

mood—his delicious puddings, his exquisite *petits plats*?* Be it known to my non-nautical readers that the “caboose” is a kitchen; it is the name given by the Phœnician worshippers of fire to the temples dedicated to their God, which they carried on the decks of their ships. When it was found convenient to cook dinners therein, the name was still retained, while Blackie, the cook, took the place of the officiating priest.

* I here for the first time met with a most delicious preparation of maize or Indian corn flour, which I afterwards found in general use both in Canada and the United States. I introduced it into England under the name of Maranta, or Refined American Maize Flour, and placed it in the hands of Messrs. Fortnum and Mason for sale. It can be used for all the purposes for which arrowroot is employed, and may be cooked in the same way. It is, however, of a lighter nature, and possesses a far more delicate flavour. It serves to make the lightest and most excellent baked puddings, soufflés, cakes, blanc-mange, custards, ice-creams, and tarts. I can more especially recommend the blanc-mange, custards, and puddings, made with it. Plainly boiled, and afterwards mixed with milk, it makes a most wholesome food for infants. Persons with delicate stomachs may use it simply boiled in water, and allowed to cool in a form, or warm with sugar and wine or brandy. It may have a little strong meat gravy mixed with it, and being allowed to cool in a form it will make an excellent dish of gravy jelly. From its extreme delicacy, it will take the full flavour of every kind of seasoning. To test its superiority over arrowroot, I placed some boiled maranta in one basin, and some boiled arrowroot in another, and allowed them to remain for three days. The arrowroot had turned into liquid, while the maranta had retained its original consistency.

I procured the following recipes in America, and think them worthy of being copied:—

“*Baked Pudding*.—Five table-spoonfuls of the flour to one quart of milk. Dissolve the flour in some of the milk; heat the remainder of the milk to nearly boiling, after having put in a little