

beef may be chopped and made into a scallop, having alternate layers of meat and canned tomatoes with bread crumbs and small pieces of butter on top, and a little water to moisten.—Mrs. Nutting.

Baked Ham.

To have ham tender, cut in slices an inch thick. Place in baking dish and cover with milk. Bake in moderate oven three hours. Remove skin from browned milk and serve with fried eggs.—L. M. Nutting.

Beef Steak.

Pound well with edge of saucer. Butter size of an egg; pan very hot. Dredge the steak in flour and brown in pan, on both sides. Salt and pepper to taste. Add about 1 cup of boiling water and let simmer about an hour, adding more water when necessary. Mrs. Geo. Jones.

Leg of Lamb.

Can be cut in three parts. Boil or steam the shank end, serving it with caper sauce.

The fillet end can be boned and stuffed. Roast and serve with currant jelly. The middle cut should be about an inch and a half thick. Broil like a steak and serve with green peas. While the left over from each meal can be minced and made into croquettes.—Mrs. Symons.

Veal Cutlets.

Dip each one in beaten egg, then in crumbs and fry. Put pan on back of stove, cover tightly and steam for an hour and a half.