

Eaten hot, with a little butter, these are good, plain, household tea-cakes ; with molasses and ginger they are very good.

BROWN SUPPORNE.

This is porridge, made entirely with shorts, and eaten with cold butter or new milk. It is made in the same way as Indian-meal supporne (see that article). In the absence of corn-meal or oatmeal, children will eat this dish very readily, and it is often a convenient substitute for bread, when flour runs out, and you are unable to obtain an immediate supply. It is most commonly made with water, but may be mixed with milk, or milk and water, the flour being stirred in as the water or milk boils.

MILK PORRIDGE.

Have your milk boiling, and a basinful of flour, into which a little salt may be mixed : with one hand sprinkle in your flour, and stir with a wooden stick or a spoon, till you have made your porridge as thick as you desire it to be : remove it from the fire to the top of the stove, or place the pot on a few hot embers, not near enough to the fire to scorch, and let it simmer for some time, stirring it carefully. This makes a very satisfying meal for children.

FARMERS' RICE.

Set milk on the fire, in a clean skillet, to boil, with half a tea-spoonful of salt in it. Take dry fine flour in a basin ; into this sprinkle cold milk, a few drops at a time, till it is damp, but not wet like dough : rub the damp flour in your hands, which must, of course, be delicately clean. The wetted flour must be rubbed till it adheres in small pieces like grains of rice ; if not damp enough scatter in a little more moisture, or, if too wet, add a little flour : when ready, throw this mock-rice into your milk, stirring it in by degrees : let it boil quick while mixing ; then set it at a little distance, say outside the griddle of the stove, and let it boil for fifteen minutes or half an hour ; a little nutmeg, sugar and butter makes this a nice dish ; but some prefer it unseasoned, or with salt and butter.

These are homely dishes ; but they are intended for homely people, who have not the materials for luxuries at their command, but who may be glad to learn how to vary the method of dressing such simple food as they can obtain, so as to render it palatable and pleasant.