

Every luxury we could desire we were amply supplied with. Besides an abundance of *pièces de résistance*, we had numerous well-made *entremets*. Meat, fish, and vegetables, were preserved fresh in ice; and we had ice at every meal to cool our water, milk, and wine. The routine of each day was much as follows:—At half-past seven a gong sent its deep sounding breath through every corner and cranny of the vessel to awake sleepers to the

salt; then add the dissolved flour; boil three minutes, stirring it briskly; allow it to cool, and then thoroughly mix with it three eggs, well beaten, with three table-spoonfuls of sugar. Flavour according to taste, and let it bake half-an-hour.

*“Blanc-Mange.*—One quart of milk and six table-spoonfuls of flour. Beat the flour with three eggs and some salt and sugar, if required, and add to it the milk when nearly boiling. Boil it a few minutes, stirring it briskly. Flavour it with rose, vanilla, or lemon, and pour it into a mould. It may be used with a sauce of sugar and cream, and should be eaten cold.

*“Minute Pudding.*—Prepare as above, with any sauce that may be fancied; or by stirring in fruits an excellent plum-pudding may be made. To be eaten warm.

*“Boiled Custard, or Mock-Cream.*—Two table-spoonfuls of flour, one quart of milk, two or three eggs, half a tea-spoonful of butter. Heat the milk to near boiling, and add the flour previously dissolved in a part of the milk; then add the eggs well beaten, with four table-spoonfuls of powdered sugar; let it boil up once or twice, stirring it up briskly, and it is done. Flavour with lemon according to taste.

*“Ice-Cream.*—Omitting the butter and salt, the above preparation for custard can be made into a very excellent ice-cream.

*“Pies.*—Line a deep plate with crust, and bake the crust in a quick oven. When done, fill with the custard, strew the top with powdered sugar, set it again into the oven to bake.

*“Cake.*—One pound of sugar, three quarters of a pound of butter, six eggs, one pound of the maize-flour; bake in small putty tins. Exquisitely light cakes are produced.