

Tx 728  
.B88

Hollinger Corp.  
pH 8.5

# INDEX.

- Bread, Biscuit, Fritters, etc.**
- Apple Fritters..... Mar. 10  
Baked Hominy..... Dec. 31  
Baking Powder Biscuit..... Sept. 14  
Bath Buns..... Aug. 25  
Bolivars..... Nov. 21  
Boston Brown Bread..... March 18  
Bread Sauted..... April 14  
Breakfast dish..... Aug. 28  
    Puffs..... Feb. 9  
Brown Bread Brewis..... Sept. 26  
Buckwheat Cakes..... Nov. 4  
Buns..... Oct. 25  
Cheese Crackers..... April 28  
    Fritters..... June 21  
    Straws..... Dec. 21  
Corn Bread..... Jan. 20  
    Muffins..... Jan. 10  
Crullers..... Oct. 10  
Crumb Muffins..... Nov. 10  
Crumpets..... Oct. 13  
Dip Toast..... Sept. 3  
Egg Toast..... April 14  
Graham Bread..... Jan. 13  
    Crackers..... Nov. 23  
    Muffins..... Feb. 22  
    Puffs..... May 3  
Hominy Cakes..... Feb. 11  
Oatmeal Gems..... Sept. 20  
Oyster Fritters..... Sept. 15  
Pandories..... Dec. 28  
Parker House Rolls..... March 23  
Peach Fritters..... Sept. 4  
Potato Puffs..... April 10  
    Rolls..... Nov. 3  
Quick Cream Biscuit..... Sept. 19  
Rice Croquettes..... Jan. 30  
Rye Biscuit..... Nov. 13  
    Bread..... Nov. 6  
Sally Lunn..... May 9  
Souffle Bread..... June 20  
Sour Milk Griddle Cakes..... Jan. 26  
Steamed Bread..... Sept. 6  
Strawberry Fritters..... May 28  
Sweetbreads..... Jan. 24  
Sweetbread Croquettes..... July 26  
Sweet Potato Croquettes..... Nov. 29  
Vienna Rolls..... Dec. 6  
White Bread..... Feb. 4  
Yeast..... Oct. 31
- Cake.**
- Almond Cake..... March 25  
Boiled Frosting..... Sept. 13  
    Sponge Cake..... June 28  
Cake..... Oct. 31  
Caramel Cake..... May 19  
Charlotte Russe..... March 5  
Chocolate Cake..... Jan. 8  
    Cookies..... Oct. 8  
Citron Cake..... June 20  
Coconut Cake..... Dec. 8  
    Cakes..... May 20  
    Cream Cake..... Nov. 8  
Coffee Cake..... April 17  
Corn Starch Cake..... Sept. 5  
Cornucopias..... Oct. 5  
Cream Cake..... Aug. 21  
    No. 2..... Oct. 18  
Cream for Orange Cake..... March 28  
Currant Cake..... Nov. 18  
Dark Cake without eggs..... Dec. 16  
English Walnut Cake..... Dec. 30  
Feather Cake..... Feb. 19  
Fig Cake..... Nov. 25  
Filling for Chocolate Cake..... Jan. 8  
    Coconut..... Dec. 8  
    Cream Cake..... Aug. 21  
    No. 2..... Oct. 18  
    Fig Cake..... Nov. 25  
    Pineapple Cake..... Aug. 8  
Gelatine Frosting..... Oct. 11  
Jelly Crackers..... Jan. 31  
Hard Gingerbread..... Sept. 22  
Hickory Nut Cake..... Jan. 22  
Ice Cream Cake..... May 4  
Lemon Cream Cake..... April 1  
    Snaps..... June 8  
Macaroons..... Dec. 4  
Molasses Drop Cakes..... June 3  
Old-fashioned Sponge Cake..... Oct. 28  
Orange Cake..... March 28  
    Shortcake..... Dec. 13  
Pancakes with Jelly..... June 17  
Pineapple Cake..... Aug. 8  
Plain Cake..... Aug. 11  
Pound Cake..... March 15  
Railroad Cake..... Sept. 28  
Raised Cake..... Nov. 15  
Raisin Cookies..... Dec. 26  
    Spirals..... Sept. 18  
Ribbon Cake..... Sept. 8  
Richmond Fruit Cake..... March 2  
Roll Jelly Cake..... Feb. 25  
Seed Cakes..... Dec. 10  
Snit Gingerbread..... Sept. 7, Nov. 7  
Strawberry Shortcake..... June 10  
Sugar Cookies..... March 1  
Sweet Shortcake..... Aug. 3  
Tea Cake..... June 13  
White Cake..... June 11
- Desserts, Fruit, etc.**
- Ambrosia..... Dec. 1
- Arrowroot Jelly..... Oct. 14  
Apple Float..... Feb. 21  
    Sauce..... Oct. 3  
    Snow..... March 9  
Baked Apple Dumplings..... Feb. 7  
    Custard..... March 24  
    Custard Dumplings..... Sept. 11  
    Pears..... Aug. 1  
    Quinces..... Oct. 1  
    Sour Apples..... Jan. 6  
Banana Cream..... Sept. 2  
    Ice Cream..... Sept. 10  
Bananas and Lemons..... Dec. 17  
    Whipped Cream..... Apr. 23  
Bavarian Cream..... April 16  
Blackberries..... July 30  
Black-Mange..... April 21  
Brown Betty..... April 6  
Chocolate Black-Mange..... June 17  
    Ice Cream..... Aug. 6  
Cider Jelly..... Oct. 31  
Coconut Cream Drops..... Jan. 31  
Coffee Drops..... Jan. 31  
    Jelly..... May 31  
Cranberry Jelly..... March 29  
    Sauce..... Dec. 12  
Cup Custard..... April 19  
Currants..... July 7  
Curried Rice..... June 14  
Custard Souffle..... May 10  
Frozen Peaches..... Aug. 27  
Fruit Preserving..... Sept. 30  
    Sago..... Aug. 31  
Lemon Jelly..... Sept. 29  
Musk-melon..... July 20  
Orange Charlotte..... Nov. 26  
Peaches and Cream..... Aug. 26  
Pineapple Cream..... Oct. 1  
    Sherbet..... July 23  
    Trifle..... July 4  
Raspberry Float..... July 14  
    Sauce..... July 21  
    Sherbet..... July 16  
Salted Almonds..... Nov. 30  
    Peanuts..... Jan. 9  
Saratoga Chips..... April 27  
Spiced Pineapple..... July 15  
Sliced Cream..... Aug. 15  
Stewed Apples..... Nov. 27  
    Pears..... Sept. 12  
    Prunes..... Jan. 28  
Steamed Rhubarb..... June 1  
    Rice..... May 22  
Strawberry Ice Cream..... July 9  
    Sauce..... May 23  
    Sponge..... May 18  
Strawberries in Jelly..... June 5  
    and whipped  
    Cream..... July 1  
Sweet Apple Pickle..... Oct. 6  
Tapioca Ice..... May 26  
Tea Drops..... Jan. 31  
Vanilla Ice Cream..... July 13  
Water-melon..... July 17
- Drinks.**
- Chocolate..... April 8  
Cocoa..... April 15  
Coffee..... March 11  
Iced or Russian Tea..... July 8  
Raspberry Shrub..... July 19
- Eggs, Omelets, etc.**
- Apple Omelet..... April 25  
Baked Eggs..... Aug. 17  
Bread Omelet..... Sept. 25  
Cauliflower Omelet..... June 12  
Egg Sandwiches..... Oct. 27  
Egg Vermicelli..... Feb. 20  
Fluffy Egg..... Aug. 13  
Mock Macaroni..... April 12  
Omelet for 4 people..... Jan. 14  
Oyster Omelet..... Nov. 12  
Pineapple Omelet..... May 2  
Scrambled Eggs..... Feb. 8  
Welsh Rare Bit..... Feb. 28
- Meat, Fish and Poultry.**
- Baked Clams..... Aug. 20  
    Cod..... March 17  
    Haddock..... Jan. 20  
    Lobster..... Dec. 15  
    Sausage..... Nov. 8  
Beef Rolls..... Feb. 15  
Boiled Blue Fish..... June 30  
    Cod..... Feb. 24  
    Ham..... Dec. 24  
    Leg of Mutton..... April 4  
Broiled Beef Steak..... March 7  
    Chicken..... June 25  
    Oysters..... Sept. 9  
    Meat Cakes..... Jan. 3  
Chicken Croquettes..... Jan. 9  
    Geese and Ducks..... Nov. 30  
    Pie..... May 7  
    with Cream..... Oct. 23  
Corned Beef..... Jan. 18  
Creamed Dried Beef..... May 27  
    Fish..... Jan. 7  
    Oysters..... Oct. 22  
    Salt Fish..... Jan. 12  
Curry of Mutton..... Oct. 2  
Fish Hash..... Sept. 23  
Fricassee Lamb..... Aug. 12
- Fried Chicken..... April 30  
    Shad Roes..... May 12  
    Smelts..... Oct. 27  
    Veal Cutlets..... March 20  
Frizzled Beef..... July 3  
Hamburg Steak..... April 26  
Little Neck Clam Sauce..... May 11  
    Pigs in Blankets..... Feb. 5  
Liver and Bacon..... Feb. 10  
Marketing for Fowl, Game..... Sept. 30  
Mock Duck..... Dec. 20  
Meat Pie..... Jan. 16  
Mutton Chops..... Feb. 27  
    Cutlets au Fromage..... June 22  
Oyster Patties..... Nov. 24  
    Rolls..... Dec. 20  
Pot Roast..... Feb. 1  
Rabbit Pie..... Nov. 5  
Ragout of Veal..... June 9  
Raw Oysters..... Sept. 30  
Roast Beef..... Nov. 19  
    Duck..... March 12  
    Lamb..... May 21  
    Oysters on Toast..... Sept. 24  
    Pork..... Nov. 11  
    Turkey..... Feb. 12  
    Veal..... May 16  
Salmon Patties..... Feb. 13  
    Steak..... Dec. 2  
Salt Fish Balls..... Jan. 1  
Sardine Sandwiches..... Nov. 30  
Sauted Meat..... March 22  
Scalloped Beef..... Jan. 11  
    Oysters..... March 14  
    Roes..... June 2  
Soured Mackerel..... Sept. 1  
Steamed Chicken..... Dec. 10  
Stewed Kidney..... Aug. 18  
Tripe..... Oct. 14  
Turbot a la Creme..... Aug. 5  
Veal Hash..... March 21  
    Loaf..... Oct. 9  
Warmed-over Baked Fish..... April 29  
Yankee Pot-pie..... March 26
- Pies.**
- Berry Pie..... July 25  
Cranberry Pie..... Dec. 7  
Lemon Pie..... March 19, Oct. 16  
Mince Pie..... Nov. 9  
Orange Pie..... May 14  
Pastry for Pies..... April 22  
Peach Pie..... Sept. 7  
Pie-plant Pie..... June 4  
Pumpkin Pie..... Nov. 6  
Squash Pie..... Nov. 2  
Tarts..... Dec. 9  
Washington Pie..... Oct. 24
- Puddings.**
- Amber Pudding..... Oct. 19  
Apple Tapioca Pudding..... March 8  
Banana Pudding..... Nov. 29  
Berry..... June 27  
Boiled Tapioca Pudding..... Feb. 26  
Bread and Fruit..... June 6  
    Pudding..... Sept. 27  
Brown Bread Pudding..... Dec. 5  
Cherry Pudding..... July 12  
Coconut..... Jan. 23  
Corn..... July 31  
Cottage..... Feb. 16  
Cracker..... April 11  
Cranberry..... Dec. 14  
Custard for Snow Pudding..... Feb. 14  
Delmonico Pudding..... March 16  
Fig Pudding..... July 15  
Huckleberry Pudding..... Mch. 27, July 24  
Indian Mush..... Feb. 18  
    Pudding..... Jan. 25  
Macaroon..... Oct. 15  
Molasses..... April 13  
Mother's Charlotte Pudding..... Oct. 29  
Orange Pudding..... March 30  
Peach Pudding..... Dec. 30  
Plum..... Dec. 25  
Pork..... Dec. 23  
Prune..... Nov. 14  
Puff..... Feb. 27  
Rice..... Feb. 16  
Snow..... Feb. 14  
Steamed..... Jan. 4  
Suet..... Feb. 23
- Salads, Sauces, etc.**
- Boiled Dressing, Cold Slaw..... March 6  
Brown Sauce..... March 31  
Cabbage Salad..... Aug. 31  
Caper Sauce..... April 4  
Celery Salad..... Nov. 17  
Chicken Salad..... Sept. 17  
Cream Sauce..... March 31  
Cucumber Pickles..... Oct. 31  
Egg Salad..... Aug. 23  
    Sauce for Fish..... Feb. 24  
French Mustard..... Dec. 3  
Gravy for Turkey..... Feb. 13  
Hard Sauce..... Aug. 7  
Hollandaise Sauce..... April 28  
Lemon Sauce..... Feb. 16, Oct. 7  
Lobster Salad..... May 13  
Mayonnaise Dressing..... April 9  
Milk Gravy..... Nov. 22  
Mint Sauce..... July 2
- Mushroom Sauce..... Jan. 27  
Potato Salad..... May 20  
Salad Pot-pourri..... July 11  
Sardine Salad..... Aug. 10  
Sweet Potato Salad..... Oct. 30  
Thick Cream Sauce..... Jan. 9  
White Sauce..... March 31
- Soups.**
- Asparagus Soup..... May 24  
Barley Broth..... Nov. 28  
Bean Soup..... May 30  
Beef Stew with Dumplings..... Jan. 5  
Black Bean Soup..... Dec. 18  
Bouillon..... Sept. 16  
Clam Soup..... Aug. 28  
Corn Chowder..... Aug. 10  
    Soup..... July 22  
Cream Celery Soup..... Mch. 4  
Fish Chowder..... Feb. 3  
Green Pea Soup..... July 27  
Irish Stew..... Aug. 24  
Macaroni Soup..... Sept. 21  
Mutton Broth..... Oct. 26  
Oyster Stew..... Feb. 2  
Potato Soup..... May 15  
Tomato Soup..... Jan. 21  
Turkey..... Jan. 2
- Sundries.**
- About Coffee..... May 31  
Arrowroot Jelly..... Oct. 14  
Barberry Jam..... Sept. 30  
    Jelly..... Sept. 30  
Cake Making..... Oct. 31  
Candied Almonds..... Aug. 31  
Chocolate Caramels..... Aug. 31  
    Creams..... Aug. 31  
Chickens, Geese and Ducks..... Nov. 30  
Cotton Batting in Canning..... July 31  
Culinary Points..... May 31  
Dainty Lunch-basket..... Aug. 7  
Delicious Lunch..... Oct. 14  
Gastronomic Scraps..... May 31  
Hints on Lemon Squeezers..... Aug. 14  
Hominy..... May 17  
How to Cook Oatmeal..... Sept. 28  
Marshmallows..... Aug. 31  
New tins..... Mch. 31  
Nice Griddle Cakes..... Oct. 14  
Oatmeal..... May 8  
Orange Cream Bon-bons..... Aug. 31  
Peanut Candy..... Mch. 31  
Peppermints..... Aug. 31  
Picnic preparations..... Nov. 22  
Plum Pudding Candy..... Aug. 31  
Preserving Cranberries..... Sept. 30  
    Chickesaw Plums..... Sept. 30  
    Common Pears..... Sept. 30  
    Damson Plums..... Sept. 30  
    Grapes..... Sept. 30  
    Green Gage..... Sept. 30  
    and Egg Plums..... Sept. 30  
Preserving Iron Pears..... Sept. 30  
    Newt'n Pippins..... Sept. 30  
    Peaches..... Sept. 30  
    Quinces..... Sept. 30  
Rural Taffy..... Aug. 31  
Sardine Sandwiches..... Nov. 30  
Stale Bread, Loaf of..... Sept. 14  
Vinegar as a neutralizer..... July 31
- Vegetables.**
- Asparagus..... May 2  
Baked Beans..... Mch. 3  
    Cabbage..... June 16  
    Corn..... Aug. 2  
    Onions..... June 18  
    Potatoes..... Apr. 6  
    Tomatoes..... July 6  
Beet Greens..... June 10  
Beet Hash..... Feb. 17  
Beets..... Nov. 1  
Boiled Onions..... Aug. 22  
Brown Baked Potatoes..... Jan. 15  
Carrots with Cream Sauce..... May 6  
Cauliflower a la Creme..... April 24  
Cones of Carrots and Turnips..... Oct. 21  
Corn Oysters..... Aug. 14  
Creamed Cabbage..... May 25  
    Potatoes..... March 31  
Dandelions..... April 20  
Egg-plant..... July 28  
Fried Breakfast Vegetables..... Jan. 31  
    Cucumbers..... July 5  
    Parsnips..... May 5  
    Tomatoes..... June 25  
Green Corn..... July 18  
Lettuce..... April 2  
Lima Beans..... Aug. 29  
Macaroni with Cheese..... Jan. 17  
Preparing Potatoes..... Nov. 30  
Rice Potatoes..... Dec. 24  
Scalloped Potatoes..... Mch. 13  
    Tomatoes..... June 26  
Sliced Cucumbers..... June 24  
Spinach..... April 5  
Steamed Celery..... Oct. 12  
String Beans..... July 10  
Stuffed Egg-plant..... Aug. 4  
Succotash..... Aug. 9  
Summer Squash..... Aug. 16  
Sweet Potatoes..... Oct. 20  
Tomato Hash..... Dec. 12  
Turnips a la Creme..... Oct. 17





## SATURDAY, DEC. 16

**Breakfast**—Wheat Germ with Cream. Sausage. Bread and Butter. Buckwheat Cakes. Maple Syrup. Coffee.  
**Dinner**—Mutton Chops. White and Sweet Potatoes. Bread and Butter. Apple and Pumpkin Pie.  
**Supper**—Baked Beans. Boston Brown Bread. Cut up Oranges. Dark Cake. Tea.  
**DARK CAKE WITHOUT EGGS.**—1 cup sugar, ½ cup butter, 1 cup molasses, 1 cup milk, 1 cup raisins, 3½ cups flour, 1 teaspoonful each of cloves, cinnamon, nutmeg and 2 teaspoonfuls baking powder.

## SUNDAY, DEC. 17

**Breakfast**—Brewis with Cream. Fried Cod. Fish Cakes. Warm Potatoes. Breakfast Puffs. Coffee.  
**Dinner**—Roast Beef. Gravy. Browned Baked Potatoes. Canned Tomatoes. Celery. Bread and Butter. Mince and Lemon Pies. Cheese.  
**Supper**—Welsh Rare Bit. Bread and Butter. Bananas and Lemon. Cake. Tea.  
**BANANAS AND LEMON.**—Prepare the bananas the night before. Remove the skins and cut in slices about an inch thick, place on a berry dish and sprinkle with sugar, 1 tablespoonful to 4 bananas. Then squeeze over that the juice of 1 lemon, adding 1 tablespoonful cold water. Set in a cool place until ready to serve.

## MONDAY, DEC. 18

**Breakfast**—Wheat Germ with Cream. Omelet. Fried Potatoes. Bread and Butter. Coffee.  
**Dinner**—Black Bean Soup. Beef Rolls or Olives. Baked White and Sweet Potatoes. Bread Pudding.  
**Supper**—Sardines Garnished with Lemon. Thin Bread and Butter. Cut up Oranges. Cake. Cocoa.

**BLACK BEAN SOUP.**—Wash and pick over a pint of black beans. Put on the stove with 2 quarts of water, a sliced onion, a bay leaf, a bunch of sweet herbs, a stalk of celery and a few sprays of parsley. Simmer gently until the beans are tender enough to rub through a colander. After straining, add 1 quart of strong stock, boil all together and serve.

## TUESDAY, DEC. 19

**Breakfast**—Indian Mush with Cream. Sausage. Buckwheat Cakes. Coffee.  
**Dinner**—Boiled Leg of Mutton. Caper Sauce. Boiled Rice. Potatoes. Bread and Butter. Orange Short-cake.  
**Supper**—Sliced Mutton. Currant Jelly. Bread and Butter. Seed Cakes. Tea.  
**SEED CAKES.**—1 cup butter, 2 cups sugar, 1 cup milk, 1 tablespoonful sugar, 1½ teaspoonfuls baking powder, flour to roll out.

## WEDNESDAY, DEC. 20

**Breakfast**—Oranges. Hash. Hot Buttered Toast. Fried Indian Mush. Maple Syrup. Coffee.  
**Dinner**—Mock Duck. Gravy. Mashed White Potatoes. Turnips. Bread and Butter. Jelly Crackers.  
**Supper**—Salmon Patties. Bread and Butter. Canned Peaches. Cake. Chocolate.  
**MOCK DUCK.**—Take 1½ pounds round steak, make a dressing of bread crumbs, add a little sage and summer savory, season with pepper and salt, add a tablespoonful butter, using 1 quart bread crumbs. Mix with 1 egg and a little milk, sufficient to bind. Cover the steak with dressing, roll and tie, bake well in a roaster in a moderate oven.

## THURSDAY, DEC. 21

**Breakfast**—Oatmeal with Cream. Creamed Salmon on Toast. Hot Rolis. Coffee.  
**Dinner**—Mutton Chops. Potatoes. Squash. Bread and Butter. Coconut Pudding.  
**Supper**—Creamed Toast. Cheese Straws. Crackers. Stewed Fruit. Cake. Tea.  
**CHEESE STRAWS.**—3 tablespoonfuls flour, 3 tablespoonfuls cheese, (grated) 1 tablespoonful butter, 1 tablespoonful milk, ½ saltspoonful salt, ¼ saltspoonful pepper, ½ saltspoonful nutmeg, yolk of 1 egg. Mix the dry ingredients, and add the milk, egg and butter, softened. Mix all well with a spoon and when the dough is smooth divide it into 2 parts. Roll these very thin, cut them into narrow strips three inches long, and bake in a slow oven 15 minutes. The straws may be served hot or cold, arranged in bundles tied with ribbon or piled on a plate log cabin style.

## FRIDAY, DEC. 22

**Breakfast**—California Breakfast Food with Cream. Poached Eggs on Toast. Doughnuts. Coffee.  
**Dinner**—Fish Chowder. Macaroni with Cheese. Cold Slaw. Bread and Butter. Oranges and Bananas.  
**Supper**—Sliced Ham. Bread and Butter. Hot Baked Apples. Cake. Tea.  
**BOILED HAM.**—Soak the ham in a large quantity of water for 24 hours, then trim and scrape it clean, put it into a large stew pan with more than sufficient water to cover it, put in a blade of mace, a few cloves, a sprig of thyme and 2 bay leaves. Boil for 4 or 5 hours. When done, let it become cold in the water in which it was boiled. Remove the rind without injuring the fat, and serve it sliced thin.

## SATURDAY, DEC. 23

**Breakfast**—Oatmeal with Cream. Warm over Chowder. Bread and Butter. Coffee.  
**Dinner**—Fried Pork Chops. Potatoes. Apple Sauce. Bread and Butter. Pork Pudding.  
**Supper**—Creamed Oysters. Hot Buttered Toast. Jam. Cake. Chocolate.  
**PORK PUDDING.**—1 cup chopped pork, 1 cup chopped apple, 1 cup molasses, 1 cup sweet milk, 1 teaspoonful soda, 1 pound seedless raisins and flour to make very stiff. Steam 3 hours and eat with any favorite sauce.

## SUNDAY, DEC. 24

**Breakfast**—Wheat Germ with Cream. Fried Smelts. Creamed Potatoes. Corn Muffins. Coffee.  
**Dinner**—Leg of Mutton. Caper Sauce. Rice Potatoes. Canned Peas. Celery. Bread and Butter. Macaroni Pudding.  
**Supper**—Cold Sliced Mutton. Thin Bread and Butter. Stewed Fruit. Cake. Tea.  
**RICE POTATOES.**—Pare the potatoes and cook in boiling salted water. When done, pour off the water and set the kettle on the stove until the potatoes are dry, then press through a potato squeezer and they will be light and look like rice.

## MONDAY, DEC. 25

**Breakfast**—California Breakfast Food with Cream. Hash. Hot Buttered Toast. Coffee.  
**Dinner**—Pea Soup. Bread. Roast Turkey. Celery. Cranberry Sauce. Mashed Potatoes. Cauliflower. Roast Duck. Currant Jelly. Baked Sweet Potatoes. Lettuce Salad. Plum Pudding. Wine Sauce. Ice Cream. Sponge Cake. Fruit. Salted Almonds. Coffee.  
**Supper**—Thin Bread and Butter. Cut up Oranges. Cake. Tea.

**PLUM PUDDING.**—10 eggs, 1 pound beef suet, 1 pound raisins, 1 pound currants, 1 pint milk, 1 pound flour, ¼ pound citron. Put the flour and suet together, rub fruit also in a little flour. Beat the eggs very light, leaving out the whites of 5, add all the ingredients gradually into the batter. If it is thicker than cup cake batter, add a little more milk, then add 1 teaspoonful each of ground ginger, cinnamon, and cloves, 2 teaspoonfuls nutmeg, 1 pint of 1 lemon, 1 wine glass of wine, 1 of brandy, a little mace, 1 rind bread crumbs. Boil in a pudding bag 4 hours, pour brandy over the pudding, bring to the table burning. *Sauce.*—Foaming sauce, flavored with wine.

## TUESDAY, DEC. 26

**Breakfast**—Oranges. Hashed Duck on Toast. Bread and Butter. Coffee.  
**Dinner**—Cold Turkey. Baked White Potatoes. Turnips. Celery. Bread and Butter. Apple Snow.  
**Supper**—Hot Baked Apples. Bread and Butter. Raisin Cookies. Tea.  
**RAISIN COOKIES.**—1 cup butter, 1½ cups sugar, 3 eggs, 1 teaspoonful each of soda, cinnamon and cloves, a pinch of mace, flour to roll stiff, 1 cup stoned and chopped raisins. Bake and cover tightly as soon as taken from the pan.

## WEDNESDAY, DEC. 27

**Breakfast**—Oatmeal with Cream. Poached Eggs on Toast. Doughnuts. Coffee.  
**Dinner**—Turkey Soup. Broiled Beef Steak. Potatoes. Squash. Bread and Butter. Puff Pudding.  
**Supper**—Celery Salad. Bread and Butter. Canned Fruit. Cake. Chocolate.

**PUFF PUDDING.**—Mix in 1 quart flour a teaspoonful baking powder, a pinch of salt, and sweet milk to make a batter. Pour in a greased pan, cover the top with steamed apples, then a few bits of butter and steam half an hour.

## THURSDAY, DEC. 28

**Breakfast**—Indian Mush with Cream. Sausage. Buckwheat Cakes. Coffee.  
**Dinner**—Broiled Slice of Ham. Pandories. Potatoes. Canned Corn. Bread and Butter. Pumpkin and Mince Pie. Cheese.  
**Supper**—Scalloped Potatoes. Bread and Butter. Cut up Oranges. Cake. Tea.  
**PANDORIES.**—Chop cold beef very fine, season well with salt and pepper, roll out some pie-crust thin, cut in rounds as large as a saucer, wet the edges with cold water, put a large tablespoonful of minced beef, moistened with gravy or stock, on ½ of the round, fold, pinch well together and drop into boiling fat, fry till brown, or bake.

## FRIDAY, DEC. 29

**Breakfast**—Oranges. Soft Boiled Eggs. Bread and Butter. Fried Indian Mush. Maple Syrup. Coffee.  
**Dinner**—Boiled Cod. Egg Sauce. Potatoes. Stewed Tomatoes. Bread and Butter. Bananas.  
**Supper**—Oyster Roll. Hot Buttered Toast. Canned Strawberries. Cake. Tea.  
**OSTER ROLL.**—Cut a round piece six inches around from the top of a loaf of bread, remove the inside from the loaf, leaving crust an inch thick; make a rich oyster stew, fill the loaf with it and the bread crumbs. Glaze the outside of the loaf with beaten egg and place in the oven 10 minutes or till brown.

## SATURDAY, DEC. 30

**Breakfast**—Hominy with Cream. Creamed Fish on Toast. Fried Potatoes. Bread and Butter. Coffee.  
**Dinner**—Tripe. Potatoes. Turnips. Celery. Bread and Butter. Apple and Lemon Pie. Cheese.  
**Supper**—Boston Brown Bread. Baked Beans. Stewed Prunes. English Walnut Cake. Tea.

**ENGLISH WALNUT CAKE.**—Make Feather Cake and bake in layers, spread boiled icing on each layer and on top of the icing press the meat of English walnuts, which have been carefully halved. Save the perfect nuts for the top.

## SUNDAY, DEC. 31

**Breakfast**—Brewis with Cream. Cod Fish Balls. Creamed Potatoes. Breakfast Puffs. Coffee.  
**Dinner**—Roast Beef. Gravy. Browned Baked Potatoes. Turnips. Celery. Bread and Butter. Orange Short-cake.  
**Supper**—Baked Hominy. Maple Syrup. Apple Sauce. Cake. Chocolate.  
**BAKED HOMINY.**—Mix cold boiled hominy with 2 beaten eggs, 1 cup milk, a little salt, put in baking dish with small bits of butter on top and bake till brown.





## SUNDAY, JAN. 1

**Breakfast.**—Oatmeal, with Cream; Salt Fish Balls; Buttered Toast; Coffee.

**Dinner.**—Roast Turkey, Cranberry Sauce; Mashed Potatoes; Turnips; Celery; White Bread and Butter; Pumpkin Pie.

**Supper.**—Thin Bread and Butter; Cold Turkey; Canned Peaches; New Years Cakes; Tea.

**SALT FISH BALLS.**—One cup raw salt fish, 1 pint potatoes, 1 teaspoonful butter, 1 egg, well beaten,  $\frac{1}{2}$ -teaspoonful pepper, more salt, if needed. Wash the fish, pick in half-inch pieces and free from bones. Pare the potatoes and cut in quarters. Put the potatoes and fish in a stew pan and cover with boiling water. Boil twenty-five minutes, or till the potatoes are soft. Drain off all the water; mash and beat the fish and potatoes till very light. Add the butter and pepper, and when slightly cooled add the egg and more salt if needed. Shape in a table spoon without smoothing much. Slip them off into a basket, and fry in *smoking hot lard* one minute. The lard should be hot enough to brown a piece of bread while you count forty. Drain on soft paper.

## MONDAY, JAN. 2

**Breakfast.**—Hominy, with Cream; Scrambled Eggs; White Bread and Butter; Coffee.

**Dinner.**—Turkey Soup and Crackers; Broiled Mutton Chops; Fried Potatoes; White Bread and Butter; Oranges.

**Supper.**—Hot Rolls; Butter; Dried Beef; Currant Jelly; Plain Cake; Tea.

**TURKEY SOUP.**—Place the turkey bones in a kettle and cover with cold water. Let come to a boil and then simmer for two hours. Put the kettle in a cold place, and when the soup is cool skim off all the fat and bones, bits of meat, etc. Put on the stove and boil for half an hour. Season with pepper and salt.

## TUESDAY, JAN. 3

**Breakfast.**—Oranges; Buckwheat Griddle Cakes, with Maple Syrup; White Bread and Butter; Coffee.

**Dinner.**—Broiled Meat Cakes; Baked Potatoes; Canned Stewed Tomatoes; White Bread and Butter; Pumpkin Pie.

**Supper.**—Fried Hominy; Graham Bread and Butter; Cut up Oranges; Plain Cake; Cocoa.

**BROILED MEAT CAKES.**—Chop *lean raw beef* quite fine. Season with salt, pepper and a little chopped onion. Make it into small, flat cakes and broil on a well-greased gridiron or on a hot frying-pan. Turn the cakes very often.

## WEDNESDAY, JAN. 4

**Breakfast.**—Wheatlet, with Cream; Fried Ham and Eggs; White Bread and Butter; Coffee.

**Dinner.**—Corned Beef; Cabbage; Creamed Potatoes; White Bread and Butter; Steamed Pudding; Sauce.

**Supper.**—Cold Sliced Corned Beef; Hot Baked Apples; White and Graham Bread; Ginger Snaps; Tea.

**STEAMED PUDDING.**—One pint bread crumbs, one egg (well beaten), one cup molasses, one cup cold water, one cup flour, one teaspoonful soda, one teaspoonful cinnamon, one teaspoonful cloves, one half teaspoonful allspice, a little salt. Steam three hours. **SAUCE.**—One cup sugar, one-half cup butter, one egg (well beaten), one cup boiling water, a little nutmeg. Beat not boil.

## THURSDAY, JAN. 5

**Breakfast.**—Oatmeal and Cream; Corned Beef Hash; Hot Rolls; Coffee.

**Dinner.**—Beef Stew with Dumplings; Celery; White Bread and Butter; Rice Pudding.

**Supper.**—Milk Toast; Crackers and Cheese; Cocoa.

**BEEF STEW, WITH DUMPLINGS.**—Cut the meat into small pieces. Dredge with salt, pepper and flour (if not previously cooked) and brown all over in drippings or salt pork. Put it into the stew-pan. Cut two onions, one small white turnip and half a small carrot into half-inch dice. Add them to the stew. Add *boiling water* enough to cover, and simmer two or three hours. When the meat is tender add six or eight small potatoes. Season to taste. **DUMPLINGS.**—One pint of flour, half a teaspoonful of salt, two teaspoonfuls of baking-powder. Mix with one scant cup sweet milk into a dough soft enough to handle easily. Pat it out half an inch thick. Cut in small rounds, or mix softer and drop by the spoonful into the boiling stew. Cook ten minutes. Serve.

## FRIDAY, JAN. 6

**Breakfast.**—Whole Wheat Mush, with Cream; Warmed-Over Stew; Hot Baked Sour Apples; White Bread and Butter; Coffee.

**Dinner.**—Baked Halibut; Baked Sweet Potatoes; Baked White Potatoes; Bread and Butter; Blanc-Mange.

**Supper.**—Buttered Toast; Cheese; Canned Strawberries; Cake; Milk; Tea.

**BAKED SOUR APPLES.**—Pick out sound apples. Core them and place in a baking dish. Fill each apple center with white sugar, and pour a little water in the dish. Bake until apples are very soft.

## SATURDAY, JAN. 7

**Breakfast.**—Oatmeal, with Cream; Creamed Fish; Warmed Potatoes; Bread and Butter; Coffee.

**Dinner.**—Broiled Beef Steak; Mashed White Potatoes; Canned Stewed Tomatoes; Bread and Butter; Hot Apple Pie and Cheese.

**Supper.**—Baked Beans; Boston Brown Bread; Apple Sauce, Cake; Tea.

**CREAMED FISH.**—Pick cold broiled or baked halibut into small pieces, taking out all bones. Boil one cup of milk, one teaspoonful of butter and one heaping teaspoonful of flour. (Mix the flour with a very little milk, so that it will be smooth.) When boiling add the fish, and serve as soon as creamy.

## SUNDAY, JAN. 8

**Breakfast.**—Oranges; Fried Oysters; Fried Potatoes; Buttered Toast; Coffee.

**Dinner.**—Roast Chicken; Celery; Sweet Potatoes; Mashed Potatoes; Gravy; Bread and Butter; Apple Pie; Cheese.

**Supper.**—Thin Bread and Butter; Cheese; Canned Pears; Chocolate Cake.

**CHOCOLATE CAKE.**—*Cake.*—A piece of butter the size of a butternut, (beaten till creamy,) 1 cup sugar, 1 egg, (beaten light,)  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup flour, 1 heaping teaspoonful baking powder. *Filling.*—Melt 1 square chocolate. Add, when melted, 1 cup sugar 5 tablespoonfuls of milk. Boil three minutes. Add 1 teaspoonful vanilla. Beat with an egg-beater till cool enough to spread on cake.

## MONDAY, JAN. 9

**Breakfast.**—Hominy, with Cream; Boiled Eggs; Warmed Potatoes; Bread and Butter; Coffee.

**Dinner.**—Chicken Soup and Crackers; Slice of Ham, Broiled; Mashed White Potatoes; Turnips; Bread and Butter; Oranges.

**Supper.**—Chicken Croquettes; Bread and Butter; Apple Sauce; Chocolate.

**CHICKEN CROQUETTES.**—One cup cold chicken, chopped very fine and seasoned with half a teaspoonful of salt, half a teaspoonful of celery salt, a quarter of a saltspoonful of cayenne pepper, and one saltspoonful of white pepper. Make one-half pint of very thick cream sauce and mix the sauce with the chicken. Spread on a shallow plate to cool. Shape into rolls. Roll in fine cracker dust, then dip in beaten egg, then in crumbs again and fry one minute in *smoking hot lard*. Drain on soft paper.

**THICK CREAM SAUCE.**—One cup hot milk, 1 even tablespoonful butter, 2 heaping table spoonfuls flour, 1 heaping table spoonful cornstarch,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$  saltspoonful white pepper,  $\frac{1}{2}$  teaspoonful celery salt. Scald the milk. Melt the butter in a saucepan. When bubbling, add the dry cornstarch. Stir till well mixed. Add more milk and boil again. When perfectly smooth, add the remainder of the milk. The sauce should be very thick, almost like a drop batter. Add the seasoning and mix while hot with the chicken.

## TUESDAY, JAN. 10

**Breakfast.**—California Breakfast Food, with Cream; Broiled Mutton Chops; Fried Potatoes; Corn Muffins and Butter; Coffee.

**Dinner.**—Roast Beef, Gravy; Pickles; Mashed White Potatoes; Parsnips; Bread and Butter.

**Supper.**—Cold Roast Beef, (sliced thin); Buttered Toast; Apple Jelly; Cake; Chocolate.

**CORN MUFFINS.**—One cup common corn meal, 2 table spoonfuls sugar, 1 scant teaspoonful salt, 1 even table spoonful butter, 5 cups boiling water. Mix at night the meal, sugar and salt, in the top of the double boiler. Add the butter and boiling water, stir until smooth, and cook an hour. Turn into a mixing-bowl and pour over it one-fourth of a cup of water to prevent a crust from forming. In the morning beat it up soft and smooth. Mix one cup and a half of fine yellow corn flour, one cup and a half of white flour, two even teaspoonfuls of baking-powder and stir them in with the cooked meal. Add one egg (well beaten.) Drop the mixture into round iron gem pans and bake in a hot oven.

## WEDNESDAY, JAN. 11

**Breakfast.**—Oatmeal, with Cream; Buckwheat Griddle Cakes, with Maple Syrup; White Bread and Butter; Coffee.

**Dinner.**—Beef Soup; Pork Chops; White and Sweet Potatoes; Celery; Bread and Butter; Nuts and Raisins.

**Supper.**—Scalloped Beef; Bread and Butter; Canned Peaches; Cake.

**SCALLOPED BEEF.**—Chop cold roast beef very fine. Season to taste and make quite moist with gravy. Butter a baking dish and put alternate layers of the meat and mashed potato. Dust fine cracker crumbs on the top, and bury small lumps of butter. Bake till the crumbs are brown.

## THURSDAY, JAN. 12

**Breakfast.**—California Breakfast Food, with Cream; Creamed Salt Fish; Hot Rolls; Coffee.

**Dinner.**—Roast Mutton, Gravy; Boiled Potatoes; Canned Tomatoes; Squash; Bread and Butter; Cup Custard.

**Supper.**—Cold Sliced Mutton; Currant Jelly; Bread and Butter; Sponge Cake; Cocoa.

**CREAMED SALT FISH.**—Serve one cup of picked-up fish in a rich cream sauce, on toast. For cream sauce see rule for Monday, Jan. 9th. Soak the fish over night in cold water, with the skin side up. Pick into small bits and mix with the cream sauce. Serve on toast as soon as hot.

## FRIDAY, JAN. 13

**Breakfast.**—Hominy, with Cream; Hash; Warmed Potatoes; Bread and Butter; Coffee.

**Dinner.**—Fried Smelts; Canned Tomatoes; Celery; Potatoes; Cottage Pudding.

**Supper.**—Milk Toast; Graham Bread and Butter; Cheese; Canned Cherries; Cake; Tea.

**GRAHAM BREAD.**—One pint milk, scalded and cooled, two table spoonfuls molasses, one teaspoonful salt, one-half cup yeast, two cups white flour and three or three and one-half cups Graham flour. In the morning mix, in the order given, into a dough a little softer than for white bread. Let it rise till light. Stir it down. Pour it into well-greased pans. Let it rise again, and bake a little longer and in a less hot oven than white bread.





**FRIDAY, DEC. 1**

**Breakfast**—Oatmeal with Cream, Lamb Chops, Warmed Potatoes, Bread and Butter, Coffee.  
**Dinner**—Potato Soup, Cold Turkey Warmed in Gravy, Mashed Potatoes, Sweet Potatoes, Cranberry Sauce, Bread and Butter, Pumpkin Pie.  
**Supper**—Oyster Stew, Crackers, Ambrosia, Cake, Tea.

**AMBROSIA**.—Grate 1 coconut, slice several oranges, put a layer of the orange in a glass fruit dish, sprinkle with sugar and strew with coconut, continue in this way until the dish is full, having coconut on the top.

**SATURDAY, DEC. 2**

**Breakfast**—Sausage, Bread and Butter, Buckwheat Cakes, Maple Syrup, Doughnuts, Coffee.  
**Dinner**—Salmon Steak, Potatoes, Stewed Tomatoes, Cold Slaw, Bread and Butter, Apple and Mince Pie.  
**Supper**—Baked Beans, Boston Brown Bread, Fruit, Cake, Tea.

**SALMON STEAK**.—It is delicious cooked in this way. Boil in salted water for 25 minutes, putting the fish in when the water is hot. While it is boiling, mix 1 tablespoonful butter and 1 tablespoonful flour together, pour boiling water over it, beat it until light, and turn it over the fish when it is on the platter ready for the table. The water must be literally boiling or the flour will have a raw taste. Use pepper, salt and chopped parsley in the dressing to suit the taste.

**SUNDAY, DEC. 3**

**Breakfast**—Brewis with Milk, Warmed over Salmon, Breakfast Rolls, Coffee.  
**Dinner**—Roast Beef, Gravy, Browned Baked Potatoes, Canned Corn, Celery, Bread and Butter, Mother's Charlotte Pudding.  
**Supper**—Sliced Beef, French Mustard, Thin Bread and Butter, Canned Peaches, Cake, Tea.

**FRENCH MUSTARD**.—4 tablespoonfuls dry mustard, 1 tablespoonful sugar, 1 teaspoonful vinegar, 1 teaspoonful cinnamon, ½ teaspoonful each of cloves, black pepper and flour. Mix smooth with vinegar and let it come to a boil. When cold, add 2 tablespoonfuls olive oil.

**MONDAY, DEC. 4**

**Breakfast**—Oatmeal with Cream, Hash, Warmed Potatoes, Bread and Butter, Coffee.  
**Dinner**—Veal Cutlet, Potatoes, Curried Rice, Bread and Butter, Nuts and Raisins.  
**Supper**—Celery Salad, Thin Bread and Butter, Hot Baked Apples, Macaroons, Chocolate.

**MACAROONS**.—Very delicate macaroons are made of ¼ pound almonds, blanched and pounded, with a little rose water added to moisten and flavor them. Beat the whites of 3 eggs very light, add ½ cup sugar gradually, mix all thoroughly together and drop on clean writing paper and bake for about 3 minutes in a quick oven.

**TUESDAY, DEC. 5**

**Breakfast**—Hominy with Cream, Minced Veal on Toast, Doughnuts, Coffee.  
**Dinner**—Roast of Pork, Potatoes, Stewed Celery, Apple Sauce, Bread and Butter, Brown Bread Pudding.  
**Supper**—Sliced Pork, Bread and Butter, Currant Jelly, Cake, Tea.

**BROWN BREAD PUDDING**.—1 cup molasses, 1 teaspoonful soda, dissolved in ½ cup boiling water, stir this thoroughly in the molasses, add 3 parts of graham flour to 1 of corn meal in sufficient quantity to make a batter. Add 1 tablespoonful melted lard and ½ pound stoned and floured dates. Steam 4 hours and serve with foaming sauce.

**WEDNESDAY, DEC. 6**

**Breakfast**—Bread Omelet, Hot Buttered Toast, Hominy Griddle Cakes, Maple Syrup, Coffee.  
**Dinner**—Broiled Beef Steak, Potatoes, Squash, Bread and Butter, Apple Snow.  
**Supper**—Sardines Garnished with Lemon, Vienna Rolls, Cut up Oranges, Cake, Tea.

**VIENNA ROLLS**.—1 quart flour, ½ teaspoonful salt, 2 teaspoonfuls baking powder, 1 tablespoonful lard, 1 pint milk. Sift together flour, salt and baking powder, rub in the lard, cold, add the milk and mix into a smooth dough. Turn on to board handle as little as possible, roll ½ inch thick, cut with a large round cutter, fold ½ over on the other. Lay them on a greased baking sheet without touching and wash them over with a little milk to glaze them, and bake in a hot oven 15 minutes.

**THURSDAY, DEC. 7**

**Breakfast**—Oatmeal with Cream, Liver and Bacon, Bread and Butter, Coffee.  
**Dinner**—Corned Beef, Cabbage, Potatoes, Beets, Bread and Butter, Cranberry Pie.  
**Supper**—Sliced Corn Beef, Thin Bread and Butter, Jam, Cake, Chocolate.

**CRANBERRY PIE**.—Fill under crust with cranberries that have been cooked as for sauce and bake. When done spread over the top whipped cream and serve.

To prevent pie juice from running out in the oven, make a little opening in the upper crust, and insert a little roll of brown paper perpendicularly. The steam will escape from it as a chimney, and all the juice will be retained in the pie.

**FRIDAY, DEC. 8**

**Breakfast**—Wheat Germ with Cream, Beet Hash, Bread and Butter, Coffee.  
**Dinner**—Boiled Cod, Egg Sauce, Potatoes, Turnips, Celery Salad, Bread and Butter, Oranges and Bananas.  
**Supper**—Scalloped Potatoes, Bread and Butter, Sauce, Coconut Cake, Tea.

**COCONUT CAKE**.—¼ cup butter, 2 cups sugar, yolks of 4 eggs, whites of 2, 1 cup sweet milk, ¾ cups flour, 2 teaspoonfuls baking powder. **Filling**.—Cover each layer with an icing made of the beaten whites of 2 eggs and ½ cup powdered sugar. Grate a coconut and sprinkle over the icing, saving as much as possible for the top.

**SATURDAY, DEC. 9**

**Breakfast**—Oatmeal with Cream, Creamed Fish on Toast, Corn Bread, Coffee.  
**Dinner**—Ham and Eggs, Potatoes, Squash, Bread and Butter, Tarts.  
**Supper**—Scalloped Oysters, Bread and Butter, Apple Sauce, Cake, Tea.

**TARTS**.—Roll out rich pie crust quite thin and cut into three-cornered pieces. Bend the edges upward and put a generous spoonful of jam on each, cut very delicate strips of crust, and place across like slats; wet the edges of the slats and press them firmly against the edges of the tart. Bake quickly.

**SUNDAY, DEC. 10**

**Breakfast**—Hominy with Cream, Fried Smelts, Fried Potatoes, Breakfast Puffs, Coffee.  
**Dinner**—Steamed Chicken, Gravy, Mashed Potatoes, Canned Corn, Celery, Pumpkin and Mince Pie.  
**Supper**—Chipped Beef, Thin Bread and Butter, Ambrosia, Cake, Tea.

**STEAMED CHICKEN**.—Prepare the chicken as for roasting, place it in a steamer over a kettle of boiling water and steam 1½ hours if small, 2 hours if large. Then roast in a quick oven ½ hour or until brown. Boil the giblets, have them done by the time the chicken is placed in the oven, add a lump of butter to the water and use it for basting. Cooked in this way, a year old fowl is quite as tender as a spring chicken.

**MONDAY, DEC. 11**

**Breakfast**—Oranges, Sausage, Bread and Butter, Hominy Cakes, Maple Syrup, Coffee.  
**Dinner**—Potato Soup, Chicken Croquettes, Potatoes, Canned Peas, Cranberry Sauce, Bread and Butter, Rice Pudding.  
**Supper**—Crackers and Cheese, Hot Baked Apples, Cake, Chocolate.

**CRANBERRY SAUCE**.—Pick over and wash a quart of cranberries, add a pint of water and a pint of sugar. Boil slowly in a closely covered granite saucepan for 20 minutes. If the rule is followed exactly the skins will be quite tender.

**TUESDAY, DEC. 12**

**Breakfast**—Oatmeal with Cream, Stewed Kidney, Warmed Potatoes, Bread and Butter, Coffee.  
**Dinner**—Broiled Beef Steak, Potatoes, Stewed Tomatoes, Bread and Butter, Nuts and Raisins.  
**Supper**—Tomato Hash, Bread and Butter, Stewed Prunes, Cake, Tea.

**TOMATO HASH**.—Mince cold beef steak very fine, put it in a pudding dish with alternate layers of bread crumbs and stewed tomatoes. Season each layer with pepper, salt and bits of butter. Have the top layer crumbs, bake ½ hour, or till brown.

**WEDNESDAY, DEC. 13**

**Breakfast**—Baked Apples with Cream, Oatmeal Gems, Butter, Doughnuts, Coffee.  
**Dinner**—Ragout of Veal, Potatoes, Turnips, Bread and Butter, Orange Short-cake.  
**Supper**—Sliced Veal, Thin Bread and Butter, Canned Fruit, Cake, Tea.

**ORANGE SHORT-CAKE**.—Peel 2 large oranges and ½ a lemon, and remove all of the white skin. Chop them fine, remove the seeds, add 1 cup sugar and spread between the layers while it is hot. Use rule for Strawberry or Peach Short-cake.

**THURSDAY, DEC. 14**

**Breakfast**—Wheat Germ with Cream, Minced Veal on Toast, Bread and Butter, Coffee.  
**Dinner**—Fricassee Lamb, Mashed Potatoes, Squash, Bread and Butter, Cranberry Pudding.  
**Supper**—Egg Salad, Crumpets, Butter, Jam, Cake, Tea.

**CRANBERRY PUDDING**.—Pour boiling water on 1 pint of dried bread crumbs; melt 1 tablespoonful butter and stir in. When the bread is softened, beat in 2 eggs, thoroughly, then add a pint of stewed cranberries, sweetened, and bake in a hot oven ½ hour.

**FRIDAY, DEC. 15**

**Breakfast**—California Breakfast Food with Cream, Warmed over Lamb, Bread and Butter, Doughnuts, Coffee.  
**Dinner**—Baked Lobster, Potatoes, Canned Corn, Celery Salad, Bread and Butter, Oranges.  
**Supper**—Oyster Stew, Crackers, Stewed Prunes, Cake, Tea.

**BAKED LOBSTER**.—Pound the meat to a smooth paste, mixing a little butter, salt, pepper and a few bread crumbs with it, and lastly stir in 2 well-beaten eggs. Shape the mixture as nearly like a lobster as possible, pressing it firmly with the hands. Place on a well greased pan, dust with fine cracker crumbs and bits of butter and bake 20 minutes or till brown. If lobsters cannot be procured, canned will do quite as well, using 1 large or 2 small cans.





## SATURDAY, JAN. 14

**Breakfast.**—Omelet; Fried Potatoes; Muffins; Butter; Coffee.  
**Dinner.**—Broiled Beef Steak; Baked White and Sweet Potatoes; Bread and Butter; Apple Pie; Cheese.  
**Supper.**—Oyster Stew; Crackers; Bread and Butter; Blackberry Jam; Cake; Tea.

**OMELET FOR FOUR PEOPLE.**—Beat the yolks of four eggs till light-colored, and thick; add one-half cup of milk, one teaspoonful of salt and one-half a teaspoonful of pepper. Beat the whites of four eggs till stiff and dry. Cut and fold them lightly into the yolks till just covered. Use a smooth iron spider or frying pan with a tin cover. Heat the pan and the cover very hot. Butter the pan, turn in the mixture, cover it and place on the back of the stove for five minutes, or till firm. Fold as usual. Omelets should be only slightly browned, never burned, as the flavor of scorched egg is not agreeable.

## SUNDAY, JAN. 15

**Breakfast.**—Oranges; Fried Halibut Steak; Creamed Potatoes; Corn Muffins; Butter; Coffee.  
**Dinner.**—Roast Beef, Gravy; Browned Baked Potatoes; Turnips; Celery; Bread and butter; Mince Pie and Cheese.  
**Supper.**—Cold Roast Beef; Bread and Butter; Canned Plums; Cake; Cocoa.

**BROWNED BAKED POTATOES.**—Pare the Potatoes. Cover them with cold salted water, and let stand an hour. Place them in the dripping-pan, close around the meat, and when they are partially cooked turn them over and baste, so that they will be nicely browned. Cook forty-five minutes, or until soft, not soggy.

## MONDAY, JAN. 16

**Breakfast.**—Oatmeal, with Cream; Buckwheat Griddle Cakes, with Maple Syrup; Bread and Butter; Coffee.  
**Dinner.**—Soup and crackers; Meat Pie; Onions, boiled in milk; Sweet Potatoes; Bread and Butter; Rice Pudding.  
**Supper.**—Fried Sweet Potatoes; Bread and Butter; Stewed Prunelles; Plum Cake; Tea.

**MEAT PIE.**—Cut cold meat in inch squares. Cut raw potatoes into small pieces. Put the meat and potatoes in a good-sized baking-dish and fill the dish one-fourth full of gravy. Season with salt and pepper. **CRUST.**—One pint flour, sifted, one-half teaspoonful salt, one heaping teaspoonful baking-powder, small tablespoonful butter, milk to make a soft dough. Mix in the order given, then sift all together. Rub in the butter with the tips of the fingers until there are no large lumps. Mix in the milk, using a knife. When stiff enough to be handled, turn out on a well-floured board, roll out thick and put on the top of the meat. Wet the edges of the dish, to make the pastry stick.

## TUESDAY, JAN. 17

**Breakfast.**—California Breakfast Food with Cream; Fried Ham and Eggs; Bread and Butter; Coffee.  
**Dinner.**—Broiled Mutton Chops; Bread and Butter; Fried Raw Potatoes; Canned Corn; White Grapes.  
**Supper.**—Macaroni with Cheese; Bread and Butter; Canned Quinces; Cream Cakes; Tea.

**MACARONI WITH CHEESE.**—Break one-quarter of a pound of macaroni in three-inch pieces, and put into three pints of boiling salted water. Boil twenty minutes, or until soft. Drain in a colander, and pour cold water through it to cleanse and keep it from sticking. Cut into inch pieces. Put in a shallow baking-dish and cover with a white sauce, made with a cup and a half of hot milk, one tablespoonful of butter and one tablespoonful of flour, cooked according to directions for white sauce, (See Jan. 9.) Use half a cup of grated dry cheese. Put part of it with the sauce and mix the remainder with fine cracker crumbs, and sprinkle over the top. Put a few small lumps of butter on, and bake till the crumbs are brown.

## WEDNESDAY, JAN. 18

**Breakfast.**—Hominy, with Cream; Salt Fish Balls; Hot Rolls; Coffee.  
**Dinner.**—Corned Beef; Cabbage; Boiled White Potatoes; Bread and Butter; Steamed Pudding.  
**Supper.**—Cold Sliced Corned Beef; Bread and Butter; Hot Baked Apples; Cake; Tea.

**CORNERD BEEF.**—Select a piece of beef which has a fair proportion of fat. If very salt, soak in cold water half an hour. Put on to boil in fresh, cold water enough to cover it. Skim carefully when it begins to boil and cook slowly, simmering (not boiling) until very tender.

## THURSDAY, JAN. 19

**Breakfast.**—Oatmeal and Cream; Boiled Eggs; Warm Potatoes; Bread, Butter and Coffee.  
**Dinner.**—Broiled Beef Steak; Baked White and Sweet Potatoes; Celery; Bread and Butter; Apples; Salted Peanuts.  
**Supper.**—Creamed White Potatoes. Graham Bread; Butter; Canned Peaches; Currant Cake; Tea.

**SALTED PEANUTS.**—Cover one pint of roasted and shelled peanuts with boiling water. Let them stand for five minutes, then pour off the hot water. Cover the nuts with cold water and rub off the thin, brown skins. Put the peanuts in a warm bowl and stir in two tablespoonfuls of salt and two of melted butter. Place the bowl in a place warm enough to keep the butter liquid for one hour. At the end of that time drain all the liquid from the nuts and spread them in a clean, shallow pan. Cook them in a moderate oven for about twenty minutes. They should be brown and crisp at the end of that time.

## FRIDAY, JAN. 20

**Breakfast.**—Oranges; Corned Beef Hash; Toast; Butter; Coffee.  
**Dinner.**—Baked Haddock; Boiled White Potatoes; Fried Parsnips; Bread and Butter; Bread Pudding.  
**Supper.**—Creamed Fish; Bread and Butter; Apple Sauce; Cake; Tea.

**BAKED HADDOCK.**—Stuff the fish with one cup cracker crumbs, one saltspoonful salt, one saltspoonful pepper, one teaspoonful chopped onion, one teaspoonful chopped parsley, one-fourth cup melted butter. Put two or three slices of fat salt pork over and near the fish; dust with flour; baste often. Bake till brown.

## SATURDAY, JAN. 21

**Breakfast.**—Oatmeal and Cream; Broiled Salt Mackerel; Warm Potatoes; Bread and Butter; Coffee.  
**Dinner.**—Tomato or Mock Bisque Soup and Crackers; Pork Chops; Mashed White Potatoes; Turnips; Baked Apple Dumplings.  
**Supper.**—Baked Beans; Boston Brown Bread; Cut up Oranges; Plain Cake; Tea.

**TOMATO SOUP.**—One-half can tomatoes, one quart milk, one-third cup butter, one tablespoonful corn starch, one teaspoonful salt, one-half saltspoonful white pepper. Stew the tomatoes until soft enough to strain easily. Boil the milk in a double boiler. Cook one tablespoonful of the butter and the corn starch together in a small saucepan, adding enough milk to make it pour easily. Stir it carefully into the boiling milk and boil ten minutes. Add the remainder of the butter in small pieces, and stir till well mixed. Add salt, pepper and the strained tomatoes. If the tomatoes be very acid, add half a saltspoonful of soda, before straining. Serve very hot.

## SUNDAY, JAN. 22

**Breakfast.**—California Breakfast Food and Cream. Buckwheat Griddle Cakes, with Maple Syrup. Creamed potatoes. White Bread and Butter. Coffee.  
**Dinner.**—Roast Duck. Boiled Sweet and White Potatoes. Gravy. Boiled Rice. Celery. Lemon Pie.  
**Supper.**—Cold Roast Duck. Thin Bread and Butter. Canned Apricots. Hickory Nut Cake. Tea.

**HICKORY NUT CAKE.**—One and one-half cups sugar, one cup raisins, one cup hickory nut meats, three eggs, one teaspoonful soda, two teaspoonfuls cream tartar, one cup milk and enough flour to make a stiff batter.

## MONDAY, JAN. 23

**Breakfast.**—Oatmeal and Cream. Omelet. Bread and Butter. Coffee.  
**Dinner.**—Soup. Beef Steak. Fried Potatoes. Stewed Canned Tomatoes. Bread and Butter. Coconut Pudding.  
**Supper.**—Hot Corn Bread. Crackers. Canned Cherries. Cake. Chocolate.

Three tablespoonfuls tapioca in cold water over night. Boil one quart milk, add tapioca and boil five minutes, then add yolks of four eggs, one cup sugar, three tablespoonfuls desiccated coconut, boil ten minutes, turn into a dish to cool. Beat whites and two tablespoonfuls sugar. Spread on top and put in the oven a few minutes till a light brown.

## TUESDAY, JAN. 24

**Breakfast.**—Farinose and Cream. Mutton Chops. Wheat Muffins. Coffee.  
**Dinner.**—Soup. Sweetbreads. Mashed White Potatoes. Fried Parsnips. Cottage Pudding, with Hard Sauce.  
**Supper.**—Thin Bread and Butter. Orange Marmalade. Fresh Molasses Cakes. Chocolate.

**SWEETBREADS.**—In whatever way they are dressed, they should first be soaked in luke warm water, then thrown into boiling water to "blanch" them. If lifted out after they have boiled five or ten minutes, according to their size, their color will be better preserved. Dip in beaten egg and cracker crumbs, and fry in butter. Surround the dish with French green peas that have been heated.

## WEDNESDAY, JAN. 25

**Breakfast.**—Oranges. Hominy and Cream. Eggs on Toast. Coffee.  
**Dinner.**—Roast Beef. White and Sweet Potatoes. Celery. Indian Pudding.  
**Supper.**—Fried hominy. Bread and Butter. Cold Roast Beef. Canned Cherries. Cake.

**INDIAN PUDDING.**—One quart boiling milk, one cup Indian meal, two tablespoonfuls flour, one tablespoonful butter, one-half cup molasses, one egg, a little salt. Mix meal, flour, butter, egg and molasses together, and then turn on them the boiling milk. Bake one hour. When it begins to stiffen, stir well once.

## THURSDAY, JAN. 26

**Breakfast.**—Stewed Prunes. Bread and Butter. Sour Milk Griddle Cakes. Coffee.  
**Dinner.**—Soup. Warm Over Roast Beef. Mashed White Potatoes. Turnips. Bread and butter. Hot Apple Pie. Cheese.  
**Supper.**—Hot Buttered Toast. Chipped Beef. Hot Baked Apples. Cake. Tea.

**SOUR MILK GRIDDLE CAKES.**—One pint flour, one-half teaspoonful salt, one teaspoonful soda, one pint sour milk, one egg, well beaten. Baked on a hot, well-greased griddle. Turn when full of bubbles and bake on the other side till they stop puffing. Use one-half or one-third fine corn meal or Graham flour, to make a variety.





**Breakfast**—Wheat Germ with Cream. Omelet. Hot Buttered Toast. Coffee.  
**Dinner**—Tomato Soup. Bread and Butter. Roast Turkey. Giblet Gravy. Chicken Pie. Mashed Potato. Turnips. Squash. Cranberry Jelly. Celery Salad. Apple Pie. Pumpkin Pie. Mince Pie. Cheese. Olives. Salted Almonds. Fruit. Nuts and Raisins. Coffee.  
**Supper**—Thin Bread and Butter. Jelly. Tea.

**SALTED ALMONDS.**—Shell almonds, taking care not to break the meat, and pour boiling water over them and leave for a few minutes, then rub the brown skin off and let dry. To each  $\frac{1}{2}$  pint of almonds add 1 tablespoonful melted butter and 1 teaspoonful salt. Stir, spread in a shallow cake pan and bake in a very moderate oven 20 minutes or till brown. Spread on a plate to cool.

## PREPARING POTATOES.

PRACTICAL PROPOSITIONS TO PONDER PREVIOUS TO PREPARING POTATOES TO PLEASE PARTICULAR PEOPLE.

A good potato, when cut, will show a light cream color, and a white froth will be the result of rubbing the cut surfaces together. Reject that variety where drops of water appear. Another test is to put potatoes into a solution of salt; the good will sink, the poor float. The juice of the potato is disagreeable, if not absolutely poisonous, and should always be removed. This poisonous element escapes in the steam when the potato is baked, and remains in the water where they are boiled; hence that should not be used for yeast, as is sometimes recommended, or for any food.

For soups, etc., potatoes should be sliced, covered with cold water and allowed to stand some time before using. The water draws out the juice, and keeps the slices from turning dark, as they would if exposed to the air, it also extracts the starch from the little albuminous cells, opened by cutting, which is desirable to render fried potatoes crisp.

Select those of uniform size to cook together, unless it is desired to have some done before the others. Much of the saline virtue of the potato is lost by removing the skins before boiling; still, when old, an equal advantage is gained if, after paring, the vegetables are left in the water. Cook in boiling salted water, not allowing the boiling to stop when once begun until the potatoes are done; then pour off the water, uncover the kettle, allowing the steam to escape, thereby rendering the potatoes mealy.

The secret in mashing potatoes is to have all the utensils used, as hot as possible, and to beat the mass till light instead of pressing down smooth and solid, adding cream, butter and salt at will. A desirable result is reached by rubbing the mashed potato through a hot colander and leaving it just as it falls into the dish.

Baked potatoes should be served the minute they are done; better serve with a bone in them than wait till they become soggy. The average oven does not heat as quickly as water on top of the stove will boil, so when baked potatoes are wanted in a hurry they may be partially boiled then put in the oven to finish.

During the cold weather it is quite as well to wash a week's supply of potatoes at once as only enough for one meal; a short broom will shorten this process. After washing, dry well, and keep in a cool, dry place. The potato is a valuable agent for clarifying fat of any kind and absorbing unpleasant odors. Put thin slices in the fat and fry till crisp and brown, then strain the fat and it will be ready for use. A few slices in each kettleful will keep the odor of doughnuts, etc., from penetrating the house, and prevent the fat from burning. Grated, scalded with boiling water and strained, potatoes make an excellent starch for dark fabrics.

The juice is recommended for chilblains. Instances are given where flowers have been sent long distances, kept fresh, in a hollowed potato.—*Anna Barrows in Good Housekeeping.*

## CHICKENS, GEESSE AND DUCKS.

### HOW THEY SHOULD BE CARVED.

To carve a chicken, begin by sticking a fork in the pinion, and drawing it toward the leg, and passing the knife underneath, taking the wing off at the joint. Then slip the knife between the leg and the body, to cut through the joint, and with the fork turn the leg back, and the joint will give way. Next take off the other wing and leg. If the chicken has been trussed with the liver and gizzard, help a piece of each with the wing. After the joints are cut off, enter the knife into the top of the breast, and cut under the merry-thought so as to loosen it, lifting it with the fork. Cut slices from both sides of the breast, then separate the side bones from the back. The breast and wings are considered the most delicate parts of the chicken, the back the least desirable.

To carve a goose, separate the leg from the body by putting the fork into the small end of the limb, pressing close to the body, and then passing the knife under and turning the leg back as the joint is cut through. To take off the wing, put the fork into the small end of the pinion, and slip the knife under, separating the joint. Then cut under the breast bone and take it off, and cut slices from the breast. Next turn the goose over and dismember the other side. Take off the upper side bones, next the wings, and then the lower side bones. The breast and legs of a goose are the choice pieces.

In carving a duck, place the head to the right, cut off the wing nearest first, then the leg and second joint, then slices of the breast until the bone appears; insert the knife between the bone and flesh and separate them. This is the choicest bit of a duck. The side bone lies beside the rump, and it can be taken out without separating the whole bone. Next turn the duck, and proceed in the same way as upon the other side. The lower part of the leg of a duck is hard and stringy and is never helped, but allowed to remain on the dish.

Partridge, pheasant, pigeon and grouse are carved in the same manner as chicken. Quail, woodcock and snipe are merely split down the back with a sharp thin knife—so also are all small birds—giving half to each person.

In helping plates to gravy or sauce, never pour it over the meat, fowl or fish, but put it aside on the plate.—*Mrs. Eliza R. Parker in Good Housekeeping.*

## SARDINE SANDWICHES.

These sandwiches may be made with bread or crackers. Drain off the oil; lay the sardines on soft paper to absorb all the oil possible. Pick over with silver knife and fork, removing the bones, etc., and mincing fine. For a box of sardines, use the juice of a small lemon, and one or two teaspoonfuls of melted butter, a speck of cayenne pepper, and salt. Sometimes the mixture is rubbed through a sieve, but that is not necessary in every case. Spread the bread or crackers with this paste. Oil would be preferred to melted butter by many, and sometimes a slice of ripe tomato is put in each sandwich.



## FRIDAY, JAN. 27

**Breakfast.**—Hominy with Cream. Hashed Mutton. Bread and Butter. Doughnuts. Coffee.  
**Dinner.**—Broiled Steak. Mushroom Sauce. Creamed Potatoes. Lettuce. Bread and Butter. Cottage Pudding.  
**Supper.**—Welsh Rarebit. Bread and Butter. Currant Jam. Cake. Tea.

**MUSHROOM SAUCE.**—To 1 pint of hot water add 2 tablespoonfuls butter, 1 tablespoonful flour, stir until thickened, season to taste and then add ½ can mushrooms. Boil again.

## SATURDAY, JAN. 28

**Breakfast.**—Quaker Oats with Cream. Boiled Eggs. Warmed Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Corned Beef. Cabbage. Beets. Potatoes. Bread and Butter. Apple Float.  
**Supper.**—Cold Corned Beef. Stewed Prunes. Cake. Cocoa.

**STEWED PRUNES.**—Wash carefully, put them into a porcelain kettle with boiling water to cover them. Add juice of ½ a lemon and ½ a cup of sugar for a pound of fruit. Boil until the prunes are swollen and tender.

## SUNDAY, JAN. 29

**Breakfast.**—California Breakfast Food with Cream. Fried Perch. Fried Potatoes. Corn Bread. Coffee.  
**Dinner.**—Chicken Pot Pie. Mashed Potatoes. Asparagus. Bread and Butter. Custard Pie. Cheese. Coffee.  
**Supper.**—Creamed Toast. Canned Pears. Cake. Chocolate.

**CORN BREAD.**—2 cups corn meal, 1 cup flour, 2 tablespoonfuls melted butter, 1 teaspoonful salt 2 teaspoonfuls baking powder, 2 eggs well beaten, 2 cups sweet milk. Bake in shallow tins.

## MONDAY, JAN. 30

**Breakfast.**—Oranges. Warmed over Chicken Pie. Fried Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Pork Chops. Apple Sauce. Boiled Rice. White Baked Potatoes. Bread and Butter. Steamed Pudding.  
**Supper.**—Cheese. Rice Croquettes with Maple Syrup. Chocolate Cake. Tea.

**RICE CROQUETTES.**—Take one half cup cold boiled rice, beat in two eggs, two spoonfuls sugar, one teaspoonful salt. Form into balls, dust with fine rolled cracker crumbs, roll in beaten eggs dust again with cracker crumbs and fry in boiling hot lard till a nice brown.

## TUESDAY, JAN. 31

**Breakfast.**—Oranges. Boiled Eggs. Warmed Potatoes. Hot Buttered Toast. Coffee.  
**Dinner.**—Beef Stew with Dumplings. Boiled White Potatoes. Turnips. Bread and Butter. Jelly Crackers.  
**Supper.**—Sardines with Sliced Lemon. Bread and Butter. Stewed Prunes. Cake. Chocolate.

**JELLY CRACKERS.**—Place split crackers on a plate and on each put a bit of jelly; grate on nutmeg and just before serving pour over the whole a pint or more of scalding milk seasoned with vanilla.

### FRIED BREAKFAST VEGETABLES.

Fried potatoes, hominy and mush aside, the ordinary American breakfast is destitute of vegetables. In the Southern and Middle states some cooks have become acquainted with the merits of fried or broiled tomatoes as a breakfast dish, and sometimes egg-plant is so served. As a matter of fact a vegetable properly fried is a great help toward an economical breakfast, giving the zest called for by a languid appetite when meat seems too substantial. A very narrow list will allow for the change of seasons, variety being secured by alternating the methods of frying; for instance, one morning rolling the vegetable in dry flour seasoned with salt and pepper, and frying it in only just fat enough to prevent burning; the next time breading it and frying it like doughnuts; another day frying it in batter. Summer and winter squash, pumpkin, sugar beets, egg-plant, potatoes, cucumbers, parsnips, oyster-plant, green corn, green and ripe tomatoes; any boiled vegetables remaining from dinner, minced and warmed with a little cream or butter, or heated in white sauce, make an agreeable variety for breakfast, and dispose of portions not large enough to serve at dinner the second time.—*Good Housekeeping.*

Worcestershire sauce mixed with the "juice of mutton chops" is said to improve them very materially.

### COFFEE DROPS.

For this fashionable candy you require extract of coffee, which is made as follows: Grind a tablespoonful of finest Java coffee as fine as corn meal. Set a small funnel in a cup; put the coffee on a piece of fine flannel, and place this in the funnel. Pour rather over a quarter of a pint of water slowly through the coffee, taking care to moisten it all. The process should take place on the stove, and the cup, if not of tin, should have been made hot; gently press the flannel to get out all the extract you can, and then pour what has run into the cup back through the coffee; press it again, but do not squeeze, or the extract will be thick.

This is the extract. Although there is only a very little dark liquid it will flavor a good deal of candy. There are two ways of making the drops. I will give you both.

No. 1.—Take a large tablespoonful of almond paste and one of confectioners' sugar; then pour coffee extract, drop by drop, till the sugar forms a stiff paste; blend with the almond till they are equally mixed. If too wet, use more sugar, just as you would use flour if you were working dough; make into small balls or almond-shaped rolls, and dip as hereafter directed.

No. 2.—Take some firm fondant candy; add enough coffee extract to flavor it rather strongly, then work in enough confectioners' sugar to make it again into a stiff paste. Make this into balls or little rolls, and dip.

**Coffee Cream for Covering.**—Melt fondant in a cup or bowl set into boiling water,—the fondant must be very firm;—pour into it a few drops of coffee to make it a rich, dark cream color, and stir over the fire till it is smooth and liquid; if, after dipping one or two, it seems too thin, which you can tell by its running off the candy and forming a little circle round it on the paper, let it cool, then put it back on the stove; to save waiting, have a kettle of water boiling, and put fresh boiling water into the saucepan as you need it; stir the candy till the water bubbles round it, and it is creamy again, then dip the coffee balls.

For these, as for most other creamed candies, it is better to dip them twice. If you decide only to do them once, you must be careful that they are thoroughly covered and very neatly turned off your fork.

### TEA DROPS

Are very popular in Paris, but less known here. For them you have to make the extract, using two teaspoonfuls of English breakfast tea and one of gunpowder; steep them seven minutes in a gill of boiling water, then filter through flannel. You can, if you prefer, use Oolong tea for the extract. Use the tea extract exactly as directed for coffee drops.

### COCOANUT CREAM DROPS.

Take an equal quantity of cream candy and of desiccated cocoanut; work them together, and, when the nut is all incorporated, break small pieces from the mass and make them into small balls. Melt cream candy in a vessel standing in boiling water, stirring until it is like thick cream; color pink, if you desire it—although white is better,—and flavor with lemon or vanilla very slightly, so as not to cover the delicate cocoanut flavor. Dip each ball in the melted cream candy, and turn neatly on the waxed paper.





**Breakfast**—California Breakfast Food with Cream. Stewed Kidney. Bread and Butter. Coffee.  
**Dinner**—Fricassee Lamb. Potatoes. Canned Peas. Bread and Butter. Pumpkin Pie.  
**Supper**—Minced Lamb on Toast. Crumpets. Butter. Fruit. Cake. Tea.

**PUMPKIN PIE**.—Cut the pumpkin in small pieces and cook slowly in just enough salted water to cover, carefully avoiding scorching. When dry and mealy it is done. Rub through a colander and reduce to the proper consistency with rich milk, sweeten and spice to taste. Bake in a hot oven with an under crust only, till a rich golden brown.

FRIDAY,

**Breakfast**—Wheat Germ with Cream. Lamb Chops. Fried Potatoes. Corn. Bread and Butter. Coffee.  
**Dinner**—Fish Chowder. Canned Corn. Celery Salad. Bread and Butter. Fresh Fruit.  
**Supper**—Bread Santed with Maple Syrup. Hot Baked Apples. Cake. Chocolate.

**CELERY SALAD**.—Two bunches of celery, 2 tablespoonfuls olive oil, 2 of vinegar, salt and pepper. Wash and scrape the celery and lay it in cold water for an hour. Chop coarsely and put in a salad bowl, add the dressing slowly and mix thoroughly, putting in the vinegar last. Garnish with olives and the light celery tops.

SATURDAY,

**Breakfast**—Oatmeal with Cream. Warm-over Chowder. Bread and Butter. Buckwheat Cakes. Maple Syrup. Coffee.  
**Dinner**—Broiled Beef Steak. Mashed Potatoes. Stewed Tomatoes. Bread and Butter. Apple Pie. Cheese.  
**Supper**—Baked Beans. Boston Brown Bread. Stewed Fruit. Currant Cake. Tea.

**CURRANT CAKE**.—2 eggs, 1/2 cup butter beaten to a cream, 1 cup sugar, 3/4 cup milk, a little salt, 2 cups flour, 1/2 teaspoonful soda in milk, 1 teaspoonful cream tartar, 1 cup washed currants well floured, 1/2 teaspoonful cinnamon, 1/4 teaspoonful cloves, 1/4 teaspoonful nutmeg.

SUNDAY,

**Breakfast**—Hominy with Cream. Fried Oysters. Creamed Potatoes. Breakfast Puffs. Coffee.  
**Dinner**—Roast Beef. Gravy. Browned Baked Potatoes. Turnip. Celery. Macaroon Pudding.  
**Supper**—Sliced Roast Beef. Thin Bread and Butter. Cake. Jam. Cocoa.

**ROAST BEEF**.—Roast 10 pounds 1 1/2 hours in a hot oven; 6 lbs. 1 hour. Pour into the pan hot water about 1/2 inch in depth, baste often in the dripping. When done sprinkle over it 1 tablespoon of salt, moisten with dripping to dissolve salt, place on a hot platter, and serve at once.

MONDAY,

**Breakfast**—Fluffy Egg on Toast. Hominy Cakes with Maple Syrup. Doughnuts. Coffee.  
**Dinner**—Beef Soup with Crackers. Scalloped Beef. Squash. Sweet Potato Croquettes. Bread and Butter. Suet Pudding.  
**Supper**—Welsh Rare Bit. Bread and Butter. Jelly. Cake. Tea.

**SWEET POTATO CROQUETTES**.—1 pint sweet potato pulp. Boil and evaporate the water quickly so that the potato may be mealy. Press through a colander into a warm bowl, add 1/2 cup of cream, piece of butter size of English walnut, a little salt, 1/4 cup sugar, 1/2 teaspoonful vanilla, orange rind to flavor, yolks of 2 eggs. Mix with a fork. Take portions of the mixture and roll into balls, handle lightly and quickly, dip them in egg, then in crumbs. Place in a wire basket and brown in smoking hot fat. Drain on tissue paper.

TUESDAY,

**Breakfast**—Wheat Germ with Cream. Baked Sausage. Bread and Butter. Doughnuts. Coffee.  
**Dinner**—Roast Veal. Gravy. Potatoes. Curried Rice. Bread and Butter. Apple Snow.  
**Supper**—Sliced Cold Veal. Thin Bread and Butter. Stewed Fruit. Bolivars. Cocoa.

**BOLIVARS**.—1 pint good molasses, 1/2 cup sugar, 1 cup sour milk, 1 cup shortening, 1 tablespoonful soda dissolved in hot water. Mix these ingredients together, then add flour, a little at a time until stiff enough to drop from the end of a spoon on to well-greased pan.

WEDNESDAY,

**Breakfast**—California Breakfast Food with Cream. Minced Veal on Toast. Bread and Butter. Coffee.  
**Dinner**—Pork Chops. Milk Gravy. Potatoes. Stewed Celery. Bread and Butter. Jelly Crackers.  
**Supper**—Salmon Patties. Steamed Bread. Butter. Stewed Fruit. Cake. Cocoa.

**MILK GRAVY**.—1 pint sweet milk and 2 teaspoonfuls white flour. Dissolve the flour in a little cold milk and stir into the hot milk. Season highly and stir until smooth.

When preparing for a picnic, remember that a combination of bread and cake does not form an agreeable sandwich; therefore pack them separately. Also remember that sandwiches dry quickly, and are often broken by careless handling.

**Breakfast**—Oatmeal with Cream. Creamed Salmon on Toast. Hot Rolls. Coffee.  
**Dinner**—Broiled Beef Steak. Potatoes. Squash. Bread and Butter. Mince Pie. Cheese.  
**Supper**—Bread Omelet. Hot Buttered Toast. Currant Jelly. Graham Crackers. Chocolate.

**GRAHAM CRACKERS**.—1/2 cup butter, 1 cup sugar, white of 1 egg, all well beaten together, 1 teaspoonful cream tartar, 1/2 teaspoonful soda, 1/2 cup cold water, and enough Graham flour to knead and roll thin, cut in squares, prick with a fork and then bake quickly until done crisp.

FRIDAY,

**Breakfast**—Hominy with Cream. Scrambled Eggs. Hot Buttered Toast. Doughnuts. Coffee.  
**Dinner**—Fried Halibut. Boiled Potatoes. Stewed Tomatoes. Bread and Butter. Oranges.  
**Supper**—Oyster Patties. Thin Bread and Butter. Jam. Cake. Tea.

**OYSTER PATTIES**.—Make a rich pie crust and put in a cool place. Make Creamed Oysters, then roll out the crust quickly and line small patty-pans with it, put three or four oysters in each with as much sauce as they will hold, and then cover with a top crust and bake 20 minutes in a quick oven. Glaze over the top with a little sweet milk, and set back in the oven for 5 minutes.

SATURDAY,

**Breakfast**—Fish Hash. Bread and Butter. Buckwheat Cakes. Maple Syrup. Coffee.  
**Dinner**—Broiled Slice of Ham. Baked White and Sweet Potatoes. Bread and Butter. Pumpkin Pie. Cheese.  
**Supper**—Scalloped Potatoes. Corn Bread. Butter. Canned Fruit. Fig Cake. Cocoa.

**FIG CAKE**.—1 1/2 cups sugar, 2 cups flour, 3/4 cup milk, 1/2 cup butter, 2 eggs, 2 teaspoonfuls baking powder. Bake in jelly tins. *Filling*.—Take 1/2 pound figs, 1/2 cup water, 1/2 cup sugar. Let figs soak in some water; let sugar and 1/2 cup water boil 4 or 5 minutes, not too hard. Chop the soaked figs and mix well with the boiled sugar and water and spread between cake layers.

SUNDAY,

**Breakfast**—California Breakfast Food with Cream. Fried Smelts. Fried Potatoes. Hot Rolls. Coffee.  
**Dinner**—Fricassee Chicken. Mashed White Potatoes. Squash. Cranberry Sauce. Celery. Bread and Butter. Orange Charlotte.  
**Supper**—Celery Salad. Thin Bread and Butter. Canned Cherries. Sponge Cake. Tea.

**ORANGE CHARLOTTE**.—This is made of the grated rind of 2 oranges and the juice of 6, 1 cup sugar, 1/2 box gelatine, 2 quarts whipped and drained cream, 3/4 cup water and lady fingers. Soak the gelatine for 2 hours in 1/2 cup cold water. Grate the rind (only yellow part) into a bowl and squeeze the juice of 6 oranges on it. Whip the cream and let drain, split the lady fingers and line a three pint mould. Now pour upon the gelatine 1/2 cup boiling water, stir till dissolved, then pour upon orange juice, strain this mixture into a granite pan, and place on ice and stir constantly till it begins to thicken, then add the whipped cream gradually, stir all the time from the bottom of pan. After a little stirring, pour into the mould, set away to harden. When ready to serve, turn out on a flat dish.  
*Maria Parloa.*

MONDAY,

**Breakfast**—Oranges. Warm-over Chicken. Bread and Butter. Doughnuts. Coffee.  
**Dinner**—Pork Chops. Potatoes. Boiled Rice. Bread and Butter. Steamed Pudding.  
**Supper**—Cheese Crackers. Rice Croquettes with Maple Syrup. Cake. Stewed Apples. Tea.

**STEWED APPLES**.—Make a syrup with 1 cup sugar and 1 cup water. Boil slowly for 10 minutes then skim, pare, core and quarter 10 tart apples, cook until soft in the syrup, take them out carefully lest they be broken. Boil the syrup till almost a jelly and pour over the apples. Serve cold. If liked, the syrup may be flavored with lemon juice.

TUESDAY,

**Breakfast**—Oatmeal with Cream. Sausage. Buckwheat Cakes. Bread and Butter. Coffee.  
**Dinner**—Barley Broth. Broiled Meat Cakes. Potatoes. Turnips. Bread and Butter. Apple Pie. Cheese.  
**Supper**—Welsh Rare Bit. Bread and Butter. Canned Raspberries. Cake. Tea.

**BARLEY BROTH**.—Take a soup bone and boil slowly until the meat about it is in rags. Wash 1 pint barley and soak 1 hour in cold water, set in a warm place. Add this to the broth 1 1/2 hours before serving and cook all together. Salt to taste, and 1/2 pint milk added just before serving, improves the flavor.

WEDNESDAY,

**Breakfast**—California Breakfast Food with Cream. Stewed Kidney. Breakfast Puffs. Coffee.  
**Dinner**—Mutton Chops. Baked Potatoes. Canned Peas. Bread and Butter. Banana Pudding.  
**Supper**—Chipped Beef. Bread and Butter. Hot Baked Apples. Cake. Cocoa.

**BANANA PUDDING**.—Lay in a pudding dish slices of sponge cake. Pour over hoiled custard with sliced bananas. Cover with soft frosting, made of whites of the eggs left from custard.





## WEDNESDAY, FEB. 1

**Breakfast.**—California Breakfast Food with Cream. Broiled Mutton Chops. Bread and Butter. Coffee.  
**Dinner.**—Pot Roast Beef. Boiled White Potatoes. Turnips. Bread and Butter. Cottage Pudding.  
**Supper.**—Cold Sliced Beef. Bread and Butter. Hot Baked Apples. Cake. Cocoa.

**POT ROAST.**—Take a lean piece of beef, cut a little fat from it and fry in an iron pot until all sides are brown, but be careful not to burn. Pour in hot water to half cover the beef, cover tightly and cook until tender. Make a rich gravy.

## THURSDAY, FEB. 2

**Breakfast.**—Hominy with Cream. Hash. Hot Rolls. Coffee.  
**Dinner.**—Broiled Slice of Ham. Baked White and Sweet Potatoes. Celery. Bread and Butter. Oranges.  
**Supper.**—Oyster Stew with Crackers. Canned Peaches. Cake. Tea.

**OYSTER STEW.**—1 quart oysters, 1 pint milk, 1 tablespoonful butter, 2 tablespoonfuls flour, salt to taste, ½ saltspoonful pepper. Put the milk on to boil in a double boiler. Put the oysters in a colander and drain off the liquor, add a cup of water, boil and remove scum. When clear add the oysters and milk, season. Cook until the oysters grow plump and the edges begin to curl.

## FRIDAY, FEB. 3

**Breakfast.**—Oatmeal with Cream. Boiled Eggs. Hot Buttered Toast. Coffee.  
**Dinner.**—Fish Chowder. Crackers. Celery. Pickles. Figs and Dates.  
**Supper.**—Creamed Potatoes. Bread and Butter. Apple Sauce. Plain Cake. Chocolate.

**FISH CHOWDER.**—Three or four pounds fresh haddock carefully cleaned and cut in pieces three inches square. Place in bottom of kettle five or six slices salt pork, fry brown, then add three onions sliced thin, fry them brown. Remove from the fire and place on the pork and onions, a layer of fish, sprinkle with pepper and salt then a layer of peeled sliced potatoes, then fish and potatoes till fish is used up. Cover with water and let boil for half an hour. Roll six crackers, put in with fish and lastly add a pint or more of milk. Let it get thoroughly heated and serve.

## SATURDAY, FEB. 4

**Breakfast.**—California Breakfast Food with Cream. Warm over Fish Chowder. Bread and Butter. Coffee.  
**Dinner.**—Broiled Beef Steak. Squash. White Potatoes. Bread and Butter. Hot Apple Pie with Cheese.  
**Supper.**—Baked Beans. Boston Brown Bread. Canned Fruit. Cake.

**RULE FOR WHITE BREAD.**—1 pint milk, scalded and cooled. 1 tablespoonful of lard, melted in the hot milk, 1 tablespoonful sugar, 1 teaspoonful salt, ½ yeast cake dissolved in ½ cup luke warm water, 6 or 7 cups flour. After scalding the milk, add lard, sugar, and salt. When luke warm, add yeast, and then stir in the flour, being careful not to make it too stiff, use just enough to knead it. Knead till smooth and elastic. Cover, let it rise till light cut it down, divide into four parts, shape into loaves or biscuits. Let it rise again in the pans. Bake forty or fifty minutes.

## SUNDAY, FEB. 5

**Breakfast.**—Wheat Germ with Cream. Little Pigs in Blankets. Hot Buttered Toast. Coffee.  
**Dinner.**—Boiled Leg of Mutton with Caper Sauce. Mashed White Potatoe. Turnip. Celery. Bread and Butter. Mince Pie. Cheese.  
**Supper.**—Cold Meat Sliced Thin. Crackers. Cheese. Stewed Apricots. Delicate Cake. Tea.

**LITTLE PIGS IN BLANKETS.**—Take as many large oysters as are wished, wash and dry them thoroughly with a clean towel. Have some fat bacon, cut in very thin slices, cover each oyster with them and pin on with wooden tooth-picks. Broil or roast them until the bacon is crisp and brown. Do not remove tooth-picks. Serve hot.

## MONDAY, FEB. 6

**Breakfast.**—Oatmeal with Cream. Buckwheat Cakes with Maple Syrup. Bread and Butter. Coffee.  
**Dinner.**—Meat Pie, (made of cold mutton) Baked Sweet Potatoes. Canned Tomatoes. Bread and Butter. Rice Pudding.  
**Supper.**—Milk Toast. Hot Baked Apples. Bread and Butter. Cake. Tea.

**RICE PUDDING.**—Take one teacup of rice, wash, pour boiling water over it and let it stand five minutes; throw off, add a cup of sugar, a little nutmeg and two quarts of milk. Bake slowly about two hours, stirring occasionally until last half hour then brown.

## TUESDAY, FEB. 7

**Breakfast.**—Oranges. Fried Sausages. Warm Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Broiled Beef Steak. Turnips. White Potatoes. Bread and Butter. Baked Apple Dumplings.  
**Supper.**—Macaroni with Cheese. Bread and Butter. Chocolate. Canned Peaches. Cake.

**BAKED APPLE DUMPLINGS.**—One quart flour, two teaspoonfuls baking powder, one-half teaspoonful salt mixed well together. Add one large tablespoonful butter and lard mixed, and enough sweet milk or water to make a soft dough. Roll out into half inch sheets. Peel and quarter some good tart apples, put each quarter on a square of dough, sprinkle over it sugar and pinch the edges together firmly. Bake until the crust is brown and the apples soft.

## WEDNESDAY, FEB. 8

**Breakfast.**—Oatmeal with Cream. Scrambled Eggs. Hot Buttered Toast. Coffee.  
**Dinner.**—Roast Beef. Gravy. Browned Baked Potatoes. Celery. Bread and Butter. Indian Pudding.  
**Supper.**—Cold Roast Beef Sliced Very Thin. Warm Over Potatoes. Currant Jelly. Chocolate Cake. Tea.

**SCRAMBLED EGGS.**—Beat four eggs slightly with a fork; add half a teaspoonful of salt, half a saltspoonful of pepper and half a cup of milk. Turn into a hot buttered frying pan and cook quickly stirring all the time till the egg is firm but soft. Serve at once. It is very nice served on toast or on hot minced ham or veal.

## THURSDAY, FEB. 9

**Breakfast.**—Oranges. Boiled Eggs. Potatoes Warm in the Pork Gravy. Puffs. Coffee.  
**Dinner.**—Broiled Beef Steak. Baked White and Sweet Potatoes. Bread and Butter. Boiled Rice, Served with Cream.  
**Supper.**—Cold Roast Pork. Crab Apple Jelly. Fried Sweet Potatoes. Bread and Butter. Cake. Chocolate.

**BREAKFAST PUFFS.**—One egg, (well beaten), one cup of milk, a little salt, one cup flour. Beat the batter very light. Bake in a hot oven in hot roll pans.

## FRIDAY, FEB. 10

**Breakfast.**—Hominy with Cream. Fried Liver and Bacon. Warm Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Baked Haddock. Baked White and Sweet Potatoes. Celery. Bread and Butter. Lemon Wafers. Salted Peanuts.  
**Supper.**—Creamed Fish (made of cold haddock). Bread and Butter. Canned Blue Berries. Cake. Tea.

**LIVER AND BACON.**—Soak the liver a few minutes in boiling water to draw out the blood. Drain, remove the thin skin and veins. Cut into slices, season with salt and pepper, roll in flour and fry with thin slices of fat bacon. Drain and serve with a brown gravy seasoned with onion, lemon juice or vinegar.

## SATURDAY, FEB. 11

**Breakfast.**—Oatmeal with Cream. Hominy Cakes with Maple Syrup. Bread and Butter. Coffee.  
**Dinner.**—Broiled Mutton Chops. Mashed White Potatoe. Fried Parsnips. Bread and Butter. Pumpkin Pie.  
**Supper.**—Scalloped Oysters. Bread and Butter. Cut up Oranges. Coconut Cake. Cocoa.

**HOMINY CAKES.**—1 cup sweet milk, 1 cup boiled hominy, ½ teaspoonful salt, 2 eggs, 1 tablespoonful melted butter, flour enough to make a thin batter.

## SUNDAY, FEB. 12

**Breakfast.**—California Breakfast Food with Cream. Fried Smelts. Hot Rolls. Coffee.  
**Dinner.**—Roast Turkey. Gravy. Cranberry Sauce. Boiled Onions. Mashed White Potatoe. Celery. Bread and Butter. Apple Pie. Cheese.  
**Supper.**—Cold Sliced Turkey. Bread and Butter. Canned Pears. Coconut Cake. Tea.

**ROAST TURKEY.**—Stuff with soft bread crumbs, highly seasoned with sage, thyme, salt and pepper. Moisten with half a cup of melted butter; add hot water enough to make it quite moist. Oysters make a pleasing variety. Put the turkey on a rack in a pan, rub well with butter, and dredge with salt, pepper and flour. Put it in a hot oven, and when browned reduce the heat and add a pint of water. Baste often. Allow three hours for an eight pound turkey to cook.

**GRAVY.**—Put the giblets on to boil in one quart of water and boil till tender. Chop, pour off the rich fat from the pan in which the turkey was cooked, put on the stove and when hot, add the water in which the giblets were cooked. Moisten a tablespoonful of flour in cold water, add to the gravy and stir until it is a rich, thick brown.

## MONDAY, FEB. 13

**Breakfast.**—Oatmeal and Cream. Sausage. Warm Potatoes. Bread Butter. Coffee.  
**Dinner.**—Cold Turkey. Potatoes, Warm in the Turkey Gravy. Cranberry Sauce. Celery. Bread and Butter. Mince Pie with Cheese.  
**Supper.**—Salmon Patties. Bread and Butter. Crab Apple Sauce. Coconut Cake. Tea.

**SALMON PATTIES.**—Make a thick cream sauce. (Rule given Monday, Jan. 6th.) Mix with it half a can of salmon. Bake in individual baking shells. Sprinkle fine cracker crumbs over the top and bake twenty minutes, or till the crumbs are brown. This rule will make six shells. Put the remainder of the salmon on a dish, for if left in the tin can it is not fit for use.

## TUESDAY, FEB. 14

**Breakfast.**—Hominy and Cream. Creamed Salmon. (Cream Fish, rule Jan. 7th.) Hot Rolls. Coffee.  
**Dinner.**—Roast Pork. Gravy. Mashed White Potatoe. Turnip. Apple Sauce. Bread and Butter. Snow Pudding.  
**Supper.**—Cold Roast Pork. Hot Baked Apples. Bread and Butter. Cake. Tea.

**SNOW PUDDING.**—White part, 1 pint milk, 2½ tablespoonfuls of corn starch, 3 tablespoonfuls of sugar, flavor with salt and vanilla. Boil all together, add the whites of three eggs (well beaten) pour into moulds.

**CUSTARD.**—Yolks of 3 eggs, 1 pint of milk, 3 tablespoonfuls of sugar, ½ teaspoonful of corn starch, a little salt and nutmeg. Serve when ice cold and pour the custard over the snow.





**Breakfast**—Baked Apples with Cream. Baked Eggs. Hot Rolls. Doughnuts. Coffee.  
**Dinner**—Corned Beef. Cabbage. Potatoes. Beets. Bread and Butter. Indian Pudding.  
**Supper**—Sliced Corned Beef. Bread and Butter. Canned Berries. Cake. Tea.

**BEETS**.—Wash clean, but do not cut them. Cook in boiling salted water, allow 1 hour for summer and 3 hours for winter beets. When cooked, put them in cold water, rub off the skin and slice them, cover them with a dressing made of hot seasoned vinegar, in which has been dissolved a lump of butter.

## THURSDAY,

NOV. 2

**Breakfast**—Oatmeal with Cream. Beet Hash. Bread and Butter. Coffee.  
**Dinner**—Mutton Cutlets au Fromage. Potatoes. Stewed Tomatoes. Bread and Butter. Squash Pie.  
**Supper**—Scalloped Potatoes. Bread and Butter. Stewed Pears. Cake. Cocoa.

**SQUASH PIE**.—1 pint dry and mealy squash,  $\frac{1}{2}$  cup hot milk, 1 egg, well beaten, a little salt; sweeten and spice to taste. This makes one pie.

## FRIDAY,

NOV. 3

**Breakfast**—Baked Pears. Hashed Mutton on Toast. Potato Rolls. Doughnuts. Coffee.  
**Dinner**—Baked Cod. Hollandaise Sauce. Boiled Potatoes. Turnips. Bread and Butter. Grapes and Bananas.  
**Supper**—Cheese Crackers. Steamed Bread. Canned Fruit. Cake. Chocolate.

**POTATO ROLLS**.—Mash or grate (very fine) cold boiled potatoes, to  $1\frac{1}{2}$  cups potato add  $\frac{1}{4}$  cup butter, 1 egg beaten light, 1 tablespoonful flour,  $\frac{1}{2}$  teaspoonful baking powder,  $\frac{1}{4}$  cup sweet milk, pepper and salt. Beat well together, and bake in gem pans.

## SATURDAY,

NOV. 4

**Breakfast**—Warmed over Fish. Bread and Butter. Buckwheat Cakes. Maple Syrup. Coffee.  
**Dinner**—Beef Steak. Potatoes. Stewed Tomatoes. Bread and Butter. Apple Pie. Cheese.  
**Supper**—Boston Brown Bread. Baked Beans. Fruit. Cake. Tea.

**BUCKWHEAT CAKES**.—1 cup flour, 1 of buckwheat flour, 1 of yeast 1 tablespoon of sugar, and salt to taste. Mix with enough water to make a stiff batter and set to rise over night. In the morning add water to make the batter run when put on the griddle. When ready to bake, add 1 saltspoonful soda, sifted through a fine strainer, beat again and fry in cakes.

## SUNDAY,

NOV. 5

**Breakfast**—Oatmeal with Cream. Roast Oysters on Toast. Breakfast Puffs. Coffee.  
**Dinner**—Rabbit Pie. Mashed White Potatoes. Squash. Celery. Bread and Butter. Bavarian Cream.  
**Supper**—Sardines garnished with Lemon. Bread and Butter. Fruit. Coconut Cream Cake. Tea.

**RABBIT PIE**.—Made same as chicken pie.  
**COCONUT CREAM CAKE**.—Make rule for plain cake and bake in jelly tins, have three layers. Make a cream same as for cream cake and spread on each layer of cake. Grate one large or two small coconuts, and sprinkle on each layer of cream. Save all you can for the top of cake.

## MONDAY,

NOV. 6

**Breakfast**—California Breakfast Food with Cream. Omelet. Hot Buttered Toast. Coffee.  
**Dinner**—Beef Stew with Dumplings. Potatoes. Turnip. Bread and Butter. Bread Pudding.  
**Supper**—Salmon Patties. Rye Bread. Butter. Apple Sauce. Cake. Tea.

**RYE BREAD**.—3 pints rye flour,  $\frac{1}{2}$  cake yeast, 1 pint new milk, 1 tablespoonful sugar, 1 teaspoonful salt, lard size of a walnut. Mix and then work for 15 minutes. Let it rise over night, then beat and cut for 10 minutes. Put the dough in the pans from the bowl without moulding on board. Let it rise till half as large again. Bake in very moderate oven from one-half to three-fourths of an hour.

## TUESDAY,

NOV. 7

**Breakfast**—Brewis with Cream. Warmed-over Stew. Sour Milk Griddle Cakes. Maple Syrup. Coffee.  
**Dinner**—Mutton Chops. Potatoes. Canned Peas. Bread and Butter. Peach Pudding. Use canned fruit.  
**Supper**—Salmon on Toast. Bread and Butter. Soft Gingerbread. Baked Quinces. Tea.

**SOFT GINGERBREAD**.—1 cup molasses, 1 teaspoonful soda, 1 teaspoonful ginger, 1 teaspoonful butter. Beat together and pour on  $\frac{1}{2}$  cup boiling water, and beat in 1 pint flour. Bake about 1 inch deep in a sheet. This is very nice, if pains are taken to have the water boiling and to beat well.

## WEDNESDAY,

NOV. 8

**Breakfast**—Hominy with Cream. Baked Sausage. Creamed Potatoes. Bread and Butter. Coffee.  
**Dinner**—Broiled Beef Steak. Potatoes. Canned Corn. Bread and Butter. Rice Pudding.  
**Supper**—Macaroni with Cheese. Crumpets. Butter. Fruit. Cake. Tea.

**BAKED SAUSAGE**.—Put in a shallow tin and bake in a hot oven till brown. Have ready a hot meat dish spread with tissue paper, place the sausage upon it and put in the oven a minute. Remove the paper and serve. In cooking sausage in this manner all the grease is tried out and the meat is much more healthful.

**Breakfast**—Oatmeal with Cream. Baked Eggs. Warmed Potatoes. Bread and Butter. Coffee.  
**Dinner**—Roast Veal. Curried Rice. Potatoes. Bread and Butter. Mince Pie.  
**Supper**—Cold Sliced Roast Veal. Thin Bread and Butter. Hot Baked Apples. Cake. Tea.

**MINCE PIE**.—1 cup chopped meat,  $1\frac{1}{2}$  cups raisins,  $1\frac{1}{2}$  cups currants,  $1\frac{1}{2}$  cups brown sugar,  $1\frac{1}{2}$  molasses, 3 cups chopped apples, 1 cup meat liquor, 2 teaspoonfuls salt, 2 teaspoonfuls cinnamon,  $\frac{1}{2}$  teaspoonful mace,  $\frac{1}{2}$  teaspoonful powdered cloves, 1 lemon, grated rind and juice,  $\frac{1}{4}$  piece citron, 1 cup cider. Mix in the order given using enough meat liquor to make quite moist, and cook in a porcelain kettle until the apples and raisins are soft. Do not add the cider until the meat is cooked.

## FRIDAY,

NOV. 10

**Breakfast**—Hominy with Cream. Minced Veal on Toast. Crumb Muffins. Butter. Coffee.  
**Dinner**—Fried Smelts. Potatoes. Stewed Celery. Cold Slaw. Bread and Butter. Bananas. Grapes.  
**Supper**—Creamed Salt Fish. Bread and Butter. Fruit. Cake. Tea.

**CRUMB MUFFINS**.—A good way to utilize bits of dry bread and crusts is to brown them thoroughly in the oven, then pound fine in a mortar. To  $1\frac{1}{2}$  cups of crumbs add 1 quart sweet milk, 2 well-beaten eggs, 1 teaspoonful sugar,  $\frac{1}{2}$  cup flour. Beat all together briskly, and bake in sissing hot gem pans.

## SATURDAY,

NOV. 11

**Breakfast**—Stewed Peas. Broiled Meat Cakes. Bread and Butter. Hominy Griddle Cakes. Maple Syrup. Coffee.  
**Dinner**—Roast Pork. Apple Sauce. Potatoes. Pickles. Bread and Butter. Lemon Pie. Cheese.  
**Supper**—Sliced Pork. Currant Jelly. Bread and Butter. Cake. Chocolate.

**ROAST PORK**.—The spareribs are the best for roasting. Season with salt and pepper and dredge with flour. Baste often, and allow 20 minutes to each pound.

## SUNDAY,

NOV. 12

**Breakfast**—Wheat Germ with Cream. Oyster Omelet. Fried Potatoes. Breakfast Puffs. Coffee.  
**Dinner**—Chicken Pot-pie. Mashed Potatoes. Baked Sweet Potatoes. Cranberry Sauce. Celery. Bread and Butter. Charlotte Russe.  
**Supper**—Potato Salad. Bread and Butter. Fruit. Cake. Tea.

**OYSTER OMELET**.—Beat 4 eggs very light. Cut out the hard parts of 1 dozen oysters. Wipe them dry and cut them into small pieces, then throw them into the egg season. Cook as any other omelet.

## MONDAY,

NOV. 13

**Breakfast**—Oatmeal with Cream. Sausage. Bread and Butter. Buckwheat Cakes. Maple Syrup. Coffee.  
**Dinner**—Corned Beef. Cabbage. Potatoes. Beets. Bread and Butter. Bread and Fruit Pudding.  
**Supper**—Sliced Corned Beef. Rye Biscuit. Canned Fruit. Cake. Tea.

**RYE BISCUIT**.—3 cups flour,  $1\frac{1}{2}$  cups rye, 1 cup yeast, 1 quart sweet milk, 3 tablespoonfuls sugar, salt. When light, make into biscuit and let rise. Before baking, rub melted butter over the top.

## TUESDAY,

NOV. 14

**Breakfast**—Indian Mush with Cream. Beet Hash. Hot Buttered Toast. Coffee.  
**Dinner**—Ragout of Veal. Curried Rice. Potatoes. Bread and Butter. Prune Pudding.  
**Supper**—Cold Sliced Veal. Steamed Bread. Stewed Fruit. Cake. Cocoa.

**PRUNE PUDDING**.—1 pound stewed prunes, whites of 4 eggs, 1 cup sugar after the prunes are stewed, drain off the juice, remove the stones and chop. Beat the whites very stiff, add the sugar gradually, beating all the time, then stir in the chopped prunes, bake 20 minutes. Serve cold with whipped cream.

## WEDNESDAY,

NOV. 15

**Breakfast**—Minced Veal on Toast. Bread and Butter. Hominy Cakes with Maple Syrup. Coffee.  
**Dinner**—Broiled Beef Steak. Potatoes. Creamed Carrots. Bread and Butter. Cup Custard.  
**Supper**—Scalloped Potatoes. Bread and Butter. Raised Cake. Jam. Tea.

**RAISED CAKE**.—At night mix 1 quart of milk, scalded and cooled, 1 teaspoonful salt,  $\frac{1}{2}$  cup yeast, 1 cup sugar and enough flour to make quite a soft dough. In the morning cream 1 cup butter, add another cup of sugar (2 in all), spice to taste and 2 eggs. Add this mixture to the dough which has been well beaten with the hand. Add more flour, making it about as stiff as fruit cake. Before adding the flour put soda the size of a pea in a cup, pour on a little boiling water and mix in the cake. Then add one cup stoned raisins, 1 cup currants and  $\frac{1}{2}$  cup citron. Flour the fruit, beat thoroughly with a spoon, pour in 2 deep cake tins, let stand in a warm place, when light bake one hour or till done, in a moderate oven. This cake improves by keeping.

## LOBSTER MAYONNAISE SANDWICH

Is merely a convenient way of carrying lobster salad to a picnic, and is prepared the same as chicken salad.





## WEDNESDAY, FEB. 15

**Breakfast.**—California Breakfast Food with Cream. Hash. Hot Rolls. Coffee.  
**Dinner.**—Soup. Beef Rolls. Mashed White Potatoes. Stewed Canned Corn. Bread and Butter. Oranges.  
**Supper.**—Cheese. Bread and Butter. Hot Baked Apples. Cream Cake. Cocoa.

**BEEF ROLLS.**—Cut thin slices from cold roast beef two and a half by four inches long. Chop the trimmings and fat allowing one tablespoonful of the chopped mixture for each slice. Season lightly with salt, pepper and herbs, and mix with one fourth as much cracker crumbs as meat. Spread this on each slice nearly to the edge. Roll and tie. Dredge with salt pepper and flour and fry brown in drippings or salt pork fat; put in a stew pan and make brown gravy by adding two tablespoonfuls of flour to the fat left in the pan and when brown pour in one pint of hot water, season, pour over the rolls and simmer till they are tender. Remove strings, place the rolls on a platter, season the gravy and pour it over them.

## THURSDAY, FEB. 16

**Breakfast.**—California Breakfast Food with Cream. Chipped Meat on Toast. Bread and Butter. Coffee.  
**Dinner.**—Corned Beef. Cabbage. White Potatoes. Beets. Turnips. Bread and Butter. Cottage Pudding. Lemon Sauce.  
**Supper.**—Cold Corned Beef. Hot Biscuit. Stewed Prunes. Cake. Tea.

**COTTAGE PUDDING.**—2 heaping cups flour, 2 teaspoonfuls baking powder, ½ teaspoonful salt, 1 egg, ¾ cup sugar, 3 tablespoonfuls melted butter, 1 cup milk. Mix the salt and baking powder with the flour. Beat the egg, add the sugar, melted butter, milk and stir into the flour.

**LEMON SAUCE.**—2 cups hot water, 1 cup sugar, 3 heaping teaspoonfuls corn starch, grated rind and juice of 1 lemon, 1 tablespoonful butter. Boil the water and sugar five minutes, add the corn starch wet in a little cold water. Cook ten minutes, add the lemon rind and juice, and butter. Stir till the butter is melted and serve at once.

## FRIDAY, FEB. 17

**Breakfast.**—Oatmeal and Cream. Beet Hash. Bread and Butter. Coffee.  
**Dinner.**—Ham and Eggs. Parsnips. White Potatoes. Bread and Butter. Cup Custard.  
**Supper.**—Macaroni with Cheese. Fresh Graham Bread and Butter. Canned Cherries. Cake. Tea.

**BEEF HASH.**—Chop the meat and beets together, add the potatoes and chop very fine. Put the fat which was left from the meat in a frying pan and when liquid pick out the bits of brown fat, add the hash and just enough boiling water to moisten well, cover and cook until brown, then fold as you would an omelet, and serve at once.

## SATURDAY, FEB. 18

**Breakfast.**—Indian Mush with Cream. Omelet. Hot Buttered Toast. Coffee.  
**Dinner.**—Fried Halibut. Boiled White Potatoes. Stewed Tomatoes. Bread and Butter. Hot Apple Pie. Cheese.  
**Supper.**—Baked Beans. Boston Brown Bread. Apple Sauce. Cake.

**INDIAN MUSH.**—Put one quart of water on to boil. Mix one pint of corn meal one teaspoonful of salt, and one tablespoonful of flour with one pint of cold milk. Stir this gradually into the boiling water and boil half an hour, stirring often. Cook an extra supply and pour in a tin to fry the next morning.

## SUNDAY, FEB. 19

**Breakfast.**—Fried Indian Mush with Maple Syrup. Warmed Beans. Toasted Boston Brown Bread and Butter. Coffee.  
**Dinner.**—Roast Beef. Gravy. Browned Baked Potatoes (Rule Jan. 15th.) Turnips. Boiled Onions. Celery. Bread and Butter. Mince Pie and Cheese.  
**Supper.**—Oyster Stew with Crackers. Canned Pears. Feather Cake.

**FEATHER CAKE.**—1 cup sugar, 1 egg, 1 tablespoonful butter, 1 cup milk, 2 cups flour, 1 heaping teaspoon baking powder.

## MONDAY, FEB. 20

**Breakfast.**—Oranges. Broiled Salt Mackerel. Potatoes Warmed in Milk. Bread and Butter. Coffee.  
**Dinner.**—Roast Beef Warmed in the Gravy. Baked White Potatoes. Canned Corn. Bread and Butter. Pumpkin Pie.  
**Supper.**—Egg Vermicelli. Currant Jelly. Thin Bread and Butter. Feather Cake. Cocoa.

**EGG VERMICELLI.**—Boil three eggs twenty minutes. Separate the yolks and chop the whites. Toast four slices of bread, cut in small pieces, make a cup of thick cream sauce and add the chopped whites and while hot pour over the toast. Rub the yolks through a fine strainer over the whole.

## TUESDAY, FEB. 21

**Breakfast.**—California Breakfast Food with Cream. Poached Eggs on Toast. Doughnuts and Coffee.  
**Dinner.**—Roast Veal with Dressing. Mashed White Potatoes. Celery. Bread and Butter. Apple Float.  
**Supper.**—Milk Toast. Cheese. Canned Peaches. Cake. Tea.

**APPLE FLOAT.**—Prepare 12 tart apples as for sauce. When cold add whites of two beaten eggs, then beat the whole till quite stiff. Make a soft custard with the yolks. When ready to serve, put the apple on the custard.

## WEDNESDAY, FEB. 22

**Breakfast.**—Oatmeal and Cream. Cold Roast Veal. Fried Potatoes. Graham Muffins. Butter. Coffee.  
**Dinner.**—Ham and Eggs. Baked Potatoes. Stewed Tomatoes. Bread and Butter. Apple Pie with Cream.  
**Supper.**—Thin Bread and Butter. Dried Chipped Beef. Apple Sauce. Chocolate Cake. Tea.

**GRAHAM MUFFINS.**—1 quart of graham flour, 1 tablespoonful sugar, 1 teaspoonful salt, 3 teaspoonfuls baking powder, one egg, 1 pint milk. Mix together graham flour, salt, sugar and baking powder, add the milk and beaten egg. Heat the roll iron hot, fill two-thirds full with batter, bake in a hot oven on top grate, fifteen minutes.

## THURSDAY, FEB. 23

**Breakfast.**—Hominy and Maple Syrup. Fried French Bread. Boiled Eggs. Coffee.  
**Dinner.**—Boiled Corn Beef. Cabbage. Potatoes. Parsnips. Bread and Butter. Suet Pudding.  
**Supper.**—Hot Rolls. Cold Corned Beef. Canned Quinces. Cookies. Chocolate.

**SUET PUDDING.**—½ cup suet or salt pork chopped fine, 1 cup raisins, 1 cup milk, 1 cup molasses, 2 cups flour, 1 teaspoonful soda. Steam two hours, serve with sauce.

## FRIDAY, FEB. 24

**Breakfast.**—Quaker Oats and Cream. Corned Beef Hash. Doughnuts and Coffee.  
**Dinner.**—Boiled Cod with Egg Sauce. Boiled White Potatoes. Stewed Corn. Bread and Butter. Mince Pie. Cheese.  
**Supper.**—Cold Meat. Tea. Cake. Canned Pears.

**BOILED COD WITH EGG SAUCE.**—Tie the fish in a linen bag after salting well. Put in boiling water and cook one hour.

**EGG SAUCE.**—1 egg (well beaten), 1 teaspoonful corn starch, turn boiling water to it until it thickens, then turn the two together. Add a piece of butter, pour the sauce over the fish and garnish with hard boiled eggs.

## SATURDAY, FEB. 25

**Breakfast.**—Oranges. Creamed Fish. Fried Potatoes. Hot Rolls. Coffee.  
**Dinner.**—Broiled Beef Steak. Mashed Potatoes. Fried Parsnips. Bread and Butter. Hot Apple Pie. Cheese.  
**Supper.**—Welsh Rarebit. Bread and Butter. Canned Peaches. Roll Jelly Cake. Chocolate.

**ROLL JELLY CAKE.**—2 eggs, ½ cup sugar, ½ cup flour ½ teaspoon of cream of tartar, ¼ teaspoon of soda, a little salt. Dissolve the soda in a tablespoonful of boiling water. Bake in an oblong tin and while hot spread with jelly and roll.

## SUNDAY, FEB. 26

**Breakfast.**—Oatmeal and Cream. Fried Oysters. Creamed Potatoes. Hot Buttered Toast. Coffee.  
**Dinner.**—Roast Chicken. Mashed White Potatoes. Turnips. Celery. Cranberry Sauce. Bread and Butter. Boiled Tapioca Pudding.  
**Supper.**—Cold Chicken. Thin Bread and Butter. Baked Sour Apples. Served Hot. Cake. Tea.

**BOILED TAPIOCA PUDDING.**—1 qt. milk (warmed,) add 3 tablespoonfuls tapioca, boil together till soft. Add 4 eggs, leaving but the whites of 3. Beat sugar enough with yolks to sweeten, boil all together until thick, add the beaten whites while hot.

## MONDAY, FEB. 27

**Breakfast.**—Hominy and Cream. Sausage and Buckwheat Cakes. Doughnuts and Coffee.  
**Dinner.**—Chicken Soup and Crackers. Mutton Chops. Baked White Potatoes. Steamed Pudding.  
**Supper.**—Hominy Croquettes, (same rule as Rice Croquettes.) Maple Syrup. Crackers and Cheese. Apple Sauce. Cake.

**MUTTON CHOPS.**—Wipe with a wet cloth; have a frying pan hissing hot without any fat, put in the chops and cook five minutes, turn and sear the other side; cook more slowly till done, turning often. Arrange in the center of a hot dish and pour tomatoe sauce around them.

## TUESDAY, FEB. 28

**Breakfast.**—Oatmeal with Cream. Buckwheat Griddle Cakes with Maple Syrup. Bread and Butter. Coffee.  
**Dinner.**—Broiled Meat Cakes. Squash. White Potatoes. Bread and Butter. Bananas.  
**Supper.**—Welsh Rarebit. Bread and Butter. Preserved Raspberries. Cake. Tea.

**WELSH RAREBIT.**—¼ pound cheese, ¼ cup cream or milk, 1 teaspoonful mustard, ½ teaspoonful salt. 1 egg, 1 teaspoonful butter, 4 slices of toast. Break the cheese in small pieces, or if hard, grate it. Put the milk in a double boiler. Toast the bread and keep it hot. Mix the mustard, salt and pepper, add the egg and beat well. When the cheese is melted, stir in the egg and butter and cook two minutes, or until it thickens a little, but do not let it curdle. Pour it over the toast.





## SATURDAY, OCT. 28

**Breakfast**—Baked Apples with Cream. Ham and Eggs. Fried Indian Mush. Maple Syrup. Coffee.  
**Dinner**—Tripe. Potatoes. Turnips a la Creme. Bread and Butter. Jelly Crackers.  
**Supper**—Scalloped Oysters. Bread and Butter. Jelly. Old Fashioned Sponge Cake. Cocoa.

**OLD FASHIONED SPONGE CAKE.**—Weigh 1 pound fresh eggs in the shell (about 8), 1 pound sugar, ½ pound sifted flour, juice and grated rind of 1 lemon. Beat the yolks until light and thick; add the sugar gradually, and beat again. Add the lemon rind and juice. Beat the whites till stiff and dry, and cut them in lightly, then sift in the flour and fold in carefully, stirring as little as possible. Sift the flour twice before putting in cake.

## SUNDAY, OCT. 29

**Breakfast**—Wheat Germ with Cream. Fried Oysters. Hot Rolls. Coffee.  
**Dinner**—Boiled Leg of Mutton. Caper Sauce. Potatoes. Fall Spinach. Currant Jelly. Bread and Butter. Mother's Charlotte Pudding.  
**Supper**—Cold Roast Beef. Thin Bread and Butter. Jam. Cake. Tea.

**MOTHER'S CHARLOTTE PUDDING.**—Line a pudding dish with lady fingers split in two, fasten them with white of egg and let stand ¾ of an hour. Now take ¼ box of Cooper's gelatine, dissolve in 1 quart of milk, let stand ½ hour, then put on stove and stir, as soon as dissolved remove from stove and flavor with vanilla, sweeten to taste. Pour into dish and set on ice. When ready to serve, pile whipped cream on top.

## MONDAY, OCT. 30

**Breakfast**—California Breakfast Food with Cream. Salt Mackerel. Creamed Potatoes. Bread and Butter. Coffee.  
**Dinner**—Potato Soup. Cold Roast Beef. White Potatoes. Baked Sweet Potatoes. Bread and Butter. Apple Tapioca Pudding.  
**Supper**—Sweet Potato Salad. Bread and Butter. Hot Baked Quinces. Cake. Tea.

**SWEET POTATO SALAD.**—Cut cold sweet potatoes in half-inch squares. Chop 2 stalks of celery. Season with salt and pepper and pour over a French dressing made as follows:—3 tablespoonfuls olive oil, 2 of vinegar, 1 teaspoonful onion juice, 1 saltspoon each salt and pepper. Let salad stand in refrigerator 2 hours. Garnish with olives, parsley and pickles.

## TUESDAY, OCT. 31

**Breakfast**—Oatmeal with Cream. Stewed Kidney. Bread and Butter. Coffee.  
**Dinner**—Veal Cutlet. Potatoes. Stewed Tomatoes. Bread and Butter. Cider Jelly.  
**Supper**—Welsh Rare Bit. Bread and Butter. Canned Peaches. Raisin Spirals. Tea.

**CIDER JELLY.**—½ box gelatine soaked in half a pint of cold water ½ hour with the juice and rind of 1 lemon and a little stick cinnamon. Add 1 pint of boiling water, ½ a pint of cider and ¾ of a pint of sugar, strain through flannel.

### CAKE.

In the making of cake, as in all other things, it is necessary to be done decently and in order, and the first thing to be orderly about is one's self. Let the hair be secured in a net or other covering, to prevent any from flying, and faithfully brush the shoulders and back that none lodge, to fly here and there. Be particular about washing the hands and wrists, and roll the sleeves well above the elbows. Have a large, clean apron at hand which will cover the dress. A good cook will not be over-nice about the style and trimming, so that it be of firm material and adapted to her purpose. Before beginning, have things ready. By that I mean clear the kitchen table of everything not needed, and provide things that are needed. Have the sugar, butter, eggs, flour, spices and baking-pans at hand.

Sift flour and sugar (if not pulverized), and measure or weigh. In warm weather let the eggs stand a few moments in cold water, as they will make a finer froth. Be sure, if possible, that the eggs are fresh, as no amount of beating will render them stiff if old. Beat the eggs thoroughly, and put whites in a cool place until needed; beat in a cool room till the froth will remain in the dish when turned upside down.

Good butter should also be used. Nothing is gained by resorting to "cooking butter," as heat develops latent bad qualities. In very cold weather the butter

may be warmed a little, but in no case allow it to melt.

In using milk it is well to remember that sour milk makes a spongy, light cake; sweet milk, one that cuts like pound cake. With sour milk soda alone is to be used; with sweet, baking powder, or soda and cream of tartar. Never use fresh and stale milk in same cake. Butter should be beaten to a cream, and sugar added gradually: next yolks of eggs, then flour, whites, and lastly the flavoring or spice.

Do not stir the cake mixture, but beat thoroughly. The batter should be brought up from the dish at every stroke, in this way driving the air into the cells instead of out. The cells will be finer if the motion is slower toward the last, remembering that it should always be upward.

Never beat or mix a cake in tin; earthen or stoneware should always be used, and a wooden spoon is recommended. It is better to grease the pans with lard—fresh, nice lard—than butter. Several thicknesses of paper should be placed in the bottom, and a little cap of paper over most kinds, except layer cake. A little cap may be made of brown paper, and saved for several bakings.

The oven should receive a good share of attention. Too hot or too cool, and your cake making or baking, is a failure. If necessary to move the cake while baking, do it very gently. Shrinking away from the sides of the pan and stopping its "singing" are indications that it is time to leave the oven. When the cake is removed from the pan and set away, always place it right side up.

Finally, a tin chest or stone jar is best to keep it in, and it is well to wrap closely in a napkin, that the aroma be not lost.—*L. Eugenie Eldridge in Good Housekeeping.*

**YEAST.**—Take a pinch of hops and put them with 1 quart of water to boil. When they have well boiled up once and the hops sink to the bottom of the saucepan they are done. Prepare 1 teaspoon of flour, two dessertspoonfuls Indian meal, 2 good boiled potatoes, mashed, 1 teaspoonful salt, 1 tablespoonful sugar; work smooth with a little water, strain the hop-water into them and simmer a few minutes. When cold add 1 teacupful of the last made yeast, or distilled yeast. We have not varied the phraseology of the receipt since it has done such good service, but a pinch of hops seems a little vague in these days of exact measurements. It means, however, as much as one can easily grasp between the thumb and first two fingers. This yeast will keep well for a week or more in the summer if kept in a cool place. In winter it is good for at least two weeks, but like all other compounds of the sort, it is better for being fresh as often as possible.

—*Henrietta Davis in Good Housekeeping.*

### CUCUMBER PICKLES.

Soak cucumbers taken from the brine, put in a kettle and cover with vinegar, add to each gallon half a teacupful of mustard seed, celery seed and bruised ginger root each, two onions, half a dozen heads of garlic two tablespoonfuls of black pepper, half an ounce each of cloves, mace, tumeric, one pod of red pepper, a teacupful of horseradish, and 3 pounds of brown sugar. Let boil, put in a jar and let stand over night; pour the spiced vinegar back into the kettle and let come to a boil, then pour over the cucumbers again. They will be ready for use in a week.



## WEDNESDAY, MARCH 1

**Breakfast.**—Quaker Oats with Cream. Warmed over Stew. Hot Rolls. Coffee.  
**Dinner.**—Boiled Leg of Mutton with Caper Sauce. Mashed White Potatoes. Canned Peas. Bread and Butter. Salted Peanuts. Apples.  
**Supper.**—Cold Sliced Mutton. Fried Potatoes. Bread and Butter. Currant Jelly. Sugar Cookies. Tea.

**SUGAR COOKIES.**—2 cups sugar, 1 cup butter, 3 tablespoonfuls milk, ½ teaspoon soda, 1 teaspoonful cream of tartar, 2 eggs. Beat butter to a cream, then add sugar. Stir up stiff, roll rather thin and bake in a quick oven.

## THURSDAY, MARCH 2

**Breakfast.**—California Breakfast Food with Cream. Broiled Beef Steak. Fried Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Soup and Crackers. Cold Boiled Mutton. Mashed White Potatoes. Macaroni with Cheese. Bread and Butter. Coconut Pudding.  
**Supper.**—Milk Toast. Stewed Prunes. Richmond Fruit Cake. Cocoa.

**RICHMOND FRUIT CAKE.**—2 cups of sugar, 1 cup of butter, nearly 1 cup milk, 4 eggs, 1 pound each, raisins and currants, ½ citron, ½ teaspoon soda, 1 teaspoonful of cream of tartar, 3 cups sifted flour. Spice to suit taste.

## FRIDAY, MARCH 3

**Breakfast.**—Hominy and Cream. Omelet. Fried Potatoes. Hot Buttered Toast. Coffee.  
**Dinner.**—Sausage. Mashed White Potatoes. Boiled Onions. Bread and Butter. Hot Apple Pie. Cheese.  
**Supper.**—Baked Beans. Boston Brown Bread. Canned Peaches. Cake. Tea.

**BAKED BEANS.**—Soak one cup of beans over night; in the morning pour off the water, wash and pick over. Put in a saucepan, add 1 teaspoonful salt, ½ teaspoonful pepper, ¼ teaspoonful mustard. Cover with hot water and boil ten minutes. Empty contents of pan into the bean pot, add 1 tablespoonful molasses and a piece of salt pork and bake 5 hours, add a little boiling water occasionally to prevent burning.

## SATURDAY, MARCH 4

**Breakfast.**—Oatmeal with Cream. Sausages and Buckwheat Cakes. Coffee.  
**Dinner.**—Cream Celery Soup. Cold Roast Pork. Baked Potatoes. Stewed Tomatoes. Baked Apple Dumplings. Hard Sauce.  
**Supper.**—Oyster Stew and Crackers. Canned Peaches. Bread and Butter. Cake.

**CREAM CELERY SOUP.**—Wash 3 good roots of celery and cut into small pieces, add a small slice of onion, cover with a pint of water and boil ½ hour. Rub through a coarse sieve. Have ready 1 quart boiling milk, add the water in which the celery was boiled and the celery and onion. Rub 1 tablespoonful butter into 2 of flour and stir into the boiling soup, add pepper and salt to taste. Stir constantly till it thickens. Serve at once.

## SUNDAY, MARCH 5

**Breakfast.**—Oranges. Fried Halibut Steak. Breakfast Puffs and Butter. Coffee.  
**Dinner.**—Roast Beef. Gravy. Browned Baked Potatoes. Turnips. Celery. Bread and Butter. Charlotte Russe.  
**Supper.**—Cold Sliced Beef. Hot Sour Baked Apples. Thin Bread and Butter. Cake. Chocolate.

**CHARLOTTE RUSSE.**—1 pint rich cream, 1 teaspoonful vanilla ½-cup sugar. Sponge Cake. Place the bowl of cream on ice or in ice water and whip to a stiff froth, add the vanilla and sugar. Line a dish with lady fingers or sponge cake and fill with the cream and keep on ice till ready to serve.

## MONDAY, MARCH 6

**Breakfast.**—Hominy with Cream. Creamed Fish. Hot Buttered Toast. Coffee.  
**Dinner.**—Beef Olives. Baked Potatoes. Cold Slaw. Bread and Butter. Pumpkin Pie and Cheese.  
**Supper.**—Hominy Cakes. Sliced Oranges. Cake.

**BOILED DRESSING FOR COLD SLAW.**—Boil ½ cup of vinegar with 2 teaspoonfuls of sugar, ½ teaspoonful each of salt and mustard and ¼ a saltspoonful pepper. Rub ¼ cup of butter to a cream with 1 teaspoonful flour and pour the boiling vinegar on it. Cook 5 minutes, then pour it over one well beaten egg. Mix this dressing while hot with 1 pint of red cabbage shaved or chopped.

## TUESDAY, MARCH 7

**Breakfast.**—Indian Mush with Cream. Ham and Eggs. Bread and Butter. Coffee.  
**Dinner.**—Broiled Beef Steak. Beets. Mashed Potatoes. Bread and Butter. Rice Pudding.  
**Supper.**—Salmon Patties. Bread and Butter. Hickory-nut Cake. Raspberry Jam. Tea.

**BROILED BEEF STEAK.**—Wipe and trim off the superfluous fat. Grease the gridiron with some of the fat. Broil over a clear fire, turning every few seconds. Cook five minutes if liked rare; longer, if well done. Serve on a hot platter, season with butter, salt and pepper.

## WEDNESDAY, MARCH 8

**Breakfast.**—Oranges. Fried Indian Mush with Maple Syrup. Doughnuts. Coffee.  
**Dinner.**—Roast of Pork. Apple Sauce. Browned Baked Potatoes. Celery. Cottage Pudding.  
**Supper.**—Creamed Salmon on Toast. Fresh Graham Bread and Butter. Stewed Dried Peaches. Cake. Chocolate.

**APPLE TAPIOCA PUDDING.**—Soak a cup of tapioca in water three or four hours. Pare and core eight or ten tart apples, fill the holes with sugar and stick a clove or two in each apple. Pour the tapioca over them as they are placed in the pudding dish, and bake till the apples are thoroughly done. Be careful not to have the tapioca too thick, eat with cream.

## THURSDAY, MARCH 9

**Breakfast.**—Oatmeal and Cream. Salt Fish Balls. Potatoes Warmed in Milk. Bread and Butter. Coffee.  
**Dinner.**—Pork Chops. Baked Potatoes. Apple Sauce. Bread and Butter. Mince Pie. Cheese.  
**Supper.**—Oyster Stew and Crackers. Canned Pineapple. Cake. Tea.

**APPLE SAUCE.**—Pare, core and cut in small pieces six or eight tart apples. Pour over them enough hot water to cover them; add one cup sugar; stir often and cook until very fine. Use a granite or porcelain pan and a wooden spoon.

## FRIDAY, MARCH 10

**Breakfast.**—California Breakfast Food with Cream. Scrambled Eggs. Warmed Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Fish Chowder. Beets. Hot Apple Pie. Cheese.  
**Supper.**—Apple Fritters. Bread and Butter. Canned Plums. Cake. Tea.

**APPLE FRITTERS.**—Make a batter with 1 cup sweet milk, 1 teaspoonful sugar, 2 eggs, whites and yolks beaten separately, 2 cups flour, 1 scant teaspoonful baking powder mixed with the flour. Chop some good tart apples, mix in the batter and fry in smoking hot lard same as doughnuts. Serve with maple syrup.

## SATURDAY, MARCH 11

**Breakfast.**—Oatmeal and Cream. Fried Pork Steak. Warmed Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Broiled Mutton Chops. Mashed Potatoes. Canned Corn. Bread and Butter. Pumpkin Pie. Cheese.  
**Supper.**—Welsh Rarebit. Bread and Butter. Apple Sauce. Cake. Tea.

**COFFEE.**—1 heaping tablespoonful coffee, 1 egg shell, 1 cup freshly boiling water. Mix first with a very little cold water then add the boiling water and boil five minutes, pour in a little cold water and let stand a minute.

## SUNDAY, MARCH 12

**Breakfast.**—California Breakfast Food with Cream. Fried Oysters. Hot Rolls. Coffee.  
**Dinner.**—Roast Duck. Gravy. Mashed White Potatoes. Onions Stewed in Milk. Celery. Canned Peas. Mince Pie. Cheese. After Dinner Coffee.  
**Supper.**—Cold Duck. Strawberry Jam. Cake. Cocoa.

**ROAST DUCK.**—After the entrails are removed, wash thoroughly in salted water. Stuff with equal parts mashed potatoes and bread crumbs highly seasoned with salt, sage and pepper. Sew and trim. Put on a rack in a pan, place a thin slice of salt pork on the breast and bake in a hot oven. When considerable oil is extracted remove the pork and pour off the oil, dredge with flour. When the flour is browned, add a little hot water and baste often. Cook until brown and tender.

## MONDAY, MARCH 13

**Breakfast.**—Oatmeal with Cream. Fried Salt Mackerel. Fried Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Broiled Beef Steak. Baked Potatoes. Squash. Bread and Butter. Bananas.  
**Supper.**—Scalloped Potatoes. Hot Buttered Toast. Currant Jam. Cake. Tea.

**SCALLOPED POTATOES.**—Slice cold boiled potatoes very thin, put them in layers, alternately with bread crumbs plentifully sprinkled with bits of butter. Season with salt and pepper; have the top layer of bread crumbs, pour over the whole a cup of milk and bake one hour.

## TUESDAY, MARCH 14

**Breakfast.**—Farinose and Cream. Creamed Fish. Warmed Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Broiled Slice of Ham. Baked White and Sweet Potatoes. Bread and Butter. Nuts and Raisins.  
**Supper.**—Scalloped Oysters. Bread and Butter. Apple Jelly. Cake. Cocoa.

**SCALLOPED OYSTERS.**—Butter a baking-dish and fill with alternate layers of crushed crackers and oysters. The first layer should be the crushed crackers. Wet them with a mixture of the oyster liquor and milk, then add a layer of oysters, which sprinkle with salt, pepper and bits of butter. Let the top layer be the crushed crackers, over which scatter bits of butter quite thickly. For a medium-sized dish, about an hour will be required for the baking, or till the top is nicely browned. The layers of cracker crumbs should be thick enough to conceal the oysters. The crackers should be made very fine.







## SUNDAY, OCT. 15

**Breakfast**—Wheat Germ with Cream, Salt Fish Balls, Hot Rolls, Coffee.  
**Dinner**—Roast Beef, Gravy, Browned Baked Potatoes, Sweet Potatoes, Olives, Bread and Butter, Macaroon Pudding.  
**Supper**—Sardine Salad, Thin Bread and Butter, Canned Fruit, Cake, Tea.

**MACAROON PUDDING.**—1 quart milk, 1 tablespoonful corn starch yolks of 2 eggs, 1 cup sugar, 1 saltspoonful salt, flavor with bitter almond. Boil the milk, and then add the other ingredients dissolved in 1 cup cold milk. Have ready in a pudding dish one dozen macaroons, pour the mixture over them while hot, then beat the whites of 2 eggs to a stiff froth with 1 small tablespoonful of powdered sugar. Drop this on the top of the macaroons, place the pudding in oven until a light brown.

## MONDAY, OCT. 16

**Breakfast**—Indian Mush with Cream, Eggs and Bacon, Bread and Butter, Coffee.  
**Dinner**—Soup, Beef Olives, Potatoes, Fall Spinach, Bread and Butter, Lemon Pie, Cheese.  
**Supper**—Scalloped Potatoes, Fresh Graham Bread, Butter, Apple Sauce, Cake, Cocoa.

**LEMON PIE.**—Take 1 lemon, grate the outside, leaving the white then grate the inside, 1 grated potato size of the lemon, 1 cup sugar, 1 of water, yolks of 2 eggs. Mix all together and let boil. Line a pie plate with rich crust, fill with the above mixture and bake. When done, cover with a meringue made thus:—Whites of 2 eggs beaten stiff, sweetened with 2 teaspoonfuls powdered sugar. Return to the oven and bake a light brown.

## TUESDAY, OCT. 17

**Breakfast**—Grapes, Soft Boiled Eggs, Bread and Butter, Fried Indian Mush, Maple Syrup, Coffee.  
**Dinner**—Beef Stew with Dumplings, Potatoes, Turnips a la Creme, Bread and Butter, Apple Pie, Cheese.  
**Supper**—Chipped Beef, Souffle Bread, Baked Quinces, Cake, Tea.

**TURNIPS A LA CREME.**—Peel and cut turnips into half inch dice, boil in salted water and drain. Pour over a cream sauce made of 1 cup hot milk poured gradually over 1 tablespoonful each of butter and flour, salt and pepper.

## WEDNESDAY, OCT. 18

**Breakfast**—California Breakfast Food with Cream, Warmed over Stew, Bread and Butter, Coffee.  
**Dinner**—Mutton Chops, Baked Potatoes, Stewed Tomatoes, Bread and Butter, Chocolate Blanc-mange.  
**Supper**—Cheese Fritters, Bread and Butter, Jam, Cream Cake, Cocoa.

**CREAM CAKE, No. 2.**—*Cake.*—3 eggs, (whites and yolks beaten separately,) 1½ cups sugar, ½ cup cold water, 2 cups flour, 1½ teaspoonfuls baking powder, bake in jelly tins. *Filling.*—Boil 1 pint milk, add ½ cup sugar, a pinch of salt, 2 tablespoonfuls flour, rubbed smooth in a little cold milk, 1 tablespoonful butter and 2 well beaten eggs. Cook in a double boiler till smooth. When cool, flavor with vanilla.

## THURSDAY, OCT. 19

**Breakfast**—Grapes, Scrambled Eggs, Warmed Potatoes, Hot Toast, Coffee.  
**Dinner**—Roast of Lamb, Gravy, Mint Sauce, Potatoes, Peas, Bread and Butter, Amber Pudding.  
**Supper**—Sour Milk Griddle Cakes, Maple Syrup, Hot Baked Apples, Cake, Tea.

**AMBER PUDDING.**—2 eggs, their weight in sugar, butter, flour, and the juice and grated peel of 1 lemon. Beat the yolks with the sugar, lemon juice and butter softened till very light, sift in the flour and grated peel. Butter a small bowl or mould, pour the mixture in and boil two hours.

## FRIDAY, OCT. 20

**Breakfast**—Oatmeal and Cream, Creamed Salt Fish, Warmed Potatoes, Bread and Butter, Coffee.  
**Dinner**—Fried Halibut, Potatoes, Cold Slaw, Sweet Potatoes, Bread and Butter, Baked Custard.  
**Supper**—Veal Loaf, Bread and Butter, Baked Pears, Cake, Cocoa.

**SWEET POTATOES.**—Boil in salted water until tender, then cut in halves, peel and put on in tin pan a piece of butter on each half, sprinkle with salt and pepper and brown in the oven.

## SATURDAY, OCT. 21

**Breakfast**—Baked Apples with Cream, Fish Hash, Oatmeal Gems, Coffee.  
**Dinner**—Broiled Beef Steak, Potatoes, Cones of Carrots and Turnips, Bread and Butter, Peas and Grapes.  
**Supper**—Boston Brown Bread, Baked Beans, Jam, Cake, Tea.

**CONES OF CARROTS AND TURNIPS.**—Boil them separately in quarters, use white turnips. Chop each fine in a chopping bowl, put a dessertspoonful of butter with them, season with white pepper and salt, then press them into cone shape,—a wine glass will answer—and stand them in alternate cones round the beef steak.

## SUNDAY, OCT. 22

**Breakfast**—Hominy with Cream, Fried Cod, Creamed Potatoes, Breakfast Puffs, Coffee.  
**Dinner**—Fricassee Chicken, Mashed Potato, Fall Spinach, Celery, Bread and Butter, Vanilla Ice Cream.  
**Supper**—Creamed Oysters, Thin Bread and Butter, Fruit, Cake, Tea.

**CREAMED OYSTERS.**—To ½ tablespoonful butter melted in a sauce pan, add 1 heaping tablespoonful flour, cook a minute and stir in gradually 1 cup hot milk. Season with salt, pepper and 1 teaspoonful celery salt. Wash and pick over carefully 1 pint fine oysters, boil them in their own liquor until plump, drain, and pour over them the sauce.

## MONDAY, OCT. 23

**Breakfast**—Fluffy Egg on Toast, Hominy Cakes with Maple Syrup, Doughnuts, Coffee.  
**Dinner**—Tomato Soup, Chicken, with Cream, Potatoes, Cranberry Jelly, Bread and Butter, Cottage Pudding, Lemon Sauce.  
**Supper**—Chipped Beef, Apple Fritters, Bread and Butter, Cake, Chocolate.

**CHICKEN WITH CREAM.**—½ pound of cold chicken, 2 gills cold water, 2 gills cream, 1 tablespoonful flour, 1 teaspoonful salt, ½ teaspoonful pepper. Pick the chicken in bits about an inch and a half long, and put it in a saucepan. Pour the water over it and let it simmer until the water is nearly absorbed. Mix the flour smooth in a little of the cream, and the rest with the salt and pepper, and pour the whole over the chicken. Let it simmer and when sufficiently thickened, serve on a platter, garnished with pieces of crisp toast. Milk may be used instead of cream, with an ounce of butter.

## TUESDAY, OCT. 24

**Breakfast**—Wheat Germ with Cream, Chops, Fried Potatoes, Bread and Butter, Coffee.  
**Dinner**—Roast of Veal, Gravy, Potatoes, Curried Rice, Bread and Butter, Washington Pie.  
**Supper**—Cold Veal, Bread and Butter, Baked Pears, Cake, Tea.

**WASHINGTON PIE.**—1½ cups sugar, 1 of milk, 3 of flour, 1 egg 2 tablespoonfuls of butter, 2 teaspoonfuls cream of tartar, 1 of soda. Bake as for jelly cake in two layers, spread between the following mixture: Grate 2 lemons, add 1 cup sugar and 1 egg. Put on the stove and cook until thick, sprinkle powdered sugar over the top.

## WEDNESDAY, OCT. 25

**Breakfast**—California Breakfast Food with Cream, Hashed Veal on Toast, Doughnuts, Coffee.  
**Dinner**—Pot Roast, Potatoes, Stewed Tomatoes, Bread and Butter, Snow Pudding.  
**Supper**—Sliced Pot Roast, Thin Bread and Butter, Canned Blackberries, Buns, Cocoa.

**BUNS.**—1 cup sugar, 1 cup sweet milk, small half cup butter, ½ cup English currants, 1 teaspoonful cream of tartar, ½ teaspoonful soda, flour to make quite stiff. Drop spoonfuls into biscuit tins.

## THURSDAY, OCT. 26

**Breakfast**—Oatmeal with Cream, Poached Eggs on Toast, Doughnuts, Coffee.  
**Dinner**—Mutton Broth, Sauted Meat, Potatoes, Fall Spinach, Bread and Butter, Hot Apple Pie, Cheese.  
**Supper**—Dried Beef, Baking Powder Biscuit, Baked Apples, Cake, Tea.

**MUTTON BROTH.**—Take 2 pounds of neck of mutton, cut in pieces and cover it in the kettle with 3 pints of water. Boil it till the meat is in rags, strain off the liquor and season to taste.

## FRIDAY, OCT. 27

**Breakfast**—Indian Mush with Cream, Broiled Beef Steak, Hot Rolls, Coffee.  
**Dinner**—Fried Smelts, Potatoes, Beets, Bread and Butter, Custard Pie, Cheese.  
**Supper**—Bread Omelet, Corn Bread, Butter, Fruit, Cake, Tea.

**FRIED SMELTS.**—Cleanse and dry them, then dip them in milk, then in flour, shake off superfluous flour, and then egg and crumb them. Have the lard as hot as for croquettes and drop them in five or six at a time. They should brown in two minutes.

### EGG SANDWICHES.

“Boil fresh eggs five minutes; peel; take a little white off from each end; cut the rest in four slices, and put between bread and butter.” That compound would be but little better than the egg in its natural state. Hard-boiled eggs, for any purpose, should be cooked in water just below the boiling point not less than twenty minutes; then the yolk, instead of being tough, will be soft and mealy. To make sandwiches, use eggs thus boiled; chop fine; add a teaspoonful of butter for each egg, and salt and pepper to season; mix well together. The butter in the mixture holds it together when cold. Spread on buttered slices of bread, and put them together. A little chopped ham may be mixed with the egg for variety.





## WEDNESDAY, MARCH 15

**Breakfast.**—Hominy with Cream. Corned Beef Hash. Hot Rolls. Coffee.  
**Dinner.**—Roast Loin of Mutton. Browned Baked Potatoes. Fried Parsnips. Bread and Butter. Orange Pie.  
**Supper.**—Cold Mutton. Hot Baked Sour Apples. Bread and Butter. Pound Cake. Tea.

**POUND CAKE.**—1 cup butter, 1½ cups of flour beaten together, (mix ½ teaspoonful baking powder with the flour), 1 cup of eggs and 1½ cups sugar, beaten together. Then mix the butter and flour, the sugar and eggs, and bake slowly. Follow the rule exactly and use the same cup to measure everything.

## THURSDAY, MARCH 16

**Breakfast.**—Hominy with Cream. Sausage and Buckwheat Cakes. Doughnuts and Coffee.  
**Dinner.**—Pork Chops. Apple Sauce. Mashed White Potatoe. Bread and Butter. Delmonico Pudding.  
**Supper.**—Hominy Croquettes with Maple Syrup. Thin Bread and Butter. Cake. Chocolate.

**DELMONICO PUDDING.**—One quart of milk, three tablespoonfuls corn starch mixed with a little cold milk, the yolks of four eggs beaten with six tablespoonfuls of sugar. Boil three or four minutes. Pour in a pudding dish and bake about one half hour. Beat the whites of the eggs with six tablespoonfuls of sugar; spread over the top and return to the oven until it is a delicate brown.

## FRIDAY, MARCH 17

**Breakfast.**—California Breakfast Food with Maple Syrup. Fried Liver and Bacon. Bread and Butter. Coffee.  
**Dinner.**—Baked Cod. Boiled White Potatoes. Cold Slaw. Bread and Butter. Hot Apple Pie. Cheese.  
**Supper.**—Chipped Beef. Hot Buttered Toast. Fruit Cake. Tea.

**BAKED COD.**—Leave the head and tail on and clean thoroughly. Stuff with one cup bread crumbs moistened with ¼ cup melted butter, season with salt, pepper, 1 teaspoonful chopped parsley, a little chopped onion. Sew, place in the pan, put on the top of the fish, two or three slices of salt pork and a piece under the fish to keep it from sticking. When the fat commences to melt, sprinkle with flour and baste often. Bake till brown.

## SATURDAY, MARCH 18

**Breakfast.**—Oatmeal with Cream. Creamed Fish. Fried Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Broiled Mutton Chops. Baked Potatoes. Stewed Tomatoes. Bread and Butter. Pumpkin Pie. Cheese.  
**Supper.**—Baked Beans. Boston Brown Bread. Blackberry Jam. Cake. Tea.

**BOSTON BROWN BREAD.**—2 quarts unbolted rye meal, 1 quart yellow corn meal, mix well. 1 teaspoonful salt, 1 large teaspoonful soda dissolved in 1 cup molasses. Work up with cold water with the hands to a very stiff loaf, put in a buttered pan, smooth over the top with back of a wet spoon. Steam at least 4 hours, then dry off 20 minutes in the oven.

## SUNDAY, MARCH 19

**Breakfast.**—Quaker Oats with Cream. Salt Fish Balls. Breakfast Puff. Fried Potatoes. Butter. Coffee.  
**Dinner.**—Roast Chicken. Cranberry Sauce. Celery. Mashed White Potatoes. Turnips. Bread and Butter. Custard Pie. Cheese.  
**Supper.**—Oyster Stew. Crackers. Canned Fruit. Cake. Tea.

**LEMON PIE.**—Four eggs, 1 quart milk, a little salt, and ½ cup sugar. Bake with under crust only.

## MONDAY, MARCH 20

**Breakfast.**—Oatmeal with Cream. Scrambled Eggs. Fried Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Fried Veal Cutlet. White Potatoes. Squash. Bread and Butter. Steamed Pudding.  
**Supper.**—Chicken Croquettes. Bread and Butter. Celery. Cranberry Jelly. Cake. Tea.

**FRIED VEAL CUTLET.**—Sprinkle with salt and pepper. Roll in fine cracker crumbs, then dip in beaten egg, then in crumbs again. Fry three or four slices of salt pork and fry the cutlet brown in the fat; turn often. When brown place on a hot platter, and make a gravy by adding a tablespoonful of flour wet in cold water, to the fat. Season, stir, and when a rich brown and slightly thick, pour over the cutlet.

## TUESDAY, MARCH 21

**Breakfast.**—Hominy with Cream. Veal Hash. Warm Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Pot Roast. Mashed Potatoes. Stewed Canned Tomatoes. Bread and Butter. Steamed Pudding.  
**Supper.**—Hominy Cakes and Maple Syrup. Stewed Prunes. Bread and Butter. Cake. Tea.

**VEAL HASH.**—Chop the veal very fine. Place in the frying pan with the gravy and if not enough to cover the meat, use enough boiling water. Flavor lightly, with salt and pepper and a little lemon juice. When ready to serve, pour over slices of hot buttered toast.

## WEDNESDAY, MARCH 22

**Breakfast.**—California Breakfast Food with Cream. Sausage and Buckwheat Cakes. Doughnuts and Coffee.  
**Dinner.**—Sauted Pot Roast. French Fried Potatoes. Beets. Bread and Butter. Nuts and Raisins.  
**Supper.**—Egg Vermicelli. Bread and Butter. Quince Jelly. Cake. Tea.

**SAUTED MEAT.**—Cut cold pot roast in quarter inch slices and fry in hot butter until each side is a rich brown. Place in a hot dish; warm over the gravy which you had the day before, and pour over the meat.

## THURSDAY, MARCH 23

**Breakfast.**—Indian Meal Mush with Cream. Broiled Beef Steak. Hot Parker House Rolls. Coffee.  
**Dinner.**—Boiled Leg of Mutton. Caper Sauce. Canned Peas. Boiled Potatoes. Bread and Butter. Coconut Pudding.  
**Supper.**—Cold Sliced Mutton. Currant Jelly. Bread and Butter. Cake. Chocolate.

**PARKER HOUSE ROLLS.**—Make with milk bread sponge, and when risen and ready to shape, roll the dough on the board as you would pastry. Fold the dough, roll again until half an inch thick. Let the dough shrink back all it will, then cut into shape, rise, and bake until brown.

## FRIDAY, MARCH 24

**Breakfast.**—Fried Indian Mush with Maple Syrup. Hash. Bread and Butter. Coffee.  
**Dinner.**—Fried Halibut Steak. Cold Ham. Boiled Potatoes. Bread and Butter. Baked Custard.  
**Supper.**—Scalloped Oysters. Bread and Butter. Canned Fruit. Cake. Tea.

**BAKED CUSTARD.**—1 quart of milk, 4 beaten eggs, 4 table-spoonfuls sugar, flavor with vanilla or nutmeg; a little salt. Bake slowly. Test the custard with a silver knife, if it comes out clean, it is done.

## SATURDAY, MARCH 25

**Breakfast.**—Quaker Oats. Creamed Baked, Warm Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Broiled Beef Steak. Mashed Potatoes. Turnips. Bread and Butter. Mince Pie. Cheese.  
**Supper.**—Creamed Toast. Stewed Prunes. Almond Cake. Cocoa.

**ALMOND CAKE.**—¾ cup butter, 1 cup sugar, ½ cup sweet milk, 3 eggs, whites and yolks beaten separately, 2 cups flour, 2 teaspoonfuls baking powder, and 1 pound of almonds, blanched and sliced, stirred in last. Save a few whole ones to put on the top of icing.

## SUNDAY, MARCH 26

**Breakfast.**—Oatmeal with Cream. Fried Oysters. Breakfast Puff.  
**Dinner.**—Yankee Pot Pie. Onions Boiled in Milk. Mashed Potatoe. Celery. Bread and Butter. Hot Apple Pie. Cheese.  
**Supper.**—Welsh Rarebit. Bread and Butter. Canned Fruit. Cake.

**YANKEE POT PIE.**—Stew a chicken until tender and make a gravy. Take some fresh baking-powder biscuits, break them open and spread on a platter crust side down, and when ready to serve, pour over the chicken and gravy.

## MONDAY, MARCH 27

**Breakfast.**—Quaker Oats with Cream. Boiled Eggs. Warm Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Pork Roast. Mashed Potatoes. Apple Sauce. Bread and Butter. Huckleberry Pudding.  
**Supper.**—Cold Roast Pork. Bread and Butter. Canned Fruit. Cake. Chocolate.

**HUCKLEBERRY PUDDING.**—1 quart canned huckleberries, sweetened to taste, put in the pudding dish and set on the back of the stove, when they boil put a light crust over the top. Make with 1 cup flour, 1 teaspoonful baking powder, ½ teaspoonful salt, 1 tablespoonful butter, worked in with the finger tips, mix to make a soft dough. Do not roll out but spread over the top of the berries with a spoon. Bake 30 minutes or until the crust is brown. Serve with a hard sauce.

## TUESDAY, MARCH 28

**Breakfast.**—Hominy with Cream. Sausage. Warm Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Corned Beef. Cabbage. Boiled Potatoes. Bread and Butter. Indian Pudding.  
**Supper.**—Cold Sliced Corn Beef. Bread and Butter. Canned Fruit. Orange Cake.

**ORANGE CAKE.**—3 eggs, (save one white for frosting) 1½ cup sugar, ½ cup hot water, grated rind of ½ an orange. Beat all together and pour into 1½ cups flour, mixed with three teaspoonfuls baking powder. Stir thoroughly and bake in layers.

**ORANGE CREAM.**—½ pint milk, 1 egg, 1 teaspoonful corn starch, 1 tablespoonful flour, 2 tablespoonfuls sugar. Heat milk, beat other ingredients, add and boil till it thickens. Add rest of rind grated and juice of the orange. Spread on cake, frost the top with the white of egg, and a little orange juice thickened with sugar.





**SUNDAY, OCT. 1**

**Breakfast**—Wheat Germ with Cream. Broiled Fresh Mackerel. Creamed Potatoes. Corn Muffins. Coffee.  
**Dinner**—Leg of Mutton. Capers Sauce. Mashed Potato. Peas. Bread and Butter. Pineapple Cream.  
**Supper**—Cabbage Salad. Thin Bread and Butter. Baked Pears. Cake. Tea.

**PINEAPPLE CREAM**.—1 quart can grated pineapple, put on stove in saucepan with  $\frac{1}{2}$  cup sugar, and  $\frac{1}{2}$  cup water, let simmer. Dissolve in winter,  $\frac{1}{2}$  cup, in summer  $\frac{1}{2}$  cup gelatine in  $\frac{1}{2}$  cup water. When dissolved, pour into hot pineapple, strain through a colander and mash with spoon so pineapple will go through. Put in pan of cold water and let thicken, stirring often. When cool beat in 1 pint whipped cream, put in moulds. Other kinds of fruit may be used.

**MONDAY, OCT. 2**

**Breakfast**—California Breakfast Food with Cream. Poached Eggs on Toast. Doughnuts. Coffee.  
**Dinner**—Curry of Mutton. Potatoes. Rice. Bread and Butter. Steamed Pudding.  
**Supper**—Salmon Patties. Bread and Butter. Canned Blueberries. Cake. Chocolate.

**CURRY OF MUTTON**.—Chop fine and fry an onion in butter, (1 tablespoonful). Mix together 1 tablespoonful curry powder, 1 teaspoonful salt, and 1 tablespoonful flour, and mix into the butter and onion. Add one pint of hot stock a little at a time. Brown slices of cold mutton in salt pork, add them to the sauce and simmer till tender. Serve very hot.

**TUESDAY, OCT. 3**

**Breakfast**—Wheat Germ with Cream. Creamed Salmon on Toast. Hot Rolls. Coffee.  
**Dinner**—Roast of Veal. Gravy. Potatoes. Stewed Tomatoes. Bread and Butter. Apple Snow.  
**Supper**—Cold Sliced Veal. Thin Bread and Butter. Hot Baked Apples. Cake. Cocoa

**APPLE SNOW**.—Grate 1 sour apple and add immediately 1 cup of sugar, then the whites of 2 eggs, well beaten, and beat all together for  $\frac{1}{2}$  hour. Pour over it a soft custard and serve.

**WEDNESDAY, OCT. 4**

**Breakfast**—Oatmeal with Cream. Hashed Veal on Toast. Bread and Butter. Coffee.  
**Dinner**—Fried Sweetbreads. Potatoes. Canned Peas. Bread and Butter. Grapes and Pears.  
**Supper**—Cheese Fritters. Baked Quinces. Bread and Butter. Cake. Tea.

**BAKED QUINCES**.—Wipe each quince and place in a covered dish with 1 tablespoonful sugar to each quince and 1 cup water to the whole. Bake long and slowly.

**THURSDAY, OCT. 5**

**Breakfast**—Grapes. Broiled Beef Steak. Fried Potatoes. Bread and Butter. Coffee.  
**Dinner**—Green Pea Soup. Sweetbread Croquettes. Potatoes. Sweet Potatoes. Bread and Butter. Cornucopias.  
**Supper**—Egg Vermicelli. Sally Lunn. Jelly. Cake. Cocoa.

**CORNUCOPIAS**.—Use receipt for roll jelly cake and bake in small round shallow tins. Roll while hot into cornucopias, and secure in position until cold, then fill with whipped cream, flavored with vanilla, and sweetened to taste.

**FRIDAY, OCT. 6**

**Breakfast**—Oatmeal with Cream. Liver and Bacon. Bread and Butter. Coffee.  
**Dinner**—Fried Halibut Steak. Potatoes. Corn. Bread and Butter. Sweet Apple Pickle. Jelly Crackers.  
**Supper**—Milk Toast. Cheese. Crackers. Canned Strawberries. Cake. Tea.

**SWEET APPLE PICKLE**.—8 pounds of sweet apples, 3 pounds of sugar, 1 quart of vinegar, spice to taste.

**SATURDAY, OCT. 7**

**Breakfast**—Grapes. Fish Hash. Hot Buttered Toast. Coffee.  
**Dinner**—Irish Stew. Stewed Tomatoes. Cauliflower. Bread and Butter. Cottage Pudding. Lemon Sauce.  
**Supper**—Oyster Stew. Crackers. Marmalade. Cake. Tea.

**LEMON SAUCE**.— $\frac{1}{2}$  cup butter, 1 cup sugar, 1 egg, the grated rind and juice of 1 lemon, 1 tablespoonful corn starch, 1 cup boiling water. Boil together a few minutes and serve.

**SUNDAY, OCT. 8**

**Breakfast**—Hominy with Cream. Broiled Fresh Mackerel. Corn Bread. Coffee.  
**Dinner**—Roast Spring Chicken. Gravy. Mashed Potato. Cranberry Sauce. Celery. Bread and Butter. Snow Pudding. Hot Chocolate.  
**Supper**—Chicken Salad. Thin Bread and Butter. Chocolate Cookies. Baked Quinces. Tea.

**CHOCOLATE COOKIES**.—1 cup grated chocolate, 2 eggs, 1 cup sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup flour, 2 teaspoonfuls baking powder.

**MONDAY, OCT. 9**

**Breakfast**—Grapes. Eggs and Bacon. Bread and Butter. Hominy Cakes with Maple Syrup. Coffee.  
**Dinner**—Broiled Beef Steak. Potatoes. Stewed Tomatoes. Bread and Butter. Rice Pudding.  
**Supper**—Veal Loaf. Baking Powder Biscuit. Stewed Pears. Cake. Tea.

**VEAL LOAF**.—3 pounds of raw veal, chopped fine, 6 crackers, rolled, 2 eggs, 3 spoonfuls butter, season. Mix thoroughly and bake one hour. Slice thin for supper, when cold. It will keep in a cool place a long time.

**TUESDAY, OCT. 10**

**Breakfast**—Baked Pears. Broiled Slice of Ham. Hot Buttered Toast. Coffee.  
**Dinner**—Broiled Lamb Chops. Potatoes. Canned Peas. Bread and Butter. Bananas and Grapes.  
**Supper**—Salad Pot-pourri. Thin Bread and Butter. Canned Fruit. Crullers. Chocolate.

**CRULLERS**.—1 egg, 1 tablespoonful sugar, 1 tablespoonful sour cream, soda, size of a pea, pinch of salt, flavor with nutmeg, flour. Cut in fancy shapes and fry as doughnuts.

**WEDNESDAY, OCT. 11**

**Breakfast**—California Breakfast Food with Cream. Baked Eggs. Hot Rolls. Coffee.  
**Dinner**—Roast Veal. Potatoes. Curried Rice. Bread and Butter. Hot Apple Pie. Cheese.  
**Supper**—Sliced Cold Veal. Thin Bread and Butter. Baked Quinces. Plain Cake with Gelatine Frosting. Tea.

**GELATINE FROSTING**.—1 teaspoonful gelatine soaked in 2 tablespoonfuls of cold water. When the gelatine is soft, add 1 tablespoonful of hot water. Stir, let stand a minute, then add 1 cup of powdered sugar and beat while warm till white and light. Flavor to taste.

**THURSDAY, OCT. 12**

**Breakfast**—Wheat Germ with Cream. Minced Veal on Toast. Bread and Butter. Coffee.  
**Dinner**—Corned Beef. Potatoes. Cabbage. Beets. Custard Pie. Cheese.  
**Supper**—Cold Sliced Corned Beef. Stewed Celery. Bread and Butter. Apple Sauce. Cake. Tea.

**STEWED CELERY**.—Wash and cut the stalks into 3-inch pieces, and stew in hot salted water for  $\frac{1}{2}$  hour, then strain away the water they were stewed in and add a cup of veal gravy mixed with 1 tablespoonful of cream. Stew 1 hour longer, season to taste and serve.

**FRIDAY, OCT. 13**

**Breakfast**—Oatmeal with Cream. Beet Hash. Fried Potatoes. Bread and Butter. Coffee.  
**Dinner**—Boiled Cod. Egg Sauce. Potatoes. Stewed Tomatoes. Bread and Butter. Bananas, Grapes and Pears.  
**Supper**—Chipped Beef. Crumpets. Baked Apples. Cake. Chocolate.

**CRUMPETS**.—Melt 1 small tablespoonful of lard, add to it 1 egg and  $1\frac{1}{2}$  gills of milk. Beat well, then add  $\frac{1}{2}$  teaspoonful salt, 1 teaspoonful sugar,  $1\frac{1}{2}$  teaspoonfuls baking powder sifted with  $2\frac{1}{2}$  gills of flour. Bake in muffin rings in a very hot oven at once for five minutes.

**SATURDAY, OCT. 14**

**Breakfast**—Grapes. Creamed Fish. Fried Potatoes. Bread and Butter. Coffee.  
**Dinner**—Tomato Soup. Tripe. Potatoes. Corn. Bread and Butter. Delmonico Pudding.  
**Supper**—Scalloped Oysters. Bread and Butter. Baked Quinces. Cake. Tea.

**TRIPLE**.—Wash in warm water and cut into squares of three inches. Take 1 egg, 3 tablespoonfuls of flour, a little salt, and make a thick batter by adding milk. Dip the tripe into the batter and fry light brown in salt pork.

**ARROWROOT JELLY**.—To 2 teacups of boiling water, add 4 tablespoonfuls of Bermuda arrowroot, rubbed smooth in a little water. Let the mixture boil up once and then remove it from the fire. Cool in cups or jelly glasses. Eat with powdered sugar and cream. Some people prefer to have the cream flavored with a little vanilla, lemon or rose water. Very palatable to the sick.

Eat honey upon wheat griddle-cakes.

Two or three bananas, sliced in a bowl of bread and milk, make a delicious and sufficient lunch.

Cold boiled rice or hominy, soaked very soft in milk and mixed with eggs and flour to a smooth batter makes nice griddle cakes.



## WEDNESDAY, MARCH 29

**Breakfast.**—Fried Hominy with Maple Syrup. Broiled Calf's Liver. Warmed Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Roast Beef. Browned Baked Potatoes. Cranberry Jelly. Bread and Butter. Baked Custard.  
**Supper.**—Cold Sliced Beef. Bread and Butter. Olives. Stewed Fruit. Cake. Tea.

**CRANBERRY JELLY.**—Add 1 teacup water to 1 quart berries and cook ten minutes. Add 2 cups sugar, boil again for ten minutes. Rub through a colander and pour into moulds.

## THURSDAY, MARCH 30

**Breakfast.**—California Breakfast Food with Cream. Frizzled Beef. Bread and Butter. Coffee.  
**Dinner.**—Mutton Chops. Baked White Potatoes. Canned Peas. Bread and Butter. Orange Pudding.  
**Supper.**—Scalloped Potatoes. Bread and Butter. Apple Sauce. Cake. Cocoa.

**ORANGE PUDDING.**—1 cup sugar, ½ cup of rolled cracker crumbs, 2 eggs, ½ tablespoonful butter, 1 orange, grate the rind and squeeze the juice, 1 quart milk. Bake like a custard; serve cold.

## FRIDAY, MARCH 31

**Breakfast.**—Wheat Germ with Cream. Broiled Salt Mackerel. Creamed Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Boiled Cod with Egg Sauce. Boiled Potatoes. Cabbage Salad. Bread and Butter. Rice Pudding.  
**Supper.**—Macaroni with Cheese. Bread and Butter. Jam. Cake. Tea.

**CREAMED POTATOES.**—Put 1 tablespoonful of butter in a frying pan and when it bubbles add 1 tablespoonful of flour. Add one cup hot milk with salt and pepper to taste. Add 1 pint cold boiled potatoes, cut into small slices, cook until thoroughly hot.

### WHITE SAUCE AND CREAM SAUCE.

For a quart of sauce, put over the fire in a thick saucepan, two heaping tablespoonfuls of dry flour and two ounces of butter, and stir them constantly until the butter melts and is smoothly blended with the flour; then begin to use a quart of boiling water, adding it to the butter and flour by the half-cupful, and stirring each portion smoothly with the sauce before adding any more; if this direction is followed the sauce will be free from lumps; when all the water has been smoothly stirred with the butter and flour, season the sauce palatably with salt, white pepper, and a very little nutmeg, and let it boil for a moment. The sauce should be thick enough to coat a spoon dipped into it, but by no means pasty. The cooking of the butter and flour together before the addition of liquid obviates any taste of raw flour. If half water and half milk replace the water, the sauce is richer; all milk makes cream sauce.

Some cooks use white broth as part of the liquid in making white sauce; but a white sauce properly made with broth and kitchen herbs should be called *veloute*; *bechamel* sauce is made with white broth, milk, the kitchen herbs and vegetables; both these sauces belong to a department of cookery which we are not considering at present. But white and cream sauces come legitimately within our limit, and if properly made add nutriment and flavor to inexpensive food.

### BROWN SAUCE.

In natural sequence follows brown sauce as an important source of savor and bulk in the cookery of the cheaper meats. A well-made brown sauce will raise the plainest dish of boiled potatoes, hominy or rice to the gustatory level of some of the lighter dishes of meat, and for children's luncheons and suppers the former is often preferable. Children with normal, healthy appetites require larger quantities of food than some grown persons, and they should have plenty,

but not food of the kind supplied to adults. For instance, boiled or baked potatoes, rice, oatmeal, hominy, Indian meal mush, or even bread, with plenty of good gravy, is better fare for children than abundance of meat, two or three times a day, especially if the meat is salt or fat. A brown sauce is simply a good gravy. To make a quart of brown sauce use either two ounces of good butter, or of perfectly sweet drippings; if the drippings from the different meats are kept in separate crockery vessels, as they should be, different flavors will accompany the sauces made from different fats. Put two ounces of drippings and two tablespoonfuls of flour over the fire in a thick saucepan and stir them constantly until the flour is nicely browned; then gradually stir in a quart of boiling water, half a cupful at once, stirring the sauce smooth with each addition of water, and keeping it at the boiling point; when all the water is used, season the sauce palatably with salt and white pepper, let it boil thoroughly, and then use it. It is an error germane to the digestive cranks that the food of children should be free from condiments; salt and the simple spices used in moderation, aid the proper digestion and assimilation of the food of healthy persons of any age. The rest of our space must be given to a few cheap breakfast dishes.

### MINCED MEAT IN WHITE SAUCE.

Any of the white meats, such as veal, lamb or poultry, freed from bone or gristle, make excellent mince; if the fat is abundant cut it off, chop separately, heat it so that it will yield its drippings without browning, and use it as the basis of a white sauce made as elsewhere directed; if more than two tablespoonfuls of drippings are produced, save them unless the quantity of mince requires more than a pint to moisten it; a pint of sauce is enough for two pounds of meat; let the chopped fat remain in the saucepan after pouring out the excess of drippings; it will add to the savor of the mince. After the sauce is properly made, add the meat, which should be finely chopped, season the mince, and let it simmer gently while toast is being made to put under it on the dish. The toast for mince may be made over the fire or in the oven, but it must be delicately cut, and carefully watched to prevent burning. Serve the mince on a hot dish. Any gravy or special sauce that remains from the first service of the meat may be used in the mince. The usual seasoning for white meats are salt, white pepper, nutmeg or mace, parsley, lemon and the lighter table sauces; the strongest sauces and most pungent condiments are most suitable for dark meats; onions may be used sparingly and mushrooms plentifully.

### MINCED MEAT WITH BROWN SAUCE.

Such dark meats as beef, mutton, ham and game make delicious mince, but if there is any considerable quantity of game it deserves to be made into a salmi or pasty. For a mince, the treatment is the same as that given for white sauce, except that a brown sauce is made, or the meat is cut in large pieces, browned in drippings or butter, and then finished in brown sauce, or cold brown gravy heated. When there is only a little meat, use an equal quantity of cold chopped potatoes in making the mince.

New tins should be set over the fire with boiling water in them for several hours before the food is put in them.





## FRIDAY, SEPT. 29

**Breakfast**—Oatmeal with Cream. Omelet. Hot Buttered Toast. Coffee.  
**Dinner**—Baked Blue Fish. Hollandaise Sauce. Potatoes. Corn. Bread and Butter. Grapes and Peaches.  
**Supper**—Scalloped Tomatoes. Bread and Butter. Lemon Jelly. Cake. Tea.

**LEMON JELLY**.—Soak  $\frac{1}{2}$  box gelatine in 1 scant cup water till soft, shave lemon rind thin, steep it with a little stick cinnamon and 1 pint boiling water 10 minutes, then add soaked gelatine, 1 cup sugar and  $\frac{1}{2}$  cup lemon juice and when dissolved, strain.

## SATURDAY, SEPT. 30

**Breakfast**—California Breakfast Food with Cream. Creamed Fish. Bread and Butter. Coffee.  
**Dinner**—Raw Oysters. Hamburg Steak. Potatoes. Lima Beans. Bread and Butter. Molasses Pudding.  
**Supper**—Baked Beans. Boston Brown Bread. Cut up Peaches. Cake. Tea.

**RAW OYSTERS**.—Season slightly with salt and pepper and let stand where it is cold. Serve on half shell with sliced lemon, as a first course.

### PRESERVING FRUIT.

**DAMSON PLUMS**.—Wash, drain and weigh them, put them in a kettle, and add the same amount of sugar, and to six pounds a pint of water. Boil them gently an hour. The syrup can be used for ornamental purposes.

**GREEN GAGE AND EGG PLUMS**.—Pour boiling water over them and remove the skins. Allow equal quantities of fruit and sugar, and make the syrup in the usual way. Then lay in a few plums at a time and boil gently five minutes; lay them in a jar as you take them from the kettle, and when all are done pour the boiling syrup over them and seal.

Chickensaw plums may be preserved in the same manner after removing the skin with a sharp knife as they cannot be peeled by using boiling water.

**QUINCE PRESERVES**.—Peel and cut into round slices, cook until tender in water, and then make a syrup of the water in which they were boiled, and three-fourths of a pound of sugar to each pound of fruit. When the syrup is ready, return the fruit to the kettle and boil gently half an hour.

**QUINCE AND APPLE PRESERVES**.—Pare and quarter sweet apples, make a syrup of half a pound of sugar to a pound of fruit, and add three sliced California quinces to a gallon of apples and cook till tender.

**QUINCE PRESERVES**, (without boiling the syrup).—Weigh twelve ounces of sugar for every pound of fruit, boil the quinces until tender in just enough water to cover them. Drain the slices and lay in a jar with alternate layers of sugar, cover the jar close by pasting papers over the top. Do not try to keep them longer than April.

**GRAPES**.—This fruit makes an excellent preserve. Remove the seeds from a slit in the side with a small penknife. Put half a pound of sugar to a pound of fruit, cook half an hour and seal up.

**BARBERRY JAM**.—To one pound of barberries, eighteen ounces of sugar, dissolve the sugar with a very little water, and when it is boiling add the pound of fruit. Cook until the fruit stops making a snapping sound and the juice will jell when tried in a spoon. It is better to make a pound at a time and seal in bowls. Barberries also make an excellent spiced sweet pickle to use with roast poultry.

**BARBERRY JELLY**.—Eighteen ounces of sugar to one pound of juice. The time of cooking varies according to the ripeness of the fruit. Keep testing it as it jells quickly.

**PEAR PRESERVES**.—Peel and cut into halves Duchess pears, drop them at once into water. Do not peel many

at a time as they get dark if allowed to stand unless you add lemon juice to the water. Make a syrup of one-third of a pound of sugar, the juice of one small lemon and some water, drop enough pears into this to fill a quart glass self-sealing jar. Cook until tender and seal air-tight. These will be very white and delicious if properly prepared.

**COMMON PEARS**.—Small sweet pears are very good cooked in a syrup of one-half pound of sugar to a pound of fruit, add a small teacupful of water to every pound of fruit. When the pears are nearly done, add some fine large raisins, cook until these are plump and can the whole while hot.

**IRON PEARS**.—Quarter them and boil in enough water to cover them for two or three hours or until tender, make a syrup of three-fourths of a pound of sugar for each pound of pears and boil the fruit slowly in this syrup until it is a fine red color.

**NEWTOWN PIPPINS**.—One pound of sugar to one pound of fruit and one sliced lemon for each pound, make a syrup and boil the apples until clear and tender.

**PEACHES**.—Weigh equal parts of fruit and sugar, put them together and let stand over night. The next day boil the syrup and skim, then add peaches and cook slowly until the fruit is tender. Remove the fruit and cook the syrup fifteen minutes longer. A few peach kernels cooked in the syrup adds a pleasant flavor.

**CRANBERRIES**.—Boil until soft in half as much water as fruit. When soft add three quarts of sugar to five quarts of berries. Boil half an hour, watching closely to prevent burning.—*B. P. D. in Good House-keeping.*

### MARKETING FOR FOWL OR GAME.

The old way of testing a fowl's tenderness or toughness, by yanking it at the wing to see whether the skin directly underneath tears or not, doesn't amount to much, and, moreover, spoils the prepossession of the bird for the next investigator, in case you don't want to buy. General appearances are better to judge by. If a turkey, for instance, is young, the legs will be black and smooth, the eyes lively and the feet flexible. If old, the eyes will be sunken and the feet dry. In choosing hens, see that their legs and combs are limber, which means they are young. If the legs and combs are rough and stiff, they are old, but may be good enough for a pie or soup. A young goose will have a yellow bill and limber feet. An old goose will have both bill and feet red and dry. Ducks, if young, will be limber-footed; if fat, hard and thick on the lower part of the body. The same rule applies to wild ducks, whose feet, though, are red, besides being smaller than those of tame ducks. Game can be just as easily selected, if you know how, which most folks don't. Partridges, for instance, if young, will have black bills and yellow legs; if old, white bills and blue legs. All old fowls, indeed, both domesticated and wild, may likewise be told by their hard, rough or dry feet. Hares and rabbits, if young, will be white and stiff, with ears that will tear like brown paper; if old, the flesh will be dark, the body limber, and the ears tough. The same conditions may be kept in mind in the selection of squirrels, save that the flesh, which is always more or less dark, must be judged by smoothness and firmness as indicating youngness, while the old ones will be limber and flimsy.—*N. Y. Sun.*





## SATURDAY, APRIL 1

**Breakfast.**—Oatmeal with Cream. Creamed Fish. Warm Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Broiled Beef Steak. Baked Potatoes. Canned Corn. Bread and Butter. Hot Apple Pie. Cheese.  
**Supper.**—Baked Beans. Boston Brown Bread. Lemon Cream Cake. Tea.

**LEMON CREAM CAKE.**— $\frac{1}{2}$  cup butter, 2 cups sugar, 1 cup sweet milk, 3 eggs, yolks and whites beaten separately, 3 cups flour, 2 teaspoonfuls baking powder. Bake in jelly tins. For filling, 1 cup sugar, 2 tablespoonfuls butter, 2 eggs, grated rind and juice of 2 lemons. Mix all together and boil till consistency of jelly. Spread between layers, and dust powdered sugar on top without the filling.

## SUNDAY, APRIL 2

**Breakfast.**—California Breakfast Food with Cream. Fried Cod Fish Cakes. Warm Potatoes. Breakfast Puffs. Coffee.  
**Dinner.**—Roast Beef. Gravy. Browned Baked Potatoes. Lettuce. Canned Tomatoes. Bread and Butter. Mince Pie. Cheese.  
**Supper.**—Scalloped Oysters. Hot Buttered Boston Brown Bread. Canned Fruit. Cake. Tea.

**LETTUCE.**—Pick over and wash carefully, do not cut the leaves, but tear apart as cutting wilts it. Shake off the water and keep in a cool place until ready to serve, then arrange in a salad bowl, the large leaves around the edge and the light ones in the center. Serve with sugar, salt and vinegar to taste.

## MONDAY, APRIL 3

**Breakfast.**—Wheat Germ with Cream. Omelet. Warm Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Beef Rolls or Olives. Baked Potatoes. Celery. Bread and Butter. Pumpkin Pie. Cheese.  
**Supper.**—Sardines served with Slices of Lemon. Bread and Butter. Stewed Fruit. Cake. Tea.

**BAKED POTATOES.**—Select large potatoes and bake until soft, then cut each potato lengthwise, into halves. Carefully dig out the middle with a spoon leaving nothing but the shell which you must not break. Mash the potatoes and season with pepper, salt, melted butter, and add hot milk to make soft and creamy. Put this mixture back into the shells, heaping full, sprinkle powdered cracker crumbs over the top and bake until brown.

## TUESDAY, APRIL 4

**Breakfast.**—Indian Meal Mush with Cream. Broiled Beef Steak. Hot Rolls. Coffee.  
**Dinner.**—Boiled Leg of Mutton. Capers Sauce. Boiled Rice. Boiled Potatoes. Bread and Butter. Cocoanut Pudding.  
**Supper.**—Cold Sliced Mutton. Current Jelly. Bread and Butter. Cake. Chocolate.

**BOILED LEG OF MUTTON.**—Put leg into well salted boiling water. Skim, and simmer twelve minutes for each pound of meat.

**CAPER SAUCE.**—1 tablespoonful of butter, while bubbling add 1 tablespoonful of flour, stir well and add 2 cups of boiling water. When thick add 4 tablespoonfuls of capers. Salt and pepper to taste.

## WEDNESDAY, APRIL 5

**Breakfast.**—Fried Indian Mush with Maple Syrup. Hash. Hot Buttered Toast. Coffee.  
**Dinner.**—Broiled Beef Steak. Mashed White Potato. Spinach. Bread and Butter. Jelly Crackers.  
**Supper.**—Salmon Patties. Bread and Butter. Canned Peaches. Cake. Tea.

**SPINACH.**—Wash in several waters, to rid of all grit, and pick over very carefully, cutting off the roots and dead leaves. Cook without water, place pan on the stove where it will cook slowly until juice is drawn out, then boil till tender. Drain and chop fine. Season with pepper, salt and butter. Garnish with hard boiled eggs.

## THURSDAY, APRIL 6

**Breakfast.**—Oatmeal with Cream. Creamed Salmon on Toast. Breakfast Puffs. Toast.  
**Dinner.**—Mutton Chops. Canned Tomatoes. Mashed Potatoes. Bread and Butter. Brown Betty.  
**Supper.**—Lettuce. Bread and Butter. Stewed Fruit. Cake. Tea.

**BROWN BETTY.**—Grease a pudding dish and place in the bottom a layer of bread crumbs. Then nearly fill the dish with alternate layers of bread crumbs and chopped apples. Sprinkle sugar, cinnamon and bits of butter over each layer. Make the top layer of crumbs and serve with hard sauce.

## FRIDAY, APRIL 7

**Breakfast.**—California Breakfast Food with Cream. Poached Eggs on Toast. Doughnuts. Coffee.  
**Dinner.**—Fish Chowder. Cold Slaw. Bread and Butter. Apple Pie. Cheese.  
**Supper.**—Welsh Rarebit. Bread and Butter. Canned Quinces. Cake. Tea.

**DOUGHNUTS.**—2 tablespoonfuls sweet cream, fill up the cup with sour milk,  $\frac{1}{4}$  cups sugar, 1 egg, 1 teaspoonful baking powder,  $\frac{1}{2}$  teaspoonful soda. Beat the sugar and egg together, very light, put the soda into the milk, then add to the sugar and eggs. Mix the baking powder with the flour, and mix dough quite soft. Spice to taste. Fry in boiling hot lard.

## SATURDAY, APRIL 8

**Breakfast.**—Oatmeal with Cream. Warm over Chowder. Bread and Butter. Coffee.  
**Dinner.**—Fried Pork Chops. Spinach. Potatoes. Bread and Butter. Pumpkin Pie. Cheese.  
**Supper.**—Scalloped Oysters. Bread and Butter. Jam. Cake. Chocolate.

**CHOCOLATE.**—2 squares Baker's Chocolate, 4 tablespoonfuls hot water, a pinch of salt, 1 quart hot milk, sugar. Mix the chocolate, salt and hot water together, and boil until smooth, stirring all the time, then add the hot milk and sweeten to taste. It is delicious served with whipped cream.

## SUNDAY, APRIL 9

**Breakfast.**—Wheat Germ with Cream. Fried Oysters. Fried Potatoes. Hot Buttered Toast. Coffee.  
**Dinner.**—Roast Chicken. Gravy. Mashed Potatoes. Onions Boiled in Milk. Lettuce Served with Mayonnaise. Bread and Butter. Charlotte Russe.  
**Supper.**—Cold Chicken. Thin Bread and Butter. Canned Peaches. Cake. Jam.

**MAYONNAISE DRESSING.**—Yolk of 1 egg, olive oil, lemon, cayenne pepper, salt, 1 teaspoonful dry mustard. Beat the yolk and dry mustard adding the oil a drop at a time until quite thick, thin with lemon juice, a drop at a time, repeat this until you have made dressing enough. Season to taste. Beat with a silver fork.

## MONDAY, APRIL 10

**Breakfast.**—Hominy with Cream. Eggs and Bacon. Bread and Butter. Coffee.  
**Dinner.**—Chicken Soup. Veal Chops. Potatoe Puffs. Canned Peas. Bread and Butter. Cottage Pudding.  
**Supper.**—Hominy Croquettes. Fresh Graham Bread. Stewed Fruit. Tea.

**POTATO PUFFS.**—To 1 cup mashed potatoe add 1 well beaten egg, season to taste, make into small balls; roll in cracker crumbs, then dip into beaten egg, then roll in crumbs again and fry in boiling hot lard till a light brown.

## TUESDAY, APRIL 11

**Breakfast.**—Oatmeal with Cream. Veal Hash on Toast. Warm Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Ham and Eggs. Potatoe, Spinach. Bread and Butter. Cracker Pudding.  
**Supper.**—Bread Sauted with Maple Syrup. Crackers and Cheese. Canned Fruit. Cake. Tea.

**CRACKER PUDDING.**—1 quart of scalded milk, 5 tablespoonfuls of rolled cracker, a small piece of butter, 4 eggs; bake  $\frac{1}{2}$  hour and serve with any kind of sweet sauce.

## WEDNESDAY, APRIL 12

**Breakfast.**—California Breakfast Food with Cream. Liver and Bacon. Bread and Butter. Coffee.  
**Dinner.**—Beef Stew with Dumplings. Canned Tomatoes. Bread and Butter. Snow Pudding.  
**Supper.**—Chipped Beef. Bread and Butter. Stewed Fruit. Mock Macaroni. Tea.

**MOCK MACARONI.**—13 old-fashioned soda crackers rolled, 5 eggs, whites and yolks beaten separately,  $\frac{1}{4}$  cups sugar, tablespoonful extract bitter almond. Drop in lumps on buttered paper and bake until a light brown.

## THURSDAY, APRIL 13

**Breakfast.**—Oatmeal with Cream. Warm over Stew. Sour Milk Griddle Cakes with Maple Syrup. Coffee.  
**Dinner.**—Broiled Meat Cakes. Baked Potatoes. Lettuce. Bread and Butter. Molasses Pudding with Cream.  
**Supper.**—Macaroni with Cheese. Bread and Butter. Jam. Cake. Cocoa.

**MOLASSES PUDDING.**—1 cup molasses, 1 teaspoonful soda, 1 teaspoonful ginger, 1 teaspoonful cinnamon,  $\frac{1}{2}$  teaspoonful salt, 1 tablespoonful melted butter,  $\frac{1}{2}$  cup boiling water, 2 cups flour. Put the soda with the molasses in a cake bowl, and beat till very light, add the spice, salt, melted butter, boiling water and flour. Bake in a cake tin. Serve in slices, sprinkled with sugar and covered with whipped cream.

## FRIDAY, APRIL 14

**Breakfast.**—Oatmeal, with Cream. Scrambled Eggs. Bread and Butter. Coffee.  
**Dinner.**—Fried Halibut. Boiled Potatoes. Macaroni with Cheese. Bread and Butter.  
**Supper.**—Oranges. Egg Toast, or Bread Sauted, with Maple Syrup. Crackers and Cheese. Cake.

**EGG TOAST OR BREAD SAUTED.**—Beat the egg lightly with a fork in a shallow dish. Add salt and milk. Soak the bread in this until soft. Have a hot griddle well buttered. Brown the bread and turn carefully so as not to break it.

## SATURDAY, APRIL 15

**Breakfast.**—Fried Indian Mush with Maple Syrup. Creamed Fish. Bread and Butter. Doughnuts. Coffee.  
**Dinner.**—Mutton Chops. Canned Tomatoes. Baked Potatoes. Bread and Butter. Mince Pie. Cheese.  
**Supper.**—Baked Beans. Boston Brown Bread. Jam. Cake. Cocoa.

**COCOA.**— $\frac{1}{2}$  cup broken cocoa, mixed with 2 quarts of water. Boil in a pot two hours. Sweeten to taste and serve with cream.





## FRIDAY, SEPT. 15

**Breakfast**—Indian Mush with Cream. Broiled Beef Steak. Hot Rolls. Coffee.  
**Dinner**—Baked Blue Fish. Hollandaise Sauce. Boiled Potatoes. Cabbage Salad. Bread and Butter. Jelly Crackers.  
**Supper**—Oyster Fritters. Bread and Butter. Cut up Peaches. Cake. Chocolate.

**OYSTER FRITTERS.**—Beat 2 eggs very light, stir in  $\frac{1}{2}$  cup milk, 4 tablespoonfuls flour and 1 teaspoonful baking powder. Season oysters with salt and pepper, drop one at a time in the batter, take it out with a large spoon, being careful that it is covered with batter and drop into boiling lard.

## SATURDAY, SEPT. 16

**Breakfast**—Creamed Fish. Bread and Butter. Fried Indian Mush with Maple Syrup. Coffee.  
**Dinner**—Lamb Chops. Potatoes. Peas. Bread and Butter. Peach Pie. Cheese.  
**Supper**—Bouillon. Thin Bread and Butter. Stewed Pears. Cake. Tea.

**BOUILLON.**—2 pounds lean beef chopped, put in 2 quarts of cold water and let stand off the stove for one hour. Cover closely and simmer on the back of the stove for six hours. When the liquid is reduced to one quart, take from fire and when cool strain through a coarse cloth, squeezing hard to extract all the juice. When cold remove all the fat and return to fire. When the bouillon reaches the boiling point stir in the white and shell of one egg, boil half a minute, skim and strain once more, serve hot in cups.

## SUNDAY, SEPT. 17

**Breakfast**—Wheat Germ with Cream. Omelet. Breakfast Puffs. Coffee.  
**Dinner**—Roast Chicken. Gravy. Mashed Potato. Corn. Boiled Onions. Bread and Butter. Frozen Peaches. Plain Cake.  
**Supper**—Chicken Salad. Bread and Butter. Jam. Cake. Tea.

**CHICKEN SALAD.**—Cut chicken in small pieces, i. e. white meat. Chop celery fine and use  $\frac{1}{2}$  as much celery as chicken. *Dressing.*—1 egg, beaten to a froth, mix a gill of vinegar, 1 tablespoonful olive oil,  $\frac{1}{2}$  tablespoonful sugar,  $\frac{1}{2}$  tablespoonful mixed mustard, 1 teaspoonful salt,  $\frac{1}{2}$  teaspoonful pepper. Boil the whole together till it thickens and when cold, mix with chicken and celery and garnish with hard boiled eggs and the white celery tops.

## MONDAY, SEPT. 18

**Breakfast**—California Breakfast Food with Cream. Broiled Salt Mackerel. Bread and Butter. Coffee.  
**Dinner**—Beef Stew with Dumplings. Potatoes. Squash. Bread and Butter. Apple Tapioca Pudding.  
**Supper**—Welsh Rare Bit. Bread and Butter. Cut up Peaches. Raisin Spirals. Tea.

**RAISIN SPIRALS.**—2 eggs, 1 cup sugar,  $\frac{1}{2}$  cup butter, 1 cup chopped raisins,  $\frac{1}{2}$  cup sour milk, 1 teaspoonful soda dissolved in the milk. Spice to taste, sufficient flour to make very stiff. Roll quite thin, cut in strips 2 inches wide, roll around the finger as if curling hair. Fry in butter a golden brown, sprinkle with granulated sugar. This dish is fit to set before a "King."

## TUESDAY, SEPT. 19

**Breakfast**—Oatmeal with Cream. Warmmed over Stew. Bread and Butter. Doughnuts. Coffee.  
**Dinner**—Ham and Eggs. Potatoes. Succotash. Bread and Butter. Peach Fritters.  
**Supper**—Salmon Patties. Quick Cream Biscuits. Baked Apples. Cake. Cocoa.

**QUICK CREAM BISCUITS.**—2 cups sifted flour,  $\frac{1}{2}$  cup cream, 2 teaspoonfuls baking powder, 1 teaspoonful sugar, a tiny pinch of salt. Mix the flour, sugar, salt and baking powder together, then add the cream, 1 well beaten egg, mixing all together with a silver fork. Handle the dough as little as possible while making it into small cakes. Bake in a hot oven 10 minutes, or till brown. This rule will make twelve.

## WEDNESDAY, SEPT. 20

**Breakfast**—Baked Apples with Cream. Creamed Salmon on Toast. Oatmeal Gems. Coffee.  
**Dinner**—Roast of Veal. Gravy. Potatoes. Curried Rice. Bread and Butter. Molasses Pudding.  
**Supper**—Sliced Tomatoes Served with Mayonnaise. Bread and Butter. Cut up Peaches. Cake. Cocoa.

**OATMEAL GEMS.**—1 beaten egg, 1 cup of sweet milk, 1 cup cold oatmeal mush. Beat all together, add  $\frac{1}{2}$  teaspoonful soda, and  $\frac{1}{2}$  cups flour. Bake in gem pans.

## THURSDAY, SEPT. 21

**Breakfast**—Hominy with Cream. Scrambled Eggs. Bread and Butter. Coffee.  
**Dinner**—Macaroni Soup. Cold Sliced Veal. Potatoes. Lima Beans. Bread and Butter. Peach Pudding.  
**Supper**—Potato Salad. Bread and Butter. Baked Pears. Cake. Tea.

**MACARONI SOUP.**—Boil the macaroni in water for 10 minutes, strain and put into boiling stock, in the proportion of  $\frac{1}{2}$  a pound to the gallon. Simmer slowly for  $\frac{1}{2}$  hour and serve very hot. *Soup Stock.*—Take a shank of beef and boil it gently for 4 hours,  $\frac{1}{2}$  an hour before taking from the stove season with salt. Remove the meat and bone and put stock in a cool place. When cold, skim off every bit of fat, keep in a cool place. This stock will keep for several days.

## FRIDAY, SEPT. 22

**Breakfast**—Baked Pears. Stewed Kidney. Bread and Butter. Hominy Cakes with Maple Syrup. Coffee.  
**Dinner**—Fried Halibut. Potatoes. Sliced Tomatoes. Bread and Butter. Bananas and Pears.  
**Supper**—Baked Eggs. Bread and Butter. Hard Gingerbread. Cut up Peaches. Chocolate.

**HARD GINGERBREAD.**—1 cup molasses, 1 cup sugar,  $\frac{1}{2}$  cup sour milk,  $\frac{3}{4}$  cup lard and butter, mixed, 2 teaspoonfuls soda,  $\frac{1}{4}$  teaspoonful ginger, a little salt. Stir in flour until thick enough to roll. Roll in square cake 1 inch thick, bake in a moderate oven 10 minutes.

## SATURDAY, SEPT. 23

**Breakfast**—Wheat Germ with Cream. Fish Hash. Bread and Butter. Coffee.  
**Dinner**—Mutton Cutlets au Fromage. Potatoes. Stewed Tomatoes. Bread and Butter. Peach Pie.  
**Supper**—Baked Beans. Boston Brown Bread. Canned Fruit. Cake. Tea.

**FISH HASH.**—Chop equal parts of fish and potato, have ready a hot frying pan, (in which has been placed a slice of salt pork,) put the fish in the pan, moisten with boiling water and season to taste. Cook closely covered, and when brown, fold as an omelet.

## SUNDAY, SEPT. 24

**Breakfast**—Oatmeal with Cream. Roast Oysters on Toast. Breakfast Puffs. Coffee.  
**Dinner**—Broiled Spring Chicken. Mashed White Potatoes. Succotash. Olives. Bread and Butter. Banana Ice Cream. Plain Cake.  
**Supper**—Sardine Salad. Thin Bread and Butter. Cut up Peaches. Cake. Tea.

**ROAST OYSTERS ON TOAST.**—Toast some slices of bread, wash and wipe some large fine oysters, spread as many as possible on each slice, season with salt, pepper and bits of butter. Put in a hot oven till the edges of the oysters curl. Serve at once.

## MONDAY, SEPT. 25

**Breakfast**—California Breakfast Food with Cream. Bread Omelet. Hot Rolls. Coffee.  
**Dinner**—Corned Beef. Potatoes. Cabbage. Beets. Bread and Butter. Bread Fruit Pudding.  
**Supper**—Cold Sliced Corned Beef. Steamed Bread. Baked Pears. Cake. Chocolate.

**BREAD OMELET.**—Soak a cupful of bread in a cup of milk. Beat 3 eggs, mix them with the soaked bread, season with salt and pepper. Put on the fire in a frying pan containing 1 tablespoonful of butter and when hot pour in the omelet. Take great care lest it burn, and shake the pan gently to keep the omelet loose.

## TUESDAY, SEPT. 26

**Breakfast**—Brewis and Cream. Poached Eggs on Toast. Doughnuts. Coffee.  
**Dinner**—Broiled Beef Steak. Potatoes. Stewed Tomatoes. Bread and Butter. Corn Pudding.  
**Supper**—Scalloped Potatoes. Bread and Butter. Canned Raspberries. Cake. Tea.

**BROWN BREAD BREWIS.**—Soak Boston brown bread in milk until soft. Mash fine add salt and butter and eat while hot with sugar and cream.

## WEDNESDAY, SEPT. 27

**Breakfast**—California Breakfast Food with Cream. Frizzled Beef. Warmmed Potatoes. Bread and Butter. Coffee.  
**Dinner**—Pot Roast. Potatoes. Succotash. Bread and Butter. Bread Pudding.  
**Supper**—Cold Pot Roast, Sliced Thin. Sliced Tomatoes. Bread and Butter. Cut up Peaches. Cake. Tea.

**BREAD PUDDING.**—2 cups grated bread crumbs,  $\frac{1}{2}$  cup sugar, 2 eggs, 1 quart milk,  $\frac{1}{2}$  dozen apples, cut in quarters, a little nutmeg. Bake  $1\frac{1}{2}$  hours.

## THURSDAY, SEPT. 28

**Breakfast**—Grapes. Hash. Hot Rolls. Coffee.  
**Dinner**—Lamb Chops. Potatoes. Canned Peas. Sliced Tomatoes. Bread and Butter. Peach Pudding.  
**Supper**—Cheese. Crackers. Hot Baked Apples. Railroad Cake. Chocolate.

**RAILROAD CAKE.**—Break 2 eggs into a cup and fill it up with sour cream, 1 cup sugar,  $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  teaspoonful soda, a little salt. Bake in a moderate oven. This is a delicious tea cake.

### HOW TO COOK OATMEAL.

Take fresh, coarse oatmeal, put of it two cooking cups, scant full, into a three-quart bean pot, with a small top opening, two teaspoonfuls of salt, and fill the pot with freshly-boiled water; put on cover and set in oven to bake, and let bake six or eight hours. I bake mine all night. This serves a family of ten for first course at breakfast.—*Good Housekeeping.*





## SUNDAY, APRIL 16

**Breakfast.**—Wheat Germ with Cream. Fried Oysters. Breakfast Puffs. Coffee.  
**Dinner.**—Chicken Pot Pie. Mashed White Potatoes. Cranberry Sauce. Lettuce Served with Mayonnaise. Bread and Butter. Bavarian Cream.  
**Supper.**—Oyster Stew with Crackers. Cake. Canned Pears. Tea.

**BAVARIAN CREAM.**— $\frac{1}{4}$  box gelatine,  $\frac{1}{4}$  cup cold water, 1 cup milk, 1 cup rich cream,  $\frac{1}{4}$  cup sugar, 1 teaspoonful vanilla. Soak the gelatine in the cold water till soft. Boil the milk with the sugar, and when boiling add the soaked gelatine. Stir till dissolved. Strain into a dish, stir occasionally and when cold and beginning to thicken, stir in lightly the cream, which has been whipped. Drop into moulds.

## MONDAY, APRIL 17

**Breakfast.**—Oatmeal with Cream. Omelet. Potato Cakes. Bread and Butter. Coffee.  
**Dinner.**—Broiled Beef Steak. Baked Potatoes. Bread and Butter. Canned Corn. Steamed Pudding.  
**Supper.**—Scalloped Potatoes. Hot Buttered Toast. Coffee Cake. Jelly. Tea.

**COFFEE CAKE.**—1 pound raisins, 1 cup currants, 1 cup dark brown sugar, 1 cup molasses, 1 cup strong coffee, 2 eggs, 4 cups flour, 1 scant cup butter, cinnamon and cloves to taste. Bake 1 $\frac{1}{2}$  hours in a slow oven.

## TUESDAY, APRIL 18

**Breakfast.**—Hominy with Cream. Broiled Ham. Fried Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Corned Beef. Cabbage. Potatoes. Beets. Bread and Butter. Rice Pudding.  
**Supper.**—Cold Sliced Corned Beef. Bread and Butter. Cheese Crackers. Cake. Fruit. Tea.

**CHEESE CRACKERS.**—Grate dry cheese, split crackers and spread on a tin, the inside of the crackers turned up, put 2 teaspoonfuls of cheese on each half cracker, and a small piece of butter. Put on the top grate of a very hot oven, until brown.

## WEDNESDAY, APRIL 19

**Breakfast.**—Corned Beef Hash. Bread and Butter. Hominy Cakes with Maple Syrup. Coffee.  
**Dinner.**—Roast Mutton. Gravy. Browned Baked Potatoes. Canned Peas. Bread and Butter. Cup Custard.  
**Supper.**—Cold Roast Mutton. Currant Jelly. Bread and Butter. Cake. Chocolate.

**CUP CUSTARD.**—1 quart milk, 4 eggs, a pinch of salt, sugar to taste, flavor with vanilla. Scald the milk, add the beaten eggs, sugar and salt. Cook in a double boiler and when quite thick pour into fancy cups and put in cool place in the ice box and serve very cold.

## THURSDAY, APRIL 20

**Breakfast.**—California Breakfast Food with Cream. Egg and Bacon. Bread and Butter. Coffee.  
**Dinner.**—Mutton Soup. Pork Chops. Dandelion Greens. Baked Potatoes. Bread and Butter. Nuts and Raisins.  
**Supper.**—Chipped Beef. Thin Bread and Butter. Jam. Cake. Cocoa.

**DANDELIONS.**—Wash carefully and cover with boiling water and in 15 minutes drain them and again boil. Change the water until the very bitter taste is drawn off. When cooked, drain, chop, season and pour white sauce over it and serve on toast.

## FRIDAY, APRIL 21

**Breakfast.**—Oatmeal with Cream. Broiled Salt Mackerel. Creamed Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Boiled Cod with Egg Sauce. Boiled Potatoes. Canned Tomatoes. Bread and Butter. Blanc-mange.  
**Supper.**—Chipped Beef. Hot Rolls. Quince Sauce. Cake. Tea.

**BLANC-MANGE.**—Take from 1 quart of milk  $\frac{1}{2}$  cup full, into which mix smoothly 1 heaping tablespoonful of sea moss farine, and then into the rest of the milk. Place it in a double boiler and cook 20 minutes or until it will congeal in the spoon a little when cooled. Add  $\frac{1}{2}$  cup sugar, strain, and flavor with vanilla or lemon. Pour into moulds and place on the ice to cool.

## SATURDAY, APRIL 22

**Breakfast.**—Wheat Germ with Cream. Creamed Fish. Fried Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Beef Stew with Dumplings. Boiled Potatoes. Lettuce. Bread and Butter. Lemon Pie. Cheese.  
**Supper.**—Warm over Stew. Hot Buttered Toast. Crab Apple Sauce. Cake. Tea.

**PASTRY.**— $1\frac{1}{2}$  cups flour, 1 saltspoonful salt, 1 scant teaspoonful baking powder. Mix and sift. Rub in lightly with the finger tips  $\frac{1}{2}$  cup of lard and butter mixed. Use enough cold water to hold all together. Roll very thin and handle as little as possible.

## SUNDAY, APRIL 23

**Breakfast.**—California Breakfast Food with Cream. Salt Fish Balls. Creamed Potatoes. Hot Rolls. Coffee.  
**Dinner.**—Roast Beef. Gravy. Browned Baked Potatoes. Asparagus. Bread and Butter. Bananas and Whipped Cream.  
**Supper.**—Sardines with Sliced Lemon. Hot Buttered Toast. Chocolate Cake. Tea.

**BANANAS AND WHIPPED CREAM.**—Pare and slice 8 bananas, sprinkle with  $\frac{1}{2}$  a cup of sugar and juice of an orange. Whip  $\frac{1}{2}$  pint of cream and pour on top. Set the dish in the refrigerator and serve ice cold.

## MONDAY, APRIL 24

**Breakfast.**—Oatmeal with Cream. Boiled Eggs. Sour Milk Griddle Cakes with Maple Syrup. Coffee.  
**Dinner.**—Boiled Leg of Mutton. Caper Sauce. Cauliflower a la Creme. Boiled Potatoes. Coconut Pudding.  
**Supper.**—Cold Sliced Mutton. Bread and Butter. Currant Jelly. Cake. Cocoa.

**CAULIFLOWER A LA CREME.**—Cook the cauliflower in boiling salted water until tender. When dishing it be very careful not to break it. Pour over it a cream sauce made with 1 tablespoonful butter, when melted add 1 tablespoonful flour, stir, and when thick add gradually 1 pint hot milk.

## TUESDAY, APRIL 25

**Breakfast.**—Indian Mush with Cream. Scrambled Eggs. Warm Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Corned Beef. Cold Slaw. Boiled Potatoes. Bread and Butter. Beets. Apple Pie. Cheese.  
**Supper.**—Thin Bread and Butter. Apple Omelet. Cheese. Cake. Chocolate.

**APPLE OMELET.**—Steam tart apples, mash and drain quite dry. Take 1 pint of the pulp, and mix with the yolks of three eggs, 1 cup sugar, juice of  $\frac{1}{2}$  a lemon, grated rind of a whole lemon, lastly add the beaten whites. Brown cup of soft, fine bread crumbs in 1 tablespoonful butter in an omelet pan. Butter a plain mould, and sprinkle the browned crumbs over the sides and bottom. Fill with the apple, and cover with the remainder of the crumbs. Turn on a platter when cold and serve with cream.

## WEDNESDAY, APRIL 26

**Breakfast.**—Oatmeal with Cream. Corned Beef Hash. Bread and Butter. Coffee.  
**Dinner.**—Hamburgh Steak. Baked Potatoes. Canned Tomatoes. Bread and Butter. Salted Peanuts. Bananas.  
**Supper.**—Hominy Cakes with Maple Syrup. Crackers and Cheese Cake. Tea.

**HAMBURGH STEAK.**—Pound a slice of round steak enough to break the fibre. Fry two or three onions, minced fine, in butter until slightly browned. Spread the onions over the meat, fold the ends of the meat together and pound again, to keep the onions in the middle. Broil, turning often. Spread with butter, salt and pepper.

## THURSDAY, APRIL 27

**Breakfast.**—Quaker Oats with Cream. Broiled Mutton Chops. Warm Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Roast Pork. Spinach. Saratoga Chips. Bread and Butter. Jelly Crackers. After Dinner Coffee.  
**Supper.**—Scalloped Potatoes. Hot Rolls. Canned Peaches. Cake. Tea.

**SARATOGA CHIPS.**—Peel and slice potatoes very thin, lay in ice cold water one hour, and then thoroughly dry them with a clean towel. Drop piece by piece in a kettle of boiling lard, fry until crisp and brown. When taken out, drain on tissue paper and sprinkle with salt.

## FRIDAY, APRIL 28

**Breakfast.**—California Breakfast Food with Cream. Creamed Salt Cod Fish. Bread and Butter. Doughnuts. Coffee.  
**Dinner.**—Baked Shad. Hollandaise Sauce. French Fried Potatoes. Lettuce. Bread and Butter. Indian Pudding.  
**Supper.**—Macaroni and Cheese. Bread and Butter. Canned Blackberries. Cake. Cocoa.

**HOLLANDAISE SAUCE.**—Rub  $\frac{1}{2}$  cup butter to a cream, add the yolks of 2 eggs one at a time and beat well. Stir in the juice of half a lemon,  $\frac{1}{2}$  teaspoonful salt, a little cayenne pepper. When ready to serve, add  $\frac{1}{2}$  cup boiling water. Cook in a double boiler, stirring all the time, until thick as custard.

## SATURDAY, APRIL 29

**Breakfast.**—Wheat Germ with Cream. Warm Over Baked Fish. Bread and Butter. Coffee.  
**Dinner.**—Cream Celery Soup. Pork Chops. Potatoes. Bread and Butter. Hot Apple Pie. Cheese.  
**Supper.**—Lettuce Served with Mayonnaise. Bread and Butter. Jelly. Cake. Tea.

**WARMED OVER BAKED FISH.**—Separate all the fish and dressing from the bones, and mix them together. Season to taste, cook in just enough boiling water to cover, for five minutes, then add enough Hollandaise, same to flavor nicely and spread on thin slices of hot buttered toast.

## SUNDAY, APRIL 30

**Breakfast.**—Oatmeal with Cream. Fried Oysters. Breakfast Puffs. Doughnuts. Coffee.  
**Dinner.**—Fried Chicken. Gravy. Mashed White Potatoes. Spinach. Bread and Butter. Snow Pudding. Coffee.  
**Supper.**—Oyster Stew. Crackers. Thin Bread and Butter. Fruit Cake. Cocoa.

**FRIED CHICKEN.**—Wash the chicken very thoroughly and cut into pieces the desired size. Season them, then roll in flour and fry them in butter slowly, closely covered, till a rich brown. Cook the giblets in a very little boiling water, save the water in which they were boiled, chop them and add them and the water to the gravy, which must be made of cream and the browned butter in which the chicken was fried. Serve the chicken on small pieces of buttered toast.





## FRIDAY, SEPT. 1

**Breakfast**—Oatmeal with Cream. Soft Boiled Eggs. Hot Rolls. Coffee.  
**Dinner**—Fried Sword Fish Steak. Boiled Potatoes. Corn. Bread and Butter. Cup Custard.  
**Supper**—Souped Mackerel. Bread and Butter. Baked Apples with Cream. Cake. Tea.

**SOUDED MACKEREL.**—Soak salt mackerel 48 hours in water, changing water frequently. Then boil the fish very carefully a few minutes, that it may not break. Place fish in a jar, add a teaspoonful of whole mustard, a few cloves, a few raw onions sliced. Pour hot vinegar over, cover tight. This will be ready for use in 48 hours.

## SATURDAY, SEPT. 2

**Breakfast**—Wheat Germ with Cream. Creamed Fish. Bread and Butter. Coffee.  
**Dinner**—Broiled Meat Cakes. Potatoes. Succotash. Bread and Butter. Banana Cream.  
**Supper**—Baked Beans. Boston Brown Bread. Cut up Peaches. Cake. Tea.

**BANANA CREAM.**—Boil a pint of milk, 1 cup sugar, stir a heaping tablespoonful of corn starch in a cup of milk and add to the boiling liquid. Beat an egg light and stir in. When all has come to a boil remove from the fire and pour half the mixture into a glass pudding dish, let cool on the ice. Slice two large bananas on top and then pour on the rest of the custard. When firm, add another layer of sliced bananas, serve with powdered sugar.

## SUNDAY, SEPT. 3

**Breakfast**—Oatmeal with Cream. Salt Fish Balls. Creamed Potatoes. Hot Rolls. Coffee.  
**Dinner**—Roast of Lamb. Gravy. Mint Sauce. Peas. Potatoes. Baked Corn. Bread and Butter. Frozen Peaches.  
**Supper**—Dip Toast. Baked Pears. Bread and Butter. Cake. Cocoa.

**DIP TOAST.**—Have a shallow pan containing 1 quart of boiling water and a teaspoonful salt. Dip each slice of dry toast quickly in the water, then pile on a hot platter, butter and serve hot.

## MONDAY, SEPT. 4

**Breakfast**—Hominy with Cream. Minced Lamb on Toast. Bread and Butter. Coffee.  
**Dinner**—Corned Beef. Cabbage. Potatoes. Beets. Bread and Butter. Peach Fritters.  
**Supper**—Cold Sliced Corned Beef. Bread and Butter. Cut up Peaches. Cake. Tea.

**PEACH FRITTERS.**—1 cup flour, 1 teaspoonful baking powder sifted in it. Make a very thick batter with  $\frac{3}{4}$  cup milk, two eggs, beaten light,  $\frac{1}{4}$  cup sugar, a pinch of salt. Beat all together and add as many cut up peaches as you can. Drop by the spoonful in boiling lard, serve hot with powdered sugar.

## TUESDAY, SEPT. 5

**Breakfast**—Corned Beef Hash. Bread and Butter. Hominy Cakes with Syrup. Coffee.  
**Dinner**—Ragout of Veal. Curried Rice. Potatoes. Bread and Butter. Cocoa-nut Pudding.  
**Supper**—Sliced Veal. Thin Bread and Butter. Baked Apples. Corn Starch Cake. Chocolate.

**CORN STARCH CAKE.**—2 cups sugar, 3 eggs, 1 cup sweet milk, 1 cup butter, 2 cups flour, 3 teaspoonfuls baking powder, 1 cup corn starch, flavor with lemon.

## WEDNESDAY, SEPT. 6

**Breakfast**—Wheat Germ with Cream. Omelet. Steamed Bread. Coffee.  
**Dinner**—Broiled Beef Steak. Potatoes. Creamed Carrots. Bread and Butter. Apple Tapioca Pudding.  
**Supper**—Clam Saute. Bread and Butter. Cut up Peaches. Cake. Tea.

**STEAMED BREAD.**—Have a large covered steamer fitted tightly over a kettle of boiling water. Arrange slices of stale bread in the middle of the steamer, cover closely. Leave in only a few minutes, spread each slice with butter, pile on a hot plate and cover with a napkin.

## THURSDAY, SEPT. 7

**Breakfast**—California Breakfast Food with Cream. Stewed Kidney. Bread and Butter. Coffee.  
**Dinner**—Chicken Pot-pie. Mashed White Potato. Succotash. Bread and Butter. Peach Pie. Cheese.  
**Supper**—Chicken Salad. Thin Bread and Butter. Blackberries. Cake. Tea.

**PEACH PIE.**—Line a pie plate with pastry and fill with peeled and halved peaches, sprinkle with  $\frac{1}{2}$  cup sugar, and sift over 1 tablespoonful flour. Put on upper crust, bake.

A delicious soft gingerbread is made by pouring on a piece of butter the size of a walnut, a half teacup of hot water, adding, when the butter is well melted, one cup of molasses, one teaspoonful of soda, one teaspoonful of ginger, and sifted flour to make a thin batter. Bake in flat tins, in a slow oven. Is very nice eaten warm with butter.—*Prudence Prim in Good Housekeeping.*

## FRIDAY, SEPT. 8

**Breakfast**—Wheat Germ with Cream. Lamb Chops. Fried Potatoes. Bread and Butter. Coffee.  
**Dinner**—Fish Chowder. Cold Slaw. Corn. Bread and Butter. Apple Pie. Cheese.  
**Supper**—Bread Sauted with Maple Syrup. Baked Pears. Ribbon Cake. Tea.

**RIBBON CAKE.**—3 eggs, 1  $\frac{1}{4}$  cups sugar,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup milk, 2 cups flour, 1 teaspoonful cream of tartar,  $\frac{1}{2}$  teaspoonful soda. Divide the cake dough into 3 parts and to  $\frac{1}{2}$  of it add spice, 1 large tablespoonful molasses,  $\frac{1}{2}$  cup of raisins,  $\frac{1}{2}$  cup currants,  $\frac{1}{2}$  cup citron. Bake in jelly tins and put the dark layer between the two light ones, with jelly between each layer. Sprinkle powdered sugar over the top.

## SATURDAY, SEPT. 9

**Breakfast**—Oatmeal with Cream. Warmd over Chowder. Bread and Butter. Coffee.  
**Dinner**—Broiled Beef Steak. Mashed Potatoes. Stewed Tomatoes. Bread and Butter. Steamed Pudding.  
**Supper**—Broiled Oysters. Hot Buttered Toast. Cut up Peaches. Cake. Tea.

**BROILED OYSTERS.**—Dry large oysters on a napkin, season with salt and pepper and broil on a fine wire broiler. Serve immediately in a hot dish of melted butter.

## SUNDAY, SEPT. 10

**Breakfast**—Hominy with Cream. Fried Rich Cod. Creamed Potatoes. Breakfast Puffs. Coffee.  
**Dinner**—Roast Beef. Gravy. Browned Baked Potatoes. Cauliflower a la Creme. Bread and Butter. Banana Ice Cream.  
**Supper**—Cold Sliced Beef. Thin Bread and Butter. Orange Marmalade. Cake. Tea.

**BANANA ICE CREAM.**—1 pint sugar, 1 pint water, boil 20 minutes, grate bananas, to the bananas add the yolks of 5 eggs, well beaten. Stir this with the boiling syrup and stir 6 minutes. Remove from the fire stir in 1 quart of cream, when cool, freeze.

## MONDAY, SEPT. 11

**Breakfast**—Fluffy Egg on Toast. Hominy Cakes with Maple Syrup. Doughnuts. Coffee.  
**Dinner**—Beef Soup with Crackers. Scalloped Beef. Squash. Stewed Tomatoes. Bread and Butter. Baked Peach Dumplings.  
**Supper**—Welsh Rare Bit. Bread and Butter. Cut up Peaches. Cake. Tea.

**BAKED PEACH DUMPLINGS.**—Cut the rolled pie crust in squares large enough to hold a peach. Pare the fruit and remove the stone and fill the cavity with sugar. Sprinkle a very little flour over the peach and roll in the crust, pinch the ends of the crust tight together and bake until the peach is soft and the crust is light brown. Serve with hard sauce.

## TUESDAY, SEPT. 12

**Breakfast**—Wheat Germ with Cream. Omelet. Bread and Butter. Coffee.  
**Dinner**—Roast of Veal. Potatoes. Curried Rice. Bread and Butter. Peaches and Cream. Cake.  
**Supper**—Sliced Cold Veal. Thin Bread and Butter. Stewed Pears. Cake. Cocoa.

**STEWED PEARS.**—Wash them thoroughly, and put them into a stew-pan which has a tight cover, with sugar enough to sweeten and water to keep from burning, and a little stick cinnamon. Stew 2 or 3 hours.

## WEDNESDAY, SEPT. 13

**Breakfast**—California Breakfast Food with Cream. Minced Veal on Toast. Bread and Butter. Coffee.  
**Dinner**—Pot Roast. Potatoes. Stewed Tomatoes. Bread and Butter. Snow Pudding.  
**Supper**—Sliced Pot Roast. Thin Bread and Butter. Cut up Peaches. Plain Cake with Boiled Frosting. Tea.

**BOILED FROSTING.**—Mix 1 cup sugar with  $\frac{1}{2}$  cup sweet milk, put over fire and stir till it boils, then boil 5 minutes without stirring on the back of the stove. Take off fire and beat with a Dover Egg Beater to a cream. Spread on cake at once and very quickly.

## THURSDAY, SEPT. 14

**Breakfast**—Oatmeal with Cream. Poached Eggs on Toast. Doughnuts. Coffee.  
**Dinner**—Sauted Meat. Potatoes. Succotash. Bread and Butter. Peach Pudding.  
**Supper**—Dried Beef. Baking Powder Biscuit. Baked Apples. Cake. Tea.

**BAKING POWDER BISCUIT.**—Sift with 2 cups flour, 1 teaspoonful baking powder and  $\frac{1}{2}$  teaspoonful salt. Rub in a scant tablespoonful lard and butter mixed, and wet with enough sweet milk to make a soft dough. Handle lightly with the finger tips, and as little as possible. Roll 1 inch thick, cut small, bake 20 minutes or till brown.

A stale loaf of bread, dipped quickly into cold water, then baked for half an hour is better than when fresh. I take but half a loaf for my small family of three.—*Prudence Prim in Good Housekeeping.*





## MONDAY, MAY 1

**Breakfast.**—Hominy with Cream. Warmed over Chicken. Bread and Butter. Coffee.  
**Dinner.**—Mutton Chops. Potatoes. Canned Peas. Bread and Butter. Pineapple Omelet.  
**Supper.**—Scalloped Potatoes. Hot Buttered Toast. Fruit Cake. Tea.

**PINEAPPLE OMELET.**—3 beaten eggs, a teaspoonful of lemon juice, and a tablespoonful powdered sugar. Cook as a plain breakfast omelet should be cooked; and just before folding it put within a heaping tablespoonful grated pineapple, either fresh or canned. Serve the omelet hot, dusted with powdered sugar.

## TUESDAY, MAY 2

**Breakfast.**—Dropped Eggs on Toast. Hominy Cakes with Maple Syrup. Doughnuts. Coffee.  
**Dinner.**—Pot Roast. Gravy. Mashed Potatoes. Asparagus. Bread and Butter. Rice Pudding.  
**Supper.**—Lettuce Served with Mayonnaise. Bread and Butter. Preserves. Cake. Tea.

**ASPARAGUS.**—Cut off the tough stalks, wash the tender parts, and tie in bunches again. Place in a saucepan and cover with boiling water. It will take from 15 to 30 minutes to cook the asparagus; ten minutes before taking it up add a tablespoonful of salt for each bunch. When done, serve on toast with butter sauce, or with a little plain butter spread over it.

## WEDNESDAY, MAY 3

**Breakfast.**—Oatmeal with Cream. Fried Salt Mackerel. Creamed Potatoes. Graham Puffs. Coffee.  
**Dinner.**—Sautéed Pot Roast. Boiled Potatoes. Parsnips. Bread and Butter. Delmonico Pudding.  
**Supper.**—Salmon Patties. Bread and Butter. Canned Fruit. Cake. Cocoa.

**GRAHAM PUFFS.**—1 egg, 1 cup milk, 1 cup graham and wheat flour equally divided, 1 teaspoonful sugar, a little salt. Beat the egg very light, then add the milk and pour this upon the flour and salt and sugar. Beat all until very light, turn into hot muffin pans, which have been well buttered and bake in a hot oven for ½ hour.

## THURSDAY, MAY 4

**Breakfast.**—Wheat Germ with Cream. Creamed Salmon on Toast. Hot Rolls. Coffee.  
**Dinner.**—Veal Chops. Potatoes. Spinach. Bread and Butter. Bananas.  
**Supper.**—Chipped Beef. Hot Buttered Toast. Jam. Ice Cream Cake. Tea.

**ICE CREAM CAKE.**—Cake. —½ cup butter, 1½ cups sugar, 2 cups flour, whites of 4 eggs, 2 level teaspoonfuls baking powder, ½ teaspoonful vanilla. Beat the butter to a cream, add sugar, then milk, whites of eggs, which have been beaten to a stiff froth, and lastly the flour and baking powder. Bake in jelly tins. *Filling.*—Mix 2 cups sugar with ½ sweet milk, put over fire and stir till it boils, then boil for 5 minutes very slowly, without stirring and flavor with vanilla. Beat with a Dover Egg Beater till a cream. Spread between the layers of cake and on top.

## FRIDAY, MAY 5

**Breakfast.**—Wheat Germ with Cream. Scrambled Eggs. Warmed Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Fish Chowder. Fried Parsnips. Cold Slaw. Bread and Butter. Baked Custard (using yolks of eggs which were left from cake.)  
**Supper.**—Milk Toast. Crackers and Cheese. Stewed Fruit. Cake. Tea.

**FRIED PARSNIPS.**—Boil in boiling salted water till very tender, mash and season with butter, pepper and salt; add one well beaten egg, and a very little flour. Make into small balls and fry as you would doughnuts in hot lard.

## SATURDAY, MAY 6

**Breakfast.**—Oatmeal with Cream. Soft Boiled Eggs. Hot Buttered Toast. Doughnuts and Coffee.  
**Dinner.**—Soup with Crackers. Meat Pie. Carrots with Cream Sauce. Bread and Butter. Rice Pudding.  
**Supper.**—Scalloped Potatoes. Hot Rolls. Stewed Prunelles. Cake. Tea.

**CARROTS WITH CREAM SAUCE.**—Scrape, wash and cut into cubes enough carrots to make a quart when cut up. Cook in boiling water for an hour, then pour off all the water except ½ cup. Add 1 teaspoonful sugar, 1 of salt, and boil until the water evaporates. Add the sauce and serve at once. Make the sauce same as for creamed potatoes.

## SUNDAY, MAY 7

**Breakfast.**—Oatmeal with Cream. Salt Fish Balls. Fried Potatoes. Hot Rolls. Coffee.  
**Dinner.**—Chicken Pie. Mashed White Potatoes. Celery. Spinach. Bread and Butter. Olives. Charlotte Russe.  
**Supper.**—Sardines with Lemon. Thin Bread and Butter. Chocolate Cake. Canned Cherries. Tea.

**CHICKEN PIE.**—Cut chicken into pieces and boil until tender in just enough boiling water to cover. Take out chicken, thicken the liquid with 1 tablespoonful flour and butter rubbed together until creamy. Season to taste. Line a deep baking dish with biscuit crust made thus: 1 quart flour, 2 teaspoonfuls baking powder, and half a cup butter, and a little salt. Wet with milk and roll out ¼ inch thick. After using the dish, put in chicken and gravy and cover with upper crust. Bake until crust is brown.

## MONDAY, MAY 8

**Breakfast.**—Oatmeal with Cream. Warmed over Chowder. Bread and Butter. Doughnuts. Coffee.  
**Dinner.**—Broiled Beef Steak. Baked Potatoes. Lettuce. Bread and Butter. Lemon Pie. Cheese.  
**Supper.**—Boston Brown Bread. Baked Beans. Fruit Cake. Cocoa.

**OATMEAL.**—1 cup oatmeal, 1 teaspoonful salt, 1 quart boiling water. Cook in a double boiler and cook 1 hour. Remove the cover, stir with a fork, take from fire and leave lid off for a few minutes, to dry off the oatmeal.

## TUESDAY, MAY 9

**Breakfast.**—California Breakfast Food with Cream. Liver and Bacon. Bread and Butter. Coffee.  
**Dinner.**—Broiled Mutton Chops. French Fried Potatoes. Spinach. Bread and Butter. Boiled Tapioca Pudding.  
**Supper.**—Dried Beef. Sally Lunn. Fruit. Cake. Chocolate.

**SALLY LUNN.**—1 pint flour, 2 teaspoonfuls baking powder, ½ teaspoonful salt. Beat 2 eggs, whites and yolks separately. Add to the yolks ½ cup sweet milk. Stir slowly into the flour and add ½ cup melted butter. Stiff in the whites last. Bake till a nice brown. Serve hot.

## WEDNESDAY, MAY 10

**Breakfast.**—Hominy with Cream. Salt Fish Balls. Warmed Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Corned Beef. Cabbage. Potatoes. Bread and Butter. Custard Souffle.  
**Supper.**—Cold Sliced Corned Beef. Bread and Butter. Canned Fruit. Cake. Tea.

**CUSTARD SOUFFLE.**—Rub 2 scant tablespoonfuls butter to a cream. Add 2 scant tablespoonfuls flour. Pour over this gradually 1 cup hot milk and cook 8 minutes in a double boiler, stirring often. Beat yolks of four eggs, and 2 tablespoonfuls sugar, stir into the milk and set away to cool. ½ hour before serving beat whites of four eggs stiff, and add to the mixture lightly. Bake in buttered pudding dish in a moderate oven 36 minutes. Serve at once.

## THURSDAY, MAY 11

**Breakfast.**—Corned Beef Hash. Bread and Butter. Hominy Griddle Cakes with Maple Syrup. Coffee.  
**Dinner.**—Broiled Beef Steak. Baked White Potatoes. Spinach. Bread and Butter. Custard.  
**Supper.**—Little Neck Clam Saute. Bread and Butter. Fruit. Cake. Cocoa.

**LITTLE NECK CLAM SAUTE.**—100 clams, ½ cup butter, 1 tablespoonful chopped parsley, 2 tablespoonfuls lemon juice, ½ teaspoonful pepper, 2 level teaspoonfuls salt, and 2 level teaspoonfuls of dried bread and cracker crumbs. Put the butter in a saucepan, and place on the fire. When hot, add the lemon juice, parsley and crumbs, stir for one minute, then add the clams, salt and pepper. Cook for five minutes, stirring all the time. Serve at once on toast.

## FRIDAY, MAY 12

**Breakfast.**—Indian Mush with Cream. Omelet. Warmed Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Baked Shad. Fried Shad Roes. Boiled Potatoes. Cold Slaw. Bread and Butter. Steamed Pudding.  
**Supper.**—Mayonnaise of Lettuce. Bread and Butter. Cheese. Fruit. Cake. Tea.

**FRIED SHAD ROES.**—Wash the roes and cook them 10 minutes in boiling salted water. Take them off the stove and plunge them into cold water. Drain and roll in beaten egg, then in fine cracker crumbs and fry till brown in smoking hot salt pork.

## SATURDAY, MAY 13

**Breakfast.**—Creamed Fish. Warmed Potatoes. Bread and Butter. Fried Indian Mush with Maple Syrup. Coffee.  
**Dinner.**—Tomatoe or Mock Bisque Soup with Crackers. Lobster Salad. Bread and Butter. Suet Pudding.  
**Supper.**—Egg Vermicelli. Hot Rolls. Fruit. Cake. Cocoa.

**LOBSTER SALAD.**—Cut the lobster meat into small pieces, add a little of the fat and coral, then season with pepper and salt, and pour over all, enough mayonnaise dressing to moisten well. Pick out large lettuce leaves and put a heaping tablespoonful of the mixture on each leaf. Arrange in a salad bowl and pour over the remainder of the dressing and garnish with slices of hard boiled eggs, olives and the tiny lettuce leaves.

## SUNDAY, MAY 14

**Breakfast.**—California Breakfast Food, with Cream. Fried Fresh Mackerel. Warmed Potatoes. Corn Muffins. Butter. Coffee.  
**Dinner.**—Fricassee Chicken. Mashed White Potatoe. Cranberry Sauce. Bread and Butter. Sweet Potatoes. Orange Pie.  
**Supper.**—Chipped Beef. Hot Buttered Toast. Canned Cherries. Sponge Cake. Tea.

**ORANGE PIE.**—Three eggs, three quarters cup sugar, one orange, juice and half grated rind; half a lemon, juice and grated rind, a little nutmeg. Cream butter and sugar, beat in the orange and lemon, add the beaten eggs saving the whites of two. Line a pie plate with rich crust, pour in this mixture and bake. Beat the whites with two tablespoonfuls powdered sugar, spread over the pie, when done, and brown lightly.





## TUESDAY, AUG. 29

**Breakfast**—Baked Pears. Broiled Slice of Ham. Hot Buttered Toast. Coffee.  
**Dinner**—Lamb Chops. Potatoes. Lima Beans. Bread and Butter. Corn Pudding.  
**Supper**—Salad Pot-pourri. Thin Bread and Butter. Berries. Cake. Raspberry Sherbet.

LIMA BEANS.—Shell, wash and cook in boiling water. After 10 minutes add salt and cook until tender. Let the water boil nearly away and add ½ cup hot cream. Season with butter salt and pepper.

## WEDNESDAY, AUG. 30

**Breakfast**—California Breakfast Food. Baked Eggs. Hot Rolls. Coffee.  
**Dinner**—Roast Veal. Potatoes. Peas. Sliced Cucumbers. Bread and Butter. Peach Pudding.  
**Supper**—Sliced Cold Veal. Bread and Butter. Berries. Cake. Tea.

PEACH PUDDING.—Fill a pudding dish with whole peeled peaches and pour over them 2 cups water, cover closely and bake until peaches are tender, then drain off the juice from the peaches and let it stand till cool. Add to the juice 1 pint sweet milk, 4 well beaten eggs, 1 small cup flour, 1 teaspoonful baking powder, 1 cup sugar, 1 tablespoonful melted butter and a little salt. Beat 4 minutes, pour over peaches in dish, bake till a rich brown and serve with cream.

## THURSDAY, AUG. 31

**Breakfast**—Wheat Germ with Cream. Minced Veal on Toast. Bread and Butter. Coffee.  
**Dinner**—Broiled Beef Steak. Potatoes. Stewed Tomatoes. Bread and Butter. Ice Cold Rice Pudding.  
**Supper**—Cabbage Salad. Bread and Butter. Peaches and Cream. Cake. Tea.

CABBAGE SALAD.—Chop 1 pint white cabbage very fine, mix with mayonnaise dressing and place in a large cabbage leaf. Garnish with olives and nasturtium blossoms.

### CONFECTIONERY MADE AT HOME.

#### RECIPES FOR MARSHMALLOWS, CHOCOLATE CREAMS AND OTHER SWEETMEATS.

In many homes the dish of bonbons and sweets is always to be found temptingly arranged in some convenient nook. While the confectioner's art is a study in itself, and his "creations" the outcome of a skilled training, yet there are numerous toothsome sweets that may be made at home. Here are recipes for some home-made candies:

**MARSHMALLOWS.**—Soak a quarter of a pound of gum arabic in a half pint of water until soft, add to it a half pound of powdered sugar, stir all together and set in a saucepan until it is thick and white. Try it in water as soon as it thickens, and if it forms a firm but not hard ball, it is done. To make the marshmallow more spongy beat the white of one egg and add to the paste. Flavor with orange flower. Pour the paste out on a pan, cover with corn starch, and, when cool, cut into squares.

**CHOCOLATE CREAMS.**—Two cups of powdered sugar, one quarter of a cup of milk. Boil seven or eight minutes and pour into an earthen dish; flavor with a little vanilla and stir till it is thick and creamy, and cool enough to handle. Shape into balls and lay on a flat dish. Cut up nearly a whole cake of chocolate (not sweet), pour into a bowl and set in hot water. When melted add a few drops of vanilla. Drop in the creams one at a time and take out with two forks and place carefully on white paper.

**RURAL TAFFY.**—Melt two ounces of butter, free from salt, in a thick saucepan; add a pound of brown sugar; boil the mixture till the syrup, dropped into water, cracks between the teeth. Pour in buttered tins half an inch deep and set to cool. The grated rind of a lemon is often added when the sugar is half boiled.

**PEANUT CANDY.**—Two cupfuls of New Orleans molasses, one cupful of brown sugar, one tablespoonful of butter, one tablespoonful of vinegar. While this

is cooking in rather a shallow pan, shell the peanuts; lay them on buttered tins. Try the candy from time to time by dropping a little in cold water. When it seems hard and crisp remove from the fire and pour over the nuts. While still warm, cut into blocks of convenient size.

**CANDIED ALMONDS.**—Blanch any quantity of almonds, then fry them in butter till they are of a light brown color, wipe them with a napkin and place in a pan. Make a syrup of white sugar and boil it to the exact candying point; pour it boiling hot on the almonds, and stir them until they are quite cold.

**PLUM PUDDING CANDY.**—Make some rural taffy soft boiled—that is, take it up when it makes a soft ball in the water. Have ready half a teacup of seeded raisins a little warm, half a teacup of citron, one cup of currants, the grated rind of half an orange, the same of a lemon, and two ounces of chopped almonds. Mix this all with the warm candy thoroughly, using your hands to work it. Put it in pans to cool. Cut into squares before hardening.

**PEPPERMINTS.**—One pint of granulated sugar, four tablespoonfuls of water. Boil four minutes, take off the stove, and stir in two tablespoonfuls of powdered sugar, one-half teaspoonful of cream of tartar, seven or eight drops of oil of peppermint. Drop in the shape of small cakes on waxed paper.

**CHOCOLATE CARAMELS.**—Equal parts of white sugar, brown sugar, molasses, milk and chocolate (grated), for one cup of each, butter the size of an egg. Boil hard fifteen minutes before the chocolate is put in. Then boil till it will become brittle when dropped into water. Have ready one or two cupfuls of mixed nuts picked out and chopped. Take the candy from the fire, stir in the nuts and pour into well-buttered pans. When cool cut into square cakes, then wrap each in waxed paper.

**ORANGE CREAM BON-BONS.**—Grate the rind of a thick-skinned orange, taking off only the yellow, oily surface. Mix with a piece of almond paste as large as an egg and a half teaspoonful of lemon juice. Work them together with as much confectioners' sugar as will make a firm, dry paste. Break off little pieces and roll into balls. The grated peel from one orange makes quite a number, as the flavor is strong. Sprinkle with confectioners' sugar. The almond paste can be bought at any first-class grocery store.

**CANDIED NUTS.**—Three cups of sugar, one-half cup of water; boil till it candies, then add a little cream of tartar dissolved in water. Drop in halves of walnuts; let them remain a few minutes, then dip out one by one and place on buttered tins or paper. Figs, dates or sections of oranges are nice prepared in this way.

### FRUIT SAGO.

A dainty school lunch and a wholesome appetizer, and one that proves a general favorite, is a Norwegian dish made with sago and fruit juice as follows: Draw the juice from a pound of any kind of fruit, red currants raspberries, blackberries, plums and grapes are especially nice for this purpose—strain it off and add water to make the quantity one quart; put this in an agate saucepan, and when it boils add four heaping tablespoonfuls of small sago which has been well washed; stir this over the fire until it thickens and until all the grains are clear, which will be from ten to fifteen minutes; then sweeten to taste and fill into jelly glasses. A little cream to serve with it is a great improvement.



## MONDAY, MAY 15

**Breakfast.**—Wheat Germ with Cream. Scrambled Eggs. Bread and Butter. Doughnuts. Coffee.  
**Dinner.**—Potato Soup. Chicken Croquettes. Baked Potatoes. Spinach. Bread and Butter. Baked Custard.  
**Supper.**—Cheese. Crackers. Stewed Fruit. Cake. Tea.

**POTATO SOUP.**—6 boiled and mashed potatoes, 1 quart milk,  $\frac{1}{4}$  pound butter. Season with pepper and salt. While mashing the potatoes, add the melted butter and pour in gradually the boiling milk. Stir well and strain through a sieve, heat again. Beat an egg, put in a tureen and pour over the soup, when ready to serve.

## TUESDAY, MAY 16

**Breakfast.**—Oatmeal with Cream. Mutton Chops. Bread and Butter. Coffee.  
**Dinner.**—Roast of Veal. Gravy. Mashed Potatoes. Stewed Tomatoes. Bread and Butter. Coconut Pudding.  
**Supper.**—Cold Roast Veal. Bread and Butter. Canned Cherries. Cake. Cocoa.

**ROAST OF VEAL.**—Stuff with lightly seasoned and very moist dressing. Tie into shape, dredge with salt, pepper and flour. Put strips of pork over the top and bake allowing  $\frac{1}{2}$  hour to a pound. Add water when the flour has browned and baste often.

## WEDNESDAY, MAY 17

**Breakfast.**—Hominy with Cream. Veal Hash. Warm Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Beef Steak. Baked Potatoes. Spinach. Bread and Butter. Cottage Pudding.  
**Supper.**—Mayonnaise of Lettuce. Thin Bread and Butter. Orange Marmalade. Cake. Tea.

**HOMINY.**—1 cup milk, 3 cups boiling water, 1 cup hominy, 1 teaspoonful salt. Steam in a double boiler for 1 hour.

## THURSDAY, MAY 18

**Breakfast.**—Stewed Prunes. Bread and Butter. Hominy Griddle Cakes with Maple Syrup. Coffee.  
**Dinner.**—Roast Beef. Gravy. Mashed Potatoes. Asparagus. Bread and Butter. Strawberry Sponge.  
**Supper.**—Scalloped Beef. Bread and Butter. Canned Peaches. Cake. Cocoa.

**STRAWBERRY SPONGE.**—1 quart strawberries,  $\frac{1}{2}$  box gelatine,  $1\frac{1}{2}$  cups water, 1 cup sugar, juice 1 lemon, beaten whites of 4 eggs. Soak gelatine in  $\frac{1}{2}$  cup water, mash the berries and add half the sugar to them. Boil the remainder of sugar and the cup of water gently 20 minutes. Rub the berries through a fine sieve. Add gelatine to boiling syrup, take from the fire and add berry juice. Place the bowl in pan of ice water and beat with egg beater five minutes. Add beaten whites and beat till it begins to thicken. Pour into well wet moulds and set on ice. Serve with cream.

## SATURDAY, MAY 19

**Breakfast.**—Broiled Beef Steak. Warm Potatoes. Bread and Butter. Hominy Griddle Cakes with Maple Syrup. Coffee.  
**Dinner.**—Roast Beef. Gravy. Browned Baked Potatoes. Lettuce. Bread and Butter. Bananas.  
**Supper.**—Sliced Beef. Bread and Butter. Stewed Fruit. Caramel Cake. Tea.

**CARAMEL CAKE.**—*Cake.*—1 cup sugar,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup butter, 2 eggs, 1 teaspoonful cream tartar,  $\frac{1}{2}$  teaspoonful soda, 2 cups flour. *Caramel.*—2 cups sugar,  $\frac{3}{4}$  cup milk, butter size of an egg, 1 tablespoonful cocoa. Boil 10 minutes, flavor with 1 teaspoonful vanilla. Beat till cool.

## SATURDAY, MAY 20

**Breakfast.**—Wheat Germ with Cream. Creamed Fish. Bread and Butter. Doughnuts. Coffee.  
**Dinner.**—Ham and Eggs. Baked Potatoes. Asparagus. Bread and Butter. Nuts and Raisins.  
**Supper.**—Potatoe Salad. Bread and Butter. Fruit. Cake. Tea.

**POTATOE SALAD.**—Cut hot boiled potatoes into thin slices and while they are hot mix with the following dressing: 1 teaspoonful mustard,  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{2}$  teaspoonful sugar, a little pepper, dissolve in a very little cold water. Add 3 tablespoonfuls melted butter, 11 tablespoonfuls vinegar, 2 well beaten eggs. Cook about 3 minutes or until thick. After mixing with potatoes, place on ice. Just before serving place a tablespoonful on lettuce leaves and if the flavor is liked add a little chopped onion.

## SUNDAY, MAY 21

**Breakfast.**—California Breakfast Food with Cream. Salt Fish Balls. Creamed Potatoes. Hot Rolls. Coffee.  
**Dinner.**—Roast Lamb. Mint Sauce. Mashed Potatoes. Mayonnaise of Lettuce. Bavarian Cream.  
**Supper.**—Sardines Garnished with Sliced Lemon. Thin Bread and Butter. Preserves. Cake. Tea.

**ROAST LAMB.**—A hind quarter of lamb weighing 8 pounds, should be cooked  $1\frac{1}{2}$  hours. The meat should be placed on a rack and the bottom of the pan covered with water, and the lamb basted with it often. Dredge with flour, salt and pepper. Serve with a brown gravy.

## MONDAY, MAY 22

**Breakfast.**—Indian Mush with Cream. Hash. Warm Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Broiled Beef Steak. Rice. Potatoes. Jelly Crackers.  
**Supper.**—Cheese. Rice Croquettes with Maple Syrup. Chocolate Cake. Tea.

**STEAMED RICE.**—Pour two cups of boiling water on one cup of well washed rice, add  $\frac{1}{2}$  teaspoonful of salt. Cook in the double boiler 30 minutes. Remove the cover, stir with a fork to let the steam escape, and dry off the rice.

## TUESDAY, MAY 23

**Breakfast.**—Poached Eggs on Toast. Fried Indian Mush with Maple Syrup. Coffee.  
**Dinner.**—Veal Cutlets. Parsnips. New Potatoes. Bread and Butter. Cottage Pudding. Strawberry Sauce.  
**Supper.**—Mayonnaise of Lettuce. Bread and Butter. Cake. Fruit. Cocoa.

**STRAWBERRY SAUCE.**—1 quart ripe strawberries,  $\frac{1}{2}$  cup butter,  $1\frac{1}{2}$  cups powdered sugar. Beat the butter to a cream and add the sugar. Hull the berries and mash them into the butter and sugar.

## WEDNESDAY, MAY 24

**Breakfast.**—California Breakfast Food with Cream. Hashed Veal on Toast. Bread and Butter. Doughnuts. Coffee.  
**Dinner.**—Asparagus Soup. Broiled Meat Cakes. Potatoes. Spinach. Bread and Butter. Salted Peanuts.  
**Supper.**—Welsh Rarebit. Bread and Butter. Cake. Fruit. Tea.

**ASPARAGUS SOUP.**—Boil one quart of asparagus cut in inch lengths, in one quart of water until tender. Rub through a colander and return to the water in which it was boiled. Heat one pint milk, stir into it one tablespoonful butter creamed with one tablespoonful of flour, and cook a few minutes. Season and pour into asparagus. As soon as boiled, serve.

## THURSDAY, MAY 25

**Breakfast.**—Oatmeal with Cream. Mutton Chops. Fried Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Corned Beef. Creamed Cabbage. Potatoes. Bread and Butter. Bananas.  
**Supper.**—Cold Sliced Corned Beef. Hot Rolls. Fruit. Cake. Chocolate.

**CREAMED CABBAGE.**—Chop a small cabbage very fine. Cook in boiling water until very tender. Drain, season, melt a tablespoonful butter add a heaping teaspoonful flour, and a cup of milk, when boiling and thickened a little, pour on the cabbage, cook five minutes and serve.

## FRIDAY, MAY 26

**Breakfast.**—Wheat Germ with Cream. Corned Beef Hash. Bread and Butter. Doughnuts. Coffee.  
**Dinner.**—Baked Shad. Cold Slaw. Potatoes. Bread and Butter. Tapioca Ice.  
**Supper.**—Fried Shad Roes. Bread and Butter. Cake. Fruit. Cocoa.

**TAPIOCA ICE.**—1 cup tapioca soaked over night, in the morning put it on the stove and when boiling add 1 cup sugar and boil till clear. Chop 1 pineapple, pour the tapioca over it, stir and put into moulds, when cold, serve with sugar and cream.

## SATURDAY, MAY 27

**Breakfast.**—California Breakfast Food with Cream. Creamed Fish. Bread and Butter. Doughnuts. Coffee.  
**Dinner.**—Creamed Dried Beef. Potatoes. Asparagus. Bread and Butter. Lemon Pie. Cheese.  
**Supper.**—Baked Beans. Boston Brown Bread. Fruit. Cake. Tea.

**CREAMED DRIED BEEF.**—1 tablespoonful butter browned in a frying-pan. Put in  $\frac{1}{2}$  pound chipped beef and let it get hot. Add 1 cup milk in which has been stirred a heaping teaspoonful flour. When hot pour on a hot meat platter garnished with scrambled eggs.

## SUNDAY, MAY 28

**Breakfast.**—Wheat Germ with Cream. Fried Halibut Steak. Breakfast Puffs. Coffee.  
**Dinner.**—Roast Chicken. Gravy. Potatoes. Asparagus. Bread and Butter. Cream Pie. Cheese. After Dinner Coffee.  
**Supper.**—Mayonnaise of Lettuce. Bread and Butter. Strawberry Fritters. Tea.

**STRAWBERRY FRITTERS.**—Beat 2 eggs, whites and yolks separately, add a teacupful of rich milk, a pinch of salt, and flour enough to make a stiff batter. Beat the mixture until smooth, stir in a pint of strawberries, (which have been hulled and drained so as to be quite dry,) and fry, dropping small spoonfuls in plenty of hot lard. Serve, sprinkled with powdered sugar.

## MONDAY, MAY 29

**Breakfast.**—Oatmeal with Cream. Soft Boiled Eggs. Hot Buttered Toast. Coffee.  
**Dinner.**—Fried Halibut. Boiled Potatoes. Lettuce. Bread and Butter. Bananas.  
**Supper.**—Bread Sauted with Maple Syrup. Crackers and Cheese. Coconut Cakes. Cocoa.

**COCONUT CAKES.**—The grated meat of 2 coconuts, their weight in loaf sugar, 1 cup of flour, whites of 2 eggs. Shape into balls and bake 20 minutes.





## TUESDAY, AUG. 15

**Breakfast**—Musk-melons. Chopped Veal on Toast. Fried Hominy. Bread and Butter. Coffee.  
**Dinner**—Broiled Beef Steak. Potatoes. Corn. Bread and Butter. Spanish Cream.  
**Supper**—Fried Egg-plant. Bread and Butter. Berries. Cake. Lemonade.

**SPANISH CREAM**.—2 tablespoonfuls gelatine, soaked in a little milk one hour. Heat 1 pint of milk, beat the yolks of 2 eggs, and ½ cup sugar together. Stir the gelatine in the heated milk, then add sugar and eggs. Remove as soon as it thickens a little, flavor with vanilla, when nearly cold, stir in the well-beaten whites.

## WEDNESDAY, AUG. 16

**Breakfast**—Oatmeal with Cream. Fried Egg-plant. Warmed Potatoes. Hot Rolls. Coffee.  
**Dinner**—Leg of Lamb. Mint Sauce. Gravy. Browned Baked Potatoes. Squash. Bread and Butter. Water-melon.  
**Supper**—Scalloped Tomatoes. Bread and Butter. Baked Apples with Cream. Cake. Tea.

**SUMMER SQUASH**.—Wash and cut into quarters, do not remove the skin or seeds. Cook in boiling salted water 20 minutes or till tender. Place the squash in a strainer cloth, mash it thoroughly, squeeze the cloth until the squash is dry. Add a little butter, salt, pepper and heat again before serving.

## THURSDAY, AUG. 17

**Breakfast**—Berries. Baked Eggs. Creamed Potatoes. Bread and Butter. Coffee.  
**Dinner**—Tomato Soup. Cold Sliced Lamb. Succotash. Potatoes. Bread and Butter. Huckleberry Pudding. Hard Sauce.  
**Supper**—Chipped Beef. Lettuce. Bread and Butter. Cake. Blackberries. Tea.

**BAKED EGGS**.—Cover the buttered dish with fine cracker crumbs. Put each egg carefully in the dish and cover lightly with crumbs and bits of butter. Bake till the crumbs are brown.

## FRIDAY, AUG. 18

**Breakfast**—California Breakfast Food with Cream. Stewed Kidney. Bread and Butter. Coffee.  
**Dinner**—Baked Blue Fish. Hollandaise Sauce. Potatoes. Tomato and Lettuce Mayonnaise. Bread and Butter. Bananas and Pears.  
**Supper**—Stuffed Egg-plant. Bread and Butter. Berries. Cake. Tea.

**STEWED KIDNEY**.—Put on a kidney early in the afternoon and let it simmer till bed-time, allow it to remain all night in the same water. Next morning cut it into small pieces and stew for an hour or more, make brown gravy and just before serving, add two hard boiled eggs, sliced.

## SATURDAY, AUG. 19

**Breakfast**—Wheat Germ with Cream. Creamed Fish. Bread and Butter. Coffee.  
**Dinner**—Lamb Chops. Potatoes. Peas. Bread and Butter. Stewed Tomatoes. Apple Pie. Cheese.  
**Supper**—Sardine Salad. Bread and Butter. Berries. Cake. Tea.

**SARDINE SALAD**.—For one large box of sardines, take six hard boiled eggs, drain off the oil from the fish, remove the backbone, tail and skin, and mix thoroughly with the egg, minced fine. Season with pepper and salt, serve with vinegar or mayonnaise dressing.

## SUNDAY, AUG. 20

**Breakfast**—California Breakfast Food with Cream. Baked Clams. Hot Rolls. Coffee.  
**Dinner**—Roast Beef. Gravy. Browned Baked Potatoes. Succotash. Vanilla Ice Cream. Cake.  
**Supper**—Cold Roast Beef. Thin Bread and Butter. Berries. Cake. Russian Tea.

**BAKED CLAMS**.—Wash and scrub the shells, put them in a large dripping-pan in a very hot oven and when the shells open they are done. Serve on the half shell and let each person season them to taste with melted butter, pepper and vinegar.

## MONDAY, AUG. 21

**Breakfast**—Oatmeal with Cream. Scrambled Eggs. Hot Buttered Toast. Coffee.  
**Dinner**—Soup. Beef Olives. Potatoes. Stewed Tomatoes. Bread and Butter. Berry Pudding.  
**Supper**—Cheese Fritters. Bread and Butter. Baked Apples. Cream Cake. Tea.

**CREAM CAKE**.—1 cup milk, 1 cup sugar, 2 scant teacupfuls flour, 2 teaspoonfuls baking powder, 1 tablespoonful butter, 1 egg. Bake in jelly tins in a hot oven. *Filling*.—A teacup of sweet cream, and 2 tablespoonfuls sugar whipped with an egg beaten till stiff, and flavored with vanilla. The cream should be spread on each layer both inside and outside. Keep in a cool place.

## TUESDAY, AUG. 22

**Breakfast**—Musk-melons. Liver and Bacon. Bread and Butter. Coffee.  
**Dinner**—Corned Beef. Cabbage. Potatoes. Boiled Onions. Bread and Butter. Chocolate Blanc-mange.  
**Supper**—Cold Sliced Corned Beef. Sliced Cucumbers. Bread and Butter. Sliced Pineapple. Cake. Tea.

**BOILED ONIONS**.—Peel the onions under water, pour over boiling water and cook ten minutes, adding ½ teaspoonful salt. Drain and pour over boiling salted water, a second time and yet a third to take away the strong odor. Make a gravy of rich milk, and butter, season, serve very hot.

## WEDNESDAY, AUG. 23

**Breakfast**—Hominy with Cream. Corned Beef Hash. Bread and Butter. Coffee.  
**Dinner**—Veal Cutlet. Potatoes. Peas. Corn. Bread and Butter. Apple Pie. Cheese.  
**Supper**—Egg Salad. Bread and Butter. Berries. Cake. Lemonade.

**EGG SALAD**.—Boil the eggs ½ an hour, put them in cold water and let stand a few minutes, then take off the shells, taking care not to break the egg. Cut them into halves lengthwise, take out yolks and mix them with 1 saltspoonful of dry mustard, a little pepper, 2 tablespoonfuls vinegar, 1 tablespoonful olive oil. Mix very smooth and put back in whites. Place them on a plate and garnish with lettuce. This rule is for ½ dozen eggs.

## THURSDAY, AUG. 24

**Breakfast**—Baked Apples with Cream. Hashed Veal on Toast. Fried Hominy. Bread and Butter. Coffee.  
**Dinner**—Irish Stew. Stewed Tomatoes. Lettuce. Bread and Butter. Water-melon.  
**Supper**—Fried Egg-plant. Bread and Butter. Baked Pears. Cake. Raspberry Shrub.

**IRISH STEW**.—3 pounds of lean mutton cut into pieces not more than 2 inches square. Stew the meat gently in enough cold water to cover it, until it is tender, remove from the fire, strain off the gravy and set in a cool place to allow the fat to rise to the top. Skim off every particle of this and return the gravy to the stove, season to taste with a little chopped onion and put the meat into it with a dozen potatoes which have been parboiled and sliced. Cook 15 minutes and serve very hot.

## FRIDAY, AUG. 25

**Breakfast**—Wheat Germ with Cream. Warmed over Stew. Bread and Butter. Coffee.  
**Dinner**—Baked Halibut. Hollandaise Sauce. Potatoes. Corn. Bread and Butter. Pears and Bananas.  
**Supper**—Baked Tomatoes. Bread and Butter. Berries. Bath Buns. Tea.

**BATH BUNS**.—½ cup butter, 1½ cups sugar, 2 eggs, 1½ teaspoonfuls baking powder, ½ cup citron cut small, 1½ pints flour, ½ cup milk. Lay greased muffin rings on a greased baking tin, put a large spoonful in each, sift sugar on and bake 15 minutes in a hot oven, or till brown.

## SATURDAY, AUG. 26

**Breakfast**—California Breakfast Food with Cream. Poached Eggs on Toast. Bread and Butter. Coffee.  
**Dinner**—Potato Soup. Turbot a la Creme. Potatoes. Sliced Cucumbers. Bread and Butter. Apple Float.  
**Supper**—Chipped Beef. Bread and Butter. Peaches and Cream. Cake. Tea.

**PEACHES AND CREAM**.—Pare and quarter peaches and sprinkle with sugar, put in a glass dish and heap whipped cream over them.

## SUNDAY, AUG. 27

**Breakfast**—Musk-melon. Broiled Beef Steak. Breakfast Puffs. Coffee.  
**Dinner**—Roast Chicken. Gravy. Mashed Potatoes. Squash. Boiled Onions. Bread and Butter. Frozen Peaches.  
**Supper**—Mayonnaise of Lettuce and Tomato. Bread and Butter. Berries. Cake. Russian Tea.

**FROZEN PEACHES**.—Take 2 quarts of peaches, peeled and sliced, sprinkle with 1 pound of sugar and let stand 2 hours. Mash fine, add 1 quart cold water and freeze.

## MONDAY, AUG. 28

**Breakfast**—Wheat Germ with Cream. Broiled Salt Mackerel. Bread and Butter. Coffee.  
**Dinner**—Clam Soup. Chicken Croquettes. Potatoes. Peas. Bread and Butter. Berry Pudding.  
**Supper**—Fried Egg-plant. Bread and Butter. Sliced Pineapple. Cake. Tea.

**CLAM SOUP**.—Wash 30 clams and cook in 2½ quarts boiling water until they open, then skim them out, chop the meat, put it back in the soup, add 1 pint hot milk, a lump of butter and a little pepper. Serve very hot.

An excellent dish for breakfast or supper is made by shaving cold steak, or uncooked is just as good. Make a gravy by dusting into the spider a tablespoonful of flour and one of butter; when this browns, pour about a cupful of water from the teakettle, stirring briskly the while; this is now ready for the shaved beef, which will only require to be heated through, as boiling will toughen it. If gravy is not desired, just add a bit of butter to the shaved meat and stir until it is heated; season, and it is ready to serve on a hot platter.—*Prudence Prim in Good Housekeeping.*





## TUESDAY, MAY 30

**Breakfast.**—Hominy with Cream. Omelet. Bread and Butter. Doughnuts. Coffee.  
**Dinner.**—Bean Soup. Chicken Croquettes. Potatoes. Peas. Bread and Butter. Rice Pudding.  
**Supper.**—Creamed Toast. Crackers and Cheese. Cake. Fruit. Tea.

**BEAN SOUP.**—1 quart of dried beans, which have been soaked over night,  $\frac{1}{2}$  pound of fat salt pork. Pick over early in the morning in cold water, bring to a boil and drain off the water, repeat this twice using boiling water, then boil 5 hours. Season, just before serving, pass through a colander, rubbing all the thick part through with a wooden spoon.

## WEDNESDAY, MAY 31

**Breakfast.**—Oatmeal with Cream. Dropped Eggs on Toast. Doughnuts. Coffee.  
**Dinner.**—Soup. Beef Rolls. Potatoes. Spinach. Bread and Butter. Coffee Jelly.  
**Supper.**—Radishes. Fresh Graham Bread. Butter. Fruit. Cake. Tea.

**COFFEE JELLY.**— $\frac{1}{2}$  box gelatine dissolved in  $\frac{1}{2}$  pint water, add 1 quart of good strong coffee, (boiling,)  $\frac{1}{2}$  cup sugar. Strain carefully, serve with cream and sugar.

### GASTRONOMIC SCRAPS.

Game salad is made of chopped quail and lettuce hearts, and in the opinion of the young girl of the period is "too delicious for anything."

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After a ham has been simmered, it is a great improvement to put it in a moderately warm oven, with a buttered paper over it, and bake for an hour. This is a Yorkshire custom, and a good one.

\* \* \*

Cold chicken or turkey is good fried in batter, and forms a nice dish for breakfast or luncheon. Cut the meat neatly, and roll the pieces in flour until well covered. Prepare a frying batter (for which any cookery book has recipes,) dip the fowl in this, and fry until golden brown in color.

### CULINARY POINTS.

Boiled meats may be wrapped in thin cloths. Some cooks do this to prevent the scum settling on the meat, and giving it a mussy look.

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The experienced chef wraps his fish in a sheet of paper before boiling it. Square napkins of cheese cloth are better. A sheet of paper may be placed inside the napkin, which should be pinned in place. In this way the fish may be lifted out of the pot without danger of breaking apart, and be served without being mangled by the fork.

\* \* \*

Sardines on toast are spoken of as a novelty. They are by no means so, as in some portions of the West they have long been a favorite luncheon dish among ladies, especially in warm weather. There is a custom in certain circles of sitting around a small table on which is a small gas stove. Slices of bread are toasted, and each fair one makes her own toast and sardine sandwich, with very thin slices of lemon for flavoring.

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Buyers of game or poultry who find themselves in possession of a mature bird instead of the young one they desired may make a most acceptable dish by putting the fowl in a large vessel with a tight cover, and steaming it until it is thoroughly tender. It should be made ready for the dressing before the steaming process, and when done stuffed immediately, covered with the very thinnest possible slices of salt pork, and baked until brown in a very hot oven. The water in the steaming vessel must be saved for the gravy and for basting.—*Restaurateur.*

### ABOUT COFFEE.

Coffee is the fine issue of Eastern hospitality—the climax of the visit. One recognizes, on entering, the sound of the coffee mortar; for in every properly regulated household in the East, the coffee is not ground, but pounded to an impalpable powder, having been roasted that morning, each day its provision, and pounded the moment it is needed. And no one who has not drunk it there and thus can presume to judge of the beverage. In England we roast it till it is black; grind it as we would cattle food, boiling it like malt for beer, and, when we drink the bitter and unromantic fluid which remains, say we have taken our coffee. The Eastern coffee drinker knows all the grades of berry and preparations as a silk merchant knows the quality of silk. The coffeee knows that to roast it a shade beyond the point where it breaks crisply under the pestle, is to spoil it, and when the slow pulverizing is done, each measure goes into its little copper ibrik; receives its dose of boiling water; just one of the tiny cups full rests an instant on the coals to restore the heat lost in the ibrik, and is poured into the egg-shell cup, and so it came to us, each cup in a gold enamelled holder. The rule in these lands seems to be that few things are worth doing, but these few are worth doing well, and there is no waste of life or material by over haste.—*Pall Mall Gazette.*

\* \* \*

An Atlanta lady who is an excellent housekeeper, and whose coffee has been praised time over time, gives the following as the rules and regulations for making that delightful beverage:—"It is any easy matter to have good coffee. In the first place, the coffee must be kept in an air-tight canister, and must be of a good quality, and be ground as is needed. The coffee-pot must be kept scrupulously neat, and must be kept in the sunshine, whenever there is any sunshine. The tea-kettle in which the water is boiled must also be kept clean, and fresh water must be used for making the coffee. The amount of coffee used must be bounteous, else the product will have a limp taste, and will fail to give satisfaction. If a good supply of crisp, freshly ground coffee is put into a clean pot and fresh boiling water is poured on and the coffee is allowed to boil a while, good coffee is the result. At our home we make coffee extra strong; use about a third of a cup of good fresh milk, with the cream on it, and it is delightful. It is far different from much of the alleged coffee that a combination of stinginess and carelessness forces helpless people to drink." The lady is right. Eternal vigilance is the price of good coffee.—*Atlanta Constitution.*

\* \* \*

Some one writes to the *New York Times* that this is the best way to make coffee:—"Buy the best coffee and grind it to the consistency of ordinary corn meal. Into a French teapot put an ounce of coffee for every person. One pound of coffee will make sixteen cups, and no more. Have everything clean, and as soon as the water in the tea-kettle begins to boil, moisten the coffee gently, and leave it to soak and swell for three minutes; then add a little more water; don't be in a hurry; continue to add water until you have obtained not more than a large coffee cupful of the extract. If carefully done, the entire virtue of the coffee will be in the cupful of liquor at the end of five minutes. For four persons use a quart of pure milk, and have it piping hot. Heat the large cups by pouring into them hot water. Now divide the coffee into the four cups, each of which will be one-quarter full; fill with the boiling milk."



## TUESDAY, AUG. 1

**Breakfast**—Hominy with Cream. Broiled Slice of Ham. Fried Potatoes. Bread and Butter. Coffee.  
**Dinner**—Corned Beef. Baked Cabbage. Potatoes. Beets. Bread and Butter. Ice Cold Rice Pudding.  
**Supper**—Cold Sliced Corned Beef. Bread and Butter. Baked Pears. Cake. Tea.

**BAKED PEARS.**—Fill a deep baking dish with pears that have been pared and quartered. For one quart of fruit add  $\frac{1}{2}$  cup of sugar and  $\frac{1}{2}$  cup of water. Bake, closely covered in a moderate oven from 2 to 3 hours.

## WEDNESDAY, AUG. 2

**Breakfast**—Baked Apples with Cream. Corned Beef Hash. Fried Hominy. Bread and Butter. Coffee.  
**Dinner**—Roast of Veal. Gravy. Browned Baked Potatoes. Peas. Baked Corn. Bread and Butter. Musk-melons.  
**Supper**—Cold Sliced Veal. Lettuce. Berries. Cake. Lemonade.

**BAKED CORN.**—Cut the grains of 1 dozen ears of corn down the middle and scrape. Add 1 cup of boiling milk and  $\frac{1}{2}$  cup butter. Season to taste, put in a buttered baking dish, cover with rolled cracker crumbs, sprinkle with bits of butter and bake in a moderate oven  $\frac{3}{4}$  of an hour.

## THURSDAY, AUG. 3

**Breakfast**—California Breakfast Food with Cream. Hashed Veal on Toast. Bread and Butter. Coffee.  
**Dinner**—Broiled Beef Steak. Potatoes. Stewed Tomatoes. String Beans. Bread and Butter. Sweet Shortcake.  
**Supper**—Chipped Beef. Sliced Cucumbers. Bread and Butter. Berries. Cake. Tea.

**SWEET SHORTCAKE.**—Beat a lump of butter the size of an egg to a cream. Add 1 cup of sugar, 2 eggs, 1 cup of sweet milk, flour enough to make as stiff as plain cake and  $1\frac{1}{2}$  teaspoonfuls of baking powder. Bake in jelly tins. Spread each layer thick with red raspberries, sprinkle with sugar and serve with cream.

## FRIDAY, AUG. 4

**Breakfast**—Oatmeal with Cream. Broiled Lamb Chops. Warmed Potatoes. Bread and Butter. Coffee.  
**Dinner**—Boiled Cod. Egg Sauce. Potatoes. Scalloped Tomatoes. Lettuce. Bread and Butter. Bananas. Pears.  
**Supper**—Stuffed Egg Plant. Bread and Butter. Berries. Cake. Raspberry Shrub.

**STUFFED EGG-PLANT.**—Parboil the egg plant and take out the inside. Fry an onion in butter, stir in bread crumbs, salt, pepper, a very little nutmeg and some meat gravy. Fill the egg-plant with the mixture, put in a pan, dust with rolled cracker, put on bits of butter and bake brown.

## SATURDAY, AUG. 5

**Breakfast**—Berries. Soft Boiled Eggs. Fried Potatoes. Hot Buttered Toast. Coffee.  
**Dinner**—Tomato Soup. Turbot a la Creme. Potatoes. Corn. Bread and Butter. Water-melon.  
**Supper**—Fried Tomatoes. Bread and Butter. Baked Apples. Cake. Tea.

**TURBOT A LA CREME.**—Put alternate layers of cold boiled cod and thick cream sauce in a deep buttered dish. Sprinkle in the sauce a little chopped parsley, cover the top with rolled cracker crumbs and bits of butter. Bake until brown. Any kind of left over fresh fish is delicious fixed in this way.

## SUNDAY, AUG. 6

**Breakfast**—Wheat Germ with Cream. Salt Fish Balls. Sliced Cucumbers. Bread and Butter. Coffee.  
**Dinner**—Roast of Lamb. Potatoes. Peas. Carrots with Cream Sauce. Bread and Butter. Chocolate Ice Cream.  
**Supper**—Lobster Salad. Bread and Butter. Berries. Cake. Russian Tea.

**CHOCOLATE ICE CREAM.**—1 quart milk, 1 pint cream, 2 cups sugar, 2 eggs beaten light, 5 tablespoonfuls grated chocolate rubbed smooth in a little of the milk. Heat milk to near the boiling point, pour in slowly beaten eggs and sugar, let the chocolate cook until it thickens, stirring constantly. Cool, beat in the cream and freeze.

## MONDAY, AUG. 7

**Breakfast**—California Breakfast Food with Cream. Omelet. Bread and Butter. Coffee.  
**Dinner**—Beef Stew with Dumplings. Potatoes. Corn. Sliced Cucumbers. Bread and Butter. Blueberry Pudding with Hard Sauce.  
**Supper**—Baked Tomatoes. Bread and Butter. Baked Pears. Cake. Tea.

**HARD SAUCE.**—Cream  $\frac{1}{2}$  cup of butter with a teaspoonful of pulverized sugar and 2 tablespoonfuls of cream. Flavor with vanilla, and when arranged on the plate grate a little nutmeg on it.

Children love dainty things just as much as grown people do, and mothers will discover that a dainty lunch basket will help to cultivate in either boy or girl the refinement which every true mother wishes her child to possess.

## TUESDAY, AUG. 8

**Breakfast**—Musk-melons. Warmed-over Stew. Hot Rolls. Coffee.  
**Dinner**—Veal Cutlet. Potatoes. Peas. Sliced Tomatoes. Bread and Butter. Berry Pie. Cheese.  
**Supper**—Fried Egg-plant. Bread and Butter. Pineapple Cake. Blackberries. Tea.

**PINEAPPLE CAKE.**—Cake.— $\frac{1}{2}$  cup sugar,  $\frac{1}{4}$  cup butter,  $2\frac{1}{2}$  cups flour, 2 eggs, 1 cup cold water, 2 teaspoonfuls baking powder.  
**Filling.**—Chop a pineapple and sweeten to taste, 1 hour before making cake. Mix thoroughly and spread between layers. Dust powdered sugar over top layer of cake.

## WEDNESDAY, AUG. 9

**Breakfast**—Wheat Germ with Cream. Chopped Veal on Toast. Warmed Potatoes. Bread and Butter. Coffee.  
**Dinner**—Roast Beef. Gravy. Browned Baked Potatoes. Stewed Tomatoes. Succotash. Bread and Butter. Pineapple Omelet.  
**Supper**—Iced Milk. Crackers. Berries. Cake.

**SUCCOTASH.**—Boil 1 quart lima beans until tender. Cut the corn off 1 dozen ears of corn, drain off water from beans, add corn, season and add a good sized lump of butter. Add 1 cup of milk or more if too dry, cook 20 minutes after adding corn.

## THURSDAY, AUG. 10

**Breakfast**—Berries. Soft Boiled Eggs. Hot Buttered Toast. Coffee.  
**Dinner**—Corn Chowder. Sliced Cold Roast Beef. Sliced Cucumbers. Bread and Butter. Raspberry Float.  
**Supper**—Pot-pourri Salad. Bread and Butter. Baked Apples with Cream. Tea.

**CORN CHOWDER.**—1 quart raw corn, 1 pint potatoes, a small piece of salt pork, 1 onion, 1 large tablespoonful butter, 1 pint sliced tomatoes, 1 pint milk, season to taste. Scrape the corn from the cob, boil the cobs 20 minutes in water enough to cover them, then skim them out. Fry the onion in the salt pork and strain into corn water, add the vegetables, simmer till potatoes are tender, then add butter and milk and season. Serve very hot with crackers.

## FRIDAY, AUG. 11

**Breakfast**—California Breakfast Food with Cream. Broiled Salt Mackerel. Bread and Butter. Coffee.  
**Dinner**—Fried Sword Fish Steak. Boiled Potatoes. Stewed Tomatoes. Bread and Butter. Musk-melon.  
**Supper**—Fried Cucumbers. Baked Pears. Plain Cake. Tea.

**PLAIN CAKE.**—1 egg, 1 cup coffee sugar, 1 tablespoonful butter,  $\frac{3}{4}$  cup sweet milk,  $1\frac{1}{4}$  cup flour (not heaping),  $1\frac{1}{2}$  teaspoonfuls baking powder. Beat the sugar and butter together for ten minutes, then add other ingredients.

## SATURDAY, AUG. 12

**Breakfast**—Berries. Creamed Fish. Warmed Potatoes. Bread and Butter. Coffee.  
**Dinner**—Fricassee Lamb. Mashed Potato. Peas. Bread and Butter. Raspberry Float.  
**Supper**—Mayonnaise of Tomato and Lettuce. Thin Bread and Butter. Sliced Pineapple. Cake. Russian Tea.

**FRICASSEE LAMB.**—Stew a piece of lamb (off the lower part of the neck) for 2 hours, then add salt and cook for ten minutes longer. Take out the meat and put on split soda biscuit. Season the gravy and thicken as you would for chicken and pour over the meat and crackers.

## SUNDAY, AUG. 13

**Breakfast**—Wheat Germ and Cream. Fluffy Egg. Breakfast Puffs. Coffee.  
**Dinner**—Fried Chicken. Gravy. Baked Onions. Mashed Potato. Sliced Cucumbers. Bread and Butter. Pineapple Sherbet. Plain Cake.  
**Supper**—Iced Milk with Crackers. Berries. Cake.

**FLUFFY EGG.**—Heat  $\frac{1}{4}$  cup milk to the boiling point, toast three slices of bread, beat the whites of 2 eggs stiff, dip the toast in hot salted water then add a little butter to the milk and as soon as melted stir in lightly the beaten whites and pour over the toast. Serve at once.

## MONDAY, AUG. 14

**Breakfast**—Hominy with Cream. Lamb Chops. Hot Buttered Toast. Coffee.  
**Dinner**—Veal Cutlet. Potatoes. String Beans. Bread and Butter. Baked Custard.  
**Supper**—Corn Oysters. Bread and Butter. Berries. Cake. Tea.

**CORN OYSTERS.**—1 quart of corn scraped or grated, 3 beaten eggs, an even teaspoonful salt, and flour enough to hold corn together. Drop in small cakes into a hot buttered frying-pan and cook brown.

The *Popular Science News* cautions housekeepers against using lemon-squeezers covered with a coating of zinc, as the citric acid of the lemon will readily dissolve the zinc, forming unwholesome and poisonous salts. Lemon-squeezers should be made either of plain iron or wood, or better, with the surfaces that are brought in contact with the fruit made of glass or porcelain.





## THURSDAY, JUNE 1

**Breakfast.**—California Breakfast Food with Cream. Fried Beef. Bread and Butter. Doughnuts. Coffee.  
**Dinner.**—Veal Cutlet. Potatoes. Asparagus. Bread and Butter. Cottage Pudding. Strawberry Sauce.  
**Supper.**—Mayonnaise of Lettuce. Bread and Butter. Steamed Pie Plant or Rhubarb. Cake. Cocoa.

**STEAMED RHUBARB.**—Wash, peel and cut rhubarb into inch pieces. Put into a granite double boiler, add one cup of sugar, for a pint of fruit, and cook till the rhubarb is soft. Do not stir it. Before cooking, pour boiling water over it and let stand five minutes, then drain.

## FRIDAY, JUNE 2

**Breakfast.**—Oatmeal with Cream. Hashed Veal on Toast. Hot Rolls. Coffee.  
**Dinner.**—Baked Shad. Hollandaise Sauce. Boiled Potatoes. Spinach. Bread and Butter. Cup Custard.  
**Supper.**—Scalloped Roes. Bread and Butter. Canned Fruit. Cake. Tea.

**SCALLOPED ROES.**—Boil the roes, drain and break up. Sprinkle a layer of the roe in a baking dish, then rub the yolk of hard boiled egg through a fine strainer. Add a little parsley and lemon juice, moisten with a thin white sauce, then another layer of roe, egg sauce and salt and pepper. Cover with fine cracker crumbs sprinkled with bits of butter. Bake until brown.

## SATURDAY, JUNE 3

**Breakfast.**—Wheat Germ with Cream. Warm over Fish on Toast. Bread and Butter. Doughnuts. Coffee.  
**Dinner.**—Ham and Eggs. Potatoes. Asparagus. Bread and Butter. Lemon Pie. Cheese.  
**Supper.**—Sardines with Sliced Lemon. Hot Rolls. Molasses Drop Cakes. Marmalade. Tea.

**MOLASSES DROP CAKES.**—1 egg, 1 cup sugar, 1 cup molasses, 1 cup lard, 1 cup warm water, 2 teaspoonfuls soda, 1 teaspoonful ginger, flour. Drop from a spoon into a buttered dripping pan.

## SUNDAY, JUNE 4

**Breakfast.**—Oatmeal with Cream. Salt Fish Balls. Warm Potatoes. Hot Buttered Toast. Coffee.  
**Dinner.**—Roast of Lamb. Gravy. Mint Sauce. Peas. Potatoes. Bread and Butter. Pie Plant Pie.  
**Supper.**—Lobster Salad. Thin Bread and Butter. Jam. Cake. Tea.

**PIE PLANT PIE.**—Peel the rhubarb, cut into inch pieces, pour boiling water over it and let it stand ten minutes. Drain, fill the plate, sweeten with 1 cup sugar, cover with a crust. Do not use a tin plate to bake it in.

## MONDAY, JUNE 5

**Breakfast.**—Oatmeal with Cream. Mutton Chops (broiled.) Bread and Butter. Doughnuts. Coffee.  
**Dinner.**—Corned Beef. Cabbage. Potatoes. Beets. Bread and Butter. Strawberries in Jelly.  
**Supper.**—Cold Sliced Corned Beef. Bread and Butter. Canned Fruit. Cake. Tea.

**STRAWBERRIES IN JELLY.**—Soak 1 package of gelatin in half a pint of cold water for 2 hours; pour upon it 1 pint of boiling water and until dissolved. Add a pint of strawberry juice, juice of 2 lemons, sweeten to taste. Stir till the sugar is dissolved, then strain. Pour some jelly into the moulds about half an inch deep, when firm strew in a layer of berries, pour over this enough liquid jelly to cover and when firm add water and continue in this way until all the materials have been used. When ready to serve, heap whipped cream around the jelly.

## TUESDAY, JUNE 6

**Breakfast.**—Wheat Germ with Cream. Corned Beef Hash. Bread and Butter. Coffee.  
**Dinner.**—Fish Chowder. Cold Slaw. Bread and Butter. Bread and Fruit Pudding.  
**Supper.**—Bread Sauced with Maple Syrup. Strawberries. Cake. Chocolate.

**BREAD AND FRUIT PUDDING.**—Nearly fill a mould with slices of bread and butter, spread thickly with jam. Pour over the whole a custard made of 4 eggs in a quart of milk and 1/2 cup sugar. Steam 20 minutes, serve with hot sauce.

## WEDNESDAY, JUNE 7

**Breakfast.**—Oatmeal with Cream. Warm over Chowder. Hot Rolls. Coffee.  
**Dinner.**—Broiled Beef Steaks. Curried Carrots. Potatoes. Bread and Butter. Pancakes with Jelly.  
**Supper.**—Cold Sliced Beef. Bread and Butter. Pie Plant. Cake. Tea.

**PANCAKES WITH JELLY.**—1 cup flour, 1 even teaspoonful baking powder, a little salt. Sift, add sweet milk enough to make a thick batter and one well beaten egg, then beat all together for one minute. Have the frying pan hot and the bottom covered with butter. Put 1/2 of the mixture in the frying pan and as they cook lift the edges more and lift them over, so that the upper surface is exposed, and with little holes and the under side brown, the cakes may be added to a hot sauce. Add more batter, the same and 1/2 of a tablespoonful of jelly between each. Dust the tops with powdered sugar.

## THURSDAY, JUNE 8

**Breakfast.**—California Breakfast Food with Cream. Soft Boiled Eggs. Toast. Doughnuts. Coffee.  
**Dinner.**—Broiled Beef Steak. Potatoes. Cauliflower a la Creme. Bread and Butter. Custard Pie. Cheese.  
**Supper.**—Chipped Beef. Sally Lunn. Lemon Snaps. Currant Jelly. Cocoa.

**LEMON SNAPS.**—1 large cup of sugar, a little more than half a cup of butter, two eggs, two tablespoonfuls of hot water, half a teaspoonful of soda, flavor with lemon, roll very thin.

## FRIDAY, JUNE 9

**Breakfast.**—Indian Mush with Cream. Salt Mackerel. Creamed Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Ragout of Veal. Potatoes. Asparagus. Bread and Butter. Coconut Pudding.  
**Supper.**—Sliced Tomatoes Served with Mayonnaise Dressing. Bread and Butter. Strawberries. Cake. Tea.

**LAGOUT OF VEAL.**—A 3 pound piece of a breast of veal; roll and tie in the meat. Put a little butter in a stew-pan and when it hisses, lay in the meat, fry on every side to a light brown. Dredge in a tablespoonful of flour and add enough boiling water to nearly cover it. Season with salt, and a little grated lemon rind, a little mace, and a small capsicum pod. Stew very slowly for an hour, then add carrots and onions, a little chopped parsley and stew until the veal is tender.

## SATURDAY, JUNE 10

**Breakfast.**—Minced Veal on Toast. Warm Potatoes. Bread and Butter. Fried Indian Mush with Maple Syrup. Coffee.  
**Dinner.**—Chicken Pot-pie. Mashed White Potatoes. Beet Greens. Bread and Butter. Pie Plant Pie.  
**Supper.**—Chicken Salad. Thin Bread and Butter. Strawberries. Cake. Cocoa.

**BEEF GREENS.**—Free from yellow or wilted leaves, and wash very thoroughly in cold water. Boil for 1/2 of an hour in 1 quart of boiling salted water. Drain in a colander, cut, and to 1 quart of cooked beet greens, add 1 tablespoonful melted butter, salt and pepper to taste. The roots of the young beets are boiled and served with the tops.

## SUNDAY, JUNE 11

**Breakfast.**—California Breakfast Food with Cream. Fried Perch. Fried Potatoes. Toast. Coffee.  
**Dinner.**—Roast Beef. Gravy. Browned Baked Potatoes. Spinach. Cauliflower a la Creme. Bread and Butter. Bavarian Cream.  
**Supper.**—Sliced Tomatoes, Served on Lettuce with Mayonnaise Dressing. White Cake. Strawberries. Tea.

**WHITE CAKE.**—The whites of 4 eggs, 1 cup sugar, 1/2 cup butter, 1/2 cup sweet milk, 2 cups flour, 1/2 teaspoonful cream tartar, 1/4 teaspoonful soda, 1 teaspoonful lemon extract. Save the yolks in the ice box for custard Monday.

## MONDAY, JUNE 12

**Breakfast.**—Oatmeal with Milk. Poached Eggs on Toast. Breakfast Puffs. Coffee.  
**Dinner.**—Beef Soup with Crackers. Scalloped Beef. Asparagus. Stewed Tomatoes. Bread and Butter. Baked Custard.  
**Supper.**—Cauliflower Omelet. Hot Buttered Toast. Strawberries. Cake. Tea.

**CAULIFLOWER OMELET.**—2 eggs, 1/2 cup cold cauliflower with the sauce; mash the cauliflower and sauce, beat the yolks of eggs with it, then beat the whites and stir them gently in. Season and fry as any other omelet.

## TUESDAY, JUNE 13

**Breakfast.**—Wheat Germ with Cream. Broiled Beef Steak. Warm Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Roast of Lamb. Gravy. Mint Sauce. Peas. Potatoes. Bread and Butter. Cottage Pudding. Strawberry Sauce.  
**Supper.**—Mayonnaise of Lettuce. Tea Cake. Butter. Stewed Pie Plant. Cake. Tea.

**TEA CAKE.**—1 quart flour, 1/2 pint new milk, 1/2 cup yeast, 1 teaspoonful sugar. Set at noon, when light, work in a tablespoonful butter and the yolks of 2 eggs, then set it again to rise. Half an hour before baking, roll out into biscuits, rise again.

## WEDNESDAY, JUNE 14

**Breakfast.**—California Breakfast Food with Cream. Minced Lamb on Toast. Bread and Butter. Doughnuts. Coffee.  
**Dinner.**—Veal Cutlet. Potatoes. Curried Rice. Bread and Butter. Custard Pie. Cheese.  
**Supper.**—Asparagus. Bread and Butter. Strawberries. Almond Cake. Cocoa.

**CURRIED RICE.**—Pick over and wash a cup of rice, and boil in salted water. Drain in a sieve and shake until dry. Mix a tablespoonful of curry powder with half a cup of the cutlet gravy and pour over the rice.

## THURSDAY, JUNE 15

**Breakfast.**—Strawberries. Veal Hash. Creamed Potatoes. Hot Rolls. Coffee.  
**Dinner.**—Beef Steak. Baked Potatoes. Spinach. Bread and Butter. Fig Pudding.  
**Supper.**—Sliced Tomatoes. Bread and Butter. Orange Marmalade. Cake. Tea.

**FIG PUDDING.**—1 pound of figs, 1 pound beef suet, 1 pound bread crumbs, 1 pound brown sugar, 6 eggs. Chop the figs fine, along with the bread crumbs, boil 2 hours in a well buttered mould. Eat with foaming sauce.





## MONDAY, JULY 17

**Breakfast**—Blueberries, Poached Eggs on Toast. Bread and Butter, Coffee.  
**Dinner**—Broiled Meat Cakes, Stewed Tomatoes, Potatoes, Bread and Butter, Water-melon.  
**Supper**—Fried Cucumbers, Bread and Butter, Raspberries, Cake, Tea.

**WATER-MELON.**—Serve the core only, taking it out with a large spoon in cone shaped pieces. Serve ice cold.

## TUESDAY, JULY 18

**Breakfast**—California Breakfast Food with Cream, Frizzled Beef, Warmd Potatoes, Bread and Butter, Coffee.  
**Dinner**—Pot Roast, Potatoes, Green Corn, Bread and Butter, Jelly Crackers.  
**Supper**—Cold Pot Roast, Sliced Tomatoes, Bread and Butter, Blueberries, Cake, Tea.

**GREEN CORN.**—Remove the husk and all the silk. Put in boiling salted water and cook from 10 to 20 minutes. Serve covered with a napkin.

## WEDNESDAY, JULY 19

**Breakfast**—Wheat Germ with Cream, Hash, Hot Rolls, Coffee.  
**Dinner**—Lamb Chops, Potatoes, Stewed Tomatoes, Bread and Butter, Blanc-mange.  
**Supper**—Mayonnaise of Lettuce, Sally Lunn, Sliced Pineapple, Cake, Raspberry Shrub.

**RASPBERRY SHRUB.**—4 quarts of red raspberries to one quart of vinegar. Let it stand four days and then strain. To each pint of juice add one pound of sugar. Boil 20 minutes, bottle and keep in a dry cool place.

## THURSDAY, JULY 20

**Breakfast**—Musk-melon, Omelet, Bread and Butter, Coffee.  
**Dinner**—Roast of Veal, Gravy, Potatoes, Stewed Tomatoes, Corn, Bread and Butter, Coffee Jelly.  
**Supper**—Cold Sliced Veal, Sliced Cucumbers, Bread and Butter, Raspberries, Cake, Russian Tea.

**MUSK-MELONS.**—Cut each melon in half, remove the seeds and place a lump of ice in each piece. Serve with sugar or salt.

## FRIDAY, JULY 21

**Breakfast**—Oatmeal with Cream, Hashed Veal on Toast, Bread and Butter, Coffee.  
**Dinner**—Fried Halibut Steak, Potatoes, Cold Slaw, Bread and Butter, Cottage Pudding, Raspberry Sauce.  
**Supper**—Scalloped Tomatoes, Bread and Butter, Blackberries, Cake, Lemonade.

**RASPBERRY SAUCE.**—One large tablespoonful of butter beaten until creamy, add gradually  $1\frac{1}{2}$  cups powdered sugar and the beaten white of 1 egg. Beat until very light and just before serving add 1 pint of mashed raspberries.

## SATURDAY, JULY 22

**Breakfast**—Wheat Germ with Cream, Creamed Fish, Fried Potatoes, Bread and Butter, Coffee.  
**Dinner**—Corn Soup, Hamburg Steak, Potatoes, String Beans, Bread and Butter, Pineapple Omelet.  
**Supper**—Scalloped Potatoes, Sliced Cucumbers, Raspberries, Bread and Butter, Cake, Tea.

**CORN SOUP.**—Split the grains of one dozen ears of corn and scrape. Boil the cobs in enough water to cover them, for 10 minutes. Strain this water and use 1 quart of it. Add to it 1 quart of milk thickened with 1 tablespoonful of flour and butter rubbed together. Add the corn, season and cook 15 minutes.

## SUNDAY, JULY 23

**Breakfast**—Musk-melons, Broiled Fresh Mackerel, Creamed Potatoes, Corn Muffins, Coffee.  
**Dinner**—Roast of Lamb, Gravy, Mint Sauce, Mashed Potatoes, Peas, Corn, Bread and Butter, Pineapple Sherbet.  
**Supper**—Mayonnaise of Lettuce and Tomatoes, Thin Bread and Butter, Raspberries, Cake, Russian Tea.

**PINEAPPLE SHERBET.**—One tablespoonful gelatine soaked in 1 cup of cold water 15 minutes, then add one cup boiling water and stir until dissolved. Take  $\frac{1}{2}$  can grated pineapple and  $1\frac{1}{2}$  cups sugar, juice of 1 lemon. Add strained gelatine, freeze.

## MONDAY, JULY 24

**Breakfast**—California Breakfast Food with Cream, Hashed Lamb on Toast, Bread and Butter, Coffee.  
**Dinner**—Beef Stew with Dumplings, Stewed Tomatoes, Potatoes, Sliced Cucumbers, Bread and Butter, Huckleberry or Blueberry Pudding.  
**Supper**—Chipped Beef, Bread and Butter, Blackberries, Cake, Tea.

**HUCKLEBERRY PUDDING.**—Make the same as cottage pudding and the last thing stir in a large cup full of floured berries. Serve with hard sauce.

## TUESDAY, JULY 25

**Breakfast**—Wheat Germ with Cream, Warmd over Stew, Bread and Butter, Coffee.  
**Dinner**—Fried Sweetbreads, Peas, Potatoes, Sliced Cucumbers, Bread and Butter, Berry Pie, Cheese.  
**Supper**—Mayonnaise of Lettuce and Tomato, Bread and Butter, Berries, Cake, Tea.

**BERRY PIE.**—Pick over the berries and sprinkle slightly with flour. For a quart of berries use a cup of sugar. Bake in a deep pie plate.

## WEDNESDAY, JULY 26

**Breakfast**—Oatmeal with Cream, Soft Boiled Eggs, Sliced Tomatoes, Hot Buttered Toast, Coffee.  
**Dinner**—Sweetbread Croquettes, Peas, Potatoes, Sliced Cucumbers, Bread and Butter, Bananas and Pears.  
**Supper**—Cheese Fritters, Bread and Butter, Berries, Cake, Tea.

**SWEETBREAD CROQUETTES.**—Make a thick cream sauce, take from the fire and add beaten yolks of 2 eggs. Cut cold sweetbreads into dice and mix with the sauce. When cold form into shape, roll in beaten egg then in rolled cracker and fry in boiling hot lard.

## THURSDAY, JULY 27

**Breakfast**—Berries, Broiled Beef Steak, Fried Potatoes, Bread and Butter, Coffee.  
**Dinner**—Green Pea Soup, Creamed Dried Beef, Corn, Potatoes, Bread and Butter, Pie Plant Pie, Cheese.  
**Supper**—Fried Cucumbers, Bread and Butter, Sliced Pineapple, Cake, Russian Tea.

**GREEN PEA SOUP.**—One quart of green peas, one quart of water, 1 pint of milk,  $\frac{1}{2}$  teaspoonful salt, 1 tablespoonful butter, 1 tablespoonful flour, a little pepper. Boil peas in 1 pint of water, cook until soft. Mash them in the water in which they were boiled and rub through a colander, pouring over them a pint of hot water. Boil again, adding milk, sugar, butter, flour and seasoning.

## FRIDAY, JULY 28

**Breakfast**—Wheat Germ with Cream, Omelet, Sliced Cucumbers, Bread and Butter, Coffee.  
**Dinner**—Baked Blue Fish, Hollandaise Sauce, Potatoes, Corn, Bread and Butter, Cottage Pudding, Raspberry Sauce.  
**Supper**—Fried Egg-plant, Bread and Butter, Berries, Cake, Tea.

**EGG-PLANT.**—Peel and cut the plant in slices less than  $\frac{1}{2}$  inch thick. Cover with salt and water and let stand an hour. Drain and dip each slice in beaten egg and bread crumbs and fry brown.

## SATURDAY, JULY 29

**Breakfast**—Hominy with Cream, Creamed Fish on Toast, Bread and Butter, Coffee.  
**Dinner**—Lamb Chops, Potatoes, Peas, Lettuce, Bread and Butter, Water-melon.  
**Supper**—Corn Fritters, Bread and Butter, Berries, Cake, Tea.

**CORN FRITTERS.**—Grate the corn from the cob allowing one egg and a tablespoonful of milk to every cupful of corn. Season to taste, stir in the flour to thicken, fry in boiling lard.

## SUNDAY, JULY 30

**Breakfast**—Musk-melons, Fried Halibut Steak, Fried Hominy, Corn Bread, Coffee.  
**Dinner**—Broiled Spring Chicken, Potatoes, Peas, Cauliflower, Bread and Butter, Raspberry Sherbet.  
**Supper**—Sardines Garnished with Sliced Lemon, Blackberries, Cake, Russian Tea.

**BLACKBERRIES.**—Roll a quart of large ripe blackberries in powdered sugar, set on the ice. When ready to serve pour over them  $\frac{1}{2}$  pint of whipped cream.

## MONDAY, JULY 31

**Breakfast**—Oatmeal with Cream, Bacon and Eggs, Bread and Butter, Coffee.  
**Dinner**—Broiled Beef Steak, Stewed Tomatoes, Potatoes, Sliced Cucumbers, Bread and Butter, Corn Pudding.  
**Supper**—Potato Salad, Thin Bread and Butter, Berries, Cake, Tea.

**CORN PUDDING.**—Grate the corn from 1 dozen ears. Season with salt and pepper and a little sugar, add the yolks of 4 eggs, 2 ounces of butter and a quart of sweet milk, bake in a slow oven. When done beat the whites of 4 eggs stiff, cover the top of the pudding with the beaten whites and put back in oven long enough to brown.

Cotton batting is impervious to all life germs, and if drawn tightly across a full jar of preserved fruit will prevent mould and fermentation as perfectly as if the jar was hermetically sealed. The use of batting is being adopted in the California canneries.—*Springfield Union.*

When cooking cabbage or onions, put a small quantity of vinegar in a cup on the stove. This neutralizes in a great measure the disagreeable odor from the cooking vegetables.





## FRIDAY, JUNE 16

**Breakfast.**—Oatmeal with Cream. Omelet. Bread and Butter. Doughnuts. Coffee.  
**Dinner.**—Baked Shad. Hollandaise Sauce. Boiled Potatoes. Baked Cabbage. Bread and Butter. Cherry Pie.  
**Supper.**—Fried Shad Roes. Peas. Bread and Butter. Strawberries. Cake. Tea.

**BAKED CABBAGE.**—Fill a pudding dish with boiled, sliced or minced cabbage, and pour over it two well beaten eggs, added to milk enough to cover it. Sprinkle with cracker dust and bake.

## SATURDAY, JUNE 17

**Breakfast.**—Wheat Germ with Cream. Creamed Fish. Warm Potatoes. Bread and Butter.  
**Dinner.**—Mutton Chops. Sliced Tomatoes. Baked Potatoes. Peas. Bread and Butter. Chocolate Blanc-Mange.  
**Supper.**—Baked Beans. Boston Brown Bread. Strawberries. Cake. Cocoa.

**CHOCOLATE BLANC-MANGE.**—1 quart milk heated in a double boiler. When it boils add 4 heaping tablespoonfuls corn starch mixed in a little of the milk, (kept from the quart.) 4 tablespoonfuls sugar, ½ teaspoonful salt, 1 square of Baker's chocolate scraped and melted. Boil 15 minutes, stirring. Take from fire and add 1 tablespoonful vanilla. Pour into moulds, serve with boiled custard.

## SUNDAY, JUNE 18

**Breakfast.**—Strawberries. Salt Fish Ball. Creamed Potatoes. Breakfast Puffs. Coffee.  
**Dinner.**—Roast Chicken. Gravy. Mashed Potatoes. Baked Onions. Spinach. Bread and Butter. Charlotte Russe.  
**Supper.**—Sardines Garnished with Sliced Lemon. Thin Bread and Butter. Canned Peaches. Cake. Tea.

**BAKED ONIONS.**—Peel the onions and cook in boiling water 10 minutes, drain and pour boiling salted water the second time. When they begin to be tender, place in a pudding dish and pour over them rich milk which has been highly seasoned, cover and bake. When nearly cooked, take off the cover and brown.

## MONDAY, JUNE 19

**Breakfast.**—Hominy with Cream. Eggs and Bacon. Bread and Butter. Coffee.  
**Dinner.**—Chicken Soup. Chicken Croquettes. Peas. Potato Puffs. Bread and Butter. Strawberry Shortcake.  
**Supper.**—Scalloped Potatoes. Fresh Graham Bread. Strawberries. Cake. Tea.

**STRAWBERRY SHORTCAKE.**—1 pint flour, ½ teaspoonful salt, 1 heaping teaspoonful baking powder, ¼ cup butter, 1 cup milk. Mix, roll ½ inch thick, (handling as little as possible) and bake in a shallow pan 15 minutes. Tear open, spread thick with berries, sprinkle with sugar, and serve with cream.

## TUESDAY, JUNE 20

**Breakfast.**—Strawberries. Salt Fish Balls. Warm Potatoes. Bread and Butter. Fried Hominy with Maple Syrup. Coffee.  
**Dinner.**—Beef Stew with Dumplings. Potatoes. Spinach. Bread and Butter. Cherry Pie.  
**Supper.**—Mayonnaise of Lettuce. Souffle Bread. Strawberries. Cake. Chocolate.

**SOUFFLE BREAD.**—2 eggs, 2 tablespoonfuls of flour, ½ teaspoonful of baking powder. Beat yolks and a tablespoonful of melted butter together, then add flour and just enough milk to make a very thick batter, add a pinch of salt and a teaspoonful sugar. Whip white of eggs and stir gently in. Pour the mixture in a thick well greased tin and bake in a very hot oven, keep covered until well puffed up, then take cover off and brown. Serve at once, under side up.

## WEDNESDAY, JUNE 21

**Breakfast.**—California Breakfast Food with Cream. Warm over Stew. Bread and Butter. Sour Milk Griddle Cakes with Maple Syrup. Coffee.  
**Dinner.**—Ham and Eggs. Potatoes. Asparagus. Bread and Butter. Snow Pudding.  
**Supper.**—Cheese Fritters. Bread and Butter. Strawberry Short Cake. Tea.

**CHEESE FRITTERS.**—Grate 2 ounces of cheese with 2 soup-spoonfuls of bread crumbs, ½ teaspoonful dry mustard, a soup-spoonful butter, a little pepper and yolk of 1 egg, work with a spoon till smooth. Make the mixture into small balls, flatten a little, dip into a batter and drop into very hot fat. **Batter.**—1 cup flour, 1 tablespoonful butter melted in a scant cup warm water, pour by degrees to the flour. Salt to taste and add the beaten white of 1 egg.

## THURSDAY, JUNE 22

**Breakfast.**—Strawberries. Scrambled Eggs. Fried Indian Mush with Maple Syrup. Bread and Butter.  
**Dinner.**—Mutton Cutlets au Fromage. Potatoes. Peas. Bread and Butter. Strawberry Shortcake.  
**Supper.**—Radishes. Bread and Butter. Pitted Cherries. Cake. Chocolate.

**MUTTON CUTLETS AU FROMAGE.**—2 pounds of cutlets cut ½ inch thick, 2 eggs beaten light, ½ cup of very fine bread crumbs, ½ cup of grated cheese, ¼ can of tomatoes. Trim all the fat from the cutlets, dip them in the beaten egg and then in the bread crumbs and cheese. Fry a light brown in boiling lard. Stew the tomatoes until tender with ½ onion, rub through a colander, season, return to the fire, thicken with a little browned flour and pour over the cutlets.

## FRIDAY, JUNE 23

**Breakfast.**—Strawberries. Salt Fish Balls. Warm Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Fried Halibut. Mashed Potatoes. Lettuce. Bread and Butter. Strawberry Fritters.  
**Supper.**—Fried Tomatoes. Bread and Butter. Jam. Cake. Tea.

**FRIED TOMATOES.**—Peel and slice the tomatoes thick, sprinkle each side with salt and pepper, then dip in egg, then in fine cracker crumbs and fry brown in butter.

## SATURDAY, JUNE 24

**Breakfast.**—Oatmeal with Cream. Creamed Fish on Toast. Bread and Butter. Doughnuts. Coffee.  
**Dinner.**—Mutton Chops. Stewed Tomatoes. Potatoes. Peas. Bread and Butter. Cherry Pie.  
**Supper.**—Egg Vermicelli. Sliced Cucumbers. Bread and Butter. Strawberries. Cake. Tea.

**SLICED CUCUMBERS.**—Peel and slice very thin, serve on cracked ice, sprinkle with salt, pepper and pour vinegar on the whole.

## SUNDAY, JUNE 25

**Breakfast.**—Wheat Germ with Cream. Soft Boiled Eggs. Creamed Potatoes. Breakfast Puffs. Coffee.  
**Dinner.**—Broiled Spring Chicken. Mashed White Potatoes. Peas. Sliced Tomatoes Served with Lettuce Mayonnaise. Bread and Butter. Strawberry Shortcake.  
**Supper.**—Welsh Rarebit. Bread and Butter. Strawberries. Cake. Tea.

**BROILED CHICKEN.**—Split down the back, clean and dry, cook the giblets in a pint of boiling water and when tender chop, put back in the same water and add a teaspoonful of flour, mixed in ½ cup of cream and a tablespoonful of butter. Boil until it thickens. Rub the chicken with butter and broil over a clear fire. Season, serve on toast and pour the gravy over it.

## MONDAY, JUNE 26

**Breakfast.**—Oatmeal with Cream. Broiled Beef Steak. Bread and Butter. Doughnuts. Coffee.  
**Dinner.**—Broiled Leg of Mutton. Caper Sauce. Currant Jelly. Potatoes. Asparagus. Bread and Butter. Coconut Pudding.  
**Supper.**—Cold Sliced Mutton. Scalloped Tomatoes. Bread and Butter. Strawberries. Cake. Tea.

**SCALLOPED TOMATOES.**—Put in a baking dish a layer of bread crumbs with bits of butter and then a layer of sliced tomatoes. Sprinkle with pepper and salt and a little sugar. Alternate until the dish is full. Sprinkle dried bread crumbs and bits of butter over the top, and bake one hour.

## TUESDAY, JUNE 27

**Breakfast.**—Strawberries. Hashed Mutton. Creamed Potatoes. Hot Rolls. Coffee.  
**Dinner.**—Corned Beef. Cabbage. Potatoes. Beets. Bread and Butter. Steamed Berry Pudding.  
**Supper.**—Cold Sliced Corned Beef. Radishes. Bread and Butter. Stewed Pie Plant. Cake. Tea.

**BERRY PUDDING.**—One cup of sugar, 2 eggs, 1¼ teaspoonfuls of baking powder, 2 cups flour, 1 cup sweet milk, 2 cups of strawberries. Steam 2 hours.

## WEDNESDAY, JUNE 28

**Breakfast.**—Indian Mush with Milk. Beet Hash. Hot Buttered Toast. Coffee.  
**Dinner.**—Broiled Beef Steak. Mashed Potatoes. Spinach. Bread and Butter. Cherry Pie. Cheese.  
**Supper.**—Tomatoes Served with Lettuce and Mayonnaise. Bread and Butter. Strawberries. Boiled Sponge Cake. Tea.

**BOILED SPONGE CAKE.**—6 eggs, beat whites first then add yolks and beat very light, ¾ pound of granulated sugar, ½ pound of flour, 1 gill water, juice of 1 lemon. Boil sugar and water together until clear. Pour into beaten eggs, beating hard until cool, then add flour and lemon juice. Bake in square sheets and cover with boiled icing.

## THURSDAY, JUNE 29

**Breakfast.**—Oatmeal with Cream. Omelet. Hot Rolls. Doughnuts. Coffee.  
**Dinner.**—Broiled Meat Cakes. Baked Potatoes. Lettuce with Mayonnaise. Bread and Butter. Pie Plant Pie.  
**Supper.**—Asparagus on Toast. Bread and Butter. Strawberries. Citron Cake. Tea.

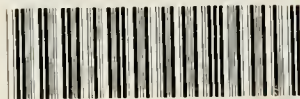
**CITRON CAKE.**—1 cup butter, 2 cups sugar, 3 cups flour, 4 eggs, 1 cup milk 1½ teaspoonfuls baking powder. Add the last thing, 1 cup of floured, sliced citron.

## FRIDAY, JUNE 30

**Breakfast.**—California Breakfast Food, with Cream. Scrambled Eggs on Toast. Warm Potatoes. Bread and Butter. Coffee.  
**Dinner.**—Boiled Blue Fish. Potatoes. Lettuce. Bread and Butter. Cherry Pie. Cheese.  
**Supper.**—Asparagus on Toast. Bread and Butter. Strawberries. Cake. Tea.

**BOILED BLUE FISH.**—Simmer the fish in salted boiling water, just enough to cover, allowing ten minutes for each pound. Skim occasionally. When the skin is cracked it is done. **Sauce.**—Mix a tablespoonful of corn starch to a paste. Add to it a pint of water in which the fish has been boiled, boil, flavor with lemon juice, catsup, salt and pepper. Garnish the fish with sprigs of parsley and slices of hard boiled eggs. Pour the sauce over all.





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## SATURDAY, JULY 1

**Breakfast**—Oatmeal with Cream. Creamed Fish. Hot Buttered Toast. Coffee.  
**Dinner**—Beef Stew with Dumplings. Potatoes. Beet Greens. Bread and Butter. Bavarian Cream.  
**Supper**—Scalloped Potatoes. Strawberries and Whipped Cream. Sally Lunn Cake. Tea.

**STRAWBERRIES AND WHIPPED CREAM.**—Place a layer of strawberries in a glass dish, cover with pulverized sugar, put on more berries, cover the top with  $\frac{1}{2}$  pint cream and  $\frac{1}{2}$  cup sugar whipped together.

## SUNDAY, JULY 2

**Breakfast**—Oatmeal with Cream. Salt Fish Balls. Hot Buttered Toast. Coffee.  
**Dinner**—Roast of Lamb. Gravy. Mint Sauce. Peas. Potatoes. Bread and Butter. Ice Cream. Plain Cake.  
**Supper**—Lobster Salad. Thin Bread and Butter. Canned Fruit. Cake. Tea.

**MINT SAUCE.**—1 cup of fresh chopped mint,  $\frac{1}{4}$  cup of sugar,  $\frac{1}{2}$  cup vinegar. Do not cook, but mix and let stand two hours before using.

## MONDAY, JULY 3

**Breakfast**—California Breakfast Food with Cream. Frizzled Beef. Bread and Butter. Doughnuts. Coffee.  
**Dinner**—Veal Cutlet. Potatoes. Asparagus. Bread and Butter. Cottage Pudding. Strawberry Sauce.  
**Supper**—Mayonnaise of Lettuce. Bread and Butter. Pittied Cherries. Cake. Cocoa.

**FRIZZLED BEEF.**—One tablespoonful of butter,  $\frac{1}{2}$  pound chipped beef. Put butter in frying pan and when it is melted add the beef. Cook until the meat is crisp and brown.

## TUESDAY, JULY 4

**Breakfast**—Cherries. Fried Salt Mackerel. Warmed Potatoes. Bread and Butter. Coffee.  
**Dinner**—Soup. Beef Olives. Potatoes. Sliced Cucumbers. Bread and Butter. Pineapple Trifle.  
**Supper**—Lettuce and Tomatoe Mayonnaise. Thin Bread and Butter. Cup Custard. Cake. Tea.

**PINEAPPLE TRIFLE.**—Soak an ounce of gelatine in a cup of cold water, put into a bowl with 2 cups of white sugar, 1 peeled and chopped pineapple, a little grated nutmeg, the juice and rind of a lemon. Mix and let it stand an hour, pour on 3 cups of boiling water, strain and squeeze hard, set on ice to cool. When it jellies, whip the whites of 4 eggs and drop in a spoonful at a time. Beat gently and let it harden. Cover to top with meringue in which is grated pineapple.

## WEDNESDAY, JULY 5

**Breakfast**—Oatmeal with Cream. Soft Boiled Eggs. Hot Buttered Toast. Doughnuts. Coffee.  
**Dinner**—Corned Beef. Cauliflower. Beets. Potatoes. Bread and Butter. Pie Plant Pie. Cheese.  
**Supper**—Sliced Corned Beef. Fried Cucumbers. Bread and Butter. Strawberries. Cake. Tea.

**FRIED CUCUMBERS.**—Slice, sprinkle with salt and pepper, dip in egg then in rolled cracker. Fry brown.

## THURSDAY, JULY 6

**Breakfast**—Strawberries. Corned Beef Hash. Hot Rolls. Coffee.  
**Dinner**—Broiled Beef Steak. Potatoes. Asparagus. Bread and Butter. Strawberry Fritters.  
**Supper**—Baked Tomatoes. Bread and Butter. Stewed Pie Plant. Cake. Cocoa.

**BAKED TOMATOES.**—Cut a slice from the blossom end, take out the seeds and fill with dressing made of bread and butter, minced onion, salt and pepper and the seeds. Put back the blossom slice and bake half an hour.

## FRIDAY, JULY 7

**Breakfast**—Wheat Germ with Cream. Omelet. Bread and Butter. Coffee.  
**Dinner**—Baked Shad. Hollandaise Sauce. Sliced Tomatoes. Potatoes. Bread and Butter. Queen of Puddings.  
**Supper**—Scalloped Roes. Bread and Butter. Currants. Cake. Tea.

**CURRENTS.**—Select perfect bunches of red and white currants, mix and pile in a glass dish, sprinkle freely with sugar and set on ice. Dip each bunch in sugar as it is eaten.

## SATURDAY, JULY 8

**Breakfast**—Strawberries. Creamed Fish. Corn Bread. Coffee.  
**Dinner**—Chops. Peas. Baked Potatoes. Bread and Butter. Cherry Pie. Cheese.  
**Supper**—Mayonnaise of Tomatoes and Lettuce. Bread and Butter. Pittied Cherries. Cake. Iced Tea or Russian Tea.

**ICED TEA OR RUSSIAN TEA.**—Strain the tea from the grounds and put in a cool place. When ready to serve, half fill a glass with broken ice, add a slice of lemon and then fill the glass with cold tea. Pass the sugar so that each may sweeten to taste.

## SUNDAY

**Breakfast**—Cherries. Broiled totes. Breakfast Puffs. Coffee.  
**Dinner**—Roast Veal. Gravy. Stewed Tomatoes. Bread and Butter.  
**Supper**—Sliced Veal. Lettuce. Bread and Butter. Currants. Cake. Russian Tea.

**STRAWBERRY ICE CREAM.**—Sprinkle sugar over the berries, mash and rub through a fine sieve. Measure the juice and use 1 pint of juice to 2 quarts of cream or custard. Sweeten to taste. Use canned berries if ripe fruit cannot be obtained. Freeze.

## MONDAY, JULY 10

**Breakfast**—California Breakfast Food with Cream. Hashed Veal on Toast. Bread and Butter. Coffee.  
**Dinner**—Broiled Meat Cakes. Potatoes. String Beans. Bread and Butter. Cherry Pudding.  
**Supper**—Little Neck Clam Saute. Bread and Butter. Strawberries. Cake. Tea.

**STRING BEANS.**—Remove the strings, break them into inch pieces, wash and cook in boiling salted water one hour or until tender. Drain and serve hot seasoned with salt, pepper and a little butter.

## TUESDAY, JULY 11

**Breakfast**—Wheat Germ with Cream. Soft Boiled Eggs. Hot Rolls. Coffee.  
**Dinner**—Roast Beef. Gravy. Browned Baked Potatoes. Salad Pot-pourri. Stewed Tomatoes. Bread and Butter. Pie Plant Pie. Cheese.  
**Supper**—Cold Sliced Roast Beef. Lettuce. Bread and Butter. Currants. Cake. Russian Tea.

**SALAD POT-POURRI.**—Take remains of vegetables, such as beans, beets and potatoes, put them in a salad bowl in alternate layers, with thin rings of sliced onion between each layer. Salt and pepper to taste. Pour over it a French dressing made as follows: 1 tablespoonful made mustard, 2 tablespoonfuls olive oil, 4 tablespoonfuls of vinegar, 1 tablespoonful white sugar, 1 teaspoonful salt. Do not cook, simply mix.

## WEDNESDAY, JULY 12

**Breakfast**—Wheat Germ with Cream. Hashed Veal on Toast. Creamed Potatoes. Hot Rolls. Coffee.  
**Dinner**—Broiled Spring Chicken. Potatoes. Peas. Tomatoes Served with Lettuce and Mayonnaise. Bread and Butter. Cherry Pudding.  
**Supper**—Cheese. Bread and Butter. Strawberry Shortcake. Tea.

**CHERRY PUDDING.**—2 cups of flour, 2 teaspoonfuls of baking powder,  $\frac{1}{2}$  teaspoonful salt, 1 cup milk, 2 tablespoonfuls melted butter, 2 eggs,  $\frac{1}{2}$  cup sugar, 1 pint pittied cherries which have been well floured. Steam 2 hours. Serve with foaming sauce.

## THURSDAY, JULY 13

**Breakfast**—Raspberries. Ham and Eggs. Bread and Butter. Coffee.  
**Dinner**—Veal Chops. Peas. Potatoes. Bread and Butter. Vanilla Ice Cream.  
**Supper**—Sardines Garnished with Slices of Lemon. Bread and Butter. Raspberries. Cake. Tea.

**VANILLA ICE CREAM.**—1 pint of milk, 1 cup of sugar, 2 tablespoonfuls of flour, 1 saltspoonful of salt, 2 eggs, 1 pint of cream, 1 tablespoonful of vanilla. Beat sugar, flour, salt and eggs, add boiling milk, turn into double boiler and cook 20 minutes. When cool, add cream and flavoring. Freeze.

## FRIDAY, JULY 14

**Breakfast**—Hominy with Cream. Hashed Veal on Toast. Bread and Butter. Coffee.  
**Dinner**—Baked Blue Fish. Hollandaise Sauce. Potatoes. Sliced Tomatoes. Bread and Butter. Raspberry Float.  
**Supper**—Sliced Cucumbers. Bread and Butter. Currants. Cake. Tea.

**RASPBERRY FLOAT.**—Crush a quart of ripe red raspberries with a gill of sugar. Beat the whites of 3 eggs to a stiff froth and add gradually a teacup of sugar. Press the berries through a strainer and beat the juice with the egg and sugar until stiff. Drop in spoonfuls into individual sauce dishes.

## SATURDAY, JULY 15

**Breakfast**—Raspberries. Creamed Fish. Fried Hominy. Bread and Butter. Coffee.  
**Dinner**—Broiled Beef Steak. Mashed Potatoes. String Beans. Bread and Butter. Baked Custard.  
**Supper**—Baked Tomatoes. Bread and Butter. Sliced Pineapple. Cake. Tea.

**SLICED PINEAPPLE.**—Pare, remove the eyes and cut in thin slices. Then remove the hard center and sprinkle each layer with sugar. Keep on ice until ready to serve.

## SUNDAY, JULY 16

**Breakfast**—California Breakfast Food with Cream. Broiled Fresh Mackerel. Breakfast Puffs. Coffee.  
**Dinner**—Chicken Pot-pie. Potatoes. Peas. Mayonnaise of Lettuce and Tomatoes. Bread and Butter. Raspberry Sherbet.  
**Supper**—Chicken Salad. Thin Bread and Butter. Blueberries. Cake. Tea.

**RASPBERRY SHERBET.**—1 pint of berry juice, 1 pint sugar, 1 pint water, juice of 2 lemons, 1 tablespoonful gelatine. Soak the gelatin in  $\frac{1}{2}$  cup of cold water, add  $\frac{1}{2}$  cup boiling water and when the gelatine is dissolved add the sugar and a cup of cold water and the berry juice. Strain when the sugar is dissolved and freeze.




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