

pour the mixture in, stirring rapidly while pouring. Let it boil until quite stiff—serve. What is left pour into pans to cool. Cut in thin slices and fry. It should be nicely browned upon both sides.

Fish, to Boil—Have a clean towel ready; after cleaning, prepare the fish by salting, and wrap it closely in the towel, tying or pinning the ends. Have the water in the pot boiling, and place it in, also putting in a handful of salt. Let it boil about ten minutes for each pound in weight; take it out, remove the towel and serve with any plain sauce.

Fish, Birds and Game to Broil—Clean; salt and pepper, and impale them on the broiling fork or twig. Fish and birds should be opened on the back. Have a piece of salt pork lying in a vessel by the fire; after the fish or bird is thoroughly hot before the fire rub it over with the salt pork. Keep repeating this until thoroughly done to taste. Fish should be cooked slowly, birds quicker, and meat should be seared on the outside, then slowly until it suits the taste.

Birds and Meat, to Bake—Pluck and draw the birds from the vent, wash them clean, make a stuffing of bread crusts, crackers, or what you have in that line, chop up one or two onions fine, pepper and salt; the giblets boiled and chopped fine might also be added. Moisten with water and cram the birds full. Salt them and place them, back down, in the baking pot, and put a little water in. Baste the bird with the hot water. It will take an hour for partridges, etc., of the same size; larger, longer in proportion to size.

Fish and Birds, to Plank—Prepare same as for broiling. Cut a plank out of a birch or cypress log—in fact, any log that is not gummy—set this in front of the fire until the surface is hot, then with some wooden pegs peg the bird or fish on to the hot wood, fasten to outside some strips or slices of fat pork, then set the same in front of the fire until it is nicely browned, and you will find the heat in the wood has cooked the under side. A dash of red pepper and lemon juice will fit same for a king.

Meat and Birds, to Stew—If birds are small, like snipe, quail, etc., cook them whole; if larger, quarter. Salt and pepper each piece and lay in the pot, with occasionally a cold biscuit or toasted bread and two or three onions cut small; cover with hot water, add a tablespoon of salt, and place on the fire to boil. Take two teaspoonfuls of flour and one of meal in a cup and rub together with a little pork or fried meat fat. Salt and pepper to taste, stir in boiling water till about as thick as cream, and add a wine glass of Worcestershire sauce, if you have it. After the bird or meat has boiled about an hour, add the mixture and boil twenty minutes longer. Be sure and keep enough water in for it NOT to burn. Serve hot. Potatoes may be added if desired.

Pork and Beans—Put two quarts of beans in a pan; fill the pan with boiling water, and let it stand for about ten hours. Pour off the water, put the beans in a pot, season with salt and pepper; fill with cold water and put over the fire to boil. After they have boiled an hour, put in about two pounds of pork and boil another hour. Boil slowly, drain off the water, put on the cover. The fire for the above operation should have been in a hole in the ground; at this stage the fire should be pulled out, leaving but a few coals and the ashes, and into the hole should be placed the pot of beans, covered around and on top with the hot coals. On this build a fresh fire, and leave for about ten hours, at which time remove, and serve at any time.