

cup of tea, pie and strawberry preserves, they managed to make a dinner. I shall never forget the politeness of that old gentleman; he praised me, patted me on the head, said he knew I would make a smart man a wife some day, and never hinted about sour bread, watery potatoes, or salt ham (and it was salt, no mistake). Well I learned a lesson which I have never forgotten, and feel thankful every day of my life to think my mother taught me how to cook; it was a hard task for her, and she often used to say, "well, my child, I would much rather do the work than teach you if it would only do you as well."

It requires time and patience to cook even the simplest articles of food properly, and also no small amount of common sense; the time has passed when salt pork and fish are used day after day; variety is what we must have, and this causes the house-keeper many an anxious thought. The less salt food the better; in these hot summer days the salt creates such a thirst that our men have to drink too much cold water to quench it; this makes them uncomfortable and not able to bear the heat as they otherwise could do. We must have plenty of fresh meat, fish and vegetables, and let the salt food remain until cooler days come; also take care to have a bountiful supply of berries, and nice, sweet bread and butter. I make very few pies when I can get berries; they are plentiful, and, with care, one can have a constant supply after the 10th of July until the frosts come. I find the month of June and first of July the hardest time to get a variety; but if one has a small piece of ground devoted to rhubarb, it is very nice to have with dried apples, or served alone with plenty of sugar. Asparagus makes an excellent substitute for green peas. If our young ladies would spend some of their leisure hours in learning to cook, and do house-work generally before their marriage, they would never regret it, and their homes would be much happier. No matter how much their husbands love them, it rather removes the romance from life when they come in from their work tired and hungry about one o'clock (when dinner should be ready at sharp twelve) to sit down to a meal half cooked and wholly unpalatable, when their mothers are such excellent cooks; and it does not help matters for these husbands to recommend Lucy or Nellie to run over and ask "mother" how to cook such an article. Maybe they go right away and ask her? Not much; they have no desire to display their ignorance, so they suffer until they learn from sad experience. Farmers are compelled to have a great deal of help to harvest their crops in the proper time, and this makes it necessary for their wives to do a large amount of cooking, and how to do this well and economically is one of the great problems which we have to solve, and one upon which much more depends than we imagine; it is the "little leaks which sink great ships." I know of no way a farmer's wife can save more than by personally looking after her own cooking. It is an easy matter to throw many dollars worth from the pantry window, and this is done unless the food is properly attended to. Many of our young girls enter upon their married life with but slight knowledge of the work that is to be performed. Many of them taken from the school room, where they have spent the larger portion of their lives. Of course they do not understand house-work and cooking, but are expected to know as much and do more than those who have had many long years experience, and who have forgotten the trials of their early life; no wonder they lose their health and beauty in a short time. I fear I am wandering from the subject, but it cannot be helped; I have a great deal of sympathy for these young wives. Provisions of every kind are higher than usual, and we have to be more careful than ever of our household expenses. The fish and meat man each come twice a week, and we have a good assortment to select from; beef, lamb, veal, salmon, halibut, cod-fish and all fish that are usually found in this country. Enclosed you will find a price list, as well as a bill of fare. I fancy, in the distance, I see a terrible frown upon your brow, and a scornful smile upon your countenance as you glance down these poorly written sheets and murmur something which I cannot hear, but presume it is not at all complimentary to me, as you lean over your table and fling my poor essay into your overflowing waste basket. Well, I will try and survive the shock, and you can rest assured I shall try again at the first opportunity. I have a large amount of self-conceit, and know I can prepare a nice meal (of which you shall have abundant proof if ever you come to our "humble wig-wam"), even though I cannot write a prize essay.

Now comes this bill of fare for one week; there are so many varieties of food to choose from that it makes the task very difficult. I never have two weeks just alike, as sometimes I cook a larger quantity of food than we require at one meal, and our men do not object to having a dinner warmed over the next day, provided it is nice. The following is the experience of one week, and proved satisfactory to all concerned:

BILL OF FARE.

Sunday Morning.—Oatmeal porridge, bread and butter, strawberries and cream, and tea. Noon.—Baked beans and pork, brown bread and pickles. Dessert—Apple and custard pie, bread and tea. Night.—Stewed gooseberries, sponge cake, cheese, bread and butter. I presume that is always understood (bread and butter, I mean.)
Monday Morning.—Oatmeal porridge, bread and butter, and tea. Noon.—Dry cod-fish served with cream and butter, mashed potatoes, beets, pickles and salad. Dessert—Ginger-bread pudding and tea. Night.—Dried apples well stewed, cheese, ginger snaps, tea.
Tuesday morning.—Oatmeal, fried fish balls, bread, butter and tea. Noon.—Beef stew with dumplings, beets, potatoes, mashed turnips and pickles. Dessert—Ginger-bread pudding. Night.—Washington pie, stewed strawberries, tea.
Wednesday Morning.—Oatmeal; bread, butter and tea. Noon.—Fried halibut, baked peas, pickles, mashed potatoes. Dessert—Boiled rice. Night.—Buckwheat cakes served with butter and syrup, tea.
Thursday Morning.—Oatmeal, bread, butter, tea and strawberries. Noon.—Sirloin steak, mashed potatoes, baked peas, pickles, salad. Dessert—Rice pudding. Night.—Stewed rhubarb, ginger-bread, dried beef, tea.
Friday Morning.—Oatmeal, bread, butter and tea. Noon.—Fresh haddock boiled, served with drawn butter, beets, salad and mashed potatoes. Dessert—Corn-starch pudding and pie. Night.—Strawberries and cream, cookies, dried beef, tea.
Saturday Morning.—Oatmeal, bread, butter and tea. Noon.—Fresh shad baked, peas, beets, pickles. Dessert—Rhubarb pie and tea. Night.—Custard, cream pie, cheese and tea.

PRICE LIST.

Potatoes	\$1.00 per bushel
Beans	3.00 "
Peas	2.75 "
Turnips	50 "
Beets	75 "
Carrots	40 "
Onions	2.50 "
Oatmeal	6.25 per barrel.
Flour	7.50 "
Butter	20 cts. per lb.
Lard	17 "
Cheese	12 "
Sugar	9 & 10 "
Corn-starch	15 "
Rice	5 "
Tea	40 cts. per lb.
Cream-tartar	45 "
Molasses	45 "
Syrup	65 "
Dried apples	7 "
Raisins	10 "
Milk	1 "
Dry cod-fish	5 "
Fresh "	5 "
Haddock	2 & 3 "
Halibut	6 "
Salmon	10 "
Best beef-steak	12 "
Sirloin	10 "
Pieces for stew	7 & 8 "
For soup	4 & 5 "
Salt pork	14 "

EVERY-DAY RECIPES.

Molasses Gingerbread.—1 cup molasses, 1 cup boiling water, 1 tablespoon butter, 1 teaspoon soda; flour to make a thin batter; bake in the long pan.
Rice Pudding.—Take cold boiled rice, cover with milk; beat one egg, add that, and 1 cup raisins; bake 2 hours, eat with sauce.
Gingerbread Pudding.—1 cup molasses, 2 cups buttermilk, 1 teaspoon each of soda, salt and ginger, butter size of an egg, and one egg; make thick batter; steam two hours; serve with sauce.
To Bake Peas.—Soak over night in cold water, parboil in fresh water with $\frac{1}{2}$ teaspoon soda for two hours, put them in a bean pot or tin pan; add salt,

pepper, small piece butter, tablespoon sugar; bake three hours; very nice.

To Make a Good Syrup.—Take 5 lbs. sugar, add 4 quarts water; put in a sauce kettle; boil well and skim; add essence vanilla to suit the taste.

I might add many more, but presume you have had enough.

Manitoba Letter.

[FROM A CORRESPONDENT.]

West Lynne, July 10th., 1882.

A good many false and exaggerated reports have been circulated through the Dominion by some individuals as regards the high water in the Red River in the spring, making it appear that the country is almost ruined and will not recover from the effects of the flood. Those are absurdities, and should be looked upon as such. True, the residents near the river were put to some inconvenience, and farming operations were retarded for a time, but those troubles were of short duration, and the crops in that vicinity look fine and promise an abundant yield. The main damage done by the flood was the destruction of the free traffic bridge at Emerson, but the Emerson council acted promptly and soon had a temporary bridge erected to accommodate the public until a permanent bridge is constructed. The new bridge is to be built of iron, and will cost in the neighborhood of \$75,000 or \$80,000. The weather during the latter part of last month and up to the present time has been fine with frequent showers, so that vegetation has been very rapid, and crops of all kinds look splendid, and if no unforeseen calamity befalls them, by far the greatest crop of grain ever reaped in the Province in one season will be gathered the coming harvest. The steam plow built in Hamilton, Ontario, and to be used on the Low Farm, twenty-five miles north-west of this place, arrived at its destination on Saturday last. It was forwarded to Winnipeg by mistake, and has been lying there ever since the fifteenth of May, and through the negligence of railroad officials no tidings could be heard of it until recently, to the great inconvenience of the proprietor. The seed wheat purchased in Toronto by the Morris Agricultural Society, and shipped last March, has been detained in like manner, and the directors are claiming damages, but Mr. Harder, the general manager at Winnipeg, says that the matter will be amicably settled.

The citizens of West Lynne, proud of their town having been recently incorporated, made up their mind to celebrate Dominion Day in grand style, and contributed \$500 for the occasion. The weather during the day was fine, and 2,000 people gathered to witness the sports, and everything passed off pleasantly to the satisfaction of all. The silver cup, valued at \$50, and presented by Dr. Mallock, of Ottawa, to be competed for in a running race, open to all horses owned in Southern Manitoba, was competed for on the following Monday, and was won by a horse from Winnipeg, recently brought from Ontario.

The tide of immigration is still flowing in, and teams can daily be seen wending their way westward, conveying settlers to their new homes, and dotting the prairie here and there with covered wagons, giving it quite a picturesque appearance. Horses are still in good demand, and prices are tending upwards; from \$500 to \$600 a team is asked and obtained for good horses. The dealers are, as a rule, bringing a better class of horses from Ontario than formerly, and they say that their profits are not so large as when they brought an inferior class and sold them cheaper.

THE FRUIT GROWERS' ASSOCIATION OF ONTARIO.

This society held their summer meeting at Trenton, on the 15th July. There was a good attendance of members, and several interesting papers were read. The meeting was adjourned till the 19th Sept., to be held at Kingston.