

FIRST WEEK.

MONDAY.

SOUP A L'ITALIENNE.

BREADED MUTTON CHOPS.

BAKED MACARONI, WITH TOMATO SAUCE.
POTATO PUFF. APPLE SAUCE.CORN STARCH HASTY PUDDING.
COFFEE.

Said an irascible householder to a friend from another city, whom he chanced to meet in the street one day, "Come and dine with me! But I give you warning we shall have nothing for dinner but a confounded dressmaker?" Few of the great middle class, who are the strength and glory of our land, would dare take an unexpected guest home on washing-day, although fewer still would dare reveal, as frankly as did our blunt citizen, the cause of their reluctance to unveil the penetralia of what are, upon all days save Black Monday and Blue Tuesday, orderly and brightsome households.

Don't interrupt me, please, my much-trying and much-trying sister, upon whose brow the plaits of Monday's tribulations have left enduring traces! I know Bridget is always cross on wash-day, and that Katy wears an aggrieved air from morning until night; that dusting, chinawashing, and divers other unaccustomed tasks are appointed unto your already busy self; that John and the boys hate "pick-up-dinners;" that the modest bills of fare set down in this book for the second and third days of the week will, at the first glance, seem preposterous and unfeeling. You will survey them with very much the same feeling as moved Pope to exclaim, with tears in his eyes, "From an old friend I have not expected this!" when his host, having allowed him to eat to repletion of less savory viands, had brought on, without a note of preparation, the poet's favorite dish, a fine hare roasted with truffles. But the fact remains that people cannot swallow enough on Sunday to support Nature through the two days' journey into the wilderness of making-clean that follows the season of rest and devotion. It is also true that your husband and yourself, with school-children and servants, work harder on Monday than upon any other one day of the seven, and that your food should be nourishing. Should Bridget protest against "hot mate and soup" as unprecedented and "onfaling," Bridget's mistress (by courtesy) must bring another unknown commodity to the obstinate Celt, to bear upon the subject—to wit, BRAINS. As I shall try to show, an hour given by yourself to the lower regions—too often an inferno on that direful day—will put such a

repast before unexpected John as shall have for his eye and taste none of the characteristics of a "pick-up dinner."

SOUP A L'ITALIENNE.

The stock of Sunday's soup strained from the carrots.

Half a cup of grated cheese and a cup of milk.

2 tablespoonfuls of corn-starch wet up with water.

2 eggs beaten light.

Put the soup on fifteen minutes before dinner, where it will heat quickly. The moment it boils, draw it to one side, stir in the corn-starch and milk and heat anew, stirring constantly until it begins to thicken. Set it again upon the side of the range, and add the beaten eggs. Cover and leave it where it will keep hot, but not cook, while you scald the tureen and put the grated cheese in the bottom. In five minutes pour the soup upon the cheese, stir all up well, and it is ready for the table.

This is a delicious soup and easily made.

BREADED MUTTON CHOPS—BAKED.

Trim the chops neatly and put aside the bones and bits of skin for the sauce for macaroni. Pour a little melted butter over the meat. Do this as early in the day as convenient, cover them and let them stand until an hour before they are to be served. Then, roll each in beaten egg, next, in fine cracker-dust, (you can buy it ready powdered) and lay them in your dripping-pan with a very little water in the bottom—just enough to keep them from burning. Bake quickly—covering the dripping-pan with another—for half an hour. Then remove the upper, baste the chops with butter and hot water, and let them brown. When done, lay them upon a hot dish and set in the open oven to keep warm. Add to the gravy in the dripping-pan a little hot water, a teaspoonful of browned flour, a tablespoonful of catsup, a small quantity of minced onion, pepper and salt. Boil up once, strain, and pour over the chops.

MACARONI WITH TOMATO SAUCE.

Break the macaroni into short pieces, and set over the fire with enough boiling water to cover it well, as it swells to treble its original dimensions. In twenty minutes it should be tender. Drain off the water carefully, not to break the macaroni, and stir lightly into it pepper, salt, and a tablespoonful of butter. Turn it into a deep dish and pour over it a sauce made as follows: To the bones and refuse bits left from trimming the chops, add a pint of cold water, and stew slowly upon the back of the range, (lest Bridget should be inconvenienced thereby.)