

PRIZE ESSAY.

A Breakfast for a Farmer's Family for Seven Days, and How to Prepare the Same.

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It has been said by one writer, that "there is no better test of good health in a woman, than to be able to eat a good breakfast; and improved on by another who said, "except to be able to get up in the morning, build a good fire and cook it." Well, whether this be so or not, there is certainly no one thing more essential to the satisfactory progress of farm work than that of having breakfast well and promptly prepared, so that the men may be able to avail themselves of the cool hours of early morning for the work of themselves and their teams.

Breakfast, as well as other meals, ought to be varied, to suit the seasons; as one that would be very tempting on a cold, frosty morning in early spring, or late fall, would be quite the reverse on a hot, sultry one, such as we often have during haying and harvest. The bill-of-fare, therefore, can be varied to suit the season. The preparation of breakfast should be taken into consideration while cooking dinner the day before, as there can then be enough of meat and potatoes cooked for both meals at the same time. They can both be warmed over in a great many different ways, or the meat can be eaten cold if preferred. If either or both are to be freshly cooked, they ought to be prepared, as far as possible, the night before, so they can be cooked as quickly as possible. If there is much work to be done in the morning, it is an advantage to have the table set the night before, also.

The list given is not intended as a rule, but merely as suggestions, to be varied according to tastes, circumstances and seasons. The meats can be varied, to include fowls, fresh fish, mutton, lamb or veal. Similar variations can be made in the vegetables and fruit. Eggs can be made to take the place of meat, in a great measure, during the hot weather, as they can be cooked in such a variety of ways, and are said to contain more nourishment to their bulk than any other article of food. Fruit should be used every day the year round. Where apples are abundant this can be easily done, as they are always available. Small fruits should be used freely in their season. Any article given in the list is perfectly wholesome, can be procured by the generality of farmers, and, with a good fire, can be prepared in from 30 to 45 minutes:—

SUNDAY.—Cold boiled ham, stewed potatoes, poached eggs or omelette, bread and butter, or toast, tea or coffee.

How to Cook.—Boil the ham slowly for several hours; leave it in the water till cold; then

skin, and grate dry toasted bread over it. This will keep for a long time if necessary.

Stewed Potatoes.—Wet the spider with cold water; slice cold boiled potatoes; cover with milk; when hot stir in a tablespoonful of butter, rolled in flour. Let boil up once and serve.

Omelette.—To each egg allow one tablespoonful of milk; beat the yolks well; add the milk; then the whites, beaten to a froth; pour in a hot, well-buttered pan; cook till set; a little parsley, chopped fine, or a little minced ham, is a great improvement.

MONDAY.—Oatmeal porridge, fried bacon and eggs, potatoes from previous dinner, sliced and fried in a little hot dripping; bread and butter, tea and milk.

How to Cook.—Cut the bacon as thin as possible (if properly cured it will not be too salt); fry to a light brown in its own fat; break the eggs carefully into the same fat, pouring it over them with a spoon until the white is set.

TUESDAY.—Bread and milk, hot; beef steak, broiled, or fried with onions; or a mince made of

hour; stir occasionally. Sausage cakes are much nicer than ordinary sausages, and are made by making the meat, after it has been chopped and seasoned, into little cakes, with the hands floured, and frying in hot fat. Potatoes will bake in three-quarters of an hour in a good hot oven, and are very good with sausages.

THURSDAY.—Porridge, boneless cod, mashed potatoes; maple syrup or fresh fruit in season.

How to Cook.—Boneless cod, soak over night in a warm place; in the morning put into fresh water; boil 20 or 30 minutes; make a sauce for it by mixing a tablespoonful each of flour and butter till smooth; pour on about a pint of boiling water; stir (only one way) till it boils. Garnish the fish with slices of hard-boiled eggs and pour the sauce over.

FRIDAY.—Indian meal mush, corn-beef hash, and scrambled eggs.

How to Cook.—Cut cold beef into small pieces, with cold potatoes and a sliced onion; add pepper, salt if needed, and water to nearly cover; cook just long enough to heat thoroughly; lay

slices of toasted bread on the platter, and pour the hash over it. Scrambled Eggs.—Allow to each egg one-half cup of milk and one teaspoonful of butter; heat milk and butter together; break the eggs into it; stir till it thickens, not allowing it to boil.

SATURDAY.—Cracked wheat, fried breakfast bacon, shirred eggs, boiled potatoes, corn bread.

How to Cook.—The bacon is much nicer if cut very thin and fried carefully. Shirred Eggs.—Heat a little butter in a pie-pan; put in the eggs carefully; do not break the yolks, and bake in the oven. Boiled potatoes are more wholesome than fried, and are no more trouble if they

are prepared the night before. Corn Bread.—One pint buttermilk, one heaping pint of meal, one teaspoonful soda, two eggs.

This concludes the seven breakfasts; but, of course, there are many more dishes one can have for a change; for instance, fresh fish, where it can be obtained; calves' liver, etc., make nice changes. The principal object is to have well-cooked, wholesome food, and plenty of it.

Pheasants.

Last month we gave an illustration of the beautiful Golden pheasant. This month we give the Silver pheasant. These birds are naturally timid, and will seldom lay, and scarcely ever sit, if confined in an aviary open to view, near the house. In such circumstances, shrubs should be planted to afford them seclusion, which may induce them to breed; but it will be necessary, even then, to hatch them under a hen. Bantams are best for this purpose. Pheasants, even more than other stock, require the most scrupulous cleanliness, with plenty of green food, and more animal food than other poultry. The aviary must be covered with wire netting only, or the



SILVER PHEASANTS.

the beef or cold mutton left from the previous day; boiled potatoes, apple sauce, etc. We suppose all will have bread and butter, tea or coffee, and plenty of milk for the children.

How to Cook.—Milk is sweeter and tastes nicer, if only brought to a boil, and yet not allowed to boil; then drop some bread into it and allow it to steam for a few minutes. Beefsteak broiled; heat both sides of the broiler very hot; after rubbing it with a bit of suet, broil over a fire of clear coals, turning frequently till done; lay on a hot platter, sprinkle with salt, pepper and a few pieces of butter; set in a hot oven for two or three minutes. Fried, put a little butter or dripping in the spider; heat very hot; put in your steak; turn several times; when done, slice some onions very fine into the gravy; cook for several minutes; stir in a little flour and boiling water and pour over the steak.

WEDNESDAY.—Cracked wheat, sausage cakes, baked potatoes, cold baked apples, or stewed prunes.

How to Cook.—Stir your wheat into boiling water, previously salted, and boil for half an