

pan until set, and brown on the top. Loosen with a knife along the edge, turn out on a platter, and serve.

Country Gravy.—Cook down a little sour cream in a pan until the oil separates and the albumen turns a very light brown color; then add enough flour (previously browned in the oven) to take up the fat from the cream. Add a little hot milk, and stir smooth. Add more milk, and bring to a boil and the thickness of medium thin gravy.

Stewed Corn.—Take cooked corn cut off the cob, add a little hot water, and bring to a boil. Season with a little cream or vegetable butter, reheat, and serve.

Fruit Soup.—Two cups blackberry or strawberry juice, four tablespoonfuls sago, two teaspoonfuls lemon juice, two cups water, sugar to taste. Wash the sago, drain, add to two cups boiling water, and let cook until clear. Add the fruit juices, and sweeten to taste. Preferably served cold.

Buckwheat Wafers.—This recipe follows the recipe given for buckwheat sticks in Thursday's lesson.

SATURDAY

Breakfast

CREAM HOMINY

GRAPEFRUIT

STEWED PRUNES

SOY TOAST

BUTTER

RYE BREAD

Dinner

LETTUCE

WHOLE RICE WITH NEW PEAS

COTTAGE CHEESE

SUMMER SQUASH

RAISIN PIE

ENTIRE WHEAT BREAD

Luncheon

FIGS

MILK TOAST

PEAR SAUCE

CREAM ROLLS

CEREAL COFFEE

Cream Hominy.—Heat a little cream, or a little milk and a small seasoning of vegetable butter. Add enough lye hominy to make the food creamy and not too milky. Add a pinch of salt, and serve.

Soy Toast.—Duplicate the recipe for cream peas on toast, as given in Sunday's breakfast lesson, substituting thoroughly cooked and mashed soy beans for the peas, and serve.

Whole Rice with Peas.—One half cup uncooked natural brown rice, one and one half cups boiling water, one and one half cups cooked new peas, one tablespoonful vegetable butter, two teaspoonfuls flour, salt. Wash the rice thoroughly, put