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MUTTON.

Boiled Leg of Lamb.

Choose a joint weighing about 5 pounds. Plunge it into a kettle of boiling water to seal in the juices; when it boils up again, draw it from the fire and let it cook slowly 1½ hours, or until tender. Make a white sauce, dish the lamb and pour it over it, garnishing with tufts of cauliflower or carrots. Send to the table some of the sauce in a tureen.

 Royal Flavoring Extracts are best. 25 cents per bottle; five bottles, one dollar.

Boiled Mutton with Caper Sauce.

Boil a leg of mutton in plenty of water, 2 to 3 hours, depending upon the weight of the piece. Make a sauce of milk or water, as preferred, adding butter, pepper, salt, and two tablespoonfuls caper sauce. Some put a little vinegar in the water in which the mutton is boiled, if not very young.

Saddle of Mutton.

To prepare this handsome *entree*, remove all the bones carefully without injury to the skin on the upper side. Fill this cavity with dressing, and roll the whole up in a buttered cloth, tying with a string. Stew 1½ hours in white stock, with the usual amount of stock vegetables. Then press it between two plates until cold. Before serving, make it hot (but do not boil it) in a little of the stock, place it on a dish, garnish with button mushrooms, truffles and lemons. Pour Allemande or any good cold sauce over the meat.

Mutton Stew.

Take pieces of mutton unfit for cutlets, cover with water; add a little onion and parsley, and season well with pepper and salt. Cook slowly until the meat is very tender. Thicken the gravy with flour and the grated yolks of 2 hard-boiled eggs. Serve as soon as it boils up.

Mutton Collops.

Cut some very thin slices from the leg or the thick end of a loin of mutton, sprinkle with pepper, salt, pounded mace, savory herbs, and a little chopped onion; fry them in butter, stir in a dessert spoonful of flour, add ½ pint gravy and a little lemon juice. Simmer gently about 5 minutes, and serve.

Broiled Mutton with Tomato Sauce.

Cut slices from a leg or shoulder of mutton, broil them quickly over a clear fire, and season with pepper and salt. Make some tomato sauce by cooking and straining it through a colander, and adding butter, salt, pepper and a little cracker dust. Pour it over the mutton, and serve very hot.

Lamb Cutlets and Green Peas.

Trim lamb cutlets carefully, leaving the ends bare for an inch or more, making them about ¾ of an inch in thickness. Broil over a clear fire to a nice brown. Season with butter, pepper and salt. Allow two cutlets to each person. Arrange on a platter, with a bed of green peas around them. Either asparagus or spinach may be used instead of the peas.

 The only reliable—"Standard Baking Powder."

POULTRY.

Select young fowls—plump, white and not overfed. If their legs are smooth, and the cartilage soft at the end of the breast-bone, they are young. For boiling, white-legged ones are preferred, as the meat is whiter; but for roasting, the darker-legged varieties are thought to be more juicy.