

Use HALL'S Baking Powder in all the following recipes to ensure good results.

Tested Recipes.

Soups, Etc.

FROZEN BEEF TEA.—Put a small pail in a wooden bucket and surround it with salt and crushed ice. See that there is no salt in the pail. Put cold beef-tea in the pail and let it stand for about ten minutes. At the end of that time take the cover off the pail and scrape the congealed beef tea from the sides. Beat well and then put back the cover. Do this two or three times and the tea will be frozen smooth. This is excellent for invalids who must have all their food cold. Where beef tea is a daily article of diet for a convalescent, it may be pleasantly varied by using different flavors. A choice of mace, a bay leaf, a clove, or celery salt is about all that is permitted, but by combining these or using singly a monotony of flavor is avoided.

INDIAN PEA SOUP.—Put one pint of good boiling (dried) green peas in a pot with three pints of water and a morsel of soda; boil till the peas are soft enough to pulp through a wire sieve; cut an onion very small and chop two heads of garlic; fry these in two ounces of butter, with twenty-four cloves and two bay leaves till of a nice golden brown, then add the pint of peas; salt to taste, and a teacup of best tomato conserve; a pinch of Nepaul pepper is an improvement. Let it simmer gently for about half an hour; if too thick, a little more water may be added. Serve with fried bread cut in dice.

MACARONI AND TOMATOES.—Boil half a pound of macaroni until quite soft, strain and cut in small pieces; have one quart tomatoes well stewed and strained, add pepper and salt to taste; place the macaroni in a baking dish, pour the tomatoes over and bake for one hour.

EGGS, WITH CREAM.—Cook the eggs hard, shell them, cut them in halves, and arrange the halves, cut side downward, upon a buttered platter. Make a rich cream sauce, flavoring it with celery salt or with onion and pepper; turn it over or around the eggs, and serve at once. This dish may be quickly and easily prepared, and will be liked with hot biscuits, muffins or fresh bread. Sometimes finely chopped