

with buttered paper. Put in kettle of fast boiling water three-quarters way up and steam without break for $2\frac{1}{2}$ hours. Or it can be put in pie dishes and baked gently $1\frac{1}{2}$ hours. Steaming is preferable, as it can be re-heated better. The above quantity makes two tomato tins three-quarters full, so one can be left for another day.

RICE AND ALMONDS OR RAISINS OR WHATEVER FRUIT LIKED.

This is an important dish to non-meat-eating races in India. With the well cooked rice add just the chopped nuts or whatever fruit, fresh or dried, you like, or both nuts and fruit; sprinkle with sugar. The nuts and fruit add to the rice the other ingredients necessary to the body.

RICE MOULD.

Well cooked rice, placed in one mould wet with water, or in cups, gem pans or any convenient article the size desired. Turn out and place a spoonful of any kind of jam or jelly, or serve with syrup or molasses.

APPLES.

Fried Apples.—Apples possibly go farther fried than most other ways. Wash, cut out stems, slice about $\frac{1}{4}$ -inch thick, fry in the fat left from two slices of bacon, in pieces about 2 inches long, till browned on both sides. Sprinkle well with sugar, just cover with boiling water, and simmer as slowly as possible till quite tender, but not mushy. The water should be mostly absorbed, and possibly a little must be added if it boils away before apples are done. Served with ship biscuits that have been softened in a little water and fried in a little butter or margarine, they make an ideal breakfast. Butter can be used instead of bacon.