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TO BOIL A HAM.

Soak for two days, changing the water frequently, and boil from 5 to 7 hours.

BEEF STEW.

Boil $1\frac{1}{2}$ pounds of beef an hour, very slowly. Have the beef cut in small pieces. Add a carrot, cut in rings, a few slices of turnip and eight or nine potatoes. Season to taste twenty minutes before taking it up. Add the paste which is made in the following way:

$1\frac{1}{2}$ cupfuls of flour, small $\frac{1}{2}$ teaspoonful of soda, the same of salt, and milk enough to make a batter.

PRESSED BEEF.

Simmer any cheap or tough pieces of beef slowly until very tender and drop from the bones. While hot chop fine with knife and fork, season with salt, pepper, summersavory or sage. Put in a mould or bowl, place on top a saucer or small plate and press down with weights till cold, when it will cut in nice slices. Be sure and cook slowly.

HASH.

Take remains of yesterday's cold roast lamb or beef and remove all fat, gristle and bone. Chop the lean nicely and to two cupfuls of chopped meat add one cupful of mashed potato. Season with salt, pepper, and any herbs you fancy. Put all in the frying pan with a cupful of beef gravy, and cook till all is hot and thick. Serve on a hot platter with dice of toast and slices of lemon or bits of parsley.