

1^D HOME COOKERY AND COMFORTS 1^D



No. 227. Vol. XVII.

COOKERY.

- Food for July.
- Some Inexpensive Summer Sweets.
- Savoury Toasts.
- Cookery for the Sick Room.
- A Summer Lunch.
- Simple Dinners for a Week.
- Recipes for Making Jams and Jellies.
- Suggestions for Feeding a Delicate Child.
- Four Ways of Using New Carrots.
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JULY, 1912.

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- How to Cook Green Peas.
- NEEDLEWORK.
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VEGETABLES:

Green artichokes, beans, kidney beans, new carrots, cabbages, cucumbers, lettuce, onions, endive, mushrooms, peas, tarragon, chervil, spinach, tomatoes, marrows.

Food for July.

*By EMILY, First Class Diplomée,
National Training School of Cookery.*

Practical help is given to the busy housekeeper in this article.

GAME AND POULTRY:

Capone, fowls, spring chickens, goslings, ducklings, pigeons, leverets, ortolans, rabbits.

MEAT:

Beef, mutton, lamb, veal, venison.

FRUITS:

Strawberries, raspberries, white and black currants, melons, plums, grapes, St. Michael's pines, peaches, apricots, nectarines, greengages, cherries, bananas, figs.

WITH July we may have either "dog days" of heat when the housekeeper longs for less of King Sol's warmth of attention, or, on the other hand, if the sunshine is withdrawn, we may have a cold, wet July, such as many of us can sadly remember, when the fruit and vegetable crops suffered and the corn did not ripen.

The housekeeper must therefore be well prepared and bear graciously with the evils produced by heat or damp on her larder. She will find that by carefully watching its contents she will never lose food.

The Larder must be kept scrupulously clean, and the floors, shelves, and windows washed with a disinfecting solution to keep off flies and wasps.

Fish, Milk, and Meat should be bought in smaller quantities at a time. **Stocks** and **Soups** must be cooked free of vegetable flavourings till they are to be served. All stock and soup must be brought daily to the boil, then poured into clean, dry bowls.

Clear soups are in high favour, and may be served in the usual manner hot, or quite cold in cups.

Meat is less appreciated during July and August than during the rest of the year,

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Poultry and **Salmon** taking its place, though **Lamb** and **Leverets** supply small roasts.

Salmon may be served in many ways, but when taken in the place of meat is best served cold with a good creamy mayonnaise and salad. To those who like aspic jelly, this is a toothsome addition and garnish. Small slices of salmon set in aspic, or a garnish of aspic coarsely chopped, or cut in diamond-shaped pieces may be used, giving a cool appearance to the dish.

The **Leveret** is the herald of the game season, and, when stuffed delicately and roasted till only just sufficiently cooked, is most dainty.

Fowls of all kinds are plentiful, and efforts should be made to cook them by various methods.

Roast Ducks with green peas or French beans are an old-fashioned dish generally appreciated by our countrymen who have good digestions.

Vegetable courses at dinner have greatly gained in popularity during late years, and now in the height of summer we have excellent materials for them. For instance, **Young Carrots, Peas, Beans, and Small Tomatoes** cooked till just tender,

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then tossed in butter and seasoned with a dash of pepper, salt, and lemon juice, always find favour.

Any one of these vegetables, or mushrooms cooked with butter, pepper and salt, in a Papakuk bag, with a dish of well-boiled rice or butter beans, will furnish a delightfully tasty dish for anyone who likes a meatless diet.

Rice and Fried Onions is a homely but excellent dish. Boil the rice as for curry, set it on a sieve to drain and keep warm; then cut some Egyptian or other foreign onions into thin rings, fry them in butter till golden brown, and serve at once. These must be most carefully stirred while cooking, for the presence of even one or two burnt pieces would spoil the whole, making the taste rank.

Lovers of **Fruit** can feast during July, for we have a delightful succession of small home-grown fruits.

When tired of fresh fruits, ices and salads, an **Iced Strawberry Rice** will find favour.

It is made thus: Wash two ounces of best rice, and cook slowly in one pint and a half of milk till tender and the milk absorbed; add two ounces of caster sugar and cook till dissolved, then set aside to cool.

Take about a pound of quite ripe strawberries, rub well through a sieve, and add to the pulp half an ounce of dissolved sheet gelatine. Mix all with the cooked rice, adding more sugar if necessary. Stir all together till the mixture thickens, and add half a pint of stiffly whipped cream. Place in a mould, set on ice, and, just before turning out, scatter chopped almonds or pistachio nuts over and garnish with stalked strawberries.

Even in hot weather it is our duty to consider the winter's demands, and we must now prepare jams, syrups, jellies, and pickles. The following sweet pickle will probably be a novelty to many of my readers:

SWEET PICKLE FOR DAMSONS, PLUMS, AND BAKING PEARS.

To every pound of fruit use half a pint of vinegar (of best quality), half a pound of sugar, and a tablespoonful of mixed spices, such as mace, cinnamon, cassia buds, ginger, allspice, and cloves. (These

should be tied loosely in a muslin bag, so that they can be removed when desired.)

Let these ingredients simmer together for half an hour, taking off all scum as it rises, then add the fruit. If pears are used they should be cut in strips lengthwise, each strip about two inches long, and about half an inch thick.

Let the fruit cool slowly till nearly soft, then strain it off, put it into a stone jar, boil up the vinegar, remove the scum, and pour over the fruit.

Next day strain, and again boil the vinegar and pour over fruit. Repeat this for three successive days, then remove the bag of spices, put into bottles, cork well and seal or cover with bladders, and keep in a cool, dry place for use.

If this quantity of vinegar is insufficient to cover the fruit, or too strong, a little water may be added. I generally use one-third water and two-thirds vinegar, and it always keeps well.

Raspberry Vinegar is an old-fashioned remedy for sore throats, and is made as follows:

Put four quarts of ripe raspberries into a jar, and over them pour a pint of white malt vinegar.

Stir this daily for a week, then mash the fruit and strain it through a jelly bag, squeezing the fruit thoroughly. To each pint of juice allow one pound of best loaf sugar. Return the sugar and juice to the jar, and allow it to stand in boiling water over the fire until the sugar is dissolved and the liquid begins to simmer. Skim it well, and when cold, bottle, and seal the corks.

Other fruit may be used in the same way, but raspberries are the most popular for this purpose.

PIERROT PUDDING.

CUT a Sally Lunn, or tea-cake, into four slices, and butter each slice. Butter a basin, and lay the top slices of the tea cake in it. Sprinkle with shredded candied peel and a few split raisins; proceed thus until the dish is full. Now beat up two eggs with a pint of milk, add a little grated lemon rind, and sugar to taste. Pour this over the pudding, tie over with a floured cloth, and let it steam for an hour. Turn out and serve with a nice sweet sauce.



FRUIT FOOLS, BAVAROISES, ÂTEAUX FOURRÉS.

HERE are some summer sweets which will be much appreciated at garden parties and "At Homes."

The pretty old-fashioned gooseberry fool is still a favourite summer sweet, and lightly iced is frequently served in old china cups and saucers, or very small Oriental bowls, one for each person.

Several other fruits may be used in the same way at a comparatively small cost, for cream is not indispensable, a cheap custard made of one pint of milk, one egg, and a spoonful of cornflour taking its place.

Amongst emergency dishes, fruit fools are splendid, for with a tin of condensed milk, a tin or bottle of fruit, and a packet of custard powder, one can quickly make a very delightful dish if one's party is unexpectedly augmented.

Fruit fools stiffened with gelatine are also used for filling flans, Gâteaux St. Honoré, and Gâteaux fourrés. The two latter are thus made: Take any nice white chocolate or sponge cake, scoop out the centre, and coat the case with icing; then fill it with iced fruit fool, iced cream, or iced jellied fruits.

The sweets termed Bavaroises consist of fruit fools or flavoured creams or custard stiffened with gelatine and then poured into moulds. Rhubarb or currant juice may be used in which to simmer the fruit.

The addition of a little brandy, light wine, or liqueur is also an improvement. When bottled fruits are used, a little leaf gelatine should be dissolved in the juice to give the right substance to the fool.

Some Inexpensive Summer Sweets.

During the hot weather these dishes will be greatly appreciated.



STRAWBERRY FOOL—I.

Ingredients.—Bottled strawberries, custard, sugar, lemon juice, or liqueur, a little gelatine.

Method.—Rub some bottled strawberries through a hair sieve, mix equal quantities of this purée with custard, sweeten, and flavour to taste.

STRAWBERRY FOOL—II.

Ingredients.—Three pounds of ripe strawberries, one pound of caster sugar, the juice of one lemon, one pint of custard, one glass of maraschino, carmine.

Method.—Hull the strawberries, mash them with a wooden spoon with the sugar and lemon juice and sufficient carmine to well-colour the fruit, pass the pulp through a hair sieve, mix it with the custard, and add the liqueur. If possible, ice before serving.

RASPBERRY FOOL.

Ingredients.—One quart of ripe raspberries, four ounces of caster sugar, red currant jelly, vanilla, custard, liqueur.

Method.—Put the raspberries into an earthenware casserole with the sugar, and, if the fruit is not very juicy, add two spoonfuls of water with a little red currant jelly dissolved in it, but in this case less sugar will be required. Cover closely and simmer for about ten minutes, stirring occasionally to prevent burning. Pass through a hair sieve, and when nearly cold add sufficient custard to make of the right consistency. A small quantity of brandy or liqueur is an improvement.

Raspberry fool may also be made of bottled fruit, served and mixed with an equal quantity of cream or custard, then flavoured to taste with liqueur.

APPLE FOOL.

Ingredients.—One pint of custard, two pounds of juicy apples, two lemons, liqueur, sugar.

Method.—Weigh the apples after peeling, coring, and slicing, simmer to pulp with one or two cupfuls of rhubarb juice or water, the grated rinds and juice of one or two lemons, according to the amount of apple used. Sweeten to taste. Put through a hair sieve, and when cold beat into the custard.

A little liqueur or brandy may be added.

ORANGE FOOL.

Ingredients.—Eight oranges (all sweet or seven sweet and one bitter), five ounces of lump sugar, a quarter of an ounce of gelatine, half of a lemon, two tablespoonfuls of brandy, yellow colouring, one pint of custard or cream.

Method.—Boil together for five minutes the sugar and three-quarters of a pint of water, adding the gelatine if the fool is not to be iced. Then add the pulp of the oranges, quite free of pips or white pith.

Boil up, pass through a hair sieve, then add the grated rinds of two oranges and their juice, the grated rind and juice of half a lemon, the brandy, and a little orange colouring; mix with the custard or cream in the usual way. Serve very cold.

APRICOT FOOL.

Ingredients.—Two pounds of apricots, one cupful of water, light wine, or rhubarb juice, one tablespoonful of noyeau, sugar, one pint of custard or cream.

Method.—Peel, halve, and stone the fruit, simmer in a cupful of liquid, sweeten, pass

through a hair sieve, mix as usual with custard or cream and one or two tablespoonfuls of noyeau.

If noyeau is objected to, simmer the kernels in a little water and add to the fruit and sugar.

THE PREPARATION OF BAVAROISES

Any nicely prepared fruit fools can be made into bavaroises by stiffening them with hot gelatine dissolved in a small quantity of warm water, in the proportion of from half an ounce to one ounce of gelatine to one pint of fool, according to the consistency of the latter.

The melted gelatine must be stirred into the sieved fruit while it is hot, or, if not, the purée must be reheated for the purpose; when it has again cooled pour the stiffened fool into a mould lined with clear jelly, stand it on ice if possible, and unmould just before sending to table.

A strawberry fool thus moulded is termed **Bavaroise aux fraises**; a raspberry one as **Bavaroise aux framboises**.

Bavaroise au café is made by adding some coffee essence, a little brandy, and sugar syrup to the custard with the melted gelatine, and then moulding it.

If some of the whole fruit is added to the fruit fool to be moulded, more gelatine must be used, namely, one ounce of leaf gelatine to a pint of fool or flavoured custard, otherwise the weight of the fruit will break the bavaroise when unmoulded.

Savoury Toasts.

These tasty dishes give an artistic finish to any luncheon or dinner. An infinite variety of them can be prepared with a little skill in ingeniously combining various tasty morsels.

OYSTERS WITH CAVIARE.

SPREAD some toasted croutons of bread with caviare, add a few drops of lemon juice, and place an oyster on the top of each; then add a sprinkling of mignonette pepper and, if liked, a small quantity of cayenne. Serve cold.

CHEESE TOAST.

Grate some Cheddar cheese into a small saucepan and add a small quantity of ale, stir together over the fire, and, when melted and quite smooth, add a pinch of salt and

a little flour of mustard. Pour on to pieces of prepared hot toast, and send to table without delay. A poached egg trimmed with a fluted cutter may be served on each crouton, if liked.

SALMON TOAST.

Cut some smoked salmon into very thin slices, arrange them on square pieces of toast, sprinkle them with pepper, put them into the oven for a few minutes, covered over with a greased paper. Serve hot.

EGG AND SPINACH.

Boil some spinach, and, having thoroughly drained it, pass it through a hair sieve and return it to a clean saucepan, with an ounce of butter, and pepper and salt to taste. Let it simmer gently till well reduced, then add a spoonful or two of cream, mix well, and spread lightly to the thickness of a quarter of an inch on some pieces of toast about three inches square. Place on each a poached egg neatly trimmed with a fluted cutter, and serve at once.

KIDNEY SAVOURY.

Take two sheep's kidneys, skin, split them in half, and put them into boiling salted water for a minute or two. Then drain and wipe them, chop them finely, and toss them in a small saucepan with half an ounce of butter, in which a small piece of shallot has been fried, add pepper and salt, a little chopped parsley, and half an ounce of glaze. Have ready some fried croutons of bread, slightly hollowed out in the centre, arrange some chopped kidney in each, and serve directly.

GAME OR POULTRY TOAST.

Remove the meat from the bones of some cooked game or poultry, pound it in a mortar with half its bulk in butter and a small quantity of ham, which has been passed through the mincing machine. When perfectly smooth, season with nutmeg, cayenne pepper, and salt, and warm up the whole with a tiny bit of glaze. Spread the mixture on triangular pieces of buttered toast, put them in the oven for a minute or two to get quite hot, then serve.

MUSHROOM SAVOURY.

Have ready some half rounds of buttered toast about two and a half inches in diameter. Keep them hot in the oven while you fry some mushrooms in a little butter with pepper and salt. As soon as they are done, lay them on the toast, sprinkle with cayenne, and serve at once.

LIVER SAVOURY.

Take two or three freshly boiled fowl's livers, and pound them to a paste with half a teaspoonful of anchovy sauce, a small bit of butter, a teaspoonful of melted glaze and the yolk of a raw egg. When perfectly smooth, season to taste with cayenne, and salt, if required, and spread on squares of

fried or toasted bread. Put them into the oven, with the door open, to get thoroughly hot, and serve at once.

TOMATO AND EGG SAVOURY.

Choose some tomatoes as much as possible of the same size. Cut them in half and take out the seeds and watery substance, and bake them in the oven on a buttered tin. In the meanwhile make some scrambled eggs, and, directly the tomatoes are done, fill them with the egg and serve them on lightly fried squares of bread.

DEVILLED TOAST.

Take a teaspoonful of mixed pickles finely chopped, a teaspoonful of curry powder, and two ounces of grated Parmesan cheese. Mix well together with a little gravy, adding salt, pepper, and mustard to taste. Cover some well-buttered pieces of toast with the mixture, warm in the oven on a buttered tin for five minutes, and serve immediately.

HOMINY PUDDING.

BOIL a quarter of a pound of hominy in a pint of milk until tender. A double saucepan is the best in which to cook hominy, or, if that cannot be had, stew it in a small milk can placed in a saucepan. In this way it will stand for a long time without the slightest fear of its burning. When the hominy is tender, stand it aside to cool, then add two well-beaten eggs, sugar, and flavouring to taste. Pour into a buttered pie-dish, and bake for half an hour. Serve with jam or syrup.

CASTLE PUDDINGS.

Ingredients.—A quarter of an ounce of Brown & Polson's "Paisley Flour," two eggs, their weight in butter, sugar, and flour.

Method.—Cream the butter and sugar, beat in the eggs, and stir in the flour and "Paisley Flour" well mixed together. Bake in buttered darioles for twenty minutes. Turn out, and serve with jam sauce round.

JAM SAUCE

One tablespoonful of jam, one tablespoonful of caster sugar, one teaspoonful of lemon juice, and a gill of water. Boil together, colour with cochineal, and strain round the pudding.

Cookery for the Sick Room.

These useful hints
on cookery for
invalids should
prove helpful to
every cook.

COOKING for sick people is one of the most difficult branches of the culinary art, and the woman who can contrive not only to furnish suitable nourishment, but to induce her patient to consume the results of her efforts, possesses gifts of which she may be honestly proud.

It is most important that all food given to a sick or convalescent person should be only that which is ordered by the doctor, and at the times when it is expected by the patient.

To anyone who is ill, a meal-time, although perhaps food is the last thing desired, marks an epoch in an immeasurably long and weary day or night, and the non-appearance of a temptingly spread tray at the exact moment when it is due, will often cause fretfulness and rise of temperature in a person who is, in the ordinary way, the most patient and good-tempered of mortals.

All food taken in a sick room must be served in the daintiest possible way and in small quantities.

Anything that will cause even a moment's pleasure—such as an unexpected dish, a new arrangement of the invalid's tray, a pretty cloth, or a freshly gathered flower laid by the plate—may induce appetite and that enjoyment of food which invigorates and greatly assists digestion.

It is a fatal mistake to ask a patient, "What would you like to eat?" The mere thought of food often has a disastrous effect, just as monotony and repetition will cause nausea.

In serving food to an invalid, bear in mind that whatever is intended to be hot should be *very* hot, placed on a hot-water plate, and covered during the conveyance of the meal from the kitchen to the bedside; and viands supposed to be cold should be kept on ice or in a cool place until the moment of serving.

The table accessories used by the patient demand care and attention. The napery

must be spotless and uncreased, the silver sparkling, and the glass shining.

These little details involve as much preparation and trouble as the actual cooking of the food, but they are just as important, for be the comestibles ever so good and nourishing, of what avail are they if badly served and eaten only under protest and without natural appetite?

There are plenty of tested recipes for ordinary sick diet to be found in cookery books and the pamphlets specially written on this subject, but the following recipes may not be known to my readers and will possibly tempt the appetite of some temporary or permanent invalid.

ONION SOUP.

Onions are very nourishing and often help to induce sleep. This soup should be made as far as possible from the sick room, so that the odour may not ascend to the patient.

Boil a large Spanish onion in a little salted water with two ounces of breadcrumbs. When quite tender, well rub all through a sieve, add a pint of hot milk, season with pepper and salt, and serve with crisply toasted sippets.

STEAMED FISH.

White fish is generally the first solid food ordered by the doctor, and this will be found more acceptable when steamed than if it were boiled.

Take a small filleted whiting, sole, or haddock, and divide into pieces. Sprinkle with salt and pepper and, if allowed, squeeze a few drops of lemon juice over.

Lay the fillets on a piece of buttered paper, fold the paper over, put the fish on a plate and cover with another plate exactly the same size. Stand over a pan full of boiling

water and cook from twenty minutes to half an hour. White sauce may be poured over, or the fish served in its own liquor.

BROILED CHOP OR STEAK.

When meat is allowed, a chop or small steak suggest itself as being most suitable.

In selecting a chop, choose one that comes from the centre of the loin, and trim it nicely.

See that the fire is perfectly clear (a little salt or sugar will help if sprinkled over the coals at the moment of cooking), grease the bars of the gridiron and lay the chop on it.

As soon as the outside is brown turn the meat, but be careful not to stick the fork into it, or the nourishing juices will escape. Cook on both sides for five minutes, then place on a very hot plate, and serve.

If a steak is preferred select one from the fillet, about half an inch thick, and weighing not more than six ounces. Cook it in precisely the same way as the chop.

BAKED FILLETS OF CHICKEN.

Cut as many slices from the breast of a chicken as you think the invalid will eat.

Trim neatly and lay them in a buttered tin. Season with salt and pepper and a squeeze of lemon juice. Cover with buttered paper, and bake in a moderate oven for about ten minutes. Pour white sauce over, and serve.

These fillets can be taken from a fowl which is to be used for broth or chicken mince.

STEWED PIGEON.

A nicely cooked and daintily served pigeon provides an excellent invalid dish.

Clean the bird carefully and fill it with a forcemeat made of breadcrumbs, butter,

and chopped parsley, flavoured with pepper and salt. Melt two ounces of butter in a small stewpan, put in a rasher of uncooked bacon cut into dice, and the bird, breast downwards.

Cover the stewpan with a tightly fitting lid. Let the pigeon cool for about three-quarters of an hour, and when almost done drain away the fat, put in a quarter of a pint of stock, and when this boils half a pint of freshly shelled peas. Stew very gently until the peas are cooked.

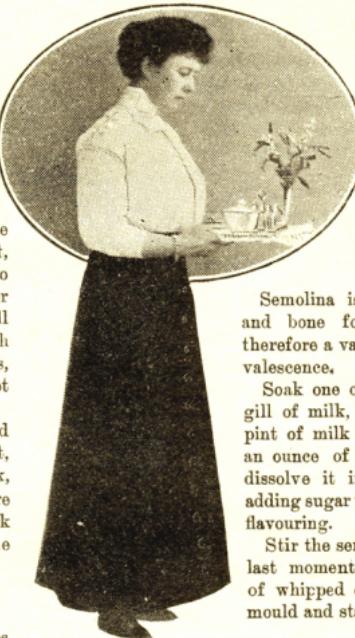
Much nourishment can be obtained from puddings and sweets made from eggs and milk, and these form a very important branch of sick-room cookery.

SEMOLINA CREAM

Semolina is one of the finest flesh and bone forming cereals, and is therefore a valuable asset during convalescence.

Soak one ounce of semolina in a gill of milk, then boil it in half a pint of milk till tender. Soak half an ounce of gelatine in water and dissolve it in half a pint of milk, adding sugar to taste and any approved flavouring.

Stir the semolina to this, and at the last moment add two tablespoonfuls of whipped cream. Turn into a wet mould and stand on ice until required.



All food taken into a sick room must be served in the daintiest possible way.

SCHOOL CAKE (Plain).

This cake is for everyday use, and is especially suitable for children.

Ingredients.—One packet of Cakeoma, a quarter of a pound of lard or dripping, half a pint of milk.

Method.—Empty the contents of the packet into a large basin or mixing bowl, rub the lard or dripping into the Cakeoma until it is as fine as breadcrumbs. Mix together with the milk, and beat for about five minutes, then bake in a steady oven.

The above is taken from the "Cakeoma Cookery Book," published by Messrs. Latham & Co. Ltd., Liverpool.

A Summer Lunch.

Instead of serving soup, hand hors d'oeuvres, such as sardines, anchovies, sliced cucumber, and olives, arranged on little dishes placed on a tray.

CURRY CROQUETS.

Ingredients.—Four ounces of rice, half a pound of cold meat, one teaspoonful of curry powder, one teaspoonful of lemon juice, two eggs, breadcrumbs, frying fat, half an ounce of flour, one gill of stock, one ounce of butter, one teaspoonful of chopped onion.

Method.—Free the meat from skin and gristle, and, if very fat, part of the fat; chop the meat up very finely. Wash, blanch, and boil the rice; drain, and dry it in front of the fire.

Put the butter and onion into the saucepan, fry it, but do not let it get brown, then



The remains of any kind of cold meat will do for this dish.

stir in the curry powder and flour. When this is cooked, *but not browned*, add the meat and lemon juice; let this cook a little longer over the fire. Mix in the boiled rice.

Beat up one egg and add it to the mixture, stir just long enough to bind the egg, add a pinch of salt if required, and spread the mixture on a dish. When cold, shape into balls of even size.

Beat up the other egg for the purpose of eggng the balls, then dip them in bread-

crumbs and fry in hot fat to a nice light brown colour. Drain on to a paper or cloth, dish up in a pile, garnish with fried parsley, and serve.

VEAL AND HAM PIE.

Ingredients.—One pound and a half of lean veal (fillet or cushion part), half a pound of dressed ham, two or three hard-boiled eggs, about half a teaspoonful of mixed dried herbs, a teaspoonful of chopped parsley, a little stock or water, seasoning, puff or rough puff paste.

Method.—Cut the veal into neat slices freed from skin, cut the ham likewise into small slices. Arrange a layer of veal in a pie-dish, then layers of thin slices of hard-boiled eggs; season each layer with a very little salt and pepper and dried herbs and parsley. Continue until the dish is quite full. Pour in about a gill of stock or water. Cover with paste in the usual manner, decorate the centre tastefully with paste leaves, brush over with egg-wash, and bake in a moderate oven for about one hour and a half.

MACAROON TRIFLE.

Ingredients.—Twelve or fourteen macaroons, six ratafias, one gill of sherry, three ounces of preserved fruits (cherries, apricots, etc.), a quarter of an ounce of pistachios, one gill of whipped cream, half a pint of custard, (one gill and a half of milk, two eggs), one ounce of caster sugar.

Method.—Make the custard by bringing the milk to the boil and pouring it gradually on to the eggs beaten up with the sugar. Place the macaroons whole and ratafias crumbled in a deep dish. Pour over them the sherry. When soaked, cover them with the custard, which must be cold and thickened.

Decorate the trifle with the preserved fruits. Whip the cream and heap it in the centre of the dish, sprinkling it with the pistachios previously blanched and chopped.



Simple Dinners for a Week.

By EMILY, First Class Diplomée, National Training School of Cookery.



What shall I order for Dinner? Try some of these Recipes.



SUNDAY.—Vevey Soup.—First slice a pound of calf's liver, dredge with flour, and fry brown in butter with an onion sliced thinly. Then pound the liver in a mortar, season with pepper, salt, and a grate of nutmeg. Stir into this three pints of stock, prepared from boiling down bones, odds and ends, and with the usual soup and vegetables; and for ten minutes boil gently with a roll cut in slices, crust included.

Strain and again make hot, colouring to a good brown, and seasoning to taste. Beat two eggs and set in a tureen, pour the soup on them while beating.

Hand quarters of lemon and cayenne pepper with this soup.

N.B.—Ascertain that both plates and tureen are heated before putting the eggs into the tureen.

Brown Stewed Sole.—Procure a couple of good-sized lemon soles, wipe them dry in a clean cloth, flour thickly, and cook in deep fat to a golden colour.

Take a gill each of milk and gravy, one ounce of butter, a teaspoonful each of soy and anchovy sauce. Heat all these ingredients together, thickening them with browned flour, and stir till the sauce boils.

Place the fish in a frying-pan with the sauce, cover with a plate, and simmer for a quarter of an hour. Serve very hot, garnished with chopped capers and slices of lemon.

Narbonne Meat Fritters may be made from the remains of cold boiled beef.

Cut neat slices and place in a deep dish in which you have previously mixed a table-

spoonful of oil, the same of vinegar, a little minced onion and parsley. Let the slices soak in this marinade for half an hour, turning them frequently.

Make a stiff frying batter, adding to it the seasoning in which the meat was steeped. Dip each piece of beef into this and fry to a golden colour in deep, boiling fat.

Dish in a pile on a d'oyley, with plenty of fried parsley.

Cold Fowl Cutlets.—This is a cold entrée which is always appreciated.

Take some plain cutlet moulds, cover the bottoms half an inch thick with brown aspic jelly, and put into each a teaspoonful of chopped, hard-boiled egg; stir very lightly into the aspic, and let it set.

Take very thin slices of cold fowl, with about one-third the quantity of lean ham, also cut very thin.

Fill up the mould loosely with these little slices, with a sprinkling of chopped parsley and pickles between them. Fill up with more aspic jelly, and when cold turn out and garnish with salad or watercress.

Braised Rolled Veal.—Take about two pounds of veal cutlet and remove from it any bone; lay it on a board and beat till flat.

Make a forcemeat of chopped streaky bacon, three ounces of breadcrumbs, one tablespoonful of chopped parsley and sweet herbs, pepper, salt, and grated lemon. Bind with an egg, and spread evenly over the veal. Roll the meat, sew the edges, and bind firmly into a roll with tape.

Melt two ounces of butter in a saucepan

dredge the veal with seasoned flour, and set it in a pan. When browned all round add a teacupful of stock, and stew for two hours.

Boil four ounces of macaroni till tender, then throw into cold water, drain, place in the gravy, and stew for twenty minutes.

Serve the veal very hot with the macaroni round it, garnished with rolls of fried bacon and savoury balls. Make a rich brown gravy, in which tomato is mixed, and hand it in a tureen.

Raspberry Cheesecake.—Line the edges of a pie-dish with light puff paste, ornamenting it with leaves of thin pastry. Half fill the pie-dish with raspberry preserve.

Take two eggs, their weight in butter, sugar, and flour. Make these into a batter, and beat for ten minutes. Spread on the preserve, and bake in a quick oven.

Place a frill round the dish and sift



When making these gooseberry custards, see that the yolks of eggs are well beaten.

powdered sugar over the cheesecakes. Serve hot, with caster sugar sifted over.

Gooseberry Custard.—Take a quart of green gooseberries. Put them over, and stew them in a teacupful of water until soft, then with a teacupful be pressed through a wire sieve. Mix them with three ounces of powdered sugar and the well-beaten yolks of three eggs. Put all into a saucepan, stir gently over the fire (without being allowed to boil), till the custard thickens.

Stand the vessel in a pan of cold water to cool. Pour the custard into custard glasses and decorate each with a tiny mountain of white of egg, whipped to a stiff foam with sugar and vanilla flavouring to taste.

Teneriffe Savoury.—Take three or four tomatoes of even size and cut each in half. Lay these in a baking-tin with a small piece of butter, and bake till tender, but slowly so that the tomatoes keep their shape.

Remove from the oven and scoop out a good portion of the centre from each.

Break two eggs into a small saucepan, add a piece of butter, a gill of milk, two chopped mushrooms (previously fried in butter), season with salt and pepper.

Whisk these ingredients over the fire till soft and creamy, fill the tomatoes with this mixture, and serve very hot, garnished with small sprigs of parsley.

MONDAY.—Carrot Soup.—Take three pints of stock and place in it a couple of onions, a stick of celery, and six or seven carrots. Boil till tender, then rub through a wire sieve. Season with salt and pepper.

The soup should be as thick as cream, and a couple of bay leaves may be added to give additional flavour.

Fried Sole.—Strip off the black skin, also the thin white skin on the other side, of a large sole, remove the gills, and trim the fins with a pair of scissors. Wash and wipe the fish dry, make an incision down each side nearly to the bone. Soak the fish in a little milk for a quarter of an hour, then dry it with flour, brush over with egg, and shake it on a paper well covered with fine breadcrumbs.

Have enough fat in a frying-pan to cover the fish, and so hot that a blue steam rises from it; place in the fish, and fry from seven to ten minutes.

The crumbs should be a golden brown and the fish thoroughly cooked. Drain it on paper, and serve on a folded napkin garnished with parsley and lemon.

Shoulder of Lamb.—Serve either cold or hot with mint sauce, young potatoes, and salad.

Green Peas.—Place in boiling water, using a lump of sugar instead of soda to keep their colour, and a sprig of mint.

Skim the water and boil the peas fast till tender, but not burst, about twenty minutes or rather more; keep the cover off the pan, drain, and dish with a few bits of butter placed on them.

Braised Veal.—Take a cutlet from the fillet—it should be two inches thick—season

it by rubbing in salt, ground ginger, chopped parsley, and lemon peel, a little cayenne, and a few white breadcrumbs. Spread both sides of the fillet with butter, laying it on thickly with a knife.

Braise it for an hour with three onions, four carrots, a head of celery and its root, three fresh onions, and three cloves; turn it once only, and its colour will be good and its flavour delicious.

Place it on a hot dish, pour a small teacupful of boiling water into the pan, stirring it well till it boils again and has become well flavoured, strain it over the cutlet, and serve at once.

Strawberry Tarts.—Line some patty-pans with short crust, making the rims high, prick the bottoms, fill them with uncooked rice, and bake.

Empty away the rice, place several strawberries in the tart cases, then pour round them a thin sauce made of water in which a little moistened arrowroot has been stirred, boiled over the fire till clear, and sweetened and coloured with strawberry or currant juice. Place in the oven to slowly cook the strawberries, and serve hot or cold.

Silk Pudding.—Soak two ounces of tapioca overnight in a pint and a half of cold water, next day add to it a pound of fresh fruit, with sugar to taste, or half a pound of jam without any sugar. Place it in a pie-dish in the oven and stir frequently till the tapioca is quite clear. Serve cold with a jug of cream, or cold custard in glasses.

Captain's Biscuits.—Sift some fine flour, season it with salt, and make it into a paste with new milk, knead it till very smooth and stiff, then divide and roll it thin, cut the biscuits round with a plain pastry cutter, prick them over, and bake about fifteen minutes. Serve them with the cheese course.

TUESDAY.—Tomato and Cream Soup.—Simmer half a pint of pearl barley in a pint and a half of stock, with a sliced onion and carrot, add salt to taste.

After an hour and a half, remove the vegetables, stew the barley till well pulped, and rub it through a sieve, adding sufficient water or stock to make it the thickness of cream.

Heat the soup up to boiling point, then immediately remove it from the fire; now add the yolk of an egg beaten up with a gill



Incipient Obesity. A Warning.

Fashionable ladies, justly proud of their graceful slenderness of figure and charm of form and bearing, would be horrified at, and quite naturally resent, the suggestion that they were ever likely to grow fat. Yet there are some cruel surprises in this respect, and even young, slim, gracile women sometimes grow quite suddenly heavy and full about the waist, bust, hips, etc., without any apparent cause. The fact is, obesity is a very insidious enemy. The tendency to grow too stout may be more or less constitutional, yet may lie dormant until past middle age, and then reveal itself in a quite unexpected increase of weight and bulk.

Ladies, beware of incipient obesity. At the very first sign of "putting on flesh" take a short course of Antipon, the simple, harmless, pleasant and tonic treatment for the permanent cure and prevention of over-fatness. Antipon not only quickly removes the superabundant and disfiguring fatty matter from the figure, limbs and face, but overcomes the cause of the disagreeable excess, whether that cause be constitutional or other.

It is a very useless and unwise thing for ladia growing stouter to try to starve down the offending fatness, or to go in for drug remedies of any sort. Such abuses only engender weakness and ill-health and do not so much as touch the *cause* of over-stoutness—the inherent tendency to "put on flesh." At best only a *temporary* decrease of weight is brought about.

However, the best way is to take time by the forelock and try a bottle of Antipon at the very first indication of stoutness.

Slight or severe, over-fatness has no chance against Antipon, which is always victorious.

Antipon, a pleasant liquid, contains only vegetable substances of a quite harmless nature.

Antipon is sold in bottles, price 2s. 6d. and 4s. 6d., by Chemists, Stores, etc.; or may be had (on sending remittance) privately packed, carriage paid in the United Kingdom, direct from the Antipon Company, Olmar Street, London, S.E.

Antipon can be had from stock or on order from all Druggists and Stores in the Colonies and India, and is stocked by wholesale houses throughout the world.

of milk, and add this *liaison* to the soup, also some small tomatoes cut in half and lightly cooked. Make all very hot, without actually boiling, season to taste, and pour into the hot tureen, scatter finely chopped parsley over.

A few drops of tarragon vinegar will be found an improvement in the seasoning of this soup.

Stewed Fillets of Hake.—Fry two teaspoonfuls of chopped parsley, half a teaspoonful of lemon thyme, one chopped shallot, and two peeled mushrooms in two ounces of butter, then add half an ounce of flour, stir well over the fire, add a teacupful of white stock or chicken broth.

Arrange some fillets of hake carefully in a china-lined stewpan, pour over the sauce, and stew gently for twenty minutes.

Dish the fish carefully, garnish with lemon slices and a border of boiled rice, and pour the sauce over the fish.

Mock Turtle.—Bone a tender shoulder of mutton, and lay it on a chopping-board.

Mix together half a teaspoonful of ground black pepper and a quarter of a teaspoonful of powdered mace, and with it season the meat. Lay on this one dozen oysters (preserved), season them with salt, and sprinkle with breadcrumbs.

Roll the meat neatly, lay down the flap and secure with string; place in a saucepan with a small quantity of water, an onion stuck with six cloves and four long peppers.

Cover the pan closely, turn the meat once while it is cooking; make some good white sauce, to which add the liquor from the oysters, season highly, dish the meat, pour the sauce over, and garnish with sprigs of parsley and slices of gherkin down the centre of the meat.

When cooking the meat allow at least twenty minutes for each pound of meat, and take care that it simmers gently.

Cornflour Tartlets.—Line some patty pans with short crust, and have an equal number of rounds of crust for covers.

Mix a dessertspoonful of cornflour with a gill of cold water, stir in the juice and grated rind of one lemon, and five ounces of castor sugar, cook all together for five minutes, stirring all the time; then add a dozen raisins, stoned and chopped small, and a little butter.

Fill the lined patty pans, moisten the

edges, put on the covers, and bake for ten to fifteen minutes.

Caramel Rice.—Butter a pudding basin, then brown an ounce of lump sugar in a saucepan over a good fire, add a few drops of vanilla essence, pour this caramel over the basin so as to line it thinly.

Well wash a quarter of a pound of rice, cover with cold water, and directly the rice boils drain off the water, add a pint of milk, and stew gently for half an hour, when the rice should be pulped and the milk absorbed. Sweeten to taste, and flavour slightly with vanilla essence.

Should the rice appear too dry add a little more milk. Pour all into the prepared basin, and steam for twenty minutes.

Pulled Bread with Cheese.—With a fork pull out the crumb of a newly baked loaf into rocky-looking bits the size of a large walnut. Bake them until golden brown and crisp, cool on a sieve, and serve instead of biscuits with the cheese course.

WEDNESDAY.—Pickled Salmon.

—Boil part of a salmon, and while it is getting cold prepare the pickle as follows:

Take a quart of the water in which it was boiled, mix with it an equal quantity of good malt vinegar, half an ounce of whole allspice, half an ounce of peppercorns, twelve cloves, two teaspoonsfuls of salt, and three bay-leaves.

Let it simmer for half an hour, skim it well, add an ounce of fresh butter, and boil up; let it get cool, then pour it over the salmon, covering it completely. Throw a piece of muslin over it; next day it will be ready to serve.

Place the remains in the pickle, and it will keep for some days in a cold, dry place. Be careful to completely cover the fish with the pickle.

Special long, deep dishes can be bought for pickling salmon.

Rolled Mutton.—Cut off a great deal of the fat of a neck or loin of mutton, then remove the bones with a sharp knife, scrape all the meat off them, sprinkle the lean side with pepper, chopped herbs, or mushrooms, roll it tightly, and sew or bind it into a roll; roast, basting frequently.

Serve with an ornamental skewer placed through the meat, roasted onions or baked tomatoes round it, and hand in tureens som-

gravy and melted red currant jelly, to which a glassful of port has been added.

Banana Cream.—Cut enough bananas into circles to thickly cover a glass dish, about eight will be sufficient. Sprinkle them with a dessertspoonful of sugar well flavoured with essence of vanilla, and stir it amongst the fruit; pour over this half a pint of good custard, which should be tepid.

When quite cold, pile whipped cream on the top, arranging it roughly; a third of a pint will be enough, as it increases in bulk by whipping.

Cocoanut Pudding.—Mix three ounces of grated cocoanut with four ounces of breadcrumbs, three ounces of sugar, half a pint of milk, and two well-beaten eggs.

Pour the mixture into a buttered pie-dish, put some bits of butter on the top, and bake in a moderate oven. Turn out and sift sugar over before serving.

Omelette à la Chasseur.—For this dish have some chicken's livers, slowly sautéed in butter, ready at hand. Make the omelette in the usual manner, and fill it with the livers.

Turn out on to the dish, pour some rich Espagnole sauce round, and serve at once.

THURSDAY.—Friar Tuck Soup.—To a quart of good, clear soup allow two eggs. Boil the soup, break the eggs into a basin, and whip them slightly, strain them into the *boiling* soup through a fine strainer, stirring all the time till the eggs are cooked; they will make a garnish like fine threads, which will sink to the bottom of the soup.

Veal Cutlets.—Take two pounds or more of fillet of veal, half an inch thick, cut into neat rounds, flatten with a cutlet-bat, brush them over with dissolved butter or oil, then cover twice with egg and breadcrumbs flavoured with chopped herbs, pepper and salt. Fry them in a flat frying-pan from ten to fifteen minutes.

Serve with rashers of bacon and rich brown gravy. Garnish with sliced lemon.

Mushrooms à la Bordelaise.—Choose some fine sound mushrooms all as much as possible of the same size, peel them, trim them neatly, and leave them for an hour in a marinade composed of oil, whole pepper, and salt. Then sprinkle them with ground pepper and grill them on both sides over a clear fire.

In the meantime put into a saucepan three tablespoonfuls of oil or melted butter, add a teaspoonful of finely chopped parsley, one or two shallots, finely chopped, and the juice of a lemon.

Cook on the fire for about seven minutes, then pour over the mushrooms in a very hot dish, and serve at once.

Apple Fritters.—Make a light batter with half a pint of milk, two eggs, and enough flour to make it of the consistency of thick cream. Core some apples, cut them into slices, dip them in the batter, and fry them in deep fat. Drain on paper, sprinkle with caster sugar, and either ground cinnamon or grated lemon rind. Serve on a folded serviette.

Crystal Palace Pudding.—Decorate a mould with glacé cherries cut in halves, or with any other fruit; dissolve half an ounce



Stir till nearly setting, then pour into the mould.

of isinglass or best gelatine in a pint and a half of milk, boil, and sweeten to taste, and flavour with vanilla.

Have ready the beaten yolks of three eggs; take the milk off the fire, add a little to the eggs, then carefully add them to the whole, being careful to cook them without curdling. Stir till nearly setting, then pour into the mould.

American Crackers and Cheese.—Split in two some thick crackers, [moisten them by dipping them into hot water, pour over each piece some dissolved butter mixed

with French mustard and cayenne; over this place a thick layer of grated cheese sprinkled with pepper; place in a hot oven till the cheese is soft.

These should be baked in the dish that is to be sent to table; garnish with watercress sprinkled with oil and vinegar.

FRIDAY.—Fried Whiting.—Clean the whiting and skin them, fasten the tail in the mouth, dry them in a cloth, and flour them. Brush over with egg, place them on a paper well heaped with breadcrumbs, shake them in this, then fry in fat deep enough to cover them.

The fat must be still and a thin blue smoke arising from it before the whiting are placed in it.

Drain on paper, and dish on a folded serviette, nicely garnished.

Mutton Cutlets, Reform Sauce, and Garnish.—First prepare *the garnish*. For this use carrots, turnips, gherkins, truffles, white of egg, and lean ham cut into narrow strips; cook each separately, then mix.

The Sauce: Melt one ounce of butter, blend one ounce of flour with it, and brown well in a stewpan; add a teacupful of brown stock, a bay-leaf, chopped mushroom, shallot, and salt. Stir till boiling, then add a teaspoonful of red currant jelly, a gill of port or claret, some lemon juice and a small piece of leaf gelatine or glaze.

Broil the cutlets or fry them covered with egg and breadcrumbs, arrange them on a mound of mashed potato in the centre, pour the strained sauce round, and arrange the vegetables, which have been kept hot over steam, as a garnish.

Veal with New Potatoes.—Remove the bone from a fillet of veal weighing about four pounds, tie it up very tightly, so that there may be no hollow in the centre, and put it into a stewpan with two ounces of butter, which has just been allowed to slightly brown. Add three medium-sized onions cut up in slices, a rasher of bacon cut in dice, and some pepper and salt. Put on the lid of the saucepan, and let the veal stew gently for half an hour.

At the end of this time turn the veal over, add two carrots cut up, some parsley, thyme, and a bay-leaf, then replace the cover, let the whole simmer slowly for an hour; then add two pounds of small new potatoes peeled, and leave it again for another hour, shaking

the saucepan occasionally (no water or stock of any kind should be added).

At the time of serving put the piece of veal in the centre of the dish, and place the potatoes all round it.

Strain the gravy into a saucepan, free it from fat, add a teaspoonful of arrowroot, let it boil up once, and pour it all over and round the veal. Serve as hot as possible.

Raspberry Pudding.—Take two eggs, their weight in butter and in pastry flour, and the weight of one in sugar.

Cream the butter and sugar together, add the eggs, then the flour; next beat in two tablespoonfuls of raspberry jam, a salt-spoonful of carbonate of soda, and a few drops of cochineal. Place in a buttered mould, and boil for two hours. Serve with sweet sauce.

Cocoanut Cheese Cakes.—Cream four ounces of butter with six ounces of sugar, a pinch of powdered mace and grated lemon rind, add four well-beaten eggs and six ounces of desiccated cocoanut.

Line some tins with puff paste, and half fill them with the mixture. Serve cold, with sugar sifted over them.

Cheese Pastry.—Take two ounces each of butter, flour, and grated cheese; rub the butter into the flour, add the cheese, salt, and cayenne, moisten it with the yolk of an egg, roll this out rather thin, cut into very narrow strips, and form also two rings. Bake in a slow oven.

When cool, put the "straws" through the rings and serve on a napkin.

SATURDAY.—Fried Trout.—Thoroughly clean and remove the gills of some trout, dry them by laying them in a cloth, and then rubbing flour over them; brush them with an egg beaten with a tablespoonful of cold water.

Put a pile of breadcrumbs on a sheet of paper, lay each fish separately on it, and shake the crumbs over it thickly, pressing them on gently with the hands.

Heat some fat in a frying-pan, and fry the fish a nice brown; cook them very carefully, and serve with anchovy sauce. Garnish with sliced lemon and parsley.

Stewed Beef and Macaroni.—Cut two pounds of tender beefsteak into strips, dip each into a mixture of flour, pepper and salt, roll and lay them in a pie-dish, cover with stock or water, tie closely over with

buttered paper, and bake in a slow oven for an hour and a half.

Boil some macaroni in salted water till tender, arrange it round a dish, place the meat in the centre, and garnish the whole nicely with stuffed tomatoes or daintily-boiled young vegetables. Serve very hot.

Veal Fudding.—Cut two pounds of veal into collops, and four ounces of lean ham into slices; season with pepper, salt, ground mace, and nutmeg.

Line a basin with suet crust, fill loosely with the meat, and add water or veal stock to the brim, cover with the crust, tie a pudding cloth over, and boil for three hours.

Cabinet Fudding.—Butter a mould, decorate it with two ounces of ratafia biscuits, cut two sponge cakes into slices, and break up three macaroons; put these and a few dried cherries, raisins, or chopped candied-peel into the mould, pour over them two

eggs beaten with half a pint of milk and a teaspoonful of sugar.

Let it soak for thirty minutes, and then steam for three-quarters of an hour. Serve with any sweet sauce.

Custard Pudding.—Place a border of light pastry round the edge of a pie-dish, and nearly finish baking it; then pour into the dish three or four well-beaten eggs mixed with a pint and a half of warmed and flavoured milk, sweetened to taste.

Grate a little nutmeg on the top, and bake in a very slow oven till the custard is set; it must not boil or it will curdle.

Œufs à la Maitre d'Hôtel.—Cut up some hard-boiled eggs in quarters, melt a good-sized piece of butter in a sauté-pan, and toss the eggs in it very gently, adding some finely-chopped parsley, tarragon, and chives, the juice of half a lemon, and pepper and salt to taste. When thoroughly hot, serve.

Three Vegetarian Curries.

Curry is a delightful addition to dishes prepared from vegetables, pulse, or any farinaceous foods. These three recipes are well worth trying.

CURRIED MUSHROOMS.

Ingredients.—Half a pound of button mushrooms, one ounce and a half of butter, curry sauce, toast, boiled rice.

Method.—Peel the mushrooms, remove the stems, and wash them. Then drain them and season them with pepper and salt.

Melt the butter in a sauté-pan, and fry the mushrooms in this for a few minutes. Pour off the fat, and add sufficient curry sauce to barely cover the mushrooms. Cook slowly for about fifteen minutes longer. Arrange them on slices of crisp toast placed on a dish, pour the sauce round the dish, and send to table with a plate of plainly-cooked rice.

CURRIED RICE.

Ingredients.—Four ounces of rice, two shallots, one gill of brown sauce, one hard-boiled egg, seasoning, one teaspoonful of curry powder, one ounce and a half of butter, one tomato, one tablespoonful of cream, watercress for garnish.

Method.—Pick, wash, and drain the rice. Peel and chop the shallots. Melt the butter in a stewpan, add the shallots, and fry a golden colour. Stir in the curry

powder, and fry a few minutes longer stirring all the while; then add the rice, and shake the pan over the fire in order to blend the rice thoroughly. Moisten gradually with the brown sauce and cream. Peel the tomato, cut it into dice, and add also. Cook gently till the rice is tender.

Be careful that the rice is kept moistened, as it swells in cooking; stir frequently but gently. Season with salt, pepper, and a pinch of ground mace and nutmeg. Dish up, surround the base with slices of hard-boiled egg, and a tuft of watercress between each slice of egg. Serve very hot.

LENTIL CURRY.

Ingredients.—Half a pound of lentils, three large onions, lemon juice, curry powder.

Method.—Soak over-night half a pound of split lentils, boil for a quarter of an hour and drain well. Fry some onions till brown, add to them the lentils, pepper and salt, and a pint of water. Simmer all together for two hours, then add a teaspoonful of lemon juice and a dessertspoonful of curry powder. Mix thoroughly, simmer for a few minutes and serve with a border of boiled rice.

Our Popular New Feature.**THE LITTLE DRESSMAKER**

Our Little Dressmaker is a dear little woman, who took up dressmaking when her husband died so that she might earn a living for herself and her children. If you are in any difficulty write to her c.o. "Home Cookery" Offices; she will be only too pleased to help you.

How to Make a Cooking Apron.

HERE'S many a lady who says, "Oh, I can't be troubled to make aprons for myself. I just keep a blouse and skirt—so shabby that they can't take any more harm—and pop them on when I am working about the house in the morning."

I used to do the same, at one time, and it saved a bit of bother, I'll allow, though I can't say that it looked tidy.

I've grown to take a pride in my aprons, and be anxious to hear of pretty shapes and stuffs for them. A lady gave me a new idea for one the other day, and I liked it so much that I have asked the Editress to let me tell you about it in this paper.

It is the apron worn by all the young ladies at a big cookery school, and it's splendid for anyone who does cooking.

The apron I made up for myself was of dark blue galatea, which looks nice, and is strong. You mustn't copy this shape in muslin or any other flimsy stuff of that kind, for the weight of the pockets would drag down the front and tear the whole thing to pieces.

You will need four yards of material 36 inches wide. This is enough for the separate sleeves as well as the apron itself. If you don't have the sleeves you can manage with half a yard less stuff, but I should advise you to make them, because they keep your cuffs so nice and clean.

Look at Diagram 1, which

shows you how to fold the material, and put the pattern on it. You will notice that it is folded right down the middle, and the front and pocket put on with their straight edges to the fold.

No turnings are allowed on the pattern, so you must leave your own. I should allow about one inch all round, and two inches and a half at the lower edge. This is rather more than I should do in a general way, but you will find that it is wanted for the hems.

Be very careful to mark all the spots and notches, for they show you how to put the thing together. Be specially fussy about the spots on the pocket and those on the front; if you forget them, you'll be pinning that pocket all over yourself in your efforts to get it right.

Some people cut sleeve bands across the stuff, in the way shown by the drawing, and others cut them down the selvedge. Do just which you like—it won't make much odds, either way, with a narrow band like this.

When the whole thing is cut out, you must lay together the notches on the backs and front pieces, and then join up the underarm seams by French sewing.

To make a French seam, lay the edges of your stuff together on the *right side* of the material, and run them up. Then turn them to the wrong side and run them up again, so that the raw



THIS NOVEL APRON is splendid for anyone who does cooking, and could also be worn by the busy housewife when cleaning about the house.

edges of the first seam are caught in under the second row of sewing and quite hidden.

Now turn in and tack quite narrow single hems round the neck, round the armholes, and down the back. Make them just deep enough to use up the spare inch which you left when you were doing the cutting. Round them off nicely at the end of the straps, and either sew them by hand or stitch them by machine. Sew on buttons to the tips of the front straps, and work button-holes through the tips of the back ones, in the way shown by Diagram 2.

Be careful to use bone, cotton, or pearl buttons—not metal ones, for these would not wash nicely.

The depth of the bottom hem must be a matter of taste. The hem on my apron is two inches deep; but anything from one to four inches would be all right. You must turn it up double at the wrong side of the material, tack it first, and then stitch it by machine.

Now take your pocket. Make a nice tidy hem along one of the edges—whichever you are going to use as the top—and turn in and tack narrow single hems on the other edges. Lay the pocket on to the front of your apron, tack it in place as shown by Diagram 3, and then machine it down. Divide it up into two or three compartments by running rows of stitching down it.

If you want to be very tidy, you can slip-stitch your pocket in place instead of machining it, but I shouldn't do this myself, for, though slip-stitching is beautifully neat, nothing but machine sewing seems to me strong enough to hold a pocket into which you may put all sorts of heavy things.

Seam up the sleeves by French sewing. Gather them at the wrists, and put them into the little bands, with the notches matching. Hem the upper edges and run elastics through these hems, so that the sleeves will be drawn up tight to your arms.

There is no pattern for the nice little

cap, but I can tell you how to make it in two minutes.

Cut a bit of stuff, as near a circle as you can get it in shape, and 20 inches across each way. Turn up the edge of this into a hem which is about 2 inches deep. Get a bit of elastic about $1\frac{1}{2}$ inches deep, and measure off enough of it to fit rather tightly round your head. Then run the elastic through the hem, and pull up the fulness on it.

This makes a rather deep puckered band round the head, you see, with a full cap sticking out at the top. It looks very nice and is most comfortable, for this wide elastic doesn't cut into your forehead as a narrow piece would do.

I hope I have told you quite clearly just how to manage all this. It is such a very nice pattern that I should really like you to try it.

If any lady gets into difficulties, or has anything that she wishes to ask me, I shall be right down glad to get a line from her and will answer it straight away to the best of my power.

You must not expect a grand letter from a woman who is only a Little Dressmaker in quite a small line, but, I'll try my best to give a plain answer and take pleasure in doing it, too, for I dearly love letter-writing and always have, from a child.

Your respectful friend,

THE LITTLE DRESSMAKER.

This pattern can be obtained with waists 22, 24, 26, for 6*id.*, from Isobel, Pattern Department, 16 & Henrietta Street, Covent Garden, London, W.C.

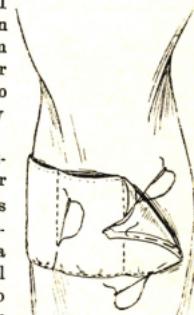
(Next month I will tell you how to make a Useful Blouse.)



1. How to cut the apron.



2. How to make the shoulder fastenings.



3. How to put on the pocket.



The Preserving Season : Jams and Jellies.

These few hints will be useful to you if you anticipate making your own preserves.



IN July the preserving season is in full swing, and those who have not started to replenish their store-rooms should lose no time in doing so.

The first preparations are the getting together of all the necessary utensils, and then seeing that they are one and all in serviceable order. The copper pans should be bright and dry and free from any rust; failing these, enamel pans should be used; but they burn more quickly. Iron pans are quite unsuitable, and would spoil the colour and flavour of jam or jelly.

Wooden spoons for stirring and skimming, jelly-bags of flannel or double cheese-cloths, jars of various sizes, paper coverings and string will be required.

Plenty of good cane sugar should be kept in the house during this season, so that no necessity may occur to throw away fruit which would spoil if uncooked.

In spite of the increase this year in the price of sugar, an inferior quality should not be bought, for, unless good cane sugar is used, the preserves cannot be guaranteed to keep without the aid of chemicals.

A few hints may be of use as to the making of jams and jellies, for the disappointment is great if after all the work they either do not set well or are not of a good colour.

The condition of the fruit is of great importance; it should always be gathered on a dry day, and should be unripe or only just barely ripe, for then it contains a substance which forms a jelly. If it is fully or over ripe it loses this characteristic, and its condition allows it to ferment.

It should be handled as little as possible to avoid bruising it, and all rotten fruit, leaves, and stalks must be taken away, as they would spoil the jam or jelly both in colour and flavour.

The fruit should be preserved as soon after gathering as possible, as then it has its full fresh flavour; but should it be necessary to keep it overnight it should be spread on dishes and placed in a cool,

dry, airy place to prevent its decay or fermentation.

In making jelly, the juice should be extracted from the fruit by bruising some of it in a jar with a wooden spoon. This will quickly heat, and its steam will set free the juice of the rest of the fruit, provided the jar be well covered and set in a moderate oven or on the stove.

The fruit should not be beaten to pulp, or the juice will not be so easily separated from it when strained through a jelly-bag or coarse linen cloth.

The juice should be boiled before the sugar is added to it, but not so long that it thickens, or the scum will not rise, neither will the sugar dissolve quickly. The latter should be slightly warmed in the oven and added gradually, so as not to reduce the heat of the juice much, which should boil rapidly or the colour will not be good.

Both in jam and jelly making it is best to crush and slightly warm the sugar before adding it to the fruit.

A pound of sugar to a pound of fruit is the correct rule for acid fruits, but to the sweeter kinds a less proportion of sugar is preferable. Some fruits being deficient in the natural property for jelling, viz., pectose, may be improved by the addition of gelatine to the syrup.

The time for boiling depends much on the condition of the fruit, but if it is boiled from twelve to fifteen minutes before the warm sugar is gradually added to it, five minutes' quick boiling will generally be sufficient to make the jam or jelly clear, and a few drops on a cold plate will set in two minutes.

Another test which is very accurate is to lift some jam in a spoon, and incline it sideways. If the jam falls in "webs" it is done; a little practice will soon make this test worth knowing.

Preserves depend much on the art of properly boiling; if boiled too long, they candy; if not boiled sufficiently, or without sufficient good cane sugar, they will become

mouldy and ferment. It is, therefore, necessary to test them while cooking, and to remove them from the fire as soon as sufficiently cooked. When making jelly allow one pound of sugar to a pint of fruit juice; less than this will not set.

Concerning the preserving of the fruit after boiling, we must remember that it is necessary that the jars or bottles into which it is to be placed must be perfectly clean, dry, free from cracks, and well heated; this will not only prevent their cracking when the boiling jam is poured into them, but will free them of germs, which, if left, would cause fermentation or mould.

Jam and jelly should be poured into jars so that they are well filled to the sides; the jam shrinks in cooling, therefore they require to be full almost to the brim.

If glass jars with patent covers are used, they should be shut as quickly as possible to exclude the air; or paper brushed over with white of egg may be firmly pressed on the pots with a clean duster, no string being required.

Both these methods are excellent, and, failing them, tissue paper dipped in spirit should be spread over the jam as soon as it is cold and set, and then parchment paper tied over the mouth of the jar.

Jams should be kept in a dry place where air can get to them. An open shelf in a dry passage is better than a closed cupboard or pantry.

The following recipes are for seasonable fruits:

RED Currant JELLY.

Unless the fruit be perfectly clean and free from dust and blight, it must be picked off the strings; the fruit should not be gathered after rain nor should it be washed.

Put the fruit into a jar as directed and crush it enough to let free a little of the juice. Allow fully one pound of sugar to one pint of juice.

This jelly is required for serving with roast mutton, venison, or hare.

RASPBERRY JAM FOR PASTRY.

To one pound of fruit add one pound of white sugar, put in a deep bowl, and crush with the hands until it is a thorough pulp,

and fruit and sugar one complete mass. Boil for just three minutes after it boils fast.

This is most delicious for pastry and puddings.

BLACK, RED, OR WHITE Currant JAM.

For these jams very fresh fruit is absolutely necessary, and it must be barely ripe.

Under-ripe currants of all kinds do not require so much boiling as ripe fruit and jelly much more rapidly.

The fruit should be carefully separated from the leaves and stems so as not to bruise it much.

Black, red, or white currants may each form the basis of jam; also an excellent one may be made by mixing two-thirds weight of black currants to one-third of fresh red currants.

For this mixture, for red or white currants allow fourteen ounces of sugar to a pound of fruit, but for black currants only, use a pound of sugar to a pound of fruit.

GOOSEBERRY JAM.

Make in the same way exactly as directed for raspberry jam; the green gooseberry called "The Cockspur" is the best.

For this jam use one pound of sugar to one pound of fruit; for best "Red jam gooseberries" use only fourteen ounces to a pound of fruit.

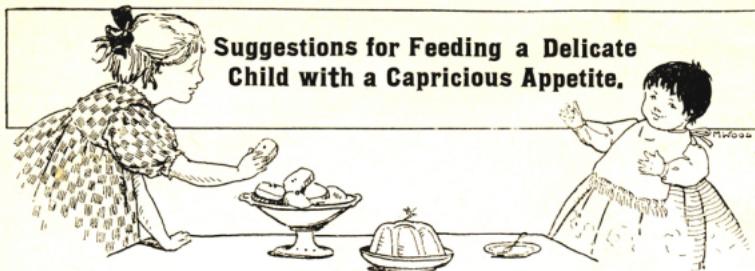
If gooseberries are too ripe they have tough skins, and the jam is unsatisfactory in colour and flavour; the fruit is at its best just before it is ripe.

CONSERVE AUX QUATRES FRUITS.

This favourite French jelly is made with the juice of cherries, currants, raspberries, and strawberries in equal proportions. It is made like red currant jelly, but with rather less sugar.

BROWN MEAL BISCUITS.

I GLADLY give you my recipe for these delicious biscuits. Place in a basin one pound of wheaten meal, one teaspoonful of baking powder, one teaspoonful of granulated sugar, and a pinch of salt. Rub into this four ounces of butter, and then make it into a stiff paste with a little milk. Roll out very thin and bake in a moderate oven.



IN the case of a delicate child the appetite is always capricious, and great difficulty is experienced in getting the little one to take proper nourishment. It is never a good plan to try promising special treats or new toys if the child will make "a nice clean plate," for not only is the principle a bad one, but it soon becomes impossible to bribe high enough to overcome the growing disinclination for food.

Stern commands and scoldings are equally unwise; no one with any feeling could punish a sick baby, and nourishment taken under compulsion would do more harm than good. Everything should be piping hot, or quite cold, according to the nature of the dishes, never lukewarm, and very small portions should be set before the child; even the robust appetite is repelled by the sight of a huge mass of food.

A little maiden will make a very satisfactory meal served on a large doll's dinner service, in preference to an uninteresting ordinary dinner plate. There is a fascination in helping herself from the miniature souptureen or meat dishes which goes far to induce the little one to eat.

Nursery rules and table manners must not be too rigidly enforced in such cases, and a game of some sort may be permissible to attract a child to its dinner.

The mashed potato may be piled in the centre of the plate to represent a fortress, while the nourishing mince and the strong beef gravy form a moat, the game being to remove the moat and demolish the fortress. If mother or nurse be gifted with a lively imagination, and can describe the progress of the game, weaving it into a story, the child will enter into it with such spirit that

he will swallow the prescribed amount of nourishment without demur.

When children tire of beef-tea, it will generally meet with a ready acceptance if offered to them as egg-toast.

Beat up a new-laid egg in a small basin, add two tablespoonfuls of very strong beef-tea, slightly salted; put the basin in a saucepan of boiling water and cook gently till the egg thickens. Have ready a slice of hot buttered toast, pile the egg on it, and serve at once.

Beef-tea jelly makes a nice change. Take one part of strong beef-tea to two parts of equally strong chicken broth; season with salt, a suspicion of mace, and a little finely minced parsley. Bring to the boil; add a hard-boiled egg cut in slices and a good pinch of isinglass, pour into a pretty little mould, and turn out when cold.

Sometimes raw beef is ordered, but the difficulty is to get the child to eat it. This, however, may be got over by serving it on toast. Of course, the child must never see it prepared, or he will at once be prejudiced against it.

Lay a piece of good beefsteak on a wooden board, and scrape it with a dull knife till only the fibres are left. Slightly season with salt, and spread on a slice of hot, lavishly buttered toast, covering with a similar slice, thus making a sandwich. Cut into strips, put into a brisk oven for just one minute, and serve very hot.

Variety is specially necessary in cases of failing appetite, and the dishes eaten with relish one day will often be rejected if offered again too soon.

Fish makes a pleasant change, and is easily digested. Cooked in a steamer or a

conservative boiler, it retains full flavour and nourishment, which it does not when boiled.

Sauce made with a piece of good butter and pure milk, nicely seasoned and thickened with a well-beaten egg, adds greatly to the food value as well as to the attractions of the dish.

Should the child fancy the fish fried, there is no need for it to be greasy and unwholesome. Well floured and dropped into a quantity of really boiling fat—fat which is perfectly still, and throwing off a faint blue vapour—the fish emerges an appetising golden brown, perfectly dry and free from grease, and deliciously crisp.

Children should be accustomed to take soup, for it is easy to administer a good

quantity of nourishment in small quantities in this manner, and there is not the same trouble in getting the child to swallow a few spoonfuls of strengthening liquid as in persuading it to eat solid food.

A very strengthening and dainty soup is made from good, well-flavoured veal or chicken stock. Bring it to the boil, and when slightly cooled, add to the pint two well-beaten eggs.

Put in a double boiler and cook till it thickens. Take from the fire, add carefully a tablespoonful of cream, and serve immediately.

This golden, custard-like mixture is extremely nutritious, and both in appearance and in flavour is sure to tempt even the most capricious appetite.

Four Ways of Using New Carrots.

New carrots cooked like this are delicious.

A LA FLAMANDE.

CUT some new carrots into any fancy shape, or they may be sliced if preferred. Parboil them for a few minutes, then drain them and put them into a saucepan with a small piece of butter.

Sprinkle them with caster sugar, a little salt and pepper, and a grate of nutmeg; in two or three minutes add one or two spoonfuls of stock, and let the whole simmer gently for about half an hour, or till the carrots are perfectly tender.

Mix in lastly the yolks of two eggs beaten up with half a gill of milk and a sprinkling of chopped chervil or parsley. Serve as hot as possible.

A LA MAÎTRE D'HÔTEL.

Trim some of the smallest new carrots that can be obtained, and boil in salted water.

When nearly done, drain off the water, and toss them in plenty of salt butter till quite tender, adding during the process some parsley, finely chopped, a squeeze of lemon juice, and some pepper and salt, if necessary.

A LA NIVERNAISE.

Take some very small new carrots, trim them to a uniform shape, and parboil them

in salted water, then drain them thoroughly, and toss them in butter with pepper and salt, adding a sprinkling of flour, and enough stock to barely cover the carrots.

Let them simmer gently till they are quite done, shaking the saucepan every now and then, and serve as hot as possible.

A LA CRÈME.

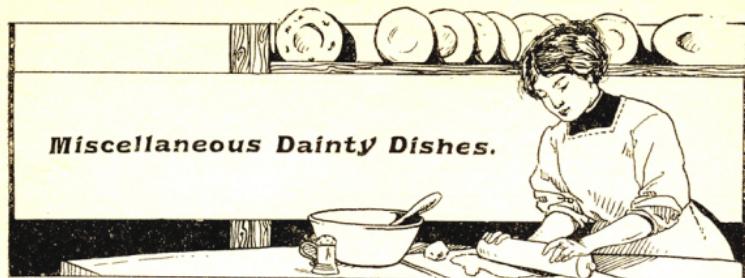
Trim some new carrots in the usual manner, boil and drain them.

Melt one ounce of butter in a saucepan, add to it a dessertspoonful of flour, pepper, salt, grated nutmeg and two or three spoonfuls of cream; put the carrots in this, simmer gently for a few minutes, and then serve.

Any of the above can be served either as a garnish or as a separate vegetable course.

SAUCE FOR DEVILLED FOWL.

TAKE two tablespoonsfuls of brown sugar, two tablespoonsfuls of mustard, one tablespoonful of cayenne pepper; mix all together with one tablespoonful each of Harvey sauce, mushroom ketchup, and soy, and let all simmer for about five minutes. This should be served up quite hot.



Miscellaneous Dainty Dishes.

LEICESTER PIE.

TAKE three pounds of pork, fat and lean together, cut it into pieces two inches long and one and a half inches wide, season with pepper and salt and powdered sage. Place the meat on one side till required.

Mix a tablespoonful of salt with one pound of flour, stir into it, with a knife, four ounces of lard, dissolved in a pint of hot water.

Roll it out and line a greased tin mould with part of it, put in the pieces of pork, cover with the remainder of the paste, and fasten securely. Bake for three hours.

SMOTHERED FISH.

Put six or seven slices of fat bacon or pork into a frying-pan and fry slowly. When brown, put five or six sliced onions into the pan, and fry until done. Remove the onions and lay some pieces of raw fish in the pan. Cover these with some of the onions, adding a little salt and pepper.

Cover the onions with slices of raw potatoes, then add another layer of fish, then some more onions and seasoning.

The final layer should be formed of sliced raw potatoes.

Cover the pan, and cook very slowly for an hour, until the ingredients are thoroughly cooked.

MOSCOW MINCE.

Take the remains of any cold meat, add to it any remains of cold bacon or ham, and cut up into very small pieces. Add pepper and salt to taste, a little finely chopped onion and parsley, with a tablespoonful of vinegar.

Fry all together in a little dripping, and serve on squares of hot buttered toast.

ONION DUMPLINGS.

Chop very finely a quarter of a pound of suet and a quarter of a pound of onions, add half a pound of flour and a pinch of salt and pepper. Mix all together with a little milk, make into small balls, and boil for half an hour in any stock available.

These dumplings are excellent with stewed rabbit, and can be boiled with the rabbit if desired.

FISH CHOWDER.

Fry one pound of pickled pork and cut it into very small pieces. Mince a large Spanish onion and fry it in dripping to a deep brown. Place half of this at the bottom of a saucepan.

Have ready some mashed potatoes, and put thick layer over the onions, then over that put some thick slices of raw fish, such as turbot or hake; put the remainder of the pork and onions on this, and a second layer of potatoes on the top.

Season with half a grated nutmeg, a teaspoonful of savoury herbs, a little powdered mace, and a couple of cloves and peppercorns. Pour over all a little ketchup and allow to simmer gently until the fish is cooked.

About three pounds of fish would be required for the pork and onion given, but half the quantity could be made.

NOTTINGHAM APPLE PUDDING.

Pare half a dozen good baking apples, remove the cores without dividing them, and put two or three cloves with a little sugar in the cavity.

Place these in a buttered pie-dish, pour over them a light batter, and bake in a moderately hot oven for two hours.



Cold Meat Cookery.

Making the most of the remains of a sirloin of beef.



THIS month I am giving you some recipes for using up the remains of cold beef. Of such well-known dishes as Shepherd's Pie and rissoles, I need only remind you to give them a turn now and then.

SAVOURY STEW.

If there is sufficient meat to cut it off in fair-sized pieces, as if for a pie, try a savoury stew.

Put on a plate tablespoonful of flour, a teaspoonful of pepper, half a teaspoonful of salt, and a large pinch of powdered herbs, stirring well together.

Then dip each piece of meat into the mixture, and place in a stewing-jar or pie-dish. Scatter a very little minced onion over, and almost cover with gravy or water. Put the cover on the jar, or tie down the pie-dish with greased paper, and cook in the oven for an hour.

MINCED COLLOPS.

This appetising dish, which is a great favourite amongst Scottish folk, is generally made with raw beef; but cooked meat can be used with good results if care is taken.

Chop finely (do not mince) some lean beef. Dredge well with flour, season with pepper and salt, and then place in a saucepan with sufficient good gravy or stock to moisten it well.

Let it get thoroughly hot (but not boil), stirring occasionally. Colour it, and, when thoroughly hot and thick, serve in a wall of mashed potato. Garnish, if possible, with quarters of walnut pickle.

BEEF OLIVES.

If the meat to be used up is rather underdone, make it into beef olives.

First cut the beef into neat slices and trim off fat and gristle. Make some forcemeat with a teaspoonful of breadcrumbs, a dessertspoonful of sweet herbs, a large slice of chopped bacon, and half a teaspoonful of pepper, mixing with an egg or a little milk. Place a small piece of forcemeat on each slice, roll up neatly, and tie round with cotton.

Put a little gravy or stock into a pan, roll a teaspoonful of butter or dripping into a teaspoonful of flour. Stir into the gravy, and boil till it thickens.

Colour a little and then put in the rolls, and let them cook very slowly for about three-quarters of an hour to an hour.

Before serving remove the cotton. Place the meat on a hot dish, with a little of the gravy round.

BEEF ROLL.

This is a nice dish, which can be served either hot or cold. If cold, it can be cut in neat slices and arranged on a dish with salad.

Chop about half a pound of meat, with two slices of bacon if possible. Add to it two parboiled potatoes and half a small onion chopped, a saltspoonful of allspice, a tea-spoonful of pepper, and half that quantity of salt. Moisten with two tablespoonfuls of water or stock.

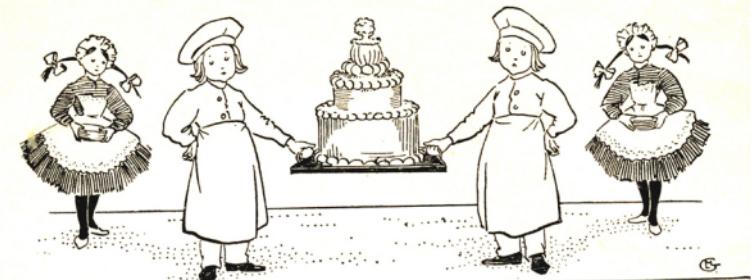
Make a paste with six ounces of flour, three ounces of dripping or lard, half a teaspoonful of baking powder, and a little water. Roll out, arrange the chopped meat on it, roll up the paste, wetting the edges to make them stick, and bake for half an hour or forty minutes. A little thick gravy may be served with this dish if liked.

COLD MEAT SHAPE.

Ingredients.—Three-quarters of a pound of cold veal, a quarter of a pound of cooked ham, one tablespoonful of parsley, one onion, half a pint of Plasmon jelly, pepper and salt.

Method.—Chop finely the cold veal, cooked ham, and parsley, and a well-cooked onion; season with pepper and salt. Stir into this half a pint of cool (not set) Plasmon jelly. Pour into a mould, and, when firm, dip in hot water and turn out.

The above recipe is taken from the "Plasmon Cookery Book," which can be obtained by any reader who likes to apply for it to International Plasmon Ltd., 66A Farringdon Street, London, E.C.



How to Make Bread.

Every girl should be able to make bread, for there is no knowing when a necessity may arise compelling her to do so.

A LESSON FOR GIRLS.

THOSE who are accustomed to good home-made bread find baker's bread very inferior to it.

Various things are essential to remember in bread-making, but the main things are warmth during the process of making the dough, good fresh yeast, and a well-heated oven.

BREAD.

Ingredients.—Three pounds and a half of flour, one ounce of German yeast, one teaspoonful of salt, about one and a half pints of tepid water, one teaspoonful of sugar.

Method.—Put the flour and salt into a warm bowl and work it about before the fire till the chill has gone from it. This is essential in cold weather to make the dough rise well.

Then with a spoon hollow out the middle to form a well, leaving some flour at the bottom of it.

Next put the yeast into a basin and stir the sugar with it till quite smooth; add the water gradually, a little at a time.

Pour part of it carefully into the well, and take the spoon and work it steadily round the outside of this central pool in order to bring it into by degrees enough of the flour to make a thin paste or batter. Gradually add the remainder of the water, stirring all the time.

This batter must be well mixed without

breaking down the surrounding wall of flour, and must be free from lumps.

Sprinkle some dry flour on the top, cover the basin with a thick cloth or board and put it in a *warm* place for twenty to thirty minutes to rise. Look at it from time to time.

When the batter has broken through the flour and is covered with bubbles the flour will be ready to be made into dough.

Care must be taken that the water for the batter or sponge is not too hot, for this would scald the yeast and prevent the bread from rising properly.

Now place the basin on the table and knead the dough with the knuckles of both hands until all the flour is absorbed, adding more tepid water if necessary.

The chief thing is to keep throwing up the flour which lies under and round the dough on to the top of it, mixing it in well. Then when it is nearly all kneaded draw the edges of the dough towards the centre, and knead it thoroughly all over, constantly turning and spreading it out, all the time pressing the knuckles of your closed hands well into the dough.

It should be a stiff light dough.

Work with the hands till it is quite smooth and leaves the hands and sides of the bowl. Turn the smooth side uppermost, cut twice across the top, cover, and set to rise again, this time until it has risen double its size,

which will take from one hour to one hour and a half.

Divide the dough into three pieces, knead a little, put into greased tins, and again allow to rise for about half an hour.

Place the bread in a hot part of the oven for about fifteen minutes, then remove to a cooler part for about an hour.

To make *Cottage Loaves*.—Cut the dough in two, then cut one-third off each half; form into balls, putting the smaller one on the larger, and push the forefinger into the middle of the top. Make two or three cuts round, set on floured baking-tins, and finish as above.

Many people like to use potatoes in bread-making, believing that it keeps better. Two medium-sized ones, boiled and mashed free from lumps, added with the yeast are sufficient for the above quantity.

It is impossible to give the exact length of time bread should rise in its different stages, as so much depends on the kind of yeast used.

Great care must be taken not to let the dough get too hot or too cold in rising before the fire.

If too hot, the bread will be sour; if too cold, it will not rise.

The bowl should be turned frequently.

The baking-tins should be only half filled. When the dough has risen to the top of the tins it is ready for baking.

HOVIS BREAD.

Ingredients.—Three pounds and a half of Hovis flour, one ounce of compressed German or French yeast (dissolved in two tablespoonsfuls of warm water), one quart of water (as warm as the hand can bear it). Use no salt.



Work with the hands till it is quite smooth, and leaves the hands and sides of the bowl.

Method.—Take about three parts of the flour and mix it thoroughly with the quart of warm water, then pour in the yeast and mix again, this time adding the remainder of the flour.

Do not attempt to knead or mould the dough in the ordinary way, but put it straight into the tins direct from the mixing. Let it rise for twenty to forty minutes, and bake rather longer than for ordinary bread.

CHOCOLATE CAKE.

HALF a pound each of finely-sifted flour and vanilla chocolate (the latter to be grated carefully), four ounces of sugar, a quarter of a pound of butter, three eggs, a small teacupful of milk, one teaspoonful of baking powder, and one of essence of vanilla (or powdered cinnamon, if vanilla chocolate is used).

Mix all the dry ingredients very thoroughly first, then beat the eggs and warm the milk, and add to the eggs.

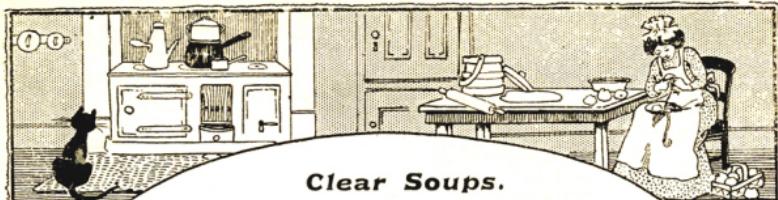
Stir the chocolate, etc., into the eggs and milk, and bake all in a not too large tin lined with buttered paper. Should the tin be large, it is better to use two small ones.

One hour ought to suffice for this cake in a moderate oven; but it must be baked till done, which may be ascertained by trying it with a clean knitting-needle. If the needle comes out dry, the cake is done.

Never turn out any cake to cool in a draughty place; the best way is to turn it out, paper and all, and tilt it on the bottom of the tin in which it has been baked, not too far from the fire.

MILK PUDDINGS

WHEN made of rice, sago, or tapioca, should have two tablespoonsfuls of the cereal to every pint of milk, and should be allowed to cook very slowly for three hours.



Clear Soups.

During the summer months clear soups will be in greater request than purees and thickened soups.

IN making clear soup, in addition to absolute clearness, there are three principal rules to observe: First, that the stock from which it is made is well skimmed when it first boils up; secondly, that the flavourings are in accordance with the special kind of clear soup.

For instance, the flavours for clear mulligatawny, game, oxtail, mock turtle, and turtle differ from clear Brunoise, Princesse, Julienne, or Colbert. Thirdly, that the garnishings must be daintily prepared and cooked separately and, as a rule, rinsed and drained before being added to the soup.

By good management it is quite possible in an ordinary middle-class household, to serve a clear soup at least twice a week without any expense beyond the purchase of a few pennyworth of fresh bones and half a pound of lean neck of beef to clear it.

The cooked bones of meat, game, and poultry, trimmings of meat, and bacon rinds can make the foundation stock for the consommé or clear soup, but the addition of some fresh beef or veal bones will greatly improve it.

All the bones should be broken into small pieces, so that the gelatine in them may be more quickly and thoroughly obtained.

The colouring of the soup should be delicate, and of the appearance of pale sherry; this is obtained by slightly frying the meat with a small piece of butter before adding the water to it.

A small quantity of salt should be added when the stock first boils up, as it assists in the throwing up of the scum, which must be thoroughly removed, or it will sink and dissolve, making the stock of bad appearance and colour. A little cold water added at this time assists much in causing the scum to rise.

Slow boiling is necessary to make good soup, and, except for skimming, the pot should be uncovered as little as possible, for the flavours are dissipated by the escape of steam.

Vegetables, herbs, and spice should be added after the scum has been removed.

The fat that rises to the surface during the hours of simmering should not be skimmed off; for it will rise like a cake on the strained stock and can be easily removed next day, having in the meantime been useful in protecting the soup from loss of flavour in cooling, also from dust or other impurities which are peculiarly attracted by anything of a gelatinous nature.

Good stock cannot be made in anything but perfectly clean pans, and should be strained through a fine hair-sieve into clean, dry earthenware bowls.

To clarify stock, so as to make clear soup or consommé, it is best to allow half a pound of lean neck of beef and the whites and shells of from two to four eggs for every quart of stock.

For game soups some of the uncooked flesh of the game may be used with the meat; the meat thus used is not only for clearing the stock, but for bringing into it the flavour of freshly cooked meat.

It should be freed of fat and skin, chopped finely and passed through a mincing machine, stirred into a little cold water, and mixed with the whites and crushed shells of the eggs, then added to the stock, which must be absolutely free of fat.

A few slices of carrot, a small onion or leek, a little celery, a few peppercorns, both black and white, and a clove should also be added to give freshness of flavour, then all brought slowly to the boil while stirring frequently with a wire whisk. The whisk

must be removed as soon as simmering is noticed, and the soup allowed to boil well up, so as to harden the albumen of the meat and eggs, and make it into a crust, which will act as a filter when the soup is strained.

Having well boiled the soup, let it stand on the side of the fire till the crust settles and cracks, then strain it through a clean linen cloth, which has been scalded with boiling water.

In winter the straining should be done near the fire, lest the soup should thicken in cooling, and not run freely through the cloth; in this case re-heating and re-straining would be required.

A rather coarse linen cloth, whose corners are firmly tied to the legs of an upturned chair, makes an excellent soup strainer; the seat of the chair should be placed on another chair in upright position. Boiling water should be poured through the cloth just before use; this will not only heat it, but remove any particles of dust or fluff.

Consommé, or clear soup, is generally made in the above manner, and takes its name from the garnish served in it.

Clear game soups are best made with any kind of poultry, meat, and game bones, whether roast or fresh, though the latter are preferable.

As a richer flavour is necessary for the stock, the vegetables should be laid in the stock-pot with about two ounces of butter, the meat and bones placed on them, the pot covered, and its contents allowed to fry, without burning, for about twenty to thirty minutes. After this they should be covered with stock or boilings from chicken, rabbit, or veal—and, if for clear hare soup, some of the blood of the hare—then allowed to simmer, after well skimming, for two to three hours.

The clarifying of the game stock is done precisely as for meat stock.

The garnish for clear game consommé should consist of small quenelles, poached and afterwards rinsed, royal custard, tarragon and chervil, or little strips of cooked game or game livers.

Clear mulligatawny should be prepared by frying the vegetables and stirring curry-powder and other condiments into them, then covering with stock and simmering for two hours, then straining. When cold, the

fat must be removed and the stock clarified in the usual manner. Small pieces of cooked game or poultry should be used as a garnish, and boiled rice handed separately.

Clear mulligatawny, ox-tail, and mock-turtle soups should have a certain amount of consistency about them. This is prepared by adding a liberal supply of glaze to the original stock, or by adding a dessertspoonful of best arrowroot, moistened with very clear sherry, to the clarified stock.

In using pieces of ox-tail or calf's head as garnish, great care is necessary to prevent its making the soup greasy.

The leanest pieces of meat from the tail, and the glutinous parts of the ox-cheek should be selected, cut or stamped with a plain round cutter about one inch in diameter, laid in hot water and scraped clean of outer skin while warm, then well rinsed in boiling water, laid in a hot tureen, sprinkled with cayenne pepper and lemon juice.

STRAWBERRY SPONGE.

SOAK one ounce of gelatine in a gill of cold water for an hour, and then dissolve it by pouring over one pint of boiling water, sweeten with six ounces of white sugar, and when all is dissolved allow it to cool. Take one pint of strawberry juice, add it to the gelatine, and strain. Beat the whites of four or five eggs to a stiff froth, and when the strawberry mixture is quite cool beat the egg into it. Place in a wet mould and set on ice. Turn out to serve, garnish with preserved cherries and whipped cream.

GROUND RICE MOULD.

Necessary Ingredients : One teacupful of ground rice, two tablespoonfuls of sugar, one quart of milk, three bay-leaves. First boil the bay-leaves in one pint of the milk for ten minutes. Mix the sugar and rice together, and gradually work into a paste with the cold milk. If all the milk be added at once to the rice the mixture will be lumpy and spoiled. The hot milk should also be poured gradually.

Return to the saucepan, stir, and when it boils take off the fire and beat it thoroughly till all is thick. Then place where it will simmer only, and stir it for ten minutes. Pour into a wetted mould to cool.



Meatless Cookery.

Dishes made with macaroni and spaghetti are quite the fashion, and generally very popular served as a separate course.



lent flavouring adjuncts to macaroni and spaghetti.

MACARONI À LA NAPOLITAINNE.

Ingredients.—Three ounces of macaroni, two ounces of grated cheese (Parmesan for preference), one ounce of butter, black pepper and salt.

Method.—Boil the macaroni as above described, return it to the empty hot pan, put in the butter cut in small pieces, and the grated cheese, half at a time, stirring and shaking it well among the macaroni. Season well with pepper and salt, and serve hot.

MACARONI À L'ITALIENNE.

Ingredients.—Three ounces of macaroni, one ounce and a half of butter, one ounce and a half of grated cheese, half an ounce of dried breadcrumbs, pepper and salt.

Method.—Season the boiled macaroni with one ounce of the butter, pepper and salt, and one ounce of cheese, place the mixture on a flat dish, sprinkle it with the remainder of the cheese and the breadcrumbs (mixed), and pour the remainder of the butter (melted) over the whole. Bake to a golden brown, and serve very hot.

MACARONI À LA BEURRE.

Ingredients.—Three ounces of macaroni, two ounces and a half of butter, two ounces of grated cheese, seasoning.

Method.—Boil and drain the macaroni, put the butter in a hot dish, place the macaroni on it, and mix it with two forks, sprinkling it with grated cheese, pepper, and salt; stir till the butter is absorbed, then serve at once with a little more cheese sprinkled over it.

MACARONI CHEESE.

Ingredients.—A quarter of a pound of macaroni, a quarter of a pound of grated cheese, one ounce of butter, one ounce of

DURING the last twenty years or so there have been great changes made in the meals of the upper and middle classes.

The heavy meat diet has been much modified, and people have brought home from their travels a liking for foreign dishes and the correct methods for cooking them.

Delicious and inexpensive dishes made of farinaceous foods are now quite the fashion, and are generally very popular as a separate course for lunch or dinner.

There is an increasing demand for instruction in the preparation of meatless and vegetarian foods.

In most recipes, butter, eggs, milk, and cream are employed; when frying fat is necessary, clarified meat fat is used generally in meat-eating households, and nut fat or oil in others.

TO BOIL MACARONI AND SPAGHETTI.

These should be broken in convenient lengths and thrown into boiling salted water without being previously soaked. Test occasionally with a fork and, when tender, stop the boiling by throwing a cupful of cold water into the saucepan; drain off the water at once, and return the macaroni or spaghetti to the hot, dry pan to keep hot at the side of the stove till required.

Thus treated, use either as a border for a dish of some tasty food, or proceed to serve in a savoury manner.

Tomatoes, cheese, and curry make excel-

flour, one-third of a pint of milk, black pepper, salt, cayenne or mustard, bread-crumbs.

Method.—Boil and drain the macaroni; in another saucepan melt the butter, stir the flour smoothly in it, add the milk and stir till boiling, remove the pan from the fire, add half the grated cheese and season highly. Stir the macaroni into the sauce, arrange on fireproof dish, sprinkle with the remainder the cheese mixed with some white bread-crumbs. Place in the oven or before the fire on a toaster till nicely browned, then serve very hot.

MACARONI À LA PROVENCALÉ.

Ingredients.—Half a pound of macaroni, one clove of garlic, one gill of Lucca oil, six shallots, grated cheese.

Method.—Boil and drain the macaroni, but do not cut it up. Rub a stewpan with a clove of garlic, place the pan over a slow fire, put in the oil, and as soon as it boils add the shallots, finely chopped. Fry for two or three minutes, then add the macaroni and continue tossing over the fire till all the oil is absorbed. Serve immediately on a very hot dish, with grated cheese handed separately.

MACARONI CUTLETS.

Ingredients.—The same as for *Macaroni Cheese*.

Method.—Prepare as for macaroni cheese; when well seasoned, spread evenly on a plate and leave till cold; then form into

cutlet shapes, cover with egg and bread-crumbs and fry in boiling fat.

MACARONI AND BAKED TOMATOES.

Ingredients.—Five tomatoes, six ounces of macaroni, half a pint of cheese sauce, one ounce of butter, breadcrumbs.

Method.—Take even-sized tomatoes, cut them in halves, place on a buttered baking-dish with a bit of butter on each, a sprinkling of pepper and salt, and a few browned breadcrumbs. Bake for about fifteen minutes. Have ready the macaroni boiled and drained, place it on a hot dish, pour a rich cheese sauce over, and garnish with a circle of baked tomatoes.

CURRIED MACARONI.

Ingredients.—Six ounces of macaroni, half an ounce of butter, one pint and a quarter of good stock, one teaspoonful of curry powder, one teaspoonful of arrowroot, a little lemon juice and cream.

Method.—Boil the macaroni in salted water with a small piece of butter in it; drain it thoroughly; mix the curry powder and arrowroot with the stock, and boil for twenty minutes, then add the macaroni. Heat and toss the macaroni in the sauce until it is well and equally covered with it. A small quantity of rich cream will much improve the sauce, into which it should be stirred just before the macaroni is added; the lemon juice should be added afterwards.

THE RESULT OF THE RAND COOKERY COMPETITION ANNOUNCED IN THE MAY NUMBER.

CLASS I.—ADULT READERS.

Section I.—Bread or Rolls; made with Wholemeal.

First Prize (Case of Tea Knives)—Mrs. Shrigley, 3 Fox Hill Gardens, Upper Norwood, S.E.
Second Prize (Case of Electro-plated Serviette Rings)—Miss A. Moore, 6 Campden Court Mansions, Kensington.
Third Prize (Vegetarian Cookery Book)—Miss Sampson, Auriol Lodge, Shenley, Herts.

Section II.—Various Fancy Cakes for Tea.

First Prize (Case of Teaspoons)—Miss Davy, Shearn's Fruitarian Saloon, 231 Tottenham Court Road, W.
Second Prize (Handsome Purse)—Miss Eda Goimbault, 11 Raphael Street, Knightsbridge, S.W.
Third Prize (Vegetarian Cookery Book)—Mrs. Battie, Cambridge House, Sydney Road, Watford.

Section III.—Plain Tea Cakes or Scones.

First Prize (Three Pairs of Scissors in Case)—Mrs. Pilcher, Foot's Farm, Great Clacton, Essex.
Second Prize (Case of Electro-plated Serviette Rings)—Miss Lilian Parratt, 8 Whitehall Park, N.
Third Prize (Vegetarian Cookery Book)—Miss Grace Hardingham, 28 Falling Road, Bent Rhydding, *c/o* Leeds, Yorks.

CLASS II.—FOR "LITTLE COOKS" UNDER SIXTEEN.

The best sample of Rock Cakes, Ginger Buns, Cocoanut Cakes, or Queen Cakes.

First Prize (a Watch)—Miss Doris Farrow, 35 Tibton Road, Sale, Manchester.
Second Prize (Boiled Gold Bracelet)—Miss Maggie and May Beeler, 102 Kilburn Park Road, N.W.
Third Prize (a Furse Bag)—Miss Rose Hopcroft, 182 Brompton Road, S.W.

Special prizes were awarded to the youngest competitors, Freda (the little four-year-old daughter of Mrs. Harry Barr), Julia Chance (aged 7), and Elsie Bucksey (5).



MUTTON CHOPS AND TOMATO SAUCE.

Ingredients. — One pound and a half of lean mutton, half a pint of stock, half an ounce of butter, seasoning, a quarter of a pint of tomato sauce.

Method. — For this dish fresh meat is best though the remains of an underdone joint will be very tasty.

Chop the meat into pieces about half an inch square, and fry in butter till lightly browned. Season with pepper and salt, by degrees add the stock, in which a tablespoonful of flour has been worked to a smooth paste. Cover all, and let it simmer gently for an hour. Then add the tomato sauce, and serve.

SCALLOPED CHOP.

Ingredients. — A tender loin chop, a tablespoonful of breadcrumbs, pepper and salt, sippets of toast.

This is an excellent dinner for a young child or an invalid.

Method. — Take all the lean meat from a tender loin chop, place it on a board and chop thoroughly until quite fine. Put the meat into a jar with a tablespoonful of breadcrumbs, seasoning of pepper and salt, and two tablespoonfuls of water.

Tie a buttered paper over the top of the jar and place it in a pan of boiling water, the water reaching half way up the jar. Boil the water slowly for thirty minutes. Serve with toast sippets.

OXFORD HARE.

Ingredients. — A loin of mutton, two ounces of salt, half an ounce of black pepper, a quarter of an ounce each of ground cloves, mace, and nutmegs.

appetising — try these ways of cooking it.

This quantity of the spice having been made, it should be kept for future use in a closed tin box.

Method. — After removing the bones and most of the fat from a well-hung loin of mutton, lightly sprinkle the meat with the prepared spice. After twenty-four hours, wash off the spice, dry the meat, cover it with forcemeat such as is used for roast hare, roll and sew it tightly, place in a baking-dish, and bake for an hour, basting it with one pint and a half of stock or water.

Let the joint get cool, remove all fat from the gravy, thicken it with flour, add a little red wine if you have it, place all in a stewpan, and simmer for an hour. Lay on a hot dish, strain the gravy over, and serve hot with red currant jelly.

SPICED SHOULDER OF MUTTON.

Ingredients. — A shoulder of mutton, four ounces of coarse brown sugar, a dessert-spoonful of cloves, a teaspoonful of pepper and mace, a pinch of ginger. Mix these together, and the next day add four ounces of salt.

Method. — Keep the mutton turned, and rub daily with the pickle for eight or ten days, according to your needs and the time of year. Then roll it up tightly and bind it with wide tape, wrap it in a cloth, and boil very slowly till thoroughly cooked.

To serve cold, brush over with glaze and garnish with tomato.

MUTTON STEAKS.

Ingredients. — Two steaks from the middle of a leg of mutton, half an ounce of butter,

chopped parsley, pepper and salt, lemon juice.

Method.—Cut two steaks across the middle of a leg of mutton, do not remove the bone; broil it over a clear fire, or heat a dry frying-pan and fry it in this, turning several times and avoiding piercing it with a knife or fork.

Have ready some chopped parsley, mixed with cold butter, pepper, salt, and lemon juice. Dish the meat, place the mixture on it, put a tablespoonful of Worcestershire sauce and a lump of butter on the dish. Melt in the oven for a minute, then serve very hot.

COLD MUTTON AND HARICOT BEAN SALAD.

Ingredients.—Slices of cold cooked meat, half a pound of haricot beans, a teaspoonful each of white sugar, chopped parsley, salt and pepper, two tablespoonfuls of vinegar four tablespoonfuls of salad oil.

Method.—Take slices of cold meat and arrange them in the centre of a dish. Take some cooked haricot beans, and drain them well.

Work the vinegar thoroughly with the oil, and add salt, pepper, parsley, and sugar to taste. Make a mound of the beans at either end of the dish, and serve.

COLD MUTTON CUTLETS.

Ingredients.—Some neck of mutton, carrots, onions, turnips, half a pint of aspic jelly,

COOKING BY CASSEROLE.

THE usefulness of the casserole in domestic cookery is not sufficiently understood or appreciated. I have just come across a very useful little book entitled "Casserole Cookery," which is published by Messrs. George Mason & Co., Ltd., of Chelsea Works, Walham Green, S.W., the proprietors of the world famous "O.K." Sauce, at 6d. post free.

The book contains many helpful hints and seventy-five simple receipts for increasing the nutritious value of foods cooked by casserole, not forgetting, too, the appetising and luscious flavour given to the various dishes.

The book is edited by an expert in casserole cookery, and should be in every

one tablespoonful of thick mint sauce salad.

Method.—Braise the best end of a neck of small mutton with vegetables, and sweet herbs, and put aside till cold. Then cut the joints apart and trim the cutlets very neatly. Have ready half a pint of aspic jelly dissolved, add to this a tablespoon-



Scalloped chop is an excellent dinner for a young child or an invalid.

ful of thick mint sauce. Dip the cutlets twice into this so that they are thickly masked, leave till set, and serve in a circle with a good salad of endive and beetroot in the middle.

house where good food is appreciated. Only a limited number is available, so *Home Cookery* readers should secure a copy without delay.

To Preserve Eggs.—Fill a wooden box with ordinary salt, smear each egg with olive oil, and place it in the salt with the pointed end downwards. Eggs treated in this way will keep fresh for some time.

When Making Bread and Butter Pudding, sprinkle each slice of bread and butter with desiccated coconut instead of currants, and strew some on the top. This will make a change from the ordinary pudding, and will be found very tasty.

How to Cook Green Peas.

Here are some English and French Recipes for the Treatment of Green Peas.

HAM AND GREEN PEAS.

ONE pound of ham, one pint of peas, one ounce of butter, half an ounce of flour, a quarter of a tin of tomatoes, and one gill of stock.

First rub the tomatoes through a wire sieve and add them to the stock. Melt in a saucepan the butter, stir in the flour, and add the stock and tomatoes. Mix all till boiling, and add the peas. Cook all gently for a quarter of an hour, and season with pepper and salt.

Cut the ham in thin slices. Make a frying-pan very hot over the fire, put in the slices, and cook them for five minutes.

Place the peas, tomatoes, etc., on a hot dish, and serve the ham on the top.

TO PRESERVE GREEN PEAS.

To every quart of shelled peas allow half a pint of salt. Mix well together, and leave in a dish all night. Next day fill bottles with the salt and peas, cork up, wax, and keep on their side.

When these are required for use they should be steeped overnight in cold water and thoroughly washed before being cooked in the usual way.

GREEN PEA SOUP.

Take a pint of shelled peas, with their pods, and place them in a pan with three pints of cold water, and (if possible) a ham bone.

Boil until the liquor is reduced to one half, then strain into another pan, remove the pods, and pass the peas through a sieve.

Add the purée to the soup, with one ounce of butter, a saltspoonful of pepper, and the same quantity of salt. Boil, and just before serving add half a pint of milk. Let the soup boil up again; and serve.

PETITS POIS À L'ANGLAISE.

Cook the peas in boiling water, with salt and two or three sprigs of green mint, let them boil for about twenty minutes, then drain them very thoroughly, and toss them for a minute or two over the fire with some

butter, adding pepper and salt to taste. Serve with or without the mint.

PURÉE DE PETITS POIS.

Boil a pint of peas in water with a few lettuce and spinach leaves, a sprig of mint and parsley, and one or two spring onions. When tender, pass the peas with the lettuce and spinach leaves, etc., through a hair sieve.

Melt an ounce or two of butter in a saucepan, add the purée with pepper and salt, and a few spoonfuls of good gravy; stir over the fire till of the right consistency, and serve as a garnish to an entrée.

PETITS POIS À LA BASQUAISE.

Melt some lard in a saucepan, add a large slice of ham, a shallot, pepper and salt, and a pint of peas, with a bunch of parsley.

Toss the whole on the fire till the peas are quite cooked, serve them with the slice of ham under them.

POTAGE À LA PURÉE DE POIS.

Boil a pint of green peas in two to two pints and a half of second stock or water with a piece of bacon, a carrot, an onion, a bay-leaf, a sprig of parsley, some spinach leaves, a few leaves of mint, and pepper and salt.

When thoroughly done, strain off the liquor, pass the peas and the green leaves with the onion through a hair sieve, and then add the liquor to the result, or as much of it as will make the purée of the right consistency, stirring it all the time over the fire.

Bring to the boil, add lastly a spoonful of cream (if at hand), season to taste with pepper and salt, and serve with small croutons of bread fried in butter.

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