

Health and Home.

Ginger Pudding.—An experienced cook recommends the following as the ingredients for a good ginger pudding: one cup molasses, one cup suet, three cups flour, one cup sour milk, one teaspoon soda, two teaspoons cream of tartar, one teaspoon ginger, one cup currents, one cup raisins, steam two hours. Serve with Lemon Sauce.

Coffee Cake. One cup very strong coffee, one cup butter, two cups sugar, three eggs, one and one-half pints flour, one and one-half cups raisins and one and one-half cups of currents, teaspoonfuls of baking powder, one teaspoonful of extract of cinnamon and one cup of milk. A Toronto lady tells us that this makes a delicious cake.

Cream of Carrot Soup.—Scrape four large carrots and grate them; add one pint of boiling water and one small onion sliced, and simmer for half an hour, then press through a sieve. In the meantime scald one pint of milk and thicken with one tablespoonful of butter and two tablespoonfuls of flour rubbed together to a paste. Add the pulped carrot, season with salt and pepper to taste, and simmer for five minutes.

Cream of Tomato Soup.—In a saucepan put one-half of a can of tomatoes, one-half of a bay leaf, one-half of a blade of mace and a sprig of parsley, and simmer for fifteen minutes; rub through a sieve and return to the fire to keep hot. Scald one quart of milk in a double boiler, add one heaping tablespoonful of butter rubbed to a paste with three tablespoonfuls of flour and stir until thick and smooth, then simmer for five minutes. To the tomato add one-quarter of a tablespoonful of soda, stir until it foams; take both saucepans from the fire, add the tomato gradually to the milk, season with salt and pepper and serve at once. If returned to the fire it will curdle.

From Sunday's Roast.

There is nothing which will more quickly dispell the family appetite than the reappearance of Sunday's roast in its original form. Thinly sliced cold meat is not to be despised for supper, but do not, I pray you, let it be seen too often at breakfast. There are so many savory dishes to be devised from a roast that it is quite as great a source of enjoyment as in its first state. Hash has fallen into disrepute, but when properly made it is very good indeed.

Try this way: Remove fat and gristle, chop medium fine, and put in a saucepan with water enough to come up through it. Let it simmer for a few minutes, then season with salt, pepper and a little chopped parsley. Rub a tablespoonful of butter smooth with one and one-half tablespoonfuls of flour, pour some of the gravy over this till it is like thick paste, then stir into the meat. Have ready two hard-boiled eggs for each quart of meat, chop fine, and add just before serving. This is like the famous dish of the nursery rhyme, "fit to set before the king."

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