

warm—not really hot—or cold, especially if a little cream be poured over each saucerful.

SECOND WEEK. WEDNESDAY.

BEAN SOUP.
FILLET OF VEAL, STUFFED. BAKED CORN.
POTATO CAKES.
CANNED STRING-BEANS.

BAKED APPLE DUMPLINGS.
BRANDY SAUCE.

BEAN SOUP.

Soak a quart of dried beans all night in soft water. Throw this off next morning, and cover the beans for two hours in water a little more than lukewarm. Put over the fire with five quarts of cold water, and one pound of salt pork. A bone of veal or beef may be added, if you have it. Boil slowly for at least four hours; shred into it a small onion, four stalks of celery, pepper—the pork may salt it sufficiently—simmer half an hour longer, rub through a colander until only husks and fibres remain, and send to table. Pass sliced lemon with it.

FILLET OF VEAL—STUFFED.

Make ready a force-meat of bread-crums, chopped thyme and parsley, pepper, salt, and a pinch of nutmeg; a little dripping for shortening; moisten with warm water and bind with a raw egg.

If your butcher has not "put up" the fillet, remove the bone, pin the meat into a round with skewers; then bind firmly with a strip of muslin passed two or three times about it. Fill the cavity left by the bone with dressing, and thrust the same between the folds of the meat, besides making cuts with a sharp knife to receive more. Tuck in a strip of fat pork here and there. Baste three times with salt and water while roasting, afterwards with its own gravy. At last, dredge once with flour and baste with butter. Cut the bands, draw out the skewers carefully, and serve.

BAKED CORN.

To one can of corn allow a pint of milk (more if the corn be dry); three eggs, two tablespoonfuls of melted butter, one of white sugar; pepper and salt to taste. Beat the eggs very light, rub butter and sugar together and stir in hard; next, the corn and seasoning; finally, the milk. Beat hard, and bake in a buttered dish for half an hour, covered. Then brown by lifting the top. Send up in the bake-dish.

POTATO CAKES.

Boil and mash the potatoes, working in salt and butter and an egg or two—beaten light. Let them get cold; make into cakes of size and shape to suit yourself; roll in raw egg, then in flour, or cracker-dust, and fry quickly in hot dripping. Take each up as soon as it is done, and drain with a wire spoon, before laying upon a hot dish.

CANNED STRING-BEANS.

Cook in their own liquor half an hour, or until very tender. First, however, cut them into neat lengths. The comeliness of the dish depends upon this. When almost done, stir in a tablespoonful of butter, with salt and pepper. Simmer ten minutes longer, and serve by draining off the liquid and heaping the beans upon a hot dish, with a bit of butter on the top. If the can does not contain liquor enough to cover the beans, add a little cold water in cooking them.

BAKED APPLE DUMPLINGS.

1 quart prepared flour.
1 tablespoonful of butter and the same of lard.

1 pint of milk.
1 saltspoonful of salt.
Some ripe apples.

Chop the shortening into the flour when you have sifted and salted the latter. Wet up with milk and roll out quickly in a sheet less than half an inch thick. Cut into squares; lay in the centre of each a tart, juicy apple, pared and cored. Bring the corners of the square together and pinch to join them neatly. Lay in a baking-pan, the joined edges downward, and bake to a fine brown. When done, brush over with butter and shut the oven-door for a minute more to glaze them. Sift powdered sugar over them, and eat hot.

These are more wholesome and more easily prepared than boiled dumplings. Eat with sweet sauce.

BRANDY SAUCE.

2 cups of powdered sugar.
 $\frac{1}{2}$ cup of butter.
1 wineglass of brandy. That from brandied peaches—the *liqueur*, if you have it.
1 teaspoonful mixed cinnamon and mace.
Warm the butter slightly, work in the sugar until they form a rich cream, when add brandy and spice. Beat hard; shape by putting into a mould made very wet with cold water, and set in a cool place to harden. Should it not turn out readily by shaking gently, dip for a second in hot water.