

SAUCES.

Wine Sauce.

The yolks of 4 eggs, 1 teaspoonful flour, 2 tablespoonfuls each of butter and sugar, a pinch of salt, $\frac{1}{2}$ pint of sherry or Madeira. Put the butter and flour into a saucepan, and stir over the fire until it thickens, then mix the other ingredients, adding the wine last. Separate the yolks from the whites of the 4 eggs, beat up the former, and stir them briskly to the sauce. Let it remain over the fire until it is on the point of simmering, but do not let it boil, or it will curdle. This makes a delicious sauce for plum, suet and bread puddings.

 Nutritious, easily digested food for Infants and Invalids—Wyeth's Papoma.

Lemon Sauce.

The rind and juice of 1 lemon, 1 tablespoonful of each of flour and butter, 1 large wine glassful each of sherry and water, sugar to taste, the yolks of 4 eggs. Prepare like the above, except that the rind of the lemon is rubbed on the sugar, and the juice is strained into the sauce.

DISHES FOR DESSERT.

Spanish Cream.

Put half a box of gelatine in a quart of sweet milk, and let it scald until the gelatine is entirely melted; then add the yolks of 4 eggs, previously well beaten with a cup of sugar; when scalding, but not boiling, stir in the whites of the eggs after beating to a stiff froth. Season as desired. Strain into moulds.

Orange Charlotte.

For 2 moulds of medium size soak $\frac{1}{2}$ box gelatine in $\frac{1}{2}$ cup of water for 2 hours. Add $1\frac{1}{2}$ cups boiling water, and strain. Then add 2 cups sugar, 1 cup of orange juice and pulp, and the juice of 1 lemon. Stir until the mixture begins to cool, or about 5 minutes; then add the whites of 6 eggs, beaten to a stiff froth. Beat the whole until so stiff that it will only just pour into moulds lined with sections of orange. Set away to cool.

Whipped Cream.

To every pint of cream allow 3 ounces of pounded sugar, 1 glass of sherry or any kind of sweet wine, the rind of $\frac{1}{2}$ a lemon, the white of 1 egg. Rub the sugar on the lemon rind, and pound it till quite fine; beat up the white of the egg to a stiff froth; put the cream into a large bowl with the sugar, wine and beaten egg, and whip it to a froth. As fast as the froth rises, take it off with a skimmer and put it on a sieve to drain, in a cool place. The cream will be firmer if made the day before it is wanted. It should be whipped in a cool place, and in summer over ice, if it is obtainable.

Omelette Souffle.

Four eggs; beat the whites and yolks separately. To the yolks add 3 tablespoonfuls powdered sugar and 1 teaspoonful Royal extract of vanilla. Stir the eggs and sugar into the whites very gently. Drop by the spoonful into buttered pans, and bake in a moderate oven. They should be eaten as soon as done, or they will fall.

 The superiority of "Royal Flavoring Extracts" is purity and strength.

Charlotte Russe.

Take 18 ladies' fingers, as they are sometimes called; brush the edges of them with the white of an egg, and line the bottom of a plain round mould, placing them like a star or rosette. Stand them upright around the edge, placing them so closely that the white of an egg may connect them firmly, and place this case in the oven for about 5 minutes to dry the egg. Whisk $\frac{3}{4}$ of a pint of cream to a stiff froth, add to it 1 tablespoonful powdered sugar, $\frac{1}{2}$ an ounce melted isinglass or gelatine, $\frac{1}{2}$ teaspoonful Royal extract of vanilla. Fill the mould with it, and cover the top with a slice of sponge cake cut in the shape of the mould. Place it on ice, and let it remain until ready for the table; then turn it on a dish, remove the mould, and serve.