

CALVES FOOT JELLY

Ingredients—1 quart of calves foot stock, 3 lemons and 2 oranges, the grated rind and juice; 6 sticks of cinnamon, 1 large handful of raisins, 1 doz. cloves, 2 gills of granulated sugar, crushed shells of 2 eggs, 1 package gelatine, whites of 2 eggs.

Place ingredients in a large preserving kettle, first the stock, then sugar, raisins, cloves, cinnamon, juice and rind of fruit, crushed shells of eggs; then spread over it all the whites of eggs beaten to a stiff froth and two tablespoons cold water. Place upon stove and allow to heat for one hour without boiling, then allow to boil for three minutes; add one package of Knox gelatine which has previously been dissolved; move back on stove and allow to stand without boiling half an hour; add one pint sherry and allow to stand twenty minutes longer or until clear. Then strain through a thick flannel jelly bag (which has been rung out of hot water) into a large clean bowl. While the jelly is hot and runs freely it may be strained through the bag several times, pouring from the bowl into the bag. This will make it clearer, but care must be taken not to stir the jelly or squeeze the bag. Jelly should be pale amber and clear enough to see through.—Brockville General Hospital.

MILK AND ALBUMEN

Put into a clean quart bottle one-half pint of milk, white of 1 egg and a pinch of salt. Cork and shake hard for five minutes.

CREAM TOAST

Put 1 quart of milk in a double boiler; when hot add 1 tablespoon of cornstarch, moistened in 3 tablespoons of cold milk; cook and stir until it is the consistency of cream; add 1 teaspoon of salt, 1 tablespoon of butter, and pour it at once over warm toast.—Mrs. Rorer.

SOFT CUSTARD

One pint of milk, yolks of 2 eggs, 1 tablespoon sugar, $\frac{1}{2}$ saltspoon salt. Let milk come to a boil, add eggs, sugar, and salt well beaten together. Stir till it creams, flavor, cool, serve.

FRUIT BLANC MANGE

A cup of any fruit juice, fresh or canned, heated, sweetened to taste, and thickened with a tablespoon of cornstarch. Cook well and serve cold with milk. If a little less cornstarch is used and when nearly cold the stiffly beaten white of an egg is added, a delicious float is the result. All juices should be strained.