



### Breakfast Cakes.

#### PANCAKES.

Take two cups of buckwheat and of wheaten flour take one,  
Two tablespoonfuls baking powder; then, this being done,  
Of salt take one-half teaspoonful, sift well together, make  
into thin batter, then at once, on a hot griddle, bake.

#### RICE GRIDDLE CAKES.

Take two eggs and also use a cupful of boiled rice,  
One pint of milk, one-half teaspoonful salt, to make it  
nice,  
One heaping teaspoon baking powder use, and then  
you'll take  
Flour to make thin batter. Stir well, and quickly bake.

#### HOMINY CAKES.

Two cupfuls of cooked hominy, rubbed smooth; one tea-  
spoon salt,  
Two teaspoons baking powder; and then to have no fault,  
Add one cup flour, stir well together, adding by degrees  
One quart of milk, three well-whipped eggs; and bake  
thin, if you please.

### Vegetable Soups.

**W**ELL begun is half done," and the  
hostess who serves her dinner  
guests with delicious soup has won  
half the battle of giving a success-  
ful dinner. Vegetable soups are  
the most economical, and if they  
are carefully prepared they are as delicious as  
consomme with all its variations. They are bet-  
ter when made from soup "stock," but they are  
also good when made with water alone.

Potato soup, or, as the French call it, potage  
Parmentier, in honor of the man who introduced  
potatoes into France, should be made with white  
stock, but it can also be made with milk or milk  
and water. Begin by frying a small onion,  
chopped, in one or two ounces of butter, with-  
out letting it take color in the slightest, and then  
add about eight medium-sized potatoes, a small  
turnip (a piece of celery when in season) and two  
quarts of white stock. Let the whole come to a  
boil, and then simmer for a couple of hours.  
When the potatoes are quite soft remove the  
piece of celery and pass all the rest through a  
hair sieve. Reheat, add a piece of butter the  
size of a walnut, a sprinkling of chopped chervil  
or parsley, and serve at once. A variation of  
this is soupe verte. For this, chop up finely a  
handful of chervil and double the quantity of  
sorrel; put them into a saucepan with about  
three pints of white stock and a pound and a  
half of potatoes. Let the whole come to the  
boil and then simmer for two or three hours,  
after which pass through a hair sieve, reheat,  
adding a small piece of butter, and serve.

For turnip soup both white stock and milk are  
required. Cut up three good-sized turnips in  
slices and put them in a saucepan with one ounce  
of butter, previously melted, and a rasher of  
bacon cut in dice. Let all cook very slowly for  
half an hour. Then melt one and one-half ounces  
of butter in a saucepan, mix with it the same  
quantity of flour, and add gradually a pint of  
milk and water, in which a carrot, an onion, and  
some herbs have been boiled. Add this to the  
turnips, stir all together for a minute or two,  
then rub the whole through a hair sieve. Re-  
turn to the saucepan, then add enough white  
stock to bring the puree to the right consistency.  
Stir till the soup boils, add pepper and salt if  
necessary, and just before serving add—off the  
fire—the yolk of an egg beaten up with a gill of  
cream.

To make a good carrot soup put one ounce

and a half of butter into a stew pan, and when  
melted add six small carrots cut in slices, and  
pepper and salt to taste; fry these for about five  
minutes, then add two or three small onions  
sliced and continue to fry both vegetables for  
five minutes longer; then add three pints of  
second stock, a small bay leaf (a piece of celery),  
parsley, thyme, and three medium-sized floury  
potatoes. Put the saucepan at the side of the  
fire, and let the contents simmer till the carrots  
are perfectly soft; then pass the whole through  
a hair sieve, stir well together, return to a clean  
saucepan, reheat and serve. Tomato soup can  
be made in exactly the same manner, but it is  
greatly improved by frying a rasher of lean bacon  
with the tomatoes.

Soupe a l'oignon, the soup of the French  
peasants, is about as simple a soup as one could  
possibly have. The French consider it highly  
restorative when made only with water, and it  
is acknowledged that onions possess a consider-  
able quantity of nourishment. The method of  
preparing it is as follows: Slice some Spanish  
onions and fry them a golden color in plenty of  
butter, then add a small spoonful of flour; stir  
well, and moisten with as much stock or water  
as you want soup. Bring to the boil, and let the  
whole simmer till the onions are thoroughly done.  
In the mean time cut up some bread into fingers  
one-fourth inch broad and one and one-half  
inches long and place them on a buttered tin in  
the oven till they are a light brown color, then  
put them into the tureen, and when ready pour  
the soup over them and serve with grated Par-  
mesan cheese handed round on a separate plate.  
This soup may be varied by passing the onions  
through a hair sieve and afterwards boiling some  
French tapioca in the soup. In this case no  
flour should be added at the commencement, and,  
of course, the pieces of bread and the grated  
cheese are not necessary. With all these soups,  
not counting the latter, square croutons of  
bread fried in boiling fat should be handed  
round at the same time.

### Some Good Recipes.

**GINGER COOKIES.**—Five cups flour, 1 cup mo-  
lasses, 1 cup sugar, 1 cup shortening, 1 cup  
sour milk, 1 teaspoonful salt, 1 teaspoon ginger,  
2 teaspoons saleratus. They are very nice  
brushed over the top with frosting made with  
1 cup sugar, 6 tablespoons water; boil 5 min-  
utes, flavor with vanilla, stir until it begins to  
thicken.

**BOSTON BAKED BEANS.**—The following recipe  
has been tried and is a valuable one:—One pint  
beans, soak over night, then let them come to  
the boiling point. Put them in a bean pot made  
especially for baking beans. Add a piece of pork  
4 inches square and two iron spoonfuls New Or-  
leans molasses. Put on the top of the pot and  
let the beans cook until well done.

**EXCELLENT SAUSAGE.**—Twenty pounds, about  
one-third fat, five tablespoonfuls salt, four  
tablespoonfuls pepper, three tablespoonfuls  
sage, one tablespoonful sugar, and one tea-  
spoonful salt petre. The spoons are to be  
rounded, but not heaped high. Cases can be  
made of strips of muslin eight inches wide and  
sixteen inches long, sewing them up bag fashion.  
Put in the sausage and hang up in a cool place.  
Smoke, then dip sacks in a melted mixture of  
lard and suet. Keep in a dark as well as cool  
place.

**STUFFED POTATOES.**—Choose some nice large  
potatoes and bake them; then when quite done,  
cut off an end, and scoop out some of the inside.  
Chop some cold meat finely, season it with pep-  
per, salt, mace, and a little butter. Fill the hole  
in each potato with this. With the aid of a little  
cold meat, stick the ends on again to each pota-  
to. Arrange on a baking sheet and bake for ten  
minutes.

**POTTED FRESH HERRINGS.**—Split some fresh

herrings down the back and remove the bones.  
Cut into strips, roll each one up, tie round with  
cotton; lay them in a deep earthen dish, to-  
gether with half a dozen peppercorns, three or  
four cloves, a teacupful of vinegar and water to  
cover. Bake in a hot oven, and let them stand  
in the vinegar in which they were baked. Serve  
cold for luncheon or supper. Mackerel are ex-  
cellent treated in the same way.

**ORANGEADE.**—Orangeade has a less heating  
after-effect than lemonade, and is very easy to  
make. Peel off the rind of one orange very thin-  
ly, without any of the white pith, and put into a  
jug. Pare off all the white pith from three  
oranges so as to leave the pulp of the fruit quite  
bare; cut the oranges in slices, take out the pips,  
add one ounce of sugar, pour a quart of boiling  
water on these, cover up the jug, and allow the  
orangeade to stand and steep. When quite cold  
add the ice.

**TOMATO SOUFFLE.**—Stew three or four pounds  
of tomatoes for half an hour, rub them through  
a hair sieve and reduce the pulp, by boiling it  
without a lid until half-a-pint remains; stir in 2  
oz. of bread crumbs, 1 oz. of grated Parmesan  
cheese, a small piece of glaze, and 2 oz. of but-  
ter. Stir it over the fire until it is hot, then mix  
in the yolks of 4 eggs, and the stiffly whipped  
whites, stir all lightly together, and pour into a  
buttered soufflé dish, which should have a band  
of greased paper, two inches higher than the  
mould, tied round the outside; sprinkle an ounce  
of grated Parmesan cheese over the top of the  
soufflé, and bake it from fifteen to twenty min-  
utes in a moderate oven. Serve it at once.

**HOW TO MAKE ECCLES CAKE.**—Take 1 lb. of  
flour, 1 lb. of fresh butter, one egg, half a pint  
of cold water. Work the flour into a smooth  
paste, then roll out with a clean rolling-pin to an  
equal thickness. Divide the butter into four  
parts, and break the first part into small pieces  
over the paste; sift a little flour over, and brush  
with the white of egg lightly. Fold the paste  
over—sides first, then towards the operator roll  
out again, and repeat until the butter is used up.  
Take care to handle the paste lightly, and keep  
it in a cool place until used. Take, say, 1 1/2 oz.  
of the above paste, roll it in the size of a small  
bread and butter plate, and place upon it a  
tablespoonful of the following ingredients. —Cur-  
rants, brown sugar, a little butter, chopped  
lemon peel. The butter and sugar to be melted  
and stirred into the currants and lemon. Then  
fold up the paste like a bun, give it one roll,  
turn it over, and vent with a sharp knife. Bake  
in a brisk oven. When cold, sift white sugar  
over it.

### Something About Fish.

Fish must be perfectly fresh.

Clean fish carefully before dressing.

Fresh fish are better if soaked a few minutes  
in salt water.

If a fish kettle is not used for boiling, wrap the  
fish in thin Swiss or cheese cloth to preserve the  
shape.

Never use butter; fry in lard. When one side  
is brown turn quickly and as the other browns  
remove to the back part of the stove; cover close-  
ly. Cook slowly, thus retaining the sweetness.

Garnish with parsley, lettuce, sliced beets,  
lemon or hard-boiled eggs.

Serve as soon as cooked, with either of the fol-  
lowing sauces: Oyster, celery, mustard, remou-  
lade, cold fish, mayonnaise, tartar, white wine or  
Hollandaise.

Eels are a great delicacy fried, baked, pickled  
or boiled. When cold after cooking in the latter  
way an excellent dish may be made by arranging  
the pieces of eels in a mold, with slices of lemon  
and covered with any bright jelly in liquid state.  
When cold turn from the mold and serve with  
olive oil and vinegar.