

BEEF.

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Roast Beef.

A piece of beef weighing 8 or 10 pounds will take a little over 2 hours to roast. Some allow 15 minutes to each pound of beef. Prepare it by wiping with a dry napkin, but never washing, rub over it a little salt and pepper, and put it into a *dry* pan to roast in a hot oven. The heat will soon seal in the juices and retain them till the piece is cut at the table. Baste occasionally. If the flavor of sweet herbs and vegetables (as carrot, turnip, onion, etc.) is relished in the gravy, put a few slices of these last, with a bay leaf or two and a little thyme and parsley, into the pan, to make a bed on which to lay the beef. When it is done, add more seasoning, remove the beef, take out the vegetables if used, add hot water to the gravy, thicken it, being careful to avoid lumps. Serve either over the meat or in a gravy-boat, as one prefers.

 Standard Baking Powder, full weight, full strength, nothing injurious.

Beefsteak.

Select choice steaks, from $\frac{3}{4}$ of an inch to 1 inch thick; trim off all superfluous fat and bone. Broil on a wire gridiron over a clear but not too hot fire. Watch it carefully to avoid scorching. When browned nicely remove to a platter, season with pepper, salt, and a pretty liberal supply of butter. No definite rule can be given as to the *time* of cooking steak, individual tastes differ so widely in regard to it, some only liking it when well done, others so rare that the blood runs out of it.

A La Mode Beef.

Take a piece of beef four or five inches thick, and with a small knife make little holes entirely through it at small distances apart. Then roll strips of fat salt pork in pepper and cloves and draw them into these openings; lay on a pan, cover closely, put in a steamer, and steam for three hours. When done, thicken the gravy with a little flour. This is excellent eaten as cold meat.

Staffordshire Beefsteak.

Beat the steaks a little with a rolling-pin, flour and season, then fry with a sliced onion to a fine light brown; lay them into a stew-pan, and pour as much boiling water over them as will serve for sauce; stew them very gently half an hour, and add a spoonful of catsup before serving.

 Campbell's Cathartic Elixir, pleasant to taste, more satisfactory than Pills.

Pressed Beef.

Select any kind of lean beef, as the shoulder clod or the upper part of round beef, next to the soup pieces. Cut it into small pieces and put over it enough cold water to come up around it. Cover the kettle closely, so as to keep in all the steam. Cook slowly until it will all fall to pieces, which takes several hours. It must be watched, to avoid boiling away or scorching. There should be less than a teacupful of liquor to four pounds of meat. Skim off all the fat from the top. While hot, stir in this liquor a good sized teaspoonful of gelatine. After removing all the bones and fat from the meat, chop it fine while hot. Then put it in the dish for pressing. Pour over the liquor, stir it up well, add salt to taste, and pepper also, if one likes it. Then turn a plate over it, put on a heavy weight, let it stand a few hours to harden.

Roast Beef, with Yorkshire Pudding.

Put the meat in a hot oven, after dredging it with flour. Baste it frequently. Half an hour before it is done, put it over the pudding made thus: Put 6 large tablespoonfuls flour into a basin with a little salt, and stir gradually into this $1\frac{1}{2}$ pints milk and 3 eggs. Beat the mixture for a few minutes, pour it into a shallow buttered tin, bake it for an hour, and, for another half hour, place it under the meat to catch a little of the gravy that flows from it. Cut the pudding into small square pieces, put them on a hot dish, and serve. The beef, for this purpose, should rest upon a small three-cornered stand.

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