

used, to make the mixture thin enough to drop. Flatten out on griddle till about an inch thick and as large as a battercake. Can be cooked on top of stove like a battercake, or in oven.

Dropped or Spoon Bread.—Proceed exactly the same as above, using at least three times as much lard. Drop a heaping tablespoon on a greased pan and bake as in Dinner Loaf.

Egg Bread or Johnny Cake.—After scalding the meal, add a larger proportion of lard or dripping, add enough sour milk (always keeping out one-quarter cup milk in which to stir the soda and add last; this applies to every recipe) to make the batter just thin enough to pour, one or two eggs beaten separately, teaspoon soda last. Pour into hot greased baking dish, bake fairly slowly about one-half hour. Cut in squares and serve hot. It is even better baked in ordinary gem pans.

Batter Cakes.—Batter cakes are made in just the same way, only quite thin, and are nearly as good without eggs or with only one. Have frying pan well greased, but not greasy—rubbing it with a ham or bacon-rind makes it just right. Pour very slowly indeed on very hot pan, so they will not spread too much. Turn as soon as possible, while still soft on top.

All meal receipts take a good deal longer than flour to cook.

Mush.—Next to oatmeal, mush is about the best porridge. It takes much more water, and takes much longer to cook. About six cups of water to one of meal. Dampen the meal well, then stir into the boiling water, to which salt has been added. About two hours' cooking is required.

Fried Mush.—Fried mush is really a delicious substitute for potatoes, or to serve with steak, roasts, sweetbread, sausage—any meat dish in fact. Left-over mush will do, but it is better not cooked quite done at first, then poured into a dish about 1½-inch thick to cool. Cut in squares, or better, form into flat balls or cakes, roll in flour or bread crumbs, and fry to a delicate brown.