

Scientific and Useful.

BAKED OMELETTE.—Boil a pint of milk, a teaspoonful of butter and one of salt, and stir in a tablespoonful of flour, rub smooth in cold water and pour upon it seven or eight well-beaten eggs. Bake in a quick oven.

HOM-MADE YEAST.—Four large potatoes, four tablespoonfuls of flour, two of sugar, one quart of lukewarm water; soak one yeast-cake in a cup of water while you are mixing up the rest; put it in a warm place twelve hours; then it is ready for use; one cupful makes five loaves; keep in a cool place.

BARLEY SOUP.—One pound of shin of beef, four ounces of pearl barley, one potato, salt and pepper to taste, one quart and a half of water. Put the ingredients into a saucepan, and simmer gently for four hours. Strain, return the barley, and serve. An onion added is an improvement. This is a good soup for invalids.

APPLE JELLY.—Put three quarts of water into your stew-kettle and pare one dozen large apples and slice them into the water; when all are cut, boil until soft, then pour into a jelly bag. Let drain and press out all you can. To one pint of juice add one pound of white sugar, and boil moderately for half an hour, stirring occasionally.

DELICIOUS MUFFINS.—Take two cups of flour and work into it thoroughly two teaspoonfuls of baking powder; wet the flour with milk until it is about the consistency of pancake batter; then add three well-beaten eggs the last thing; mix well and drop quickly into muffin rings, well buttered, and bake in a quick hot oven.

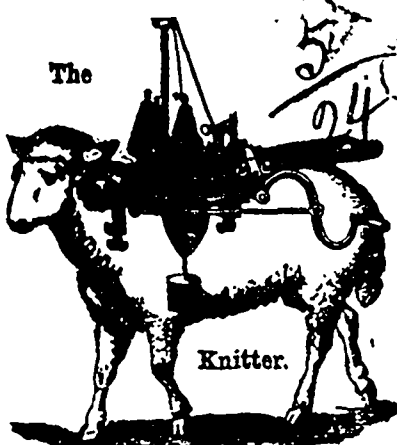
APPLE DUMPLING.—Make a crust of one quart of flour, two teaspoonfuls of cream of tartar, one teaspoonful of soda, one tablespoonful of butter or lard, a little salt, and milk enough to make a dough that can be rolled out. Cut this dough in eight pieces, roll them out thin, put slices of sour apples upon them, fold them up tight and steam or bake. Baking will require thirty minutes, steaming an hour. Either hard or liquid sauce may be used.

POTATO SALAD.—Slice very thinly six cold potatoes; chop very fine one small onion, or cut it in rings; boil two eggs hard, and when cooled rub the yolks smooth with two or three tablespoonfuls of sweet cream. Add a small teaspoonful of salt, a little pepper, and a sprinkling of mustard; beat the whites of the eggs, and add the potato and onion; stir in one tablespoonful of strong vinegar—more if vinegar is liked. Turn the dressing over the salad, and serve for lunch, dinner or tea.

RICE CREAM.—To a pint of new milk add a quarter of a pound of ground rice, a lump of butter the size of a walnut, a little lemon peel and a tablespoonful of powdered sugar. Boil them together for five minutes, then add half an ounce of isinglass which has been dissolved, and let the mixture cool. When cool add half a pint of cream whisked to a froth, mix all together, and set it for a time in a very cool place or on ice. When used turn it out of the basin into a dish, and pour fruit juice round it; or some stewed apple or pear may be served with it.

BRAISED CELERY.—Take six good heads of celery, trim to about six inches in length, parboil them in water with a little salt about ten minutes; take them out and drain them in a cloth or hair sieve, then place in a stew pan with one pint of stock-broth, add a little grated nutmeg and some seasoning, and boil gently for one hour; when cooked take out the heads with a slice, drain on a cloth, and boil the sauce for a few minutes. Place the celery in a hot dish, and strain the boiling sauce over it; garnish the sides with some small pieces of well-buttered, fresh-made toast, and serve very hot.

CREAM OF RICE.—Beat the yolks of two eggs with three-quarters of a cup of sugar, and a pinch of salt. Dissolve a tablespoonful of corn starch in a half cup of cold milk, mix it with the beaten yolks and sugar, and stir in gradually two cups and a half of scalding-hot milk. Cook this custard in a double boiler, stirring constantly until it thickens, adding meanwhile a cup of hot rice cooked in the following manner: Wash the rice through three waters, then boil it fifteen minutes in salted water, after which drain and set on the back of the stove to steam until done, which will be in fifteen minutes longer. Use a cupful of rice, measured after cooking. Flavour with lemon or vanilla, turn into a pudding-dish and set into the oven to slightly brown the top. Cover with a meringue-made with the whites of the two eggs, and two tablespoonfuls of sugar beaten stiff. Colour a delicate brown and serve cold.



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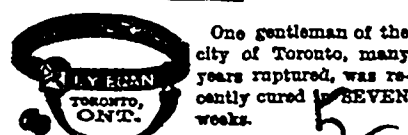
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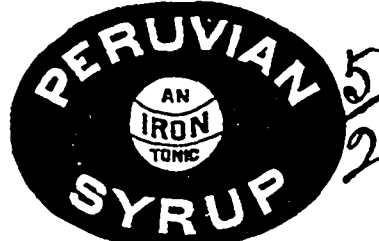
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