

LEG OF MUTTON—BOILED.

Do not have the mutton too fat or too large. Cut off the shank, which the butcher will have nicked for you, leaving about two inches beyond the ham. Wash and wipe carefully and boil in hot water, with a little salt until a fork will readily pierce the thickest part. About ten or twelve minutes to the pound is a good rule in boiling *fresh* meat. Serve with caper sauce. Since you intend to use the liquor in which the meat is boiled for to-morrow's soup, do not oversalt it. But sprinkle, instead, salt over the leg of mutton after it is dished; rub it all over with butter and set in a hot oven for a single minute.

CAPER SAUCE.

1 cup of the liquor in which the meat has been boiled.

2 teaspoonfuls of flour rubbed smooth in a little water. Salt to taste.

2 tablespoonfuls of butter.

About two dozen capers or green nasturtium-seed.

Heat the liquor to boiling, and skim before stirring in the flour, which must be perfectly free from lumps, and rubbed smooth in cold water. Stir until the sauce thickens evenly. It is best to cook all sauces in a vessel set within a larger one of hot water. When it has boiled about a minute, add the butter gradually, stirring each bit in well before putting in more. Salt, and drop in the capers. Let it just boil, and turn into a sauce-boat.

SPINACH.

Pull the spinach from the stalks, leaf by leaf; wash carefully, and leave in cold water one hour. Boil in hot water fifteen minutes. Drain very dry in a colander; chop extremely fine in a wooden bowl, then return to the saucepan with a tablespoonful of butter, a little salt, and a teaspoonful of white sugar. As it heats beat it up with a wooden spoon until it is a soft paste. Let it bubble up once, and dish. Lay a hard-boiled egg or two, cut in thin slices, upon the surface. Few vegetables are more often ruined in the cooking than spinach. The above receipt is simple and good.

STEWED POTATOES.

Pare and cut into large dice some good potatoes. Lay in cold water half an hour. Stew in cold water a little salted. There should be enough water to cover them well. When they are tender and begin to crumble at the edges, drain off half the water, and pour in as much milk. When they are again scalding hot, stir in a lump of butter the size of an egg (for a large dish) rolled in flour, salt, pepper, and chopped parsley to taste. Boil up once and serve in a covered dish.

COTTAGE PUDDING

1 cup of powdered sugar.

1 cup of sweet milk.

1 tablespoonful of butter.

2 eggs, beaten light, yolks and whites separately.

Saltspoonful of salt.

About 3 cups of Hecker's prepared flour, enough for cake-batter.

Rub the butter well into the sugar; add beaten yolks; the milk, salt, then whipped whites and yolks alternately. Bake in a buttered mould. When you can bring out the testing-straw clean from the middle of the loaf, turn it out upon a dish. Cut in slices while hot, as it is wanted.

One who has never tried it can hardly believe that the result of a receipt which may be tried fearlessly by a novice in cookery, could be the really elegant pudding just described.

It is also as economical as toothsome.

SAUCE FOR COTTAGE PUDDING.

2 cups of powdered sugar.

2 tablespoonfuls of butter.

1 cup of boiling water.

1 glass sherry wine.

Nutmeg or cinnamon to taste.

Rub the butter into the sugar; add hot water gradually; then spice and wine. Cover tightly to keep in the strength of the wine, and set for twenty minutes in a saucepan of boiling water. Stir up and send to table.

FIRST WEEK.

THURSDAY.

VERMICELLI SOUP.

SCALLOPED OYSTERS.

MINCE OF MUTTON WITH POTATO FRILL.

BAKED TOMATOES.

CELERY.

TISPY TRIFLE.

APPLES AND NUTS.

VERMICELLI SOUP.

Take off all the fat from the broth in which your mutton was cooked yesterday, and boil it down slowly to two-thirds of the original quantity. Stew to pieces, in another vessel, a stalk of celery, one small onion, a carrot, and a bunch of sweet herbs—all cut up fine. A ham-bone, if you have it, or a couple of slices of lean ham, will be an improvement to the broth. Strain the soup; rub the vegetables through a fine colander with the water in which they were boiled; return to the fire with a double handful of vermicelli broken into short pieces; boil for ten minutes; add a tablespoonful of butter rolled in flour; boil up and serve.