

quality should always be determined by what is to follow, both in the way of meat and pudding. For instance a soup in which there is a preponderance of vegetable need not be followed by mashed turnip, nor, on the other hand, need a strong meat soup be served before a hot roast. These little matters, trifling though they may appear, have important results in the way of keeping a household in health and strength; and judicious and well-balanced feeding will go a long way in warding off the poverty of blood and lassitude which often afflicts old and young alike, rendering them useless members of society, a trouble to themselves and to all around them.

Curried Ox-tail. (1)

On a cold day curried ox-tail makes a grand meal. It is surprising how few people know of the dish. Cut the ox-tail in pieces, remove all the fat, and boil for two hours in a pint and a half of water, then take the tail out and fry a nice brown colour. Cut three or four onions in slices with some pieces of carrot and with a teaspoonful of mixed herbs, and fry. Then put in all together in a saucepan. Mix a dessert spoonful of currie powder, and a tablespoonful of flour, with the liquor the tail has been previously boiled in. Boil the whole for an hour, salt to taste, squeeze a lemon in, and serve with boiled rice.

Baked cheese pudding: Two cupfuls of broken crackers or stale bread, one cup of mild cheese, grated, one tablespoonful butter, salt and pepper to taste. Butter a baking dish and fill with cheese and crumbs in alternate layers. A dust of salt and pepper and some bits of butter go on each layer. Pour in enough milk to fill the dish two-thirds full, and bake three-quarters of an hour in a hot oven.

HOUSEKEEPER

The Horse.

HORSE BREEDING FOR THE MARKET.

II

Care of Mare and Foal

What in the "wild and woolly west" is dubbed "the corn crib cross" is a most important factor in horse breeding. Whatever else one may be able to do, one cannot raise fine horses on scrub feed and care, and to this fact, we must join the belief that mares should be allowed to follow as nearly as possible the teachings of their natural instincts. If they are let do pretty much as they please, and feed them liberally, keep them well sheltered from the blasts of winter, the cold rains of spring and fall, and the insects and the burning sun rays of summer, the mares, except in cases of dire disaster, will not only look well, but are in fit condition to produce colts and fillies the breeder is looking for. As early spring comes round, the mares have had such care taken of them, and have been fed so liberally that they are now strong and vigorous, and look as though they would make admirable mothers. They should be in their boxes, away by themselves. When turned out in the day time they stand in sunshine, making little effort to move around, and generally are a series of pictures of contentment with all and sundry of their surroundings. Very shortly they will bring forth foals, and the slipping of the bones causes a certain amount of weakness, not, however, nearly as great as might be expected. Even immediately after delivery, mares have

(1) How it used to grieve us, at Sorel, to see both head and tail of a beast chucked out as offal! 'Ebn.