



Cheese $\frac{1}{2}$ lb., $\frac{1}{2}$ lb. soda crackers.

Coffee.—2 ozs., loaf sugar, cream $\frac{1}{2}$ pint.

Cost of Bill of Fare.—Beef bone, 10c.; carrots, 1c.; onions, 1c.; $\frac{1}{2}$ lb. pearl barley, 2c.; 3 lbs. of haddock, 18c.; flour, 1c.; 4 lbs. roast beef, 48c.; milk and butter, 11c.; turnip, 4c.; pepper and salt, 3c.; rolls 5c.; stale sponge cake, 5c.; oranges, 5c.; eggs, 4c.; sugar, 10c.; cheese, 4c.; crackers, 5c.; coffee, 5c.; cream 8c.

C. H., GLADSTONE, MICH.

BILL OF FARE.—Beef soup, roast pork, boiled onions, parsnips fried in butter, stewed tomatoes, rice potatoes, cornstarch pudding, cream sauce, apples and oranges, coffee.

Beef Soup.—Get a shin bone of beef weighing 3 or 4 lbs. Let the butcher saw it in inch pieces, that the matter may better become incorporated with the soup. Wipe the bone with a clean cloth, mix together salt and pepper, each a very scant tablespoonful into this in the meat, then put in soup pot and cover with 4 or 5 quarts water, set over a moderate fire until it comes to a boil, remove what scum may have risen, and set where it will boil slowly 2 hours longer, skim again and add the following vegetables, one large carrot, one large turnip, (the ruta baga is the best) 2 onions small bunch of parsley and a little celery all chopped fine. Good half cup of nicely washed pearl barley, at which time also add another spoonful of salt, and thickening made of a spoonful of wheat flour, and a gill of water, stir it in by the spoonful cover it for 15 minutes when it will be done.

Pork Roast.—Take 4 lbs. short ribs not too fat, mix 1 tablespoon of salt and pepper each, rub well into the meat and dredge slightly over with flour. Allow $\frac{1}{2}$ of an hour for every pound of meat unless you want it very well done, in which case twenty minutes will be about the right time. Baste often, when done make a gravy of the drippings and nearly 2 tablespoonfuls of wheat flour, brown this nicely on top of the stove then add from one and a half to two cups of milk previously skimmed (the cream having been reserved for the coffee.)

Boiled Onions.—Take off the tops and outer skins, no more lest the onion should go to pieces, lay them on the bottom of pan wide enough to contain them without piling one on the other, just cover with water, let them simmer slowly until done, do not however let them break. Serve with melted butter.

Parsnip fried in butter.—Scrape the parsnips and boil gently forty five minutes. When cold cut in long slices one third inch thick. Season with salt and pepper. Dip in melted butter and in flour, have 1 tablespoonful butter in the frying pan, and as soon as hot put in enough parsnips to cover the bottom, fry brown on both sides and serve on hot dish.

Stewed Tomatoes.—Pour boiling water over six or eight tomatoes, let them remain for a few minutes, then take off the skins, squeeze out the seeds. Put in a porcelain pan with a teaspoonful of salt, a salt spoonful of pepper, a bit of butter half as large as an egg, and two tablespoonfuls of rolled crackers, or bread crumbs, cover the pan closely, and set it over the fire for nearly an hour, shaking the pan occasionally, that they may not burn. Serve hot. Canned tomatoes may be substituted with good result.

Riced Potatoes.—Pour one-quarter peck of potatoes or less, boil in salted water as usual. When done drain, let stand until they are evenly, then pass them through a machine made purposely for this and to be had at any hardware store, set in the oven, and when slightly browned serve.

Corn Starch Pudding.—Place two vessels over the fire with a pint of milk in each dissolve two tablespoonfuls of corn starch in a little of the milk before it is heated. When the milk in one vessel is ready to boil add two tablespoonfuls of sugar a pinch of salt and then the starch. Boil three full minutes stirring continually, then add the whites of two eggs and keep the pudding boiling three minutes longer when it is ready to pour in its serving dish. Now beat the yolks of the eggs thoroughly, and stir them with half cup full of sugar, and a pinch of salt in the other pint of hot milk, as soon as the mixture thickens (it must not boil) remove it from the fire; then add a teaspoonful of vanilla or lemon extracts and pour into the same bowl. This pudding and its sauce are very good either cold or hot. An agreeable change may be had in boiling $\frac{1}{2}$ teaspoonful of grated coconut in the milk with the cornstarch.

Fruit.— $\frac{1}{2}$ doz. oranges, $\frac{1}{2}$ doz. apples.

Coffee.—For six persons take a little less than $\frac{1}{2}$ lb. (I always use quite good, say about 35 or 40c. per pound) 1 egg, 1 quart of boiling water, 3 tablespoonfuls of cold water, grind your coffee fine and put in pot which should be well scalded, beat the egg well, add to it the cold water and stir the mixture into the dry coffee in the pot. Then pour on the boiling water, stir the coffee until it boils, then set back on the stove where it will first bubble for ten minutes. Pour a little coffee in a cup and return it to the pot to clear the grounds from the sprout. Let it stand for five minutes where it will not bubble, then pour through a fine sieve into a hot serving pot and send to the table at once. This makes very strong coffee and the quantity of hot water may be varied to suit the taste.

Cost of Bill of Fare.—Beef Bone, 8c.; vegetable, 5c.; flour and barley, 3c.; pork roast, 40c.; flour and milk, 3c.; onions, 6c.; butter, 9c.; parsnip, 5c.; tomatoes, 10c.; crackers, 3c.; potatoes, 8c.; milk, 8c.; eggs, $\frac{1}{2}$ 5c.; corn starch, 3c.; sugar, 2c.; cocoa-nut, 3c.; flavor, 2c.; oranges, 8c.; apples, 6c.; coffee, 8c.; cream $\frac{1}{2}$ 5c.

To COOK AN OLD HEN.—When so eminent a scientist as Prof. W. Nattieu Williams thought it worth his while to experiment with this somewhat tough subject for gastronomic contemplation, it may not be amiss to profit by the result of his experiment. He took a hen six years old but otherwise in good condition and cooked it slowly in water for four hours, then let it stand in the water until the next day, when it was roasted for about an hour, basting frequently with some of the broth in which it was simmered. It was then pronounced as tender and fine flavored as a young chicken roasted in the ordinary way, notwithstanding the good broth obtained by stewing.

E. S., DICKINSON, ONT.

BILL OF FARE.—Roast duck, potatoes, cabbage, pickles, cranberry sauce, currant jelly, lemon pie, apples and nuts.

Oyster Soup.—Take one quart of water, one teaspoon of butter, one pint of milk, two teaspoons of salt, four crackers rolled fine, and one teaspoon of pepper: bring to boiling heat as soon as possible, then add one quart of oysters, let the whole come to boiling heat quickly and remove from the fire.

Roast Duck. (dressing for)—One pint of soaked bread, two tablespoons of summer savory, two teaspoons of salt, two tablespoons of pepper and butter about the size of an egg, also a few slices of onion. Stuff the duck and roast in a pan in a hot oven.

Potatoes.—Peel them and put them into a pot of boiling water over the fire. When boiled enough take the water off and serve.

Cabbage.—Boil a cabbage, then put in a colander and drain until perfectly dry; then chop fine, put in pepper, salt, and a little butter.

Pickles.—Cucumber, onions, cauliflower and beans as much of each as desired, let them lie over with a teaspoon of salt in a gallon of water, then put them on the stove and let them come to a scald, then take off and let them cool. Pour off salt and water and add vinegar. To two quarts of vinegar add 1 oz. of ginger, 2 ozs. of mustard, one teaspoon of cayenne pepper. Let all come to a boil in vinegar and pour on the vegetables.

Cranberry Sauce.—One quart of cranberries, one quart of water, one quart of sugar; stew slowly.

Currant Jelly.—Jam and strain the currants, to each pint of juice add one pound of sugar; boil the juice fifteen minutes without the sugar and the same time after it is put in, then strain into glasses.

Lemon Pie.—The juice and rind of one lemon, one cup of sugar, the yolks of two eggs, two tablespoonfuls of flour, a cupful of milk, line the dish with paste: pour in the custard; bake until done: heat the whites of the eggs, add four tablespoonfuls of powdered sugar, spread on the pie and brown lightly.

Coffee.—Put one tablespoonful of coffee for each person, or into the pot with boiling water in it, let it come to a boil then remove from the stove and add a cup of water for each teaspoon of coffee.

Cost of Bill of Fare.—Oysters, 35c.; duck, 40c.; potatoes, 5c.; cabbage, 5c.; pickles, 15c.; cranberries, 10c.; currants, 10c.; lemon pie, 10c.; apples, 5c.; nuts, 5c.; coffee, 10c.

MRS. M. S., MONTREAL, CAN.

BILL OF FARE.—Vegetable soup, fried haddock, roast beef, mashed potatoes, turnips, rolls, orange pudding, crackers, cheese, coffee.

Vegetable Soup.—A beef bone (2 lbs.) carrots, onion, $\frac{1}{2}$ lb. pearl barley.

Fried Haddock. (3 lbs.)—Prepare fish, cut into steaks, fry nicely, dip into flour have the dripping boiling hot in the pan in which lie the steaks, pepper, salt, and fry a nice brown.

Roast beef.—A small roast of 4 lbs. Put the roast in pan in a hot oven and cook three-quarters of an hour. Make the gravy with flour, pepper and salt, let the roast brown, then add water sufficient to thicken.

Potatoes.—Prepare about a tureen, when boiled, mash and add salt to taste, 1 teaspoon of milk and one teaspoon of butter.

Turnip.—Cut in slices, put in boiling water and boil till soft, then strain through colander, put back in pot and mash. Season with pepper, butter and salt.

Rolls.—One half dozen.

Orange Pudding.—Line bottom of pudding dish with stale sponge cake, 3 oranges, sliced and laid on cake and sprinkle with sugar. Make custard of $\frac{1}{2}$ pints milk yolks of three eggs, beat the whites of eggs to stiff froth adding three-quarters cup of sugar, spread over top of pudding and put in oven to brown.