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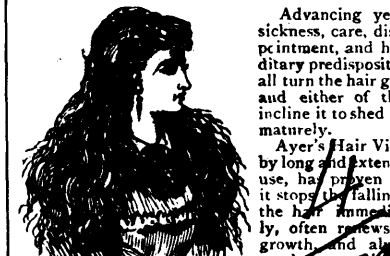


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BAKED OMELETTE.—Boil a pint of milk, a teaspoonful of butter and one of salt, and stir in a tablespoonful of flour, rub smooth in cold water and pour upon it seven or eight well-beaten eggs. Bake in a quick oven.

BARLEY SOUP.—One pound of shin of beef, four ounces of pearl barley, one potato, salt and pepper to taste, one quart and a half of water. Put the ingredients into a saucepan, and simmer gently for four hours. Strain, return the barley, and serve. An onion added is an improvement. This is a good soup for invalids.

DELICIOUS MUFFINS.—Take two cups of flour and work into it thoroughly two teaspoonfuls of baking powder; wet the flour with milk until it is about the consistency of pancake batter; then add three well-beaten eggs the last thing; mix well and drop quickly into muffin rings, well buttered, and bake in a quick hot oven.

BRAISED CELERY.—Take six good heads of celery, trim to about six inches in length, parboil them in water with a little salt about ten minutes; take them out and drain them in a cloth or hair sieve, then place in a stew pan with one pint of stock-broth, add a little grated nutmeg and some seasoning, and boil gently for one hour; when cooked take out the heads with a slice, drain on a cloth, and boil the sauce for a few minutes. Place the celery in a hot dish, and strain the boiling sauce over it; garnish the sides with some small pieces of well-buttered, fresh-made toast, and serve very hot.

CREAM OF RICE.—Beat the yolks of two eggs with three-quarters of a cup of sugar, and a pinch of salt. Dissolve a tablespoonful of corn starch in a half cup of cold milk, mix it with the beaten yolks and sugar, and stir in gradually two cups and a half of scalding hot milk. Cook this custard in a double boiler, stirring constantly until it thickens, adding meanwhile a cup of hot rice cooked in the following manner: Wash the rice through three waters, then boil it fifteen minutes in salted water, after which drain and set on the back of the stove to steam until done, which will be in fifteen minutes longer. Use a cupful of rice, measured after cooking. Flavour with lemon or vanilla, turn into a pudding dish and set into the oven to slightly brown the top. Cover with a meringue made with the whites of the two eggs, and two tablespoonfuls of sugar beaten stiff. Colour a delicate brown and serve cold.

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