

fork and add the water slowly, place the dough on a floured board, roll out and cut with a biscuit cutter. Put in a buttered pan, and bake in a quick oven twelve minutes. May be sprinkled with cheese before serving.

Nut Bread.

1½ cups milk.	4 cups flour.
1 teaspoonful salt.	1 cup chopped walnuts.
½ cup sugar.	6 teaspoons baking powder.

Put the sugar in a large bowl. Sift the flour, salt and baking powder together, and add alternately with the milk to the sugar. Lastly fold in the chopped walnut meats, and turn into two buttered tins. Bake in a moderate oven forty minutes.

Note.—The quantity of nuts may be increased or peanuts substituted if a more nutritious bread is desired.

Bran Muffins.

1 cup flour.	2 cups bran.
1 teaspoon soda	1 cup milk.
½ teaspoon salt.	2½ tablespoons molasses.

Mix and sift flour, soda and salt. Add bran, molasses and milk. Bake in hot buttered gem pans twenty minutes.

Bran Bread—By Mrs West.

1 cup molasses	1 pint sour milk or buttermilk
1 teaspoon soda	1 quart of bran
1 small teaspoon salt	1 pint flour

Stir well and bake one hour in a very slow oven. It may be baked in a loaf or gem pans as preferred.

Boston Roast.

1 pound cooked beans	Bread crumbs
½ pound grated cheese	Salt.

Mash the beans or put them through a meat grinder. Add the cheese and sufficient crumbs (bread) to make the mixture stiff enough to be formed into a roll. Bake in a moderate oven, basting occasionally with butter and water. Serve with tomato sauce. This dish may be flavoured with onions, chopped and cooked in butter and water.

Nut and Cheese Roast.

1 cup grated cheese	1 tablespoon butter
1 cup chopped walnuts	Juice of ½ lemon
1 cup bread crumbs	2 tablespoons chopped onions
	Salt and Pepper.

Cook the onions in the butter and a little water until tender.