

Arrange the best stalks in a celery-glass. Put two or three green pieces into to-morrow's soup-stock while boiling; and if you have time cut up the rest into short bits, and put in a jar or wide-mouthed bottle of vinegar to keep for salad-dressing.

A PLAIN RICE PUDDING.

1 large cup of rice; 2 quarts of milk; 8 tablespoonfuls of sugar; 1 teaspoonful of salt; 1 great spoonful of butter, melted; nutmeg and cinnamon to taste.

Soak the rice two hours in a pint of the milk. Add, then, the rest of the milk and the other ingredients. Bake, covered, two hours; brown, and eat cold.

SECOND WEEK.

TUESDAY.

SIMPLE WHITE SOUP.

STEWED FILLET OF VEAL.

SPINACH.

BOILED BEANS.

MASHED POTATOES.

QUEEN'S TOAST.

SIMPLE WHITE SOUP.

Take the fat from the top of your turkey soup-stock; strain, rubbing the dressing through the colander. Simmer one hour, with half a sliced onion and four tablespoonfuls of soaked rice in it, or until the rice is soft. Be careful that it does not scorch. Strain through the soup-sieve into the tureen, add pepper and salt, if needed—finally a cup of hot milk in which has been stirred and cooked for one minute two beaten eggs.

STEWED FILLET OF VEAL.

Lard the fillet on top with strips of fat salt pork; lay a few slices of corned ham in the bottom of a saucepan; on these the veal; cover with sliced ham; season with pepper, salt, and a pinch of mace; pour in a cup of yesterday's soup, weakened with water. Cover closely and stew two hours, turning the meat at the end of the first hour; take up and keep the meat hot over boiling water; add some browned flour and a tablespoonful of soaked gelatine to the gravy when you have strained it, boil fast and hard until it is thick, and of a glassy brown. Pour on the veal, set in the oven, the larded side upward, and shut the door for a few minutes to "glaze" it. Garnish with light and dark green celery-tops. Lay the ham about it.

SPINACH.

Boil in plenty of hot salted water, for twenty-five minutes. Drain, chop very fine, put back in the saucepan with a teaspoonful of sugar, a little pepper, salt, and mace,

and a few spoonfuls of milk or cream. Beat and toss until it is like a thick green custard, and pour out upon slices of fried bread.

BOILED BEANS.

Soak all night. In the morning, put on in cold water, and cook gently until soft. Drain, pepper and salt, and pour over them, when dished, a little good drawn butter.

MASHED POTATOES.

Prepare as usual—without browning.

QUEEN'S TOAST.

Cut thick slices of stale baker's bread into rounds with a cake-cutter and fry to a nice brown in hot lard. Dip each slice into boiling water to remove the grease; sprinkle with a mixture of powdered sugar and cinnamon, and pile one upon the other. Serve a sauce made of powdered sugar, dissolved in the strained juice of a lemon and thinned with a glass of wine. Put a very little upon each round. Butter sauces are too rich for queen's toast.

SECOND WEEK.

WEDNESDAY.

BEEF GRAVY SOUP.

CANNELON OF VEAL, OYSTERS, AND SWEET-BREADS.

POTATOES SAUTES.

SUCCOTASH.

CRANBERRY SAUCE.

IMPROMPTU PLUM PUDDING.

BEEF GRAVY SOUP.

4 lbs. of coarse lean beef; 3 lbs. of bones; 2 sliced onions; 2 turnips; 2 carrots; bunch of sweet herbs; 3 stalks of celery; pepper and salt; 1 tablespoonful corn-starch, wet up in cold water; 5 quarts of water.

Cut the beef in small strips and fry to a good brown, in plenty of dripping. Take out the meat and lightly fry the bones. Remove these and put with the meat into the soup-pot. Now fry in the same fat the sliced onions; add these, when brown, to the meat and bones, and pour on them the five quarts of water. Cook slowly one hour; take off the scum, and put in the sliced carrots, turnips, the celery and herbs. Boil gently four hours. Strain; pick out the meat and bones, and put, well-seasoned, into the stock-jar. Pulp the vegetables into the soup; season; pour all but two quarts into the stock-jar, and set aside. Cool that left out for to-day, skim and re-heat; add the corn-starch, boil up and serve.

CANNELON OF VEAL, OYSTERS, AND SWEET-BREADS.

Chop the remains of your stewed fillet; boil, blanch, and cook two sweetbreads, and

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