

SELECTED RECIPES.

CAULIFLOWERS.—When cleaned and washed drop them in boiling water, into which you have put salt and a tea-spoonful of flour, or a slice of bread; boil till tender; take off, drain, and dish them; serve with a sauce spread over, and made with melted butter, salt, pepper, grated nutmeg, chopped parsley, and vinegar.

Another way is to make a white sauce, and when they are cooked and dished as above, turn the white sauce over, and serve warm. They may also be served in the same way with a milk, cream, or tomato sauce, or with brown butter.

Cauliflowers au Gratin.—Boil them as directed above, and then dish them on a crockery dish; spread a white sauce all over, dust with grated cheese (Swiss cheese is the best), after which you spread melted butter all over, and then dust with bread-crumbs; put the dish in a quick oven for about ten minutes, and serve. As they must be served in the crockery dish, the latter may be placed inside of another dish to serve.

Fried.—Boil the cauliflowers till about half done. Mix two table-spoonfuls of flour with two yolks of eggs, then add water enough to make a rather thin paste; add salt to taste; the two whites are beaten till stiff, and then mixed with the yolks, flour, and water. Dip each branch of the cauliflowers in the mixture, and fry them in hot fat. When done, take them off with a skimmer, turn into a colander, dust salt all over, and serve warm.

Stewed.—Clean and blanch the cauliflowers for about three minutes; take them off and put them in a pan with two table-spoonfuls of fat, and a few slices of salt pork at the bottom; set the pan on a slow fire, simmer for five minutes, add two or three table-spoonfuls of broth and one of gravy, stir now and then, simmer till done, then dish the cauliflowers, add to the sauce salt and pepper to taste, turn it over the cauliflowers through a strainer, and serve.

DISHES FOR INVALIDS.

Rice Gruel.—Wash and thoroughly rub two table-spoonfuls of rice. Pour upon it a pint of cold water and let it boil for about two hours, filling it up with water so that the quantity may not diminish. Season it with salt. In cases of dysentery it is very useful, and then black pepper must be plentifully added to it.

Cream Soup.—Cut some thin slices of bread and toast or dry them out thoroughly.

Put them into a bowl, pour about three table-spoonfuls of rich cream over them, and add to it a pint of boiling water. Season with salt. This forms a very delicate and nourishing dish for invalids.

Oatmeal Gruel.—Put four table-spoonfuls of the best coarsely ground oatmeal into a pint of boiling water. Put it over the fire and let it boil gently, stirring it continually until it becomes as thick as you wish it. Strain it and add a small portion of nutmeg or whatever you prefer to flavor it with.

Moss Jelly.—Steep some Irish moss in cold water for a few minutes, to extract the bitter taste, and then drain off the water. To half an ounce of moss add a quart of fresh water and a stick of cinnamon. Boil it until it becomes a thick jelly. Strain it and season to your taste. For invalids this is a useful receipt.

To make a blanc-mange with the Irish moss, use milk for boiling instead of water.

The Best Sort of Beef Tea.—Take one pound of beef, take off all the skin and fat and put it in a pint and a half of cold water. Let it boil five minutes, then take the beef out and cut in small pieces. Put it again in the same liquor and let it boil ten minutes longer, with a pinch of salt (and a few cloves if you please). Then pour it into a fine cloth and press all the juice from it.

WHEATLETS.—I know of no form of Graham bread sweeter than this. The sweetness comes from scalding the flour. Pour upon a quart of Graham flour enough boiling water to make a stiff dough when stirred into it. Knead dry flour into this until you can roll it out about an inch thick. Cut it into biscuits of any shape you please (but not very large), and bake them upon the clean rack in your oven, which is so hot it needs no greasing to keep the wheatlets from sticking. If you do not succeed with these the first time, try until you do, for no exact recipe can be given. "Use judgment," and cultivate it.

TO COOK TURNIPS.—Pare, wash clean; if large, split in quarters, and put into boiling water, and boil till very tender. Lay them, when done, between plates—wooden trenchers, if you have them—and press out all the water; if too old to press free from lumps, pass through a coarse hair-sieve by rubbing with a wooden spoon. When free from lumps, put them into a clean saucepan, and set over the fire three or four minutes, till quite dry, stirring all the time. Then put in salt and pepper to suit the taste; add a table-spoonful of butter,