

time nearly as wholesome as plain bread and fruit.

We give below recipes for quite a large variety of pies, which any cook, with but little practice, can succeed in making, provided she has a heart in the work, and desires to see hygienic cooking take the place which it deserves.

POTATO PIE CRUST.—Boil one quart dry, mealy potatoes. The moment they are done, mash them, and sift through a collander. Stir thoroughly together one cup of Graham flour and one cup of white flour, then add the potatoes, rubbing them evenly through the flour in the same manner as the shortening in common pie crust. Have ready one cup of corn meal; pour over it one and one-third cup of *boiling* water, stirring it till all the meal is wet, then add to it the potatoes and flour, mixing only till thoroughly incorporated together. No more flour should be added. The moulding board should be well covered with dry flour, however, as it is slightly difficult to roll out. It should be rolled very thin, and baked in a moderate oven, care being taken that it is not overdone, as a little too much baking is apt to render it tough.

NOTE. (It is very essential that the above conditions should all be complied with. Bear in mind that the potatoes must be hot, and mixed immediately with the flour; the water be poured while boiling upon the corn meal, and the whole mixed together very quickly, and baked immediately.)

CREAM PIE CRUST.—Take equal quantities of Graham flour, white flour, and Indian meal; rub evenly together, and wet with very thin sweet cream. It should be rolled thin, and baked in an oven as hot as for common pie crust.

NOTE. (This makes an excellent pastry if properly baked. Many patients have said to us they did not see how they could ever again relish the pastry in common use,

this is so much sweeter and more palatable, to say nothing of its wholesomeness. It is more generally relished than the potato crust, although not quite so hygienic—the cream being the only objectionable feature.)

PUMPKIN PIE.—Select a pumpkin which has a deep, rich color, and firm close texture. Stew and sift in the ordinary manner; add as much boiling milk as will make it about one-third thicker than the common pumpkin pie. Sweeten with equal quantities of molasses, and bake about one hour in a hot oven.

NOTE. (Those who will try this method will be surprised to find how delicious a pie can be without eggs, ginger, or spices of any kind. The milk being turned boiling hot upon the pumpkin, causes it to swell in baking, so that it is as nice as though eggs had been used.)

SOUP APPLE PIE.—Take nine tart apples. Slice them; fill the under crust an inch thick; sprinkle sugar over them; add a spoonful or two of water; cover with a thin crust, and bake three-fourths of an hour in a moderate oven.—*Dr. Trall.*

POWDER OF MILK.

THE powder of milk, added to water, forms an agreeable drink, and an excellent substitute for milk:—Milk, two pints; carbonate of soda, half a drachm; water, one ounce; sugar, one pound. The soda is to be pulverized and dissolved in water, and this solution added to the milk; the mixture is then to be gently heated and constantly stirred. When it is three-fourths evaporated, the sugar is to be gradually added, and the whole briskly stirred. After it is perfectly incorporated, the mixture is to be removed from the fire, poured into plates, and dried in an oven. When perfectly dry, it is to be finely powdered and kept in well-stopped bottles. One or two teaspoonful is sufficient for a cup of tea or coffee.

COMMERCIAL REVIEW.

THE CROPS OF THE YEAR.



THE first momentous question for a nation to consider is securing an abundance of food. Nations and tribes once numerous and powerful have perished from the face of the earth by famines. From the first appearance of the potato rot in

Ireland, nearly twenty years ago, the population of that island has diminished from above eight to a little over five millions. Thousands perished from famine, because of the failure of a root which formed a chief portion of their food. This took place in our own day, and is a sequel to many cases of a similar nature which occurred to other por-