

BEEF OLIVES.

Cheap cut of steak about one-half inch thick, cut in pieces about 4 or 5 inches; fill with any kind of stuffing. Roll up and tie well to prevent stuffing coming out. Fry brown on both sides in frying pan. Just cover with hot water, turning occasionally, and simmer one hour or two till perfectly tender, keep covered up tight, adding more water if necessary. Thicken with a little flour.

MILK PUDDINGS.

Of course, milk puddings, rice, tapioca, sago, semolina, custard, etc., are the very best puddings for every person, especially for children, and they are all made in the same way. The milk and one egg needed give their full value, though they don't sound very economical at the present price, but families must be nourished properly. Spend less in every other way—movies, white gloves, car-fare—and even a family with a very small income can manage it if they will only get started by giving a little thought and using a little system in the disposing of what money they have.

CARROT PUDDING.

3 cups grated carrots,	½ pound sugar,
½ pound bread crumbs,	½ cup peel,
4 cup finely chopped suet,	A little nutmeg,
1 tablespoon flour or teaspoon cornstarch.	½ teaspoon ground cloves,
2 ounces each sultanas and raisins,	Good pinch of salt,
	A little milk.
	2 or 3 eggs.

Mix all dry ingredients together, add carrot pulp, then the eggs, very well beaten; just enough milk to moisten the whole slightly, not wet. Pour into well greased tomato tins or small lard buckets if you have no proper utensil, cover well