten eggs, one tablespoonful of butter, two-thirds of a cup of hot cream or milk, and salt and pepper to taste. When cool enough to handle, mould into balls, dip in beaten egg, then in cracker crumbs, drop into hot pan and fry brown.

**Scotch Potato Scones**—Pare and wash eight good-sized potatoes, boil until done. Mash fine and add a pinch of salt, and mix enough flour to make a stiff dough; roll thin and cut in strips and bake on a large griddle without grease. These are very nice eaten warm.

**Spiced Tomatoes**—Select medium or small sized fruit, scald lightly and skin, and for each six pounds use four pounds of sugar, two tablespoonfuls each of ground cloves and cinnamon and one pint of good cider vinegar. Tie the spices in a thin muslin bag and scald them in the vinegar, then add sugar, and when the syrup boils again put in the tomatoes. When the tomatoes are well cooked, take them out into jars or bottles and keep them hot. Boil the syrup down until it is rich and thick; then pour it over the tomatoes and seal while hot. This makes a nice relish for fresh meats, or, indeed, any kind of meats or fish.