

absorbed. Now add, when cool, four eggs, a bit of butter, sugar, and a little nutmeg or cinnamon. This makes an excellent baked or boiled pudding : and, leaving out the sugar, and spice, and eggs, and adding more salt, is a good vegetable dish.

## STEWED-RICE THICKENED.

Boil or stew in a bake-kettle your rice, and milk as above, keeping a few hot embers above and below it. When nearly ready, mix a large table-spoonful of fine flour with some cold milk, in a basin, and stir into the rice, and let it boil up for five or ten minutes.

This may be sweetened, or eaten with salt, and is an excellent dish. To make it a savoury dish, put butter, salt and pepper, leaving out the sugar.

## INDIAN-RICE IN SOUP.

The Indians use the parched rice in their soups and stews, which are chiefly made of game, venison and wild fowl. As an ingredient in fresh soup it is very good, but must be well soaked and carefully picked. Many persons prefer the wild rice to the white Carolina rice, in venison-soup.

NOTE.—The wild rice, commonly called Indian Rice, is by botanists called Water Oats (*Zizania aquatica*). The flower-stem comes up sheathed in a delicate green, hollow, membranous leaf, and displays the elegant awned flowers : from these the anthers depend, of a delicate straw colour and purple, which have a most graceful effect, waving in the wind. The upper or spiked part is the one that bears the seed : as the flowers approach maturity, the green, grassy leaves fall back from the stem, and float upon the surface : they are no longer needed to protect the fruit.

## BUCKWHEAT.

This grain is grown in Canada for the fine flour which is used as an article of food in the form of pancakes. It is the same grain that at home is known by the name of French-wheat ; and in some counties of England, by the name of Branck. In England it is chiefly grown for feeding of fowls and game. In France I have heard it is used by the peasants as bread, probably in the way that the Canadians use it, as pancakes. Buckwheat is of easy culture : it is sown late, and cut early. Hogs are fed with it, in the straw : sometimes it is sown by the farmer to enrich the soil, by being ploughed down whilst in flower.

When intended as a crop for harvesting, it is cut and bound in sheaves, thrashed and ground into flour, which must be sifted with a fine sieve, as the husky part is quite black, and any portion mixing with the flour would render it unsightly. I will now give the best receipt for cooking