

and economical food, and should be more extensively used than it is. When not thoroughly cooked, it is, however, very indigestible, and also tends to produce waterbrash. The coarser qualities require quite half an hour's boiling. It should also be eaten slowly to insure its being well mixed with saliva; a crust of bread may be eaten with it with that object.

THE BROILING OR FRYING OF FISH.

In either case the fish must be clean and well washed, then left to dry for an hour or more, rolled in a clean dry cloth which will absorb all the moisture left from the washing. If you are going to broil fish it must be well floured and seasoned before placing it on the gridiron. The fire for broiling must be carefully prepared and be quite free from smoke, it is a good plan to scatter a little salt on the red hot cinders before commencing to broil. Make the gridiron hot, then rub with a little fat to keep the fish from sticking. If you intend your fish for drying, brush it over with egg, then sprinkle with very fine bread crumbs, and if you want it to have a particularly good appearance do this a second time, then fry in a sufficient quantity of boiling fat to cover the fish completely. Clarified dripping is by far the best medium for frying fish, butter is far more expensive and yet does not give so good an appearance, and lard makes the fish soft. The fat for frying fish must cease bubbling and be perfectly still with a pale blue smoke arising from it. A small piece of bread dropped into it should immediately turn a golden brown.

SHIRRED EGGS.

Liberal grease the egg dishes with butter and place them in the oven for an instant. Carefully break an egg in each cup and bake in the oven for eight minutes. Remove, season with salt and pepper and one half of a teaspoonful of melted butter to each egg. Serve at once.

EGGS WITH CHEESE.

Butter well the bottom of a flat dish and an inch up the sides. Over this sprinkle grated cheese. Drop the eggs on the cheese without breaking the yold*, season with salt and pepper. Pour a little sweet cream, or rich milk, over the eggs, and sprinkle well with grated cheese. Cook in a moderate oven fifteen minutes.

BAKED MILK.

Put sweet milk into a jar, covering the opening with white paper, and bake in a moderate oven until it is as thick as cream. It may be taken by the most delicate stomach.

DIFFERENT WAYS OF COOKING APPLES.

CHARLOTTE OF APPLES.

Peel some good baking apples according to the size of the pudding wanted and drop them into cold water as finished; have ready boiling on the fire in a lined pan a syrup of sugar and water; quarter and core the apples and put them in, and stew till soft; butter a pudding mould and line it out carefully with thin slices of stale bread dipped in melted butter; brush over with white of egg to make the slices adhere; fill into the top with the stewed apples, finish off with a slice of bread dipped as before in melted butter; put it in the oven for an hour; gently detach the pudding from the dish with a blunt knife, turn it upside down on the ashet, let it stand a minute or two; draw off the mould and serve with cream and castor sugar.

APPLES WITH TAPIOCA.

Peel and core as many apples as will fill the baking dish they are to be cooked in, stuff the apples with as much brown sugar as they will hold, place them in the dish, and fill up with a cup of tapioca; pour in as much water as it will absorb, and strew some more sugar over the top; cover closely and cook till soft and the tapioca in a jelly; serve with cream and sugar.

APPLE CHEESE.

Soak $\frac{3}{4}$ oz. gelatine in half a pint of cold water for an hour, peel, core, and slice $1\frac{1}{2}$ lb. apples and put on the fire with the gelatine, $\frac{1}{2}$ lb. white sugar, and a few pieces of rough ginger. Stir and boil till soft, and pass through a wire sieve; when cold, but not set, add a gill of switched cream, pour into a casserole mould, turn out when wanted, and fill in the centre with switched cream, on which sprinkle a little pink sugar.

APPLE TRIFLES.

Stew four or five large apples, peeled, cored, and quartered, in a pint of water, a few pieces of whole ginger and sugar to taste. When cooked