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IRISH POTATO PUFF.—Stir two cupfuls of mashed potatoes, two tablespoons melted butter, and a little salt to a creamy condition, then add two egg whites and yolks beaten separately, and six tablespoons of cream or milk. Beat the whole well together, then pile in a rocky form in a dish and bake it in a quick oven till nicely browned. It will become quite light.—Mrs. Galloway.

BOILED ONIONS—Peel as many onions as desired, being careful to remove all of the green leaves. Boil one hour in salted water, changing the water after first fifteen minutes boiling. When done drain well, place in serving dish and pour over them a cream sauce made of one pint of milk, one tab espoonful of flour, two tablespoonfuls of butter, salt and pepper to taste—Miss Sherwood.

POTATO CROQUETTES—Take cold mashed potatoes, use one egg beaten, one tablespoon of flour, salt and pepper to taste, half a teaspoon of baking powder. Make into little balls and fry in hot lard.—Mrs. A. D. Brown.

CHEESE PUFFS—Take an equal quantity of grated cheese and bread crumbs. Soak crumbs in as much milk as they will absorb. To each pint of crumbs allow-two eggs. Season with salt. Place alternate layers of cheese and bread crumbs in a baking dish, add two eggs and bake fifteen minutes.

OMELET—One cup of milk, one tablespoon of flour, stirred into the milk, four eggs, the whites and yolks beaten separately, one half tablespoon melted butter stirred into the mixture, a little salt. Stir in the whites before putting in the spider. Cook on top of stove about ten minutes, then set the spider in the oven to brown the top.—N. Galloway.

POTATO CAKE—Take cold, boiled potatoes, mash fine, add a good handful of salt, mix well with flour until stiff enough to roll, cut into pieces as you would cut a pie. Fry in pork gravy until brown on both sides.—MISS MALOTT.

BAKED CABBAGE—Cook a cabbage in salt water till quite done, take it up with a skimmer so as to drain off the water as much as possible, put