

tender; then, when done enough, add a little thickening if necessary; dish up the whole in the centre of a hot dish, garnish round about with small, skilfully-cooked whole potatoes, and serve very hot.

*Note.*—The scrag end of a neck of mutton, meat cut from a shin of beef, pieces of lean fresh pork, the coarser end of a breast of veal, or a lean breast of mutton, etc., are all excellent and most delightful when prepared as above, and as the summer advances several nice changes can be effected by adding or substituting various other vegetables as they come into season, and also by varying the items used for garnishing, macaroni, rice, new potatoes, greens of all sorts, tomatoes, cucumbers, etc., all being suitable, so that there is not the slightest danger of the dish becoming monotonous, if the housewife is willing to take a little pains to please the taste of those for whom she is catering.

#### HOME-MADE BISCUITS, PLAIN AND FANCY.

The making of these most useful and dainty little items affords a very welcome sense of relief and an exceedingly pleasant change from the more ordinary everyday kind of cookery, the superintendence of which falls to the majority of us as forming an indispensable part of "the daily round and common task." Therefore, whenever the housewife has a little spare time, she will be wise to take advantage of the opportunity by testing her skill in this direction. The work is very easy, clean, and pleasant, and, as well-made, dainty biscuits are never out of place at any meal in the day, it is a good plan to have a few boxes always on hand. The following are some well-tasted, reliable recipes, which I can thoroughly recommend.

#### ABERNETHY BISCUITS.

Put into a bowl a pound of fine flour, and rub into it, until quite smooth, 4 ozs. of fresh butter, then add a small teaspoonful of salt, 4 ozs. of fine white sugar, and a good sprinkling of caraway seeds, and

mix thoroughly; after which, moisten to a stiff paste with two well-beaten eggs, and a little milk if necessary. Roll this out about the third of an inch in thickness, stamp out in small rounds with a proper tin cutter, or the top of a tumbler, prick well with a fork, place on floured tins, and bake in a brisk oven from ten to fifteen minutes. When done enough and just slightly coloured, cool the biscuits on a sieve, and when quite cold, store them in a perfectly air-tight box.

#### A HINT FOR THE HOT WEATHER.

Among the bits of advice to be given for hot weather, an obvious one to the housekeeper is to dispense as far as possible with the kitchen range. It requires a great volume of coal to do its work, and it sends out a corresponding amount of heat. A portable stove, in which oil or gas is the heating factor, will do the cooking of an ordinary family, and the heat of the range may be thus eliminated from the house and the family life. We need less meat in hot weather than at other times, and a diet largely composed of milk and fruit is to be recommended to all who prize coolness during the summer season.

Be careful when you buy jgm, bottled fruits, pickles, or anything in glass vessels, to see that there is no frozen glass fallen inside. Should the edge be chipped in any way, examine the contents on the top of the jar or bottle carefully, as broken glass has been found in such, and it would be probably fatal if swallowed. This caution is also necessary for wine and beer bottles.

#### The Garden and Orchard.

(CONDUCTED BY MR. GFO MOORE).

#### PRACTICAL WORK AT THE PAN-AMERICAN EXHIBITION.

One of the lines of work conducted by the Division of Botany of the United States, will be the testing of seeds and it will exemplify the work of the Seed Laboratory