

Palestine Soup.—The necessary ingredients are two pounds of Jerusalem artichokes, one and a half ounces of butter, about a pint of veal or any white stock, a gill of cream, and flavorings of pepper and salt. First wash, peel, and slice the artichokes. Melt the butter in a stewpan, add the artichokes, and cook for about five minutes, taking care that the vegetable does not brown. Next add the stock, and boil till all is tender, then rub through a hair sieve, which must be particularly clean, as the slightest stain would discolor the soup. Return the puree to the stewpan, warm it up, add flavoring, and then gradually stir in the cream. It was formerly fashionable to serve fried dice of bread with this, but now one has grated Parmesan cheese, which is a great improvement.

Fish Pates are a very useful way of using up any scraps of fish left over from a previous dinner, and they are easily prepared. Have some slices of bread about an inch thick and with a cake-cutter make a round for each person. With a smaller cutter, extract a piece from the centre of each, taking care not to cut right through the bread. Sufficient bread must be left at the bottom of each to form a bottom crust. Dip each piece of prepared bread into milk, then brush over with beaten egg, place in a frying basket and fry in deep fat to a golden brown. Lift the frying basket up out of the fat for a moment to drain, place each pate case on a wad of paper by the fire to dry. Meanwhile, prepare the filling by melting a tablespoonful of butter in a stewpan, add a dessert-spoonful of flour, and when well mixed add two tablespoonfuls of milk, a few drops of lemon juice, cayenne pepper and salt to taste, and stir till it boils. Add the finely-shredded fish and stir it gently for a few moments. Fill each case with this mixture, garnish in any way preferred and serve very hot.

Curried Fowl, or, where desired, exactly the same recipe may be used for rabbit. First cut your fowl into nice small joints, and take off any skin. Mix half an ounce of mild curry powder with double that quantity of well-dried flour. Dip each piece of fowl into this mixture and press the powder into it well. Fry a thinly-sliced onion in a little butter, but turn it often to prevent browning, for this should be a light curry. When the onion is tender add a sliced apple and beat it through. Throw these into a stewpan, and then with more butter fry the fowl, turning it constantly, and cook till the meat is a deep golden color, well enriched by the

butter. Add the meat to the onion, and over all pour, by degrees, one pint of hot milk. Shake the stewpan over a clear fire for a few moments, and then let it simmer for about an hour. Skim from time to time. If properly cooked, this curry will be beautifully smooth, and the sauce rather thicker than cream. Just before serving, add a squeeze of lemon. Serve with well-boiled rice. The same recipe may be used for a raw fowl, but the curry will then require to be stewed a little longer.

Beef Steak Pudding is not usually met with at late dinners, but I find it is always appreciated in my house. I consider that my secret of success in this dish is cooking it in a steamer for four to five hours, instead of boiling it. Procure two pounds of good rump (or beef steak if you like beef), and half a pound of kidney. Mix on a plate one ounce of flour, a dessert-spoonful of pepper, and salt to season the quantity. After cutting the steak into thick wedges two inches long, roll each well into the seasoned flour. Line a mould with thin suet crust, fill with meat, cover with a little good gravy or stock, put on a top crust, and steam. Serve in the mould or turned out, as you prefer. Where onions are liked, it is well to add a tablespoonful, finely minced, to the pudding.

Castle Pudding.—Take three eggs, their weight in butter, flour, and castor sugar separately. Beat the butter to a cream, add sugar, separate the yolks from the whites of the eggs and beat separately, add the yolks to the butter and sugar, with a pinch of salt, then grate the rind of a lemon into the sifted flour and gradually stir half of it into the yolks of eggs, butter, etc., beating all the time. When quite smooth put in the beaten whites, and when that is thoroughly mixed add the rest of the flour, beating till all is smooth. Have ready some buttered cups or fluted tins, fill them three-quarters full with the mixture. Bake for about twenty minutes in a quick oven, turn out of the cups and serve with chocolate or wine sauce.

Ham Toast makes a nice little savory when one has the remains of a boiled ham to use up. Take one pint of lean ham, chopped fine, one ounce of butter, one egg, and cayenne pepper. Melt the butter in a stewpan, add the ham and cayenne pepper, and when this is hot through stir in the beaten egg and cook till it slightly sets. Have ready neat squares of buttered toast, pile the ham on them and serve very hot.