

out with a perforated spoon, pile neatly upon a dish and pour the gravy over it. Garnish with triangles of stale bread fried crisp, and send a piece to each person who is helped to salmi.

#### FRIED PARSNIPS.

Boil until tender, in hot water slightly salted; let them get almost cold, scrape off the skin, and cut in thick, long slices. Dredge with flour and fry in hot dripping, turning as they brown. Drain very dry in a hot colander; pepper and salt and serve.

#### STEWED SALSIFY.

Scrape the roots, dropping each into cold water as you do this, that they may not change color. Cut in pieces an inch long; cover with hot water and stew until tender. Drain off two-thirds of the water, and add enough milk to cover the salsify. Stew ten minutes in this; put in a good lump of butter rolled thickly in flour. Pepper and salt. Boil up for one minute.

#### SWEET POTATOES—IN JACKETS.

Parboil in their skins when you have washed them, selecting such as are of like size. Then put in a moderate oven and bake until soft all through. You can ascertain this by pinching the largest. Wipe off and serve in their skins.

#### ROSIE'S RICE CUSTARD.

- 1 quart of milk.
- 3 eggs, well beaten,
- 4 tablespoonfuls of sugar.
- 1 tablespoonful of butter,
- 1 cup *boiled* rice.
- A little salt.

Half the grated rind of a lemon.

Boil the rice, drain, and stir, while hot, into the milk. Beat the eggs well; rub butter and sugar to a cream with lemon-peel and a little salt, and stir into the warm milk. Mix well and bake in a buttered dish in a brisk oven. Eat warm or cold. We like it better warm, with a little cream poured over it when served in saucers.

### SECOND WEEK.

### SUNDAY.

#### SOUPE AU JULIENNE.

#### ROAST TURKEY.

#### CRANBERRY SAUCE.

#### MASHED POTATOES, BROWNED. STEWED CORN. CELERY.

#### TROPICAL SNOW.

#### LIGHT CAKES AND COFFEE.

#### SOUPE AU JULIENNE.

6 lbs. of lean beef. If possible, get it from the shin and have the accompanying bones cracked to bits.

6 quarts of water—cold.

Prepare the stock on Saturday. Put meat and bones into a pot with a close cover, pour on the water, and set it where it will heat very slowly. Boil, also very slowly, six hours, at the back of the range. Should the water sink fast in the pot, replenish from the boiling tea-kettle. At the end of six hours, turn the soup, meat, bones, and all, into an earthenware vessel; pepper and salt it and set on the cellar floor, covered, until next day. Take off, then, the cake of excellent dripping from the top; strain the soup and set over the fire, about an hour before dinner, and heat gradually.

The vegetables should be—

2 carrots.

3 turnips.

Half a head of cabbage.

1 pint Shaker corn, soaked overnight.

6 stalks of celery.

1 quart of tomatoes.

1 large onion.

Clean, scrape, and mince all these, except the corn and tomatoes. Cut the carrot into dice and stew, by itself, in a little cold water. Boil the corn in enough water to cover it, and add more hot water as it swells. Cover the minced vegetables with cold water, and so soon as it boils, turn it off, and replenish with boiling, from the kettle. This will take away the rank taste from cabbage and onion. When they are soft enough to pulp, strain well, but *without pressing*, into the soup. It is needless to add the vegetables, as the strength is in the liquor. Boil up and skim the soup before putting in the boiled corn and the canned tomatoes, which should be cut up small, and the unripe parts removed. Boil fifteen minutes, add the carrot, season to taste, and serve.\*

#### ROAST TURKEY.

Rinse out the turkey well with soda and water; then with salt; lastly, with fair water. Stuff with a dressing made of bread-crumbs, wet up with butter and water and seasoned to your taste. Stuff the craw and tie up the neck. Fill the body and sew up the vent. I need hardly say that these strings are to be clipped and removed after the fowl is roasted. Tie the legs to the lower part of the body that they may not "sprawl," as the sinews shrink. Put into the dripping-pan, pour a teacupful of boiling water over it, and roast, basting often, allowing about ten minutes time for every pound. Be careful not to have your oven too hot—especially during the first half-hour or so. The turkey would,

\* As I have mentioned in "Breakfast, Luncheon, and Tea," you can spare yourselves the trouble of preparing the vegetables for this soup by buying those shred and dried for this purpose, put up in packages and sold by grocers.