

POP-OVER CASES.

One cup flour.

One-fourth teaspoon salt.

One-half teaspoon melted butter.

Seven-eighths cup of milk.

Two eggs.

Mix flour and salt, add one-half milk and beat until smooth. Add remainder of milk and well beaten eggs. Turn into hot buttered gem pans and bake thirty-five minutes in a hot oven. Break open and fill with any creamed meat or vegetable and serve at once.