

## LENTEN RICE.

One cup of rice, four cups of boiling water, one and one-half teaspoons of salt, five tablespoons of butter, three tablespoons of flour, few grains cayenne, one-quarter teaspoon mustard, two cups of hot milk, one cup of cheese, one-half cup of cracker crumbs. Wash rice, drain, and add to boiling water with one teaspoon of salt. Boil five minutes or until soft. Melt three tablespoons butter, and add flour, one-half teaspoon salt, cayenne and mustard; then add slowly, while stirring constantly, the hot milk, and stir until boiling point is reached. Add cheese cut in small pieces, and when cheese is melted, mix slightly with the cooked rice and pour into a buttered baking dish. Mix cracker crumbs with two tablespoons of melted butter, sprinkle over the rice, and bake in a hot oven until delicately browned.

HOUSEWIFE.

Stillwater, Minn.