

# FOR BREAKFAST OR FOR TEA

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SOME one has said that the test of a good cook is the manner in which she can make toast, both sides browned alike. Others have claimed that good bread making is a cook's most useful requirement; certainly it is an essential one. But the art of making delicious muffins for breakfast, or biscuits for tea, is not to be lightly considered, and it is in the hope that this art may be assisted that the few following receipts are given :

## TO MAKE DELICIOUS MUFFINS

CREAM until very light one large table-spoonful of butter. Break six fresh eggs, separating the yolks and whites. Put the yolks with the butter and beat until very light. Beat the whites to a stiff froth. Have ready one quart of fresh milk, and one light quart of sifted flour. Add the flour and milk in small quantities alternately to the butter and egg yolk, stirring it in thoroughly. Stir in a level teaspoonful of salt, and last of all the egg whites, which must be whipped into the batter gently. The stove must be hot, the muffin pans well greased, and the muffins baked immediately and sent to the table on hot plates the minute they are done.

## POTATO JOHNNY CAKES

A VERY good bread for breakfast or tea is Irish potato Johnny cake. But to have it in perfection you must follow the directions exactly, and use quick dispatch in making it. Peel carefully and boil as many Irish potatoes as will make a quart when they are mashed. Put them on to boil in time to be perfectly done just when you are ready to use them. Have ready one quart of sifted flour, into which two gills of sweet, pure lard has been rubbed. Add one teaspoonful of salt.

Cream the potatoes quickly until perfectly smooth, then put them at once with the flour and mix with sweet milk into a pliable dough. Divide the dough in half, mold into oblong pieces and roll out about sixteen inches long and four wide. Put the Johnny cake in a stew pan and set in a well-heated oven. Bake a nice brown and serve on heated plates. Butter well and eat immediately. This bread is velvety, tender and very nice.

## SPANISH BUNS FOR TEA

A QUARTER of a pound of butter, one teacupful of cream, three-quarters of a pound of flour, three heaping teaspoonfuls of baking powder, half a pound of sugar, four eggs, and three teaspoonfuls of almond water. Sift the baking powder with the flour. Beat the eggs light separately. Cream sugar and butter together; add the beaten egg yolk. Stir in the cream and flour and egg white alternately. Stir in well the three teaspoonfuls of almond water. Bake in a buttered pan and cut in squares.

## THE FAVORITE NAPLES BISCUIT

ONE pound of very fine sugar, one pound of flour sifted several times and dried, one dozen eggs and one teaspoonful of finely pounded mace. Beat the yolks and whites separately very light. Add the sugar to the yolks and beat well. Then add the whites alternately with the flour. Bake a light brown and sift white sugar over them.

## LIGHT AND DAINTY CRACKERS

TAKE a piece of well-risen light bread dough about the size of a half-pint cup. Work into it a piece of fresh butter the size of a walnut. When it is all worked in, break the dough into bits as large as a nutmeg. Flour the board well and roll very thin. Prick with a fork all over and bake quickly a pale brown. Do not scorch them in the least. These crackers are entirely different from those made with unrisen dough, and are especially nice for an invalid who has wearied of the taste of other bread.

## HOW TO MAKE SCOTCH CAKES

TWO quarts of flour sifted with a teaspoonful of salt. One cup of fresh, good yeast, three cups of fresh milk and three eggs. Mix three-fourths of the flour (three pints) into a batter with the eggs, milk and yeast and beat it well. Into a clean, dry tin bucket sprinkle half of the remaining pint of flour; over this pour the batter. Sprinkle lightly over it the remainder of the flour and set it by to rise. Do this about dark, and at nine o'clock the batter will have risen up through the flour. Empty the contents of the bucket into a tray bowl and mix and knead it well. Put it back into the bucket and let it rise until morning. Then work into the dough a large tablespoonful of nice butter. Mold into large sized circuit, flatten with the rolling pin to nearly an inch in thickness. Grease a pan and put them in to rise again; when light bake in a quick oven and serve at once. A delicious bread for breakfast.

## QUICK CREAM BISCUITS

TWO cupfuls of sifted flour, half a cupful of cream, two teaspoonfuls of baking powder, one of sugar, a tiny pinch of salt. Mix the flour, sugar, salt and baking powder together; then add the cream and one well-beaten egg, mixing all together with a silver knife. Handle the dough as little as possible while making it into small round cakes. Bake in a hot oven for about ten minutes. This quantity will make about a dozen biscuits.