

BAKED INDIAN PUDDING.—Scald a quart of milk (skimmed milk will do), and stir in seven table-spoonfuls of sifted Indian Meal, a ten-spoonful of salt, a teacupful of molasses, and a great spoonful of ginger or sifted cinnamon. Bake three or four hours.

A RICH BAKED INDIAN PUDDING.—Boil a quart of milk and add half a pint of Indian meal. Stir it well. Mix three table spoonfuls of wheat flour with a pint of milk, so as to have it free from lumps. Mix this with the Indian meal, and stir the whole well together. When the whole is moderately warm, stir in three eggs, well beat with three table spoonfuls of sugar. Add two teaspoonfuls of salt, two of ground cinnamon or grated nutmegs, and two teaspoonfuls of melted butter. When the pudding has baked five or six minutes, stir in half a pound of raisins, and add half a pint of milk for them, or they will render it too dry. Bake four hours.

BOILED INDIAN PUDDING.—Sifted Indian meal and warm milk should be stirred together pretty stiff. A little salt, and two or three great spoonfuls of molasses, added; a spoonful of ginger, if you like that spice. Boil it in a tight covered pan or a very thick cloth; if the water gets in it will ruin it. Leave plenty of room, for Indian swells very much. The milk with which you mix it should be merely warm; if it is scalding, the pudding will break in pieces. Some people chop sweet suet fine and warm in the milk; others warm thin slices of sweet apple to be stirred into the pudding. Water will answer instead of milk. Indian pudding should boil four or five hours. This pudding should be eaten with a good sauce, or with butter and molasses. If fruit—such as currants, stewed green or ripe gooseberries, or Morello cherries—be mixed with the pudding and cooked with it, it makes a great addition to the flavor.

The following is a somewhat richer pudding:—Make a stiff batter by stirring Indian meal into a quart of boiling milk or water. Then stir in two table-spoonfuls of flour, three of sugar, half a spoonful of ginger or cinnamon, and two teaspoonfuls of salt. If anything extra is required, add two or three eggs well beaten; but they can be dispensed with; some add a little chopped suet. Such puddings require a long boiling; they will be good in three or four hours, but better if boiled five or six; and some give a boiling for eight or nine hours. They require a good sauce at eating.

HASTY PUDDING.—Boil water, a quart, three pints, or two quarts, according to the size of your family; sift your meal; stir five or six spoonfuls of it thoroughly into a bowl of water; when the water in the kettle boils, pour into it the contents of the bowl; stir it well, and let it boil up thick; put in salt to suit your taste;

then stand over the kettle, and sprinkle in meal, handful after handful, stirring it very thoroughly all the time, and letting it boil between whiles. When it is so thick that you stir it with great difficulty, it is about right. It takes about half an hour's cooking. Eat it with milk or molasses. Either Indian meal or rye meal may be used. If the system is in a restricted state, nothing can be better than rye hasty pudding and West India molasses. This diet would save many a one the horrors of dyspepsia.

INDIAN CAKE, or bannock, is sweet and cheap food. One quart of sifted meal, two great spoonfuls of molasses, two teaspoonfuls of salt, a bit of shortening half as big as a hen's egg, stirred together; make it pretty moist with scalding water, put it into a well-greased pan, smooth over the surface with a spoon, and bake it brown on both sides before a quick fire. A little stewed pumpkin, scalded with the meal, improves the cake. Bannock split, and dipped in butter, makes very nice toast.

A richer Indian cake may be made by stirring one egg to a half pint of milk, sweetened with two great spoonfuls of molasses, a little ginger or cinnamon; Indian meal stirred in till it is just about thick enough to pour. Spider or bake kettle well greased; cake poured in, covered up, baked half an hour, or three quarters, according to the thickness of the cake. If you have sour milk or butter milk, it is very nice for this kind of cake; the acidity corrected by a teaspoonful of dissolved pearlash. It is a rule never to use pearlash for Indian, unless to correct the sourness of milk; it injures the flavour of the meal.

ANOTHER.—Two cups of Indian meal, one tablespoonful of molasses, two cups of milk, a little salt, a handful of flour, a little saleratus, mixed up thin, and poured into a buttered bake kettle, hung over the fire uncovered until you can bear your finger upon it, and then set down before the fire. Bake half an hour.

Nice suet improves all kinds of Indian cakes very much.

RISK.—Take two cups of yeast, four eggs, four cups of milk, two cups of butter, and two cups of sugar. It must not be kneaded very stiff.

A DELICIOUS WHEAT PUDDING, to be eaten with sauce.—Take six eggs, one quart of milk, half a teaspoonful of salt, ten table spoonfuls of flour. This pudding is excellent with any kind of fruit added; when fruit is used it does not require so many eggs. To make the sauce take two cups of sugar, one of butter, melt them together; then add half a cup of wine, and half a cup of cream.

GINGERBREAD.—Half a pound of butter, half a pint of molasses, one teaspoonful of saleratus, half a teaspoonful of salt, and half a cup of sour milk or cream.