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economy. 'Waste' is an entirely different thing. Only experience can teach many just how much of any article of food to prepare at a time, and that the quantity varies according to the season. In cool, dry weather, bread, cake, etc., will keep generally as long as it lasts. In hot, damp weather one should bake often, and in small quantities.

Parsnips.

(Mary Foster Snider.)

Nicely cooked, there are few more delicious vegetables than the parsnip. They may be served in such a variety of ways that it seems a pity so many housewives restrict their families to the two or three recipes with which they are familiar. All of the following recipes are excellent, and will well repay a little extra trouble in preparing them.

Fried Parsnips.—Wash and scrape the parsnips, cut them lengthwise in thin strips, roll in beaten egg, then in corn-meal or cracker crumbs, and fry brown in butter. Boiled parsnips may be used instead of raw ones, if preferred.

Buttered Parsnips.—Wash and scrape the

parsnips, cut in thin slices lengthwise, and cook in boiling water until tender. Drain, add a large spoonful of butter and seasoning to taste. Shake the saucepan to keep the parsnips from burning until the butter is melted, then turn into a heated dish and serve at once.

Parsnips with Butter Sauce.—Wash and scrape the parsnips, and cut in thin slices lengthwise. Cook until tender in slightly salted water, drain, put in a heated dish, season to taste, and pour over a sauce made as follows: Rub three tablespoons butter into one tablespoon flour until perfectly smooth, then pour on it one cup boiling water, stirring rapidly all the time. Keep it just at the boiling point for five minutes, but it must not boil or it will be oily.

Creamed Parsnips.—Cook the parsnips as directed above, drain, and turn on them one cup rich milk or cream, a lump of butter, and seasoning to taste. Let get very hot and serve at once.

Parsnip Hash.—Chop two cups cold boiled parsnips and one cup cold cooked beef into dice, season to taste, add one spoon tomato catsup, and one small cup gravy, and simmer until heated through.

Mashed Parsnips.—Wash, scrape and cut

in small pieces. Boil until tender, drain, add a little salt, a lump of butter and half cup sweet milk or cream. Mash fine, and serve at once.

Baked Parsnips.—Wash and scrape the parsnips, and cut in halves if very large, boil until nearly done, then drain, season, spread with soft butter, and put in a baking dish with one small cup milk. Bake until a delicate brown, and serve at once.

Simmered Beef.—Put the trimmings of fat from the roast, or a little suet, or fresh drippings, into an iron pot, and fry thoroughly. Throw in three sliced onions and let them fry to a light brown. Rub the beef with a little pepper and salt and flour, put into the pot, and fry brown on all sides. This seasoning of the meat serves to retain what juice and flavors such a roast contains. Add half a pint of hot water, cover closely, and place where it will just simmer for five hours, adding half a teacup of hot water from time to time as it evaporates, and turning the roast several times during the process of cooking, being careful not to pierce the meat. At the end of five hours, if the beef has simmered all the time and never boiled, it will be found tender, juicy, and deliciously flavored. There will be no + + + on-