

time to time, to prevent oiling. When the macaroni is almost cold, mix it with the custard, breaking it as little as may be. Season, and last of all, stir in the chopped almonds. Bake in well-buttered pudding-dish. Spread with the *meringue* made from the whites of the eggs reserved from the soup. Eat warm with powdered sugar and cinnamon.

SECOND WEEK.

FRIDAY.

FISH CHOWDER.

FRICASSEED CHICKEN, WHITE.

POTATOES A L'ITALIENNE.

TOMATOES STEWED WITH ONION.

CHEESE FONDUE.

SPONGE GINGERBREAD.

CHOCOLATE.

FISH CHOWDER.

3 lbs. of cod, cut into strips an inch thick and four inches long, and freed from bone so far as is possible without breaking the fish.

1 pint of oysters.

2 large onions cut into thin slices.

About $\frac{1}{2}$ lb. Boston crackers, split; and buttered thickly.

Pepper and salt.

1 cup of milk.

Parsley.

Cover the bottom of your soup-kettle with the fish; pepper and salt; strew with sliced onion, and this with the split crackers, buttered sides down. Follow this order until your ingredients are all in the pot, and cover them with cold water. Stew gently for an hour, keeping the water at the original level by replenishing from the tea-kettle. By this time the fish should be thoroughly done, if it has cooked steadily. Take it up with a perforated skimmer, and cover in the tureen to keep hot, while you strain the chowder to get out the bones, returning the crackers with the liquor to the soup-kettle, when you have rinsed it out. Thicken with two teaspoonfuls of corn-starch wet up in a cup of milk, and when this has boiled, add the oysters, cut small, two great spoonfuls of butter, and a little chopped parsley. Stew for three minutes, pour slowly over the fish in the tureen. Send sliced lemon around with it.

This is a most palatable chowder when properly prepared. You can use fewer crackers, if you dislike a thick soup.

FRICASSEED CHICKEN—WHITE.

One pair of full-grown fowls.

 $\frac{1}{2}$ lb. salt pork cut into strips.

2 eggs.

1 cupful of milk.

2 tablespoonfuls of flour and the same of butter.

1 onion.

Parsley, pepper and salt.

Joint the fowls neatly, and cut the back, neck, and breast apart from each other, the latter into two pieces. Lay them in salt water for half an hour. Put them into a pot with enough cold water to cover them, and the pork cut into thin strips. Cover and heat *very* slowly. Stew constantly, but never fast, for one hour after it comes to a boil, or until the chickens are tender. The time will depend upon their age. If they are tough, put them on early and cook all the more slowly. Add now the onion, parsley, and pepper, with salt, if needed. Heat again, and stir in the flour wet up in the cup of milk. Beat the eggs and pour upon them a cupful of hot gravy; mix well, and put back into the soup with the butter. Just as the stew begins to simmer again, remove from the fire. Take out and pile the chicken upon a dish; then pour the gravy over all.

POTATOES A L'ITALIENNE.

Instead of mashing the potatoes with a beetle or spoon, whip them up light with a silver fork. When they are fine and mealy, beat in a few spoonfuls of milk, a tablespoonful of butter, the yolks of two eggs, pepper and salt. Whip into a creamy heap before adding, with a few dexterous strokes, the stiffly-frothed whites. Pile roughly up on a buttered pie-dish; brown quickly in the oven, and transfer, with the help of a cake-turner, to a flat dish.

Make a rather too abundant dish, according to this receipt, as the residue will be found useful in to-morrow's bill of fare.

TOMATOES STEWED WITH ONION.

Stew in the usual manner, adding a small onion minced fine. When they have cooked half an hour, season with pepper, salt, a little sugar, and a good spoonful of butter. Simmer ten minutes more, uncovered, and turn out.

CHEESE FONDUE

1 cup of bread-crumbs, dry and fine.

2 scant cups of *fresh* milk. $\frac{1}{2}$ lb. dry, rich cheese, grated.

3 eggs, whipped light.

1 tablespoonful of melted butter.

Pepper and salt.

A pinch of soda, dissolved in hot water.

Soak the crumbs in the milk; beat in the eggs, the butter, seasoning; lastly, the cheese; pour into a neat pudding-dish; strew dry bread-crumbs over the top, and bake in a quick oven until delicately brown-