

MEATS—Continued.

COLD MEAT RELISH—

Cut any cold meat into small pieces. In a baking dish place alternate layers of meat, sliced onions and tomatoes, seasoning each layer with salt and pepper. When the dish is filled, moisten with a little milk and place cracker crumbs on top. If desired, a crust can be made instead of cracker crumbs. Bake 1 hour.

MOCK DUCK—Mrs. Smith.

Vegetable marrow. Cut through centre, remove seeds and peeling. Fill with the following: Hamburg steak, chopped onion, and pepper and salt. Fill the squash and put together and tie. Put in roast pan and spread plenty of fat over it. Baste every 20 minutes. Bake two hours. Make a brown gravy.

SHEPHERD'S PIE

Cook some potatoes and mash them smooth with milk or white sauce. Put a thin layer of them in the bottom of a dish, and over this put the meat which has been minced fine, and mixed with onion sauce or gravy, as preferred. Cover the meat with the rest of the potatoes and put into the oven to brown. Serve hot.

BEEF STEW WITH DUMPLINGS—

A. Vokes.

Two pounds of lean beef (cheaper cuts). Cut into one inch cubes, dredge with flour. Put 2 tablespoons dripping into a frying pan. As soon as it is smoking hot, put in the meat and shake or stir until nicely brown. Skim out the meat and put in saucepan. Cut 1 small onion in slices and brown in remaining dripping. Add to the meat and add 1 quart boiling water. Season with pepper and salt. Cover the saucepan closely and simmer for 2 hours.

SOUR MILK DUMPLINGS—

Mrs. Digby.

1 EGG.
SMALL PIECE OF BUTTER.
2 CUPS FLOUR.
2 TEASPOONS BAKING POWDER.
SALT.
SOUR MILK TO MAKE SOFT DOUGH.
These do not get sad with cooking.

DUMPLINGS—Mrs. Wm. Hannaford.

1 EGG (beaten).
1 TABLESPOON BUTTER.
1 CUP SWEET MILK.
 $\frac{1}{2}$ TEASPOON SALT.
2 TEASPOONS BAKING POWDER.
Enough flour for batter. Beat up well.

BEEF OMELET

$\frac{1}{2}$ LB. ROUND STEAK.
2 EGGS.
 $\frac{1}{4}$ CUP MILK.
 $\frac{1}{2}$ CUP BREAD CRUMBS.
SALT AND PEPPER TO TASTE.

BOILED HAM (Virginia Style)—

Mrs. Galley.

For a 12 lb. ham, put 1 cup molasses, 1 cup vinegar in water, and boil 3 hours, let cool in water, then skin. Bake in covered pan 1 hour.

BREAD SAUCE

$\frac{1}{2}$ CUP STALE BREAD CRUMBS.
1 ONION STUCK WITH FIVE CLOVES.
 $1\frac{1}{2}$ CUPS MILK.

Boil together 10 minutes; remove onion, add half teaspoon salt, $1\frac{1}{2}$ tablespoons butter. Then add half cup stale bread crumbs browned in half tablespoon butter.