

to prepare them in time for breakfast, so we eat them at tea time instead. Very appetising bread and butter may be cut from them when cold. Into an earthen bowl put two pounds of the finest flour, and mix in a teaspoonful of salt. Put an ounce of German yeast into a small basin, with a teaspoonful of flour and another of sugar. Mix well with half a pint of lukewarm milk, cover with a saucer, and let it rise. Meanwhile melt one ounce of butter in half a pint of milk, then let it get rather cool. Make a hole in the flour, mix in the milk and the yeast, and knead into a nice light dough. Cover with a cloth, and let it stand in a warm place for two hours to rise. Form the dough into rolls, allowing them to rise again for half an hour. Bake in a quick oven from twenty to thirty minutes. When nearly done brush over with milk and return to the oven to finish baking.

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#### SPANISH BUN

One cup of brown sugar, half a cup of butter, yolks of three eggs, two teaspoonfuls of ground cinnamon, one teaspoonful of ground cloves, one teaspoonful of soda, half cup of hot water poured on soda, essence of any kind; add flour to make a stiff batter, bake in square pan; when done, add the whites of three eggs, and three tablespoonfuls of white sugar, beaten to a stiff froth, spread over top of cake, and return to oven to brown slightly.

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#### FRUIT SYRUPS

These are very useful to have in the house for cooling drinks, sherbets, and various other things. A mixture of cherries, gooseberries, and raspberries makes a syrup of an excellent flavour; or, instead of gooseberries, red currants may be taken. Allow four pounds of gooseberries or currants to two each of cherries and raspberries; the fruit must be quite ripe and sound. Clear it from the stems, put it in a large vessel, and crush each berry with a wooden spoon. Let it remain for six or seven days, and it will slightly ferment. When the juice looks clear, strain it through a hair sieve, pressing the fruit with the hands to extract all the juice. Weigh the juice, and to every pound allow a pound and a quarter of sugar. Boil together about five minutes, removing the scum as it rises; let it cool, then bottle for use, and keep the bottles in a cool cellar. A tablespoonful of this

syrup in a glass of water, with a lump of ice in the middle, makes a delicious drink. If too sweet, a little lemon juice may be added.

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#### STRAWBERRY JAM.

To every pound of fruit allow one and a quarter pounds of loaf sugar, and a good half pint of red-currant juice. Pound the sugar roughly, and pick the strawberries. Lay the latter on a dish, and sprinkle over them half the sugar; leave till next day. Draw the juice from the currants by the common method, put it into a pan with the remainder of the sugar, and boil together until it slightly coats the spoon. Now add the strawberries, and boil again until the whole will cling to the spoon, or until a little will jelly if placed in a cool plate. Stir this jam as little and as carefully as possible, as the fruit should not be broken. About twenty minutes will be long enough to boil it; if cooked too much it will lose its colour. It is not required to be very stiff.

A commoner kind of strawberry jam may be made like above recipe for plain gooseberry jam, allowing three-quarters of a pound of sugar to each pound of fruit. The fruit will not remain whole done in this way.

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No matter what method you have to prevent fruit jars from cracking when filling with hot fruit, writes a housewife, oblige me by trying this:—Place a silver knife, fork, or tablespoon in the jar and pour in the boiling fruit. A teaspoon is of convenient size for jelly glasses. Simply have your jars clean—no heating, scalding, wet towel, or anything of the kind is necessary. Set the jars in a row, and as one is filled remove the piece of silver, placing it in the next one to be filled, and so on. I have used this way all the years I have kept house, and my mother has for twenty years or more. If your jelly glasses have glass or metal covers discard them and paste paper over the top instead; there is then no danger whatever of mould.

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#### RED CURRANT JELLY.

Do not strip the currants from their stalks, but if at all dirty they may be washed, then drained as dry as possible. Put them a handful at a time into a piece of cheese cloth, or strainer, then squeeze all the juice through with the hands. Continue until all the fruit is squeezed, then weigh