

BISCUITS.

An excellent, cheap, useful biscuit can be made as follows : Rub into a quart of fine flour, about an ounce of butter or lard, and a little salt : mix with cold water into a stiff, smooth paste ; roll it out, and strew dry flour on the paste ; work this flour well in with the rolling-pin, fold it together, knead it and roll it again, throwing over it more dry flour, working it with the rolling-pin till the flour is incorporated ; and do this several times, or as long as you can knead it smooth : break it into small pieces, and roll in your hand, about the size of a large walnut, then roll with the pin into thin biscuits, prick them with a fork, and bake on a flat pan in a brick oven : if the oven be cool, they will be tough : the more dry flour you can work into the dough, the better will be the biscuit. These are useful if you have no cakes at hand, and are good for the sick ; rolled fine, make capital pap for weaned babies.

I learned to make them, under the direction of a physician, as food for a delicate infant ; many persons I have taught to make these biscuits, and they will be found very useful where the fermented bread causes acidity, and soda-biscuits and American crackers are not at hand, or the housewife too poor to buy them.

ANOTHER SORT.

Instead of cold, use scalding water and roll very thin. The butter may be melted in the hot water : mix and knead very smooth, but without beating in the dry flour, as in the former receipt : roll very thin, and bake quickly.

SODA BISCUITS.

Six ounces of butter : six ounces of sugar : one teaspoonful of soda, dissolved in one pint of milk : flour enough to form a stiff dough : melt the butter in the milk, and also the sugar, which should be white. Knead and roll out several times, till the mass be quite smooth ; roll in thin sheets about a quarter of an inch thick, cut into square cakes, and bake in a brick oven.

ABERNETHY BISCUITS.

Seven pounds fine flour ; three-quarters pound of butter, rubbed well into the flour ; $1\frac{1}{2}$ pound of loaf-sugar, dissolved in one quart of cold water : half ounce carraways, and a teaspoonful of salt. Well knead this dough ; divide, and make four dozen biscuits.

This quantity can be reduced to one-half, at the convenience of the baker.

Biscuits are both a cheap and wholesome bread, and are a very valuable sort of food for invalids or very young children : they are far less expensive than sweet cakes, and by many persons are greatly preferred, as being easier of digestion, but they require more hard labour, and attention in baking.