

The Ladies' Column.

COOKERY.

LUNCHEON MENU.

Lobster Croquettes. Oyster a la Mali.
 Broiled Beefsteak. Leg of Mutton a la Bretonne.
 Russian Salade. Stewed Peaches.
 Creme Patisiere.

LOBSTER CROQUETTES.—Fry an onion, chopped finely in one ounce of good butter, adding 1 ounce of flour—moisten with half a pint of white stock, stirring well and constantly until the sauce hardens. Season with salt, pepper, cayenne, half a teaspoon of mustard, a crushed grain of garlic, and 1 teaspoon of chopped garlic. Stir well, adding two pounds of cooked lobster, and cut up very fine, with 12 mushrooms also chopped. Cook in a saucepan for 30 minutes, then put back off the hot fire, add four egg yolks, stir for a moment, and let cool. Then form it into the shape of 6 pears with the hand, roll in bread crumbs, and fry in very hot fat for 3 minutes.—Drain well and serve on a folded napkin—garnished with parsley.

OYSTERS A LA MALI.—Chop an onion very finely, place in a stew pan with an ounce of butter, and let it get a good golden brown, then add a teaspoon of cooked, finely minced spinach, also a small glassful of white wine. Have 18 oysters chopped small, and seasoned with salt and pepper—place these in stewpan, and cook 15 minutes. Put in one whole egg, also a bruised clove of garlic; stir, and then take 6 large oyster shells—fill the bottoms with the spinach mixture, and besprinkle with fresh bread crumbs. Pour over a very little clarified butter, and put for 3 minutes in the oven. Serve on a folded napkin.

PORTERHOUSE STEAK.—Procure 2 porterhouse steaks of one and a half pounds each—flatten well—pare and trim, and season with salt and pepper. Put on a dish with half a teaspoon of oil; roll well, and put on a moderate fire to broil seven minutes, each side. Lay on a warm dish, pour 1 gill maitre d' hotel butter, and serve with watercress round the dish.

MAITRE D'HOTEL BUTTER.—Put 1 ounce of good butter in a bowl with a teaspoon of very finely chopped parsley, and the juice of half a lemon. Mingle well with a little nutmeg, and keep in a cool place.

LEG OF MUTTON, BRETONNE.—Take a leg of mutton, cut off shank bone, trim, and make an incision on the first joint. Season with pepper and salt, and rub half an ounce of butter over it, and roast for one hour, basting well. Dress on a hot dish, and serve with a pint of cooked white beans, adding a teaspoon of parsley, also one hashed and browned onion.

CREME PATISSIERE.—Place 1 pint of milk on the stove. Mix in another vessel 2 ounces of powdered sugar, with 1 ounce of flour, and half an ounce of corn starch. Break in 2 whole eggs, and whip well for 2 minutes. When the milk is boiling, add it to the mixture, and stir for a minute—and place in another saucepan on the stove. Beat well until it comes to the boil, then remove from the fire and add 1 teaspoon of Vanilla essence.—Mix well for one minute, and put in a bowl, and serve cold.

Many of our petticoated readers may be glad to know that the ordinary nervous headache in women may be greatly relieved, and in many cases entirely cured, by (after knotting the hair high up on the head out of the way) placing a sponge soaked in water as hot as it can be borne on the back of the neck. This should be repeated many times, and the sponge applied also behind the ears.

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