

1 teaspoonful mixed cloves, mace, and allspice.

1 tablespoonful Worcestershire sauce.
Pepper and salt to taste.

Wash the liver thoroughly, and soak half an hour in salted water. Wipe, make incisions about an inch apart, and lard with strips of pork, projecting slightly on each side. Fry the onions and herbs in the dripping. Take them out, put in the liver, and fry both sides to a light brown. Turn all into a saucepan, with the vinegar and water to cover the liver—barely. Cover closely, and stew gently an hour and a half. Lay the liver on a hot dish, strain the gravy, return to the fire, thicken with a tablespoonful of browned flour, put in the sauce and spice; boil up and pour some of it over the liver, the rest into a gravy-boat. What is left from dinner will be nice for luncheon or tea, cut horizontally in thin slices.

SALSIFY FRITTERS.

1 bunch salsify.

2 eggs.

$\frac{1}{2}$ cup milk.

Flour for thin batter.

Lard, or dripping.

Salt to taste.

Scrape and grate the roots, and stir into a batter made of the beaten eggs, the milk, and flour. Grate the salsify directly into this, that it may not blacken by exposure to the air. Salt, and drop a spoonful into the boiling fat to see if it is of the right consistency. As fast as you fry the fritters, throw into a hot colander to drain. One great spoonful of batter should make a fritter.

POTATOES A LA DUCHESSE.

Cut the remnants of yesterday's potatoes *a la Italienne* into rounds with a cake-cutter, dipped in cold water. Set like biscuits, but not so near as to touch one another, in a greased pan, and bake quickly, brushing top and sides with beaten egg when they begin to brown. Serve upon a heated napkin folded flat, on a platter.

CORN-MEAL FRUIT PUDDING.

1 heaping cup white Indian meal.

3 pints of milk.

1 cup of flour.

4 beaten eggs.

1 cup of white sugar.

2 tablespoonfuls of melted butter.

$\frac{1}{2}$ lb of raisins, seeded and cut in two.

1 teaspoonful of salt, and same of mixed mace and cinnamon.

1 teaspoonful of soda, and two teaspoonfuls of cream of tartar, sifted twice with the flour.

Scald a pint of milk and wet up the meal with it, stirring well. While it is cooling,

add the flour, wet into batter with a pint of cold milk. Heat the remaining pint, and when scalding, add sugar and eggs. Beat this gradually, *hard* and long, into the cooled paste. When well mixed, put in butter, spice, and the fruit dredged with flour. Beat fast and deep for two minutes; bake in a buttered dish, in a tolerably brisk oven. Cover with paper as it browns. It ought to be done in three quarters of an hour. Eat hot, with butter and sugar.

THIRD WEEK.

SUNDAY.

TOMATO SOUP.

ROAST BEEF WITH YORKSHIRE PUDDING.

MACARONI AL NAPOLITANO.

POTATOES AU NATUREL.

FRENCH BEANS, SAUTE.

APPLE SAUCE.

MADE MUSTARD.

NARCISSUS BLANCMANGE.
COFFEE.

TOMATO SOUP.

Stew one can of tomatoes half an hour; strain and rub through a colander into the soup left from yesterday. Heat to a slow boil, and simmer together ten minutes before serving.

ROAST BEEF, WITH YORKSHIRE PUDDING.

Have your meat ready for roasting on Saturday, always. Roast upon a grating or several clean sticks (not pine) laid over the dripping-pan. Dash a cup of boiling water over the beef when it goes into the oven; baste often, and see that the fat does not scorch. About three quarters of an hour before it is done, mix the pudding.

YORKSHIRE PUDDING.

1 pint of milk.

4 eggs, whites and yolks beaten separately.

2 cups of flour—prepared flour is best.

1 teaspoonful of salt.

Use less flour if the batter grows too stiff. Mix quickly; pour off the fat from the top of the gravy in the dripping-pan leaving just enough to prevent the pudding from sticking to the bottom. Pour in the batter and continue to roast the beef, letting the dripping fall upon the pudding below. The oven should be brisk by this time. Baste the meat with the gravy you have taken out to make room for the batter.

In serving, cut the pudding into squares and lay about the meat in the dish. It is very delicious.