THE TESTED COOK BOOK.

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FIG PUDDING.

One pound of figs, three quarters of a pound of bread crumbs, one and a half cups of brown sugar, one pound of suet, half a nutmeg, three eggs, one cup of milk. Steam three hours. -MRS. R. MILLS.

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APPLE SNOW.

Peel and grate one large sour apple, sprinkling over it a small cupful of powdered sugar as you grate it to keep it from turning dark. Break into this the whites of two eggs and beat it all constantly for half an hour. Take care to have it in a large bowl as it beats up very stiff and light. Heap this in a large dish and pour a smooth fine custard around it and serve.— M. McDOUGALL.

CUSTARD FOR APPLE SNOW.

Yolk of 2 eggs, 1 cup of milk, 1 tablespoonful of sugar, 1 teaspoonful of corn starch. Boil not too thick.— M. McDOUGALL.

PLAIN OMELET.

Two eggs, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{4}$ s. s. pepper, 2 tablespoonfuls milk or water, the yolks beaten till light and thick. Add salt, pepper and milk, beat the whites of the eggs to a stiff froth, and fold them lightly into the mixture (don't beat). Pour the whole into a well buttered omelet pan and cook over a moderate fire until the under part is a golden brown, then put into the oven till the top is dried. Fold over, and turn out on to a hot plate. Before folding a little chopped parsley, finely chopped ham, chicken or any bits of meat that are left over from another meal may be strewn over.—C. C. SHARPE.

MINCE MEAT.

Four pounds of lean round of beef, boiled and chopped fine, 2 pounds of finely chopped beef suet, twice as much by measure of coarsely chopped tart apples as there is of meat, 3 pounds of brown sugar, 4 lbs. of raisins, seeded and coarsely chopped, 3 lbs. of cleaned currants, half a pound of finely chopped citron peel, a pint of molasses, a tablespoonful of cinnamon, $1\frac{1}{2}$ tablespoonfuls of grated nutmeg, a scant tablespoonful each of cloves, black pepper and salt, half a tablespoonful of allspice, three tablespoonsful of alcohol. All the spice should be ground. Mix all the ingredients, adding enough of the liquor in which the meat was cooked to moisten thoroughly. Heat and cook very slowly for three hours and put up in glass jars.—E. L. CAMPBELL.

LEMON CHEESE.

1 lb. sugar, $\frac{1}{4}$ lb. butter, yolks of five eggs and whites of three. The juice and grated rind of three lemons. Put all into a jar and place in a pan of boiling water, stir mixture until it becomes the thickness of honey.— C. C. SHARPE.