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Steam Pudding.—Two cups flour, one-half cup suet, one cup sugar, one cup milk, one egg, fruit to suit taste. Steam two and one-half hours.

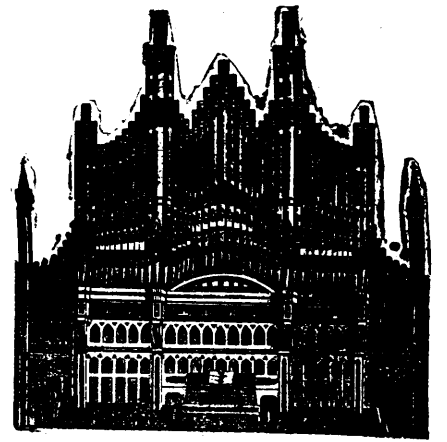
Sponge Cake.—Beat the whites of six eggs to a stiff froth, then beat the yolks of four. Turn them carefully over the whites and mix. Sift over and very carefully mix, without beating, one cupful of granulated sugar. Measure three-quarters of a cup of flour, add to it a level teaspoonful of baking powder and sift twice. Stir this carefully into the egg mixture, add flavouring and turn into an ungreased pan; bake in a moderate oven for twenty or twenty-five minutes.

Poor Man's Cake.—Two cups of sugar, one-eighth of a pound of butter, rind of one lemon, one cup of milk, two eggs; one teaspoonful of baking powder, three cups of flour. Beat the sugar and butter together, then the eggs, and add the milk, then the flour and the baking powder (sifting it in last of all). Mix well, and bake in a moderately-heated oven. Cost twenty cents, and it is very nice. This makes a nice cake pudding, eaten hot, with sauce of any variety liked. Try it, and you will do so many times.

Enchantments.—Whip to a stiff froth the whites of nine eggs, add to these the finely-grated rind of six lemons, and nine tablespoonfuls of sugar, well sifted. Put a sheet of wet letter-paper in the bottom of a pan or on a sheet of tin, and with a spoon drop the mixture in drifts. Sift sugar over the top of each, and bake in a moderately heated oven. Make boiled icing, and divide the quantity equally, colouring half with fruit colouring. Put on bottom of these, and stick two thus together, using up both kinds of icing. Jam or jelly can be used instead, if it is preferred.

Wonders.—Rub half a pound of butter into two pounds of sifted flour, mixing in three-quarters of a pound of sugar. Add a teaspoonful of powdered cinnamon, one grated nutmeg, and one large tablespoonful of rose-water. Beat six eggs very light and stir into the mixture. Mix it with a knife into a soft paste. Place on the pastry board, and roll one inch thick. If it is found too thin, roll up and knead in a little more flour and roll it over again. Cut into long strips with a sharp knife, and twist into fantastic shapes. Fry in hot lard, cool, and sprinkle with sugar. They keep a week or more, and are universal favourites.

Cream of Lima Beans.—Put one pint of freshly shelled Lima beans into one quart of water, add a sprig of parsley, a slice of onion, a quarter of a teaspoonful of pepper, one clove; cover, and simmer for three-quarters of an hour. Press through a colander, saving all the liquor in which the beans were boiled. Return the whole to the soup kettle, rub together a tablespoonful of butter and three tablespoonfuls of flour. Stir this carefully into the hot soup, and stir constantly until it begins to thicken, then add a pint of milk; stir again until it is steaming hot, press through a puree sieve, season with salt and pepper, re-heat and serve. Little squares of toasted bread may be served with the soup.



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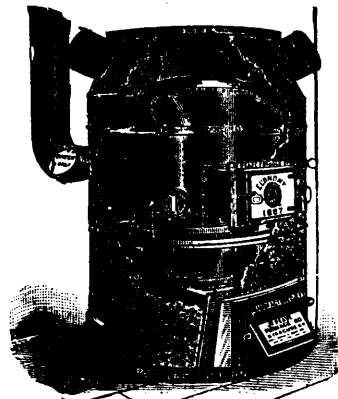
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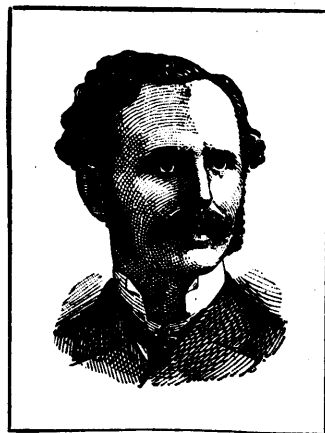
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