

Hasty Pudding.—Hasty pudding is an ideal dish for children. To two cups of hot mush (or meal just scalded will do) add about two cups boiling sweet milk, one-half cup good dark molasses, very little salt, one-half teaspoon soda. Beat well, then stir in one or two well-beaten eggs. Pour into hot buttered baking dish. Bake slowly about two hours.

Hasty Pudding without Eggs—

1 large cup cornmeal,	1 teaspoon salt,
$\frac{1}{2}$ cup molasses,	1 tablespoon butter or dripping.
1 quart boiling sweet milk,	

Beat meal and molasses well together, put in butter, and melt by stirring in the boiling milk. Let stand in baking dish till it thickens, then pour over it, not stirring, about one-half pint of the milk which has been left out. Bake two or three hours slowly.

HOMINY.

Hominy, either large or small, is a perfect substitute for potatoes, and the small kind, boiled, not quite done, then fried in cakes, is generally much liked. Both, especially the large hominy, require 2 to 4 hours' cooking. The large is just as good heated over by steaming or in a little milk and water. Both can be added to soups. For all cornmeal dishes, as well as many puddings, a sauce made of dark molasses (not the thick almost black kind that is sold as cooking molasses) and a little butter boiled together, adds immensely to them both in taste and food balance, giving some qualities required that are not found in the other ingredients, and also will help many to acquire that most patriotic cornmeal habit.

CEREALS.

Cereals, including breads, should form at least one-fifth of the bulk of food—as porridge, oatmeal, cornmeal, flaked grains—and to conserve flour, all kinds of meals and other flours can be mixed in whatever proportion you prefer in all kinds of bread, as also can potatoes and rice. They can also be added to any except delicate white flour recipes.