

for the poor must be modelled. Our teaching may seem prosy at first, but if our readers will have but patience, they will themselves be able to form their own conclusions and make up their own dishes, which is much better than always cooking by receipts.

To give some direction for meals and receipts, let us see how we can best combine with economy and profit the cheapest materials, and take the present winter season.

The poor, as we have said, should never take tea with bread and butter for breakfast; soups or stews, with a piece of brown bread for the husband, oatmeal porridge, with treacle and bread, for the children, are better breakfasts. The soup ought to be prepared over-night, and in the following manner:—

Take a piece of bacon or some dripping, cut up a few onions and brown them with it, thickening with flour; then pour in hot water, and stir well: if you can, put in a carrot and turnip, and add pepper, salt, and sweet herbs. Now simmer gently for half an hour, and either cut up raw potatoes into it boiling them till they are done, or first boil your potatoes, and then mix with the soup to a fine mash. Cost of soup: dripping or bacon, 2d.; onions, 1d.; seasoning, 1d.; potatoes 4lb. 4d.; total, 8d. This ought to make eight pints of soup, and give an excellent plateful for breakfast.

Take pork rinds, 3d.. cover them with cold water, and simmer for several hours. Then add (1d.) pot herbs, celery, turnip, carrot, and onion. Now put in soaked split peas, or Symington's pea meal to thicken; simmer again an hour and a-half, and season with pepper and salt. This also will make eight pints.—*House-keeper*.

*(To be continued in next number.)*