

balls into the soup while hot, it is then fit for the table.

No 37. *General rules to be observed in boiling.*

The first necessary caution is that your pots and covers are always kept clean—be careful that your pot is constantly boiling, by this means you may determine with precision the time necessary to accomplish any dish you may wish to prepare in this way—put fresh meat into boiling water, and salt into cold—never crowd your pot with meat, but leave sufficient room for a plenty of water—allow a quarter of an hour to every pound of meat.

No 38. *To boil Ham.*

This is an important article, and requires particular attention, in order to render it elegant and grateful. It should be boiled in a large quantity of water, and that for a long time, one quarter of an hour for each pound; the rind to be taken off when warm. It is most palatable when cold, and should be sent to the table with eggs, horse radish or mustard. This affords a sweet repast at any time of day.

No 39. *To boil a Turkey, fowl or Goose.*

Poultry boiled by themselves are generally esteemed best, and require a large quantity of water; scum often and they will be of a good color. A large turkey with forced meat in his craw will require two hours; one without, an hour and a half; a large fowl one hour and a quarter; a full grown goose two hours, if young, one