

Cocoanut Cake.—In order to have this cake in perfection one must have gathered the nut from beneath its feathery fronds oneself. But everyone does not live in India, and for us "at home" the same thing can be bought in a desiccated form. Not as good as the fresh, sweet, creamy, fragrant thing, but sufficiently good for all practical purposes.

We must begin by working four ounces of butter to a cream, and adding to it a quarter of a pound of sifted sugar, the yolks of two eggs, half a grated cocoanut, or three tablespoonfuls of the same in its desiccated form, and, lastly, half a pound of dried flour in which one teaspoonful of baking-powder has been incorporated. Keep to the order in which the ingredients are named. Mix all well together, and beat in enough milk to moisten sufficiently. Bake a light brown in a well-buttered tin.

Whilst this is cooking whisk the two egg-whites you have left over until stiff. This is best done with the blade of a knife on a soup-plate. Get someone else then to add slowly half a pound of icing-sugar, whilst you keep on whisking. This should be like a thick, smooth cream when spread on the cool cake. Wet the knife in water, and you will easily make quite a professional appearance *re* icing. When smooth sprinkle some cocoanut thickly on the wet surface, and put in the oven to set. Take care it does not colour, otherwise the snowy appearance of your cake will be destroyed.

Indian Fritters.—These are a pretty addition to a luncheon-table, when any visitor elects to arrive unexpectedly. They should be as light as dough-nuts, of a light-brown colour, and crisp as a cracker. Some bright-looking preserve should be selected as an accompaniment. Put three tablespoonfuls of flour into a bowl and pour on enough boiling

water to make a stiff paste. Stir carefully as you do so, and beat out any lumps with the back of a wooden spoon. Have ready the yolks of four eggs and the whites of two broken into a basin, but not whisked. When they are in the paste-mixture, you must beat and stir well together. Fry in boiling lard or butter (I need not repeat directions as to when fat is at a proper heat), dropping in a tablespoonful of batter at a time only. Each should look like a puffy ball.

Serve on a dish with a spoonful of peach or guava jelly between each fritter.

Plantain Fritters.—As this fruit can be bought in any city for a penny apiece, we need not go to the East to enjoy this delicacy. Strip the yellow, sausagey-looking thing from its thick outer skin, beginning to pare from tip to root. Divide exactly in two. Brush them slightly with yolk of an egg, dust with flour, and fry in boiling butter.

This must be eaten hot, and served piled up in a pyramid with sugar sifted over. My readers will find this as pleasant a way of preparing this luscious fruit as the complicated one recommended by Mrs. Beeton. Its simplicity will recommend it, I am sure, to many amateur cooks.

Lemon Honey.—Perhaps there is no word in our English language more calculated to excite a pleasing thirst than that of "lemon." In order to understand the longing aright one must have basked in an oriental city for a certain time. No wonder that Eastern philosophers have attributed wonderful powers to this much-esteemed fruit. Virgil spoke of it as an antidote to poison. Pliny, whilst rejecting it as unfit for human food on account of its acidity, lays stress on its being a useful medicine. Athenæus, a Latin writer, has left on record that two Arabians stung by adders felt

no ill-effects therefrom, because they partook freely of this species of citron. Anyhow, in India we like to keep a store of the following lemon honey, not because we are in the habit of being bitten by snakes, but because guests come uninvited into our bungalows and need feasting. This honey will keep for months if sealed up in stone jars, which is a great recommendation. After mixing together in an enamelled saucepan one pound of crushed loaf sugar, the yolks of four or six eggs, the whites of three, and three ounces of butter, we strain to it the juice of four lemons, and grate into it the rind of two.

Over a very slow fire we put the mixture, and stir quietly until it thickens and clears like honey. At once we take it off, put into bottles or gallipots, and seal down quickly. The above quantity only costs, on an average, one shilling, and numberless patty-pan cases can be filled from it.

With *Cream Toffee* this list of Eastern sweets must close. I do not want to trench on the domain of any cookery-book published.

Instead of using equal quantities of butter and sugar as in ordinary toffee, make this delicious sweetmeat with equal quantities of thick fresh cream and sugar. Necessity, perhaps, caused this change. As everyone knows, butter for the breakfast-table of an Anglo-Indian is painfully produced by shaking a glass bottle! Cream was so much simpler to get at, and some enterprising cook made toffee therewith. Result? Well, you just try it, and you will not need to be told how vastly inferior is the ordinary butter-scotch!

After making, pour the soft mass on to a well-buttered soup-plate, and leave to cool. Cut into dice, and put away in a tin or glass. It will keep well for many months, unless our boys get at it!

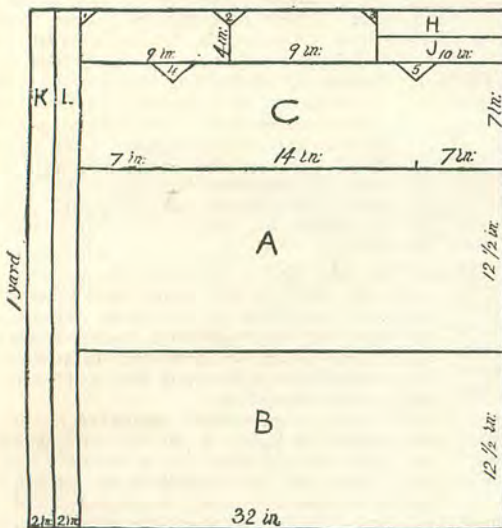


FIG 1.



FIG 2.

HOW TO MAKE A BABY'S FROCK FROM A YARD OF STUFF.

THIS is a capital pattern, and easier to make than a similar design one sometimes sees, there being no troublesome little gussets under the arm.

One yard of 32-inch print is required, some neat "all over" pattern should be chosen. Cut it up according to Fig. 1, the bits 1, 2, 3, 4, 5, are to be thrown away. The large pieces A, B, are for the skirt, run up the seams, and make a false hem of calico 2 inches deep; cut a 6-inch placket-hole in centre of back width, gather the waist to 27 inches.

The piece C is the bodice, which may be lined if desired; it needs a 1/2-inch hem up each side of the back, and the same at the waist. The sleeves, Fig. 3, are made by sewing the two sides E together, they are then fitted into the arm at A, B, C, Figs. 2 and 3, the sleeve forming the shoulder; make a false hem all round the neck with tape of sufficient width to allow of a draw-string, hem the edges of sleeves.

The long strips, H, J, K, L, must be sewn together, hemmed at each edge, and gathered on a piping-cord, to form a trimming for neck and sleeves; sew the skirt securely to the bodice, add a button and button-hole to centre of back, run a draw-string in neck and waist, and your work is complete.

"COUSIN LIL."

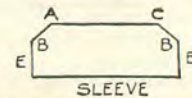


FIG 3.



FIG 4.