

#### POTATO VARIETIES.

The colored cooks of the south understand the importance of variety, and one can never tell by to-day's breakfast what to-morrow's will be. From at least a dozen ways of preparing potatoes for that meal, I select the following.

paring potatoes for that meal, I select the following.

Breakfast: Grate 1 doz raw potatoes, add ½ cup melted butter, ¼ cup sugar, ½ teaspoon sait and a little pepper, white preferred. Mix well, putting in a little flour if necessary, and bake in a moderate even.

Fish: To each cup cold mashed potatoes, add ¼ cupful mixed fish, I teaspoonful melted butter, a little onlon mixed with minced celery, salt and pepper to taste. Make into balls, using enough flour to hold them in shape, and fry in hot lard or butter.

Ringed. Pare large potatoes and cut in thin rings, by paring round and round as you would an apple. Fry in lard or butter, stirring often. When brown, place in a dish, sprinkle with salt and serve at once.

Balls: Two cups mashed potatoes, 1 well-beaten egg, 1 tablespoon melted butter, salt and pepper to taste. Roll in flour and fry.

German: Pare and slice large potatoes. Place in a baking dish, sprinkle with salt and pepper, and over the top place thin slices of salt pork. Add enough milk to cover, and bake in a moderate oven.

Cakes: Te each cup mashed potatoes

enough milk to cover, and bake in a moderate oven.

Cakes: To each cup mashed potatoes add 1 well-beaten egg, 1 teaspoon butter, salt and pepper, 1 tablespoon flour and enough milk to make a batter. Fry as you would ordinary griddle cakes and serve hot. Nice with syrup.

Rolls: Boil 6 large potatoes. When done, drain and pass through a colander. Add the beaten yolks of 3 eggs, ½ cup cream, ½ cup butter, 1 cup grated cheese, salt and pepper to inste. Make into balls, and on a floured bread board roll out into long ovals. Brush over with beaten egg and bake in a hot oven.

oven.
Southern: Boll large potatoes and mash. In a baking dish place ig cup sweet milk, I tablespoon butter, sait and pepper, 2 cups mashed pointoes and the beaten yolks of 4 eggs. Beat thoroughly and over the top pour the beaten whites of the eggs. Bake 20 minutes in a hot oven and serve in the dish in which they were baked—Halia in which they were baked.-!Lalia

### PUMPKIN BUTTER.

There are several ways of making pumpkin butter. If pumpkins are plenty, remove the seeds from a large one, cut in small pieces and cook until very soft cut three pumpkins in pleces, boil them soft, put in a coarse bag and press out the juice. Sift that first cooked, to which add the juice, and cook until it is the thickness of

and cook until it is the thickness of apple butter. Half an hour before it is done add sugar and spice to taste. If the pumpkins are frozen, they will yield the juice mere fre is, and the butter will not be in the least injured. Another recipe is to cook the pumpkin as for pies, to every gallen add left best molasses is or each of alispice. cinnamon and cloves (powder). Cook until of the proper consistency. If made late in the fall and kept in a cool place, it will keep for months, and can be used for pumpkin pies with the addition of milk and cream.

Still another way is to steam the

meat. When done in this way, the beef should be placed on a rack, which will raise it about two inches from the bottom of the baking tin.—[M. F. S.

Fried Cabbage-Chop cabbage fine, and a little melted butter, with pepper and salt to taste, then stir in 4 table-spoons milk, heat through and add 1 or 2 eggs. according to amount of cabbage. Mix well together and turn-into a well-buttered spider. When it is hot, fry a light brown, turning to brown both sides Serve on a hot platter.—[A. R. Annable. Annable.

Squash Biscuit-One cup squash finely mashed as for the table, seasoned with butter and salt.1 level teaspoon soda, 1 cup sour milk containing 2 tablespoons sour cream. Beat up to-gether with a teaspoon salt and suffi-cient flour to make a dough to be han-dled easily. Roll out and cut, and bake as ordinary biscuit.—[L. M. B. blespoons

Best Biscuit-Into 1 qt sifted flour rub 2 teaspoons good baking powder and a little sait. Put in 1 tablespoon shortening and add milk or cold water to make a stiff dough. After mixing well, roll out, using a very little flour, cut out and bake in a hot oven 12 minutes. Be sure to bake as soon as mixed and make the biscuit small.—[A. R. A.

Quick Bread-Pour 14 pt boiling wa ter into the same amount of milk, let cool and add 1 compressed yeast cake dissolved in a little cold water, with I tenspoon salt. Stir in enough good flour to make a soft dough, turn on kneading board and knead 20 minutes. Set to rise for three hours, knead again, put in pans, let rise one hour or until light, and bake 40 minutes.—[A. R. A.

Stew with Dumplings—An excellent dinner can be made with a small amount of chicken, yeal or fricasseed beef, in connection with the broth. If, liked, add carrots and onlons with the meat, a little pepper and sait, and part of the broth, with water to cover ail. The whole of the broth, if already thickened, might add to the danger of scorching. The meat being already cooked, a few minutes later add sliced potatoes. When the potatoes are put in, make a dough of sour cream one part to sour milk three parts (I cup milk and 1-3 cup cream make dumplings enough for a family of five), add I teaspoon sait and flour to make stiffer than biscuit, but not hard, with I teaspoon each of cream tartar and sodu sifted through the flour. Remove kettle to back of stove to stop its boiling for a few minutes while the dumplings, cut like biscuit, are being put in, and be sure the broth does not come up over the tops of the dumplings, else the latter will be heavy. Again set in front of stove, where it will boil again, and cook about 20 minutes, till the dumplings are done. Take up the dumplings and thicken the broth, add-Stew with Dumplings-An excellent dumplings and thicken the broth, add-

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#### An Asthma Cure at Last.

butter will but be in the least injured.

Another recipe is to cook the pumpkin as for pies, to every gallen add 1 qt best inolasses \$\frac{1}{2}\$ oz each of alispice, clinnamon and cloves (powder). Cook until of the proper consistency. It made late in the fall and kept in a cool place, it will keep for months, and can be used for pumpkin pies with the addition of mi'k and cream.

Still another way is to steam the pumpkin sift then mix with it sugar and 4 tablespoons butter to 2 lbs sifted pumpkin. Add a grated lemon rind and let simmer a back of stove until thick. Or, what is better, set the kettle upon bricks until the mixture is thick and transparent.—[Claribel.

Yorkshire Pudding—Beat 3 eggs very light, add I px milk and 1 level teaspoon salt. Pour this mixture gradually upon 1 cup sifted flour. Beat thoroughly and pour into well-grensed muffin pans. Bake in a quick oven for about three-quarters of an hour. Serve on a heated platter around roast beef.

Another way is to bake it under the life discovery of a positive cure for Asthma. In the wonderful kola Plant, a new botanic product found on the Congo fliver, West Africa. The cures wrought by it in the worst cases, are really marvelous. Sufferers of twenty to fifty years' standing have been at once restored to health by the Kola Plant. Among others, many ministers of the gospel testify to its wonderful powers. Rev J L. C-mbs. cf Martinsburg. West Va. was perhaps the worst case, and was cured by the Kola Plant. Among others, many ministers of the gospel testify to its wonderful powers. Rev J L. C-mbs. cf Martinsburg. West Va. was perhaps the worst case, and was cured by the Kola Plant. Among others, many ministers of the gospel testify to its wonderful powers. Rev J L. C-mbs. cf Martinsburg. Was varied by the Kola Plant. Among others, many ministers of the gospel testify to its wonderful curative powers' suffering. The cure worst case, and was cured by the Kola Plant. Among others, many ministers of the gospel testify to its wonderful curative powers' suffer

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