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RSDAY.

PIQUANTE.

POTATOES.

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Scrape and cut up the celery into inch lengths. Cook fifteen minutes in a little hot water; drain and add three pints of stock with the onion; stew gently until the celery is very soft. Pulp through a colander into the soup; season and return to the fire. Boil up; put in the sugar and pour into the tureen. Add a cup of boiling milk thickened with the flour.

BOILED BEEF TONGUE WITH SAUCE PIQUANTE.

Soak the tongue, a corned one—three hours; wash well and cook in plenty of boiling water, fifteen minutes per pound. Trim off the root; skin and dish, pouring over it a cupful of rice drawn butter in which has been stirred a great spoonful of capers, pickled nasturtium-seed, or of green pickled chopped.

BAKED BEANS.

Soak a quart of navy or kidney-beans all night. In the morning put on to boil in cold water, and cook soft. Half an hour before taking them up, put in a piece of streaked salt pork, three or four inches square. When the beans are soft, drain; put into a bake-dish with the pork half browned in the middle. Score the rind of the parboiled pork; cover the dish, and bake one hour—then brown.

BAKED TOMATOES.

Drain off most of the juice from a can of tomatoes (Add to the tongue pot-liquor, by and by; boil together ten minutes, and pour into the stock-jar.) Put the tomatoes into a pudding-dish; season with pepper, salt, sugar, and butter; strew fine crumbs over all; bake, covered, half an hour, and brown quickly.

CHOPPED POTATOES.

Boil potatoes, and let them get cold. Chop rather coarsely; put into a saucepan, with a couple of spoonfuls of butter, a little pepper and salt, and shake and stir until very hot.

LEMON PUDDING.

6 butter crackers, soaked in water, and crushed to a pulp; 3 lemons; half the grated peel; 1 cup of molasses; 1 table-spoonful melted butter; a pinch of salt; good pie-paste.

Pare away all the skin off the lemons, when you have grated off half the yellow peel. Chop the pulp very fine, and remove the seeds. Stir this into the crushed crackers with the butter and salt. Beat in the molasses gradually, then the lemon-pearl. Have ready small pate-pans lined with paste; fill with the mixture and cook. Eat cold, but fresh.

FIRST WEEK.

FRIDAY.

BREAD SOUP.
LOBSTER CROQUETTES. BRAISED GROUSE.
SALSIFY FRITTERS. SWEET POTATOES.

INDIAN MEAL PUFFS.

BREAD SOUP.

Save your crusts for several days for this soup. Break about half a pound of them into small pieces, and lay in an open oven to dry, while you skim your soup-stock; add an onion, and put over the fire to boil. Cook gently half an hour; strain; return to the kettle, and when it boils again put in the crusts. Cook slowly twenty minutes, stir, and beat the bread to a porridge, add seasoning and a little minced parsley, and boil one minute.

LOBSTER CROQUETTES.

1 can of preserved lobster; 2 eggs; 2 tablespoonfuls of butter; $\frac{1}{2}$ cup fine crumbs; yolks of two hard-boiled eggs—pounded, then worked into the butter; juice of half a lemon; salt, cayenne pepper, a pinch of mace, and one of lemon-peel; beaten yolks of 2 raw eggs.

Mince the meat; work in the warmed butter and pounded yolks, the seasoning, raw eggs—at last, the crumbs. Make into oblong balls or rolls; roll in flour, and fry in sweet lard. Drain upon clean paper, rolling each croquette lightly upon it, and dish. Pass cream crackers and sliced lemon with these excellent croquettes, and make a separate course of them.

BRAISED GROUSE.

Clean thoroughly, washing out the inside in soda and water, and then rinsing and wiping. Truss, but do not stuff the birds; tie them in shape. Cover the bottom of a saucepan with slices of fat salt pork; lay the grouse upon these; sprinkle minced onion and parsley over them with pepper, salt, and a little sugar. Cover with more pork, and pour in a large cupful of soup-stock, or other broth. If you cannot spare this, put butter and water, although it is not so good. Cover very closely; simmer one hour; turn the birds, and cook—always covered—until tender. Dish the grouse; strain the gravy; thicken with browned flour; boil up, and pour into a boat. Partridges, wild pigeons, and tough chickens may be cooked in this way—also ducks.

SALSIFY FRITTERS.

Wash, scrape, and grate the roots, letting them fall from the grater into a batter made of two eggs, half a cup of milk, flour enough for thin butter, and a little salt and