

JANUARY.

FIRST WEEK.

SUNDAY.

BEEF SOUP.

CHICKEN SMOTHERED WITH OYSTERS.
CELERY SALAD. MASHED POTATOES.
CAULIFLOWER AU GRATIN.
STEWED TOMATOES.

BLANCMANGE AND CREAM.
SPONGE CAKE.
COCOA.

BEEF SOUP.

3 lbs. of lean beef, with a marrow-bone.
1 lb. lean ham (or a ham-bone, if you have it).

1 turnip

1 onion.

1 carrot.

1 of a cabbage.

3 stalks of celery.

3 quarts of water—cold, of course.

Salt and pepper to taste.

Cut the meat very fine, and crack the bones well. Put these on in a pot with a close top; cover with a quart of water, and set where they will come *very slowly* to a boil. If they do not reach this point in less than an hour, so much the better. When the contents of the pot begin to bubble, add the remaining two quarts of cold water, and let all boil slowly for three hours: for two hours with the top closed, during the last with it slightly lifted. Wash and peel the turnip, carrot, and onion, scrape the celery, and wash with the cabbage. Cut all into dice and lay in cold water, a little salted, for half an hour. Put the carrot on to stew in a small vessel by itself; the others all together, with enough water to cover them. Some think the carrot keeps color and shape better if hot, instead of cold water be used for it. Let it stew until tender, then drain off the water and set it aside to cool. The other vegetables should be boiled to pieces. Strain the water from the cabbage, etc., Half an hour before the soup is to be taken up, pressing them to a pulp to extract all the strength. Return this to the saucepan, throw in a little salt, let it boil up once to clear it: skim and add to the soup. Put in pepper and salt—unless the ham has salted it sufficiently—and boil, covered, twenty minutes. Strain into an earthenware basin; let it get cool enough for the fat to arise to the surface, when take off all that will come away. Return to the pot, which should have been previously rinsed with hot water; boil briskly for one minute, and throw in the carrot. Skim and serve.

This is a good, clear soup. If you like t

thicker, dissolve a tablespoonful of gelatine in enough cold water to cover it well—this may be done by an hour's soaking—and add to the soup after the latter is strained and cleared of the fat.

When practicable, make Sunday's soup on Saturday, so far as to prepare the "stock," or meat base. Set it away in an earthenware crock, adding a little salt. This not only lessens Sunday's work, but the unstrained soup gathers the whole strength of the meat, and the fat can be removed in a solid cake of excellent dripping. Indeed, it is a good rule *always* to prepare soup stock at least twenty-four hours before it is to be used for the table.

Try, likewise, to make enough soup for Sunday to last over Monday as well. A little forethought on Saturday will lessen the labors and increase the comfort of what has been somewhat profanely named "Job's birthday," the anniversary which was to be observed for evermore.

CHICKEN SMOTHERED WITH OYSTERS.

1 full-grown, tender chicken.

1 pint of oysters.

2 tablespoonfuls of butter.

3 " " cream.

1 tablespoonful of corn-starch;

Yolks of three hard-boiled eggs.

1 scant cup bread-crumbs.

Pepper, salt, and chopped parsley.

Prepare the chicken as for roasting. Stuff with a dressing of the oysters chopped pretty fine, and mixed with the bread-crumbs, seasoned to taste with pepper and salt. Tie up the neck securely. (This can be done on Saturday, if the fowl be afterwards kept in a very cold place.)

Put the chicken thus stuffed and trussed, with legs and wings tied close to the body with soft tape, into a tin pail with a tight top. Cover closely and set, with a weight on the top, in a pot of cold water. Bring gradually to a boil, that the fowl may be heated evenly and thoroughly. Stew steadily, never fast, for an hour and a half after the water in the outer kettle begins to boil. Then open the pail and test with a fork to see if the chicken be tender. If not, recover at once, and stew for half or three-quarters of an hour longer. When the chicken is tender throughout, take it out and lay upon a hot dish, covering immediately. Turn the juices left in the pail into a saucepan, thicken with the corn starch, which should first be wet up with a little cold milk, then the chopped parsley, butter, pepper and salt, and the yolks of the hard-boiled eggs chopped fine. Boil up once, stir in the cream, and take from the fire before it can boil again. Pour a few spoonfuls