

Scientific and Useful.

A NICE BREAKFAST DISH.—Take a pint of sifted cornmeal, an even-teaspoonful of salt, a pinch of soda and enough water to mix well; then pat into cakes (like codfish balls) and fry brown in hot fat.

HORSE RADISH SAUCE.—Grate the horse-radish, boil an egg hard, pound the yolk, and add to the above a little raw cream, mustard, and vinegar added the last thing. It must all be mixed cold, and then heated.

HOME ECONOMY.—A great deal of time may be saved if knee-pads are made for children who creep, or who, in playing, are upon their knees much. Take pieces of heavy cloth; cut them to fit the knee; make them as thick as you please; tie them on with tapes, or fasten them with rubber bands.

TENDERLOIN STEAK.—Take a large or double tenderloin steak and boil it; have some Parisienne potatoes, saute with butter, which put around the dish. Have some good butter melted, and a little parsley cut fine; add the juice of half a lemon, mix thoroughly, and pour over your steak.

GRAHAM BREAKFAST ROLLS.—Two lbs. of potatoes, boiled and pressed through a colander, one pint of water, one-half cup of sugar, one-half teaspoonful of salt, one-half cup of yeast; mix into a stiff dough with Graham flour, and let it rise overnight. In the morning mould into small cakes, and when light bake.

APPLE FRITTERS.—Make a batter, not very stiff, with one quart of milk, three eggs, and flour to bring it to a right consistence. Pare and core a dozen apples, and chop them to about the size of small pears, and mix them well in the batter. Fry them in lard, as you would doughnuts. Sprinkle powdered sugar over them.

TABLE LINEN.—Napkins of various tints, more properly called doilies, are used in serving fruits. For ordinary table use white table-cloths and white napkins are in vogue as they have been. There are cloths with narrow bands of scarlet or crimson along the edge, with napkins of the same description, that are very tasteful.

EXCELLENT COFFEE CAKE.—This is one of the best of plain cakes, and is very easily made. Take one cup of strong coffee infusion, one cup of molasses, one cup of sugar, one half cup of butter, one egg and one teaspoonful saleratus. Add spice and raisins to suit the taste, and enough flour to make a reasonably thick batter. Bake rather slowly in tin pans lined with buttered paper.

ORANGE SALAD.—Peel eight oranges with a sharp knife, so as to remove every vestige of skin from them; core them as you would core apples, and lay them either whole or cut in slices in a deep dish; stew over them plenty of powdered loaf sugar, then add four red bananas cut in small round slices, the juice of a lemon and a little more sugar. Keep the dish covered close till the time of serving.

MACARONI WITH CHEESE.—Macaroni prepared with cheese is a favourite dish with many people. Put the macaroni in boiling water after breaking it in pieces about two inches long; put plenty of salt in the water; let it boil for fifteen minutes, then drain off the water and pour in milk enough to cover the macaroni; let it boil in the milk till it is done; of course you must watch it carefully. When it is tender, put it in a pudding dish or in some dish in which it can be sent to the table. Put a layer of macaroni in the bottom, with little lumps of batter on it, then a layer of grated cheese, and so on alternately until the dish is full. Cover the top with bread or cracker crumbs, with little lumps of butter on the top; set in the oven till the top is brown, and it is all thoroughly heated.

THE BEST RICE PUDDING.—This rice pudding is beyond comparison the best ever made, in spite of the fact that it is the cheapest. The secret of its perfection is the long cooking it gets. For a five o'clock dinner the rice and milk should be put on the stove early in the forenoon. The best thing to cook it in is a double kettle. Add to a quart of milk two heaping tablespoonfuls of rice. Let it simmer on the back of the stove—it must never boil—until a couple of hours before dinner. It will then be a thick creamy substance. Then salt and sweeten it to taste, put it into a pudding dish, and bake in a moderate oven until it is of a jelly-like thickness and the top is slightly browned. It can be eaten either hot or cold. If the latter is preferred, the pudding may be made the day before if that is most convenient. If desired, a flavouring may be added. This is emphatically the perfect pudding of its kind.



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