

of salt; half a teaspoonful of soda; one tablespoonful of white sugar; flour for soft dough.

Set the sponge late at night, in a comparatively cool place, that it may not rise too fast. In the morning, when it is light, work in the egg, well beaten, and the butter, melted. Dissolve the soda in a little boiling water, stir in the sugar, salt, and the flour. After this has stood four hours, shape into rolls, let them rise one hour in the baking-pan, and bake half an hour in a steady oven.

MOTHER GOOSE TARTS.

Cut bread and butter very thin, putting the butter on the loaf before cutting the slices. Spread each slice with strained honey, and between two pieces of the bread thus prepared place a layer of thick whipped cream. Cut into little triangular sandwiches.

CHRISTINE TERHUNE HERRICK.

Prize Bills of Fare.

AFTER careful consideration, the contributor of the following set of menus has been awarded the prize of \$25 offered in our January number for the best Bills of Fare for one week for a family of five persons with an income of \$1,500 per year. About one-third of the income is allotted for food, which is as great a proportion as can be consistently allowed. These offer many suggestions that will be found available for widely-separated sections of country, and also present various ways of escape from the monotonous round of roast, boil, and fry into which those with circumscribed incomes are so apt to fall. Owing to lack of space, we cannot publish all the receipts this month, and the remainder will be given in the November number.

BILLS OF FARE FOR ONE WEEK.

Monday, \$1.05.

BREAKFAST, 20 CENTS.

Brain-Food Mush. Boston Brown Hash.
White Bread. Graham Toast. Coffee.

DINNER, 53 CENTS.

Roger's Soup. Baked Shoulder of Mutton.
Potato Edging. Boiled Beets.
Anstiss Pudding. Hard Sauce. Tea.

SUPPER, 32 CENTS.

White Bread. Cut Peaches.
Scotch Rarebit. Richmond Maids of Honor. Cocoa Shells.

Tuesday, \$1.03.

BREAKFAST, 20 CENTS.

Cracked-Wheat Mush. Mutton Croquettes.
Raised Muffins. Raw Tomatoes. Coffee.

DINNER, 57 CENTS.

Vegetable Soup. Baked Calf's-Head.
Browned Mashed Potatoes. Purée of Turnips.
Raw or Stewed Tomatoes. Orange Cake Pudding. Tea.

SUPPER, 26 CENTS.

Sweet-Potato Bread. Fried Calf's-Brains.
Graham Rolls. Cherries, fresh or canned.
Orange Tapioca. White Cake. Tea.

Wednesday, \$1.41.

BREAKFAST, 20 CENTS.

Barley Mush. Broiled Tomatoes.
Flannel Cakes. Maple Syrup.
Sweet-Potato-Bread Toast. Coffee.

DINNER, 93 CENTS.

Over-and-Over Soup. Fillet of Veal.
Boiled Sweet-Potatoes. Stewed Squash.
Fried Irish Potatoes. Tea.
Rice Dumplings. Creamy Sauce.

SUPPER, 28 CENTS.

Potato Biscuit. Quenelles.
Rye Bread. Stewed or Canned Crab-Apples.
Cake. Chocolate Blanc-mange. Tea.

Thursday, \$1.58.

BREAKFAST, 29 CENTS.

Corn-Meal Mush. Rice Waffles.
Sliced Sweet Potatoes. Frizzled Beef.
Rye-Bread Toast. Coffee.

DINNER, 99 CENTS.

Tapioca Soup. Cold Roast Veal.
Cold Slaw. Stuffed Potatoes.
Mashed Parsnips. Tomatoes in Mold.
Jelly-Cake Fritters. Tea.

SUPPER, 30 CENTS.

Norwegian Bread. Baked Pears.
White Bread. Imitation Oyster Scallops.
Dottie's Cake. Spanish Cream. Tea.

Friday, \$1.06.

BREAKFAST, 20 CENTS.

Granulated-Oats Mush. Milk Toast.
Graham Gems. Parsnip Fritters. Coffee.

DINNER, 50 CENTS.

Hasty Soup. Royal Halibut.
Stewed Cream Potatoes. Baked Beets.
Boiled Cauliflower. Brown Betty. Tea.

SUPPER, 36 CENTS.

White Bread. Macaroni with Cheese.
Rusks. Prunelles.
Cake. Lemon Jelly. Tea.

Saturday, \$1.69.

BREAKFAST, 28 cents.

Hominy Mush. Fish Croquettes.
Squash Griddle-cakes. Royal Rolls. Coffee.

DINNER, 96 CENTS.

Split-Pea Soup. Chicken Potpie.
Sea Kale. Molded Potatoes.
Cocoa Pudding. Tea.

SUPPER, 45 CENTS.

Sandwiches. Scotch Scones.
Abernethy Cookies. Lemon Custards.
Blueberries, fresh or canned. Tea.

Sunday, \$1.43.

BREAKFAST, 20 CENTS.

Fried Hominy. Brown Bread.
Baked Beans. White Bread.
Chicken Rissoles. Crullers. Coffee.

DINNER, \$1.23.

Giblet Soup. Braised Beef.
Browned Potatoes. Sweet Potatoes.
Pickled Carrots. Lima Beans.
Peach Fritters. Creamy Sauce.

Having a late and hearty breakfast, and probably late dinner, only two meals are given for this day. It will come within the allowance, however, to provide any simple fruit, as oranges, apples, or nuts and raisins, for a family social around the Sabbath evening fireside.

The daily amounts foot up to \$9.25 for the week, and the surplus 75 cents are allowed for butter and relishes, which can hardly be reckoned separately.

RECEIPTS.

MONDAY.—*Breakfast.*

Brain-Food Mush.—Take one cupful of brain-food, add one teaspoonful of salt, and stir into two cupfuls of cold water till dissolved. Add one pint of boiling water, and cook slowly fifteen or twenty minutes, stirring often. Serve in saucers with milk and sugar.

White Bread.—This should have been baked Saturday. Soak half a cake of compressed yeast in one cupful of warm water for half an hour. Stir one teaspoonful of salt and two of sugar into one quart of flour, and to this add one pint of warm water and the yeast. Stir well, cover with a cloth, and put where it will keep warm. In two hours it should be very light: then add