

RATIONAL COOKERY.

No 1. *A good pickle for Hams.*

One ounce of salt petre, one pint of salt, half pint of molasses to each ham; put your salt petre into the molasses and rub your hams in it, then put your hams into a sweet cask, put your salt into water enough to cover your hams, turn it on to them and turn them often for six weeks.— If the hams are large, add more salt, then smoke them ten days. Beef for drying, done in the same way, also Beef tongues.

No 2. *To corn Beef.*

To one hundred pounds of beef, three ounces salt petre, five pints of salt, a small quantity of molasses will improve it, but good without.

No 3. *To pickle one hundred pounds of Beef to keep a year.*

Put together three quarts salt, six ounces salt petre, one and a half pints of molasses, and water sufficient to cover your meat after laid into the barrel. Sprinkle the bottom of the barrel with salt, and also