

HOW TO WARM OVER COLD FRAGMENTS.

Slices of cold roast beef, if rare, may be broiled quickly and served with butter, salt, pepper, etc. If well done, warm up in a brown gravy. Have the gravy hot, and put the slices of meat into it. Don't let them cook, but warm through only, as long cooking in the gravy will make the meat tough. Then of the remaining scraps of meat, with a few vegetables, make a stew, with dumplings. The bones, finally, will make good soup stock for various soups. The fat may be tried out, clarified, used for drippings, and then finally for soap, so that no portion of the piece of roast beef has been thrown away, and all has been good.

BEEF CROQUETTES.

$\frac{3}{4}$ lb. cold beef
 $\frac{1}{4}$ lb. stale bread
Hot stock

3 eggs
Pepper and salt
Onion juice

Chop cold beef, add the stale bread which has been moistened with the stock, then beaten yolks of 2 eggs, pepper, salt and onion juice. When cold enough to handle form into croquettes, roll in crumbs then in beaten eggs then again in crumbs, and fry in deep hot fat. Serve with tomato sauce.

TOMATO SAUCE.

$\frac{1}{2}$ can tomatoes
1 slice onion
1 bay leaf
1 sprig parsley

2 tablespoons butter
1 tablespoon flour
Salt
Pepper

Cook tomatoes, onion, bay leaf and parsley for 10 minutes. Strain. Melt butter, add flour and cook for 2 minutes. Add the strained tomato mixture. Cook a few minutes, season and pour round croquettes just before sending to table.