

FISH BALLS

Mix 1 lb. cold cooked fish (freed from skin and bones) with 1 cup bread crumbs, 1 well-beaten egg, and seasoning to taste. Form into small balls, place in a buttered baking dish and bake in a moderate oven to a delicate brown. While they are baking, make a sauce with 1 cup milk, a small lump of butter, a table-spoon flour, $\frac{1}{2}$ tea-spoon minced parsley.

VEGETARIAN LUXURIES.

Stewed potatoes:—About six medium-sized cold boiled potatoes, two ounces butter, half a pint white sauce, two teaspoonfuls chopped parsley, half a teaspoonful each of chopped eschallot, salt, pepper. Cut the potatoes into half-inch squares, put in a saucepan with enough boiling water to cover them, heat thoroughly, then pour off the water. Put the white sauce into the pan with salt, pepper simmer very slowly about eight minutes. Melt the butter in another pan, put in the parsley and eschalot, fry for a few minutes, but do not let these brown, stir gently into the potatoes. Serve piled up on a hot dish with prettily-cut pieces of fried bread round the edge. About two table-spoonfuls of cream would greatly improve the dish, stirred in just before serving. Take great care not to break up the potatoes while heating. (1)

INEXPENSIVE LEMON PUDDING.

Take $\frac{3}{4}$ lb. bread crumbs, $\frac{1}{2}$ lb. chopped suet, two small lemons, 1 oz. moist sugar, $\frac{1}{2}$ lb. flour, and two eggs and a little milk. You first mix together the flour and bread crumbs, suet, and sugar, as well as the lemon peel, which should be finely pared from the fruit and chopped up very small, and the juice of the two lemons, which should be strained. As soon as all these are well mixed moisten the whole with the beaten-up eggs and enough milk to make the pudding into a thick batter. It should then be put into a well-buttered mould, a white sheet of paper placed on the top, and over that a well-floured pudding cloth securely tied. Let it boil for three hours and a half. When you turn it out on the dish strew sifted sugar well over it. You may serve a sweet sauce with it, or no sauce, as you please.

When hard water is kept in a glass jug there is often a brown deposit, sometimes rather difficult

to remove by the ordinary methods. If, however, the jug be nearly filled with equal parts of vinegar and water, into which a potato cut in small pieces has been dropped, and shaken well for a few minutes, it will be found that the cleaning process is both affective and easy.

In cookery, a bisque usually means a puree of cray-fish, but excellent bisques can be made from lobsters, prawns, and crabs. Brioche is a cake similar to Bath buns. Croûtons are sippets of bread fried and used for garnish. Déjeuner à la Fourchette is a breakfast with meat, wines, &c. Hors d'œuvres are small dishes of sardines, anchovies, and other relishes. Feuilletage is puff paste.

(Cray fish, are usually found in streams running out of a chalk stream. Chalk is *craye*, in French. Or it may come from the French, *écrevisse*. Ed).

CHEDDAR CHEESE.

(Continued)

Casein in Milk.—There is one point about the composition of this milk which is of importance. While in April the milk contained no less than 3.70 per cent. of fat (see Table I.), due, I believe to the high feed, (1) yet this food appears to have had no effect upon the percentage of casein, which was almost exactly the same as had been found in previous years during April, when the percentage of fat was low. Each month, however, the percentage of casein rose as in former years. But the percentage of casein in the milk at Haselbury was as low as, and in most instances lower than, the percentage found in the milk at any of the Cheese Schools held during the preceding four years. As a rule the casein increases with an increase of the fat. But at Haselbury the percentage of casein had no definite relation to the amount of fat, for while in April the percentage of casein was only 2.43, in July it had risen to 2.67, although the milk contained less fat. In 1892, at the Axbridge School, the percentage of casein was also low. I then came to the conclusion that this deficiency of casein would appear to be due to locality or season, or to some especial peculiarity of the stock, rather than to any fixed relation between the constituents of the milk, and subsequent investigation proved this to be the case.

(1) *Eschalot* is from the Philistine city *Askalon*. Ed.

(1) Then fat can be fed into milk! Ed.