

THE LADIES.

THE GOOD WIFE.

Show me the wife 't's on the watch,
For every little re or scratch,
And cures it with a timely patch
Before you know it;
She is a woman fit to match
A lord or poet.

—Chronotype.

A NEW SYSTEM OF DOMESTIC COOKERY, founded on Principles of Economy—By MRS. RUNDSELL—Philadelphia. Cary & Hart, Publishers.

This is a little book which should be in the hands of every female head of a family, able to read and understand plain English. Over 200,000 copies have been sold in England, and the work has reached the sixty-seventh edition. The Authoress is said to have received 2000 guineas from Murray, the London Bookseller, for the copyright, so great is the popularity of the book. The copy lying before us is a re-print by an American Bookseller, to which he has added *nine hundred new receipts!* and the price is only *one shilling and threepence*. The most useful books are often the cheapest in price, because of their popularity, the number sold being so great as to leave a large profit on the edition though but little on each copy.

We shall copy a few paragraphs occasionally from Mrs. Rundell's excellent book for the particular benefit of our fair readers, to whose interests and tastes this page of our Journal is especially devoted. And when speaking of *cookery*, we beg of them not to suppose for a moment that we know any thing at all about the actual process. All we pretend to is the ability to judge of an article after it is cooked. For instruction in those departments which belong to the ladies, we will leave them in the hands of a lady.

The following general remarks on "making and baking cakes" will probably be worth their notice:—

It is indispensably necessary in making cakes that all the ingredients should be heated before they are mixed together; for this purpose every thing should be prepared for an hour or two previously to their being wanted, and placed near the fire, or upon a stove: the flour thoroughly dried and warmed; the currants, sugar, carraway-seed, and any thing else required, heated in the same way. Butter and eggs should be beaten in basins fitted into kettles or pans of boiling water, which will give them the requisite degree of temperature. Without these precautions, cakes will be heavy; and the best materials, and the greatest pains, will fail to produce the desired results. They are especially necessary in sponge-cakes.

Currants should be very nicely washed, dried in a cloth, and then set before the fire. If damp, they will make cakes or puddings heavy. Before they are added, a dust of dry flour should be thrown among them, and a shake given to them, which causes the thing that they are put to be lighter.

Eggs should be very long beaten, whites and yolks apart, and always strained.

Sugar should be rubbed to a powder on a clean board, and sifted through a very fine hair or lawn sieve.

Lemon-peel should be pared very thin, and with a little sugar beaten in a marble mortar, to a paste; and then mixed with a little wine, or cream, so as to divide easily among the other ingredients.

After all the articles are put into the pan, they should be thoroughly and long beaten, as the lightness of the cakes depends much on their being well incorporated.

Whether black or white plum-cakes, they require less butter and eggs for having yeast, and eat equally light and rich. If the leaven be only of flour, milk and water, and yeast, it becomes more tough, and is less easily divided than if the butter be first put with those ingredients and the dough afterwards set to rise by the fire.

The heat of the oven is of great importance for cakes, especially those that are large. If not pretty quick, the batter will not rise. Should you fear its catching, by being too quick, put some paper over the cake to prevent its being burnt. If not long enough lighted to have a body of heat, or it is become slack, the cake will be heavy. To know when it is soaked, take a broad-bladed knife, that is very bright, and plunge it into the very centre: draw it instantly out, and if the least stickiness adheres, put the cake immediately in, and shut up the oven,

If the heat was sufficient to raise, but not to soak, I have, with great success, had fresh fuel quickly put in, and kept the cakes hot until the oven was fit to finish the soaking, and they turned out extremely well. But those who are employed ought to be particularly

careful that no mistake occurs from negligence when large cakes are to be baked.

Bread and cakes wetted with milk, eat best when new, but become stale sooner than others.

Cakes kept in drawers or wooden boxes have a disagreeable taste. Earthen pans and covers, or tin boxes, preserve them best.

We give in this number Mrs. R.'s directions for making Plum Cakes. As to other kinds we shall quote from her book hereafter:—

Plum Cake.—Mix thoroughly a quarter of peck of fine flour, well dried, with a pound of dry and sifted loaf-sugar, three pounds of currants washed and very dry, half a pound of raisins stoned and chopped, a quarter of an ounce of mace and cloves, twenty Jamaica peppers, a grated nutmeg, the peel of a lemon cut as fine as possible, and half a pound of almonds blanched and beaten with orange-flower water. Melt two pounds of butter in a pint and a quarter of cream, but not hot; put to it a pint of sweet wine, a glass of brandy, the whites and yolks of twelve eggs beaten apart, and half a pint of good yeast. Strain this liquor by degrees into the dry ingredients, beating them together a full hour, then butter the hoop or pan, and bake it. As you put the butter into the hoop or pan, throw in plenty of citron, lemon and orange candy.

If you ice the cake, take half a pound of double-refined sugar sifted, and put a little with the white of an egg, beat it well, and by degrees pour in the remainder. It must be whisked near an hour, with the addition of a little orange-flower water, but mind not to put much. When the cake is done, pour the icing over, and return it to the oven for fifteen minutes: but if the oven be warm, keep it near the mouth, and the door open, lest the color be spoiled.

Another.—Flour dried, and currants washed and picked, four pounds; sugar pounded and sifted, one pound and a half; six orange, lemon and citron peels, cut in slices: mix these.

Beat ten eggs, yolks and whites separately; then melt a pound and a half of butter and a pint of cream; when luke-warm, put to it half a pint of ale, yeast, near half a pint of sweet wine, and the eggs; then strain the liquid to the dry ingredients, beat them well, and add of cloves, mace, cinnamon and nutmeg, half an ounce each. Butter the pan, and put it into a quick oven. Three hours hours will bake it.

Very good common Plum Cakes.—Mix five ounces of butter in three pounds of dry flour and five ounces of fine Lisbon sugar; add six ounces of currants, washed and dried, and some pimento finely powdered. Put three spoonful of yeast into a Winchester pint of new milk warmed, and mix into a light dough with the above. Make it into twelve cakes, and bake on a floured tin half an hour.

Little Plum Cakes to keep long.—Dry one pound of flour, and mix with six ounces of finely-pounded sugar; beat six ounces of butter to a cream, and add to three eggs, well beaten, half a pound of currants washed and nicely dried, and the flour and sugar beat all for some time, then dredge flour on tin plates, and drop the batter on them the size of a walnut. If properly mixed, it will be a stiff paste. Bake in a brisk oven.

An excellent Plum Cake.—E. R.—Beat a pound of fresh butter with a strong wooden fork until it resembles cream; add a pound of sifted sugar, and mix them very completely. Have ready the whites of ten eggs beaten, and pour them into the butter and sugar; then add the yolks of eighteen eggs, also well beaten, and beat them all up for ten minutes. Take a pound of flour, two ounces of pounded and sifted spices, viz., cloves, mace, cinnamon, nutmeg and allspice, and mix them by degrees with the other ingredients; then beat the cake ten minutes longer, and when the oven is ready, add a pound of currants, four ounces of sliced almonds, half a pound of raisins, stoned and chopped, and a large glass of brandy. Bake the cake in a hot oven. When sufficiently baked, let the oven cool, and afterwards put in the cake, and allow it to remain for several hours to dry.

A REGIMENT OF WOMEN.

After this procession, which consisted altogether of about eight thousand women, well armed and clothed, had passed, the king asked me to go and see what his women-soldiers were about to perform. I was accordingly conducted to a large space of broken ground, where fourteen days had been occupied in erecting three immense prickly piles of green bush. These three clumps, or piles, of a sort of strong brier or thorn, armed with the most dangerous prickles, were placed in line, occupying about four hundred yards, leaving only a narrow passage between them, sufficient merely to distinguish each clump appointed to each regiment. These piles were about seventy feet wide and eight feet high. Upon examining them, I could not persuade myself that any human being, without boots or shoes, would under any circumstances, attempt to pass over so dangerous a collection of the most efficiently armed plants I had ever seen. Behind these piles already mentioned, were yards or large pens, at the distance of three hundred yards, fenced with piles seven feet high, thickly matted together with strong reeds. Enclosed therein were several hundred slaves belonging to the king.

It may be well to state that this affair was entirely got up to illustrate an attack upon a town and the capture of prisoners, who are of course made slaves. After waiting a short time, the Apadomey soldiers made their appearance at about two hundred yards from or in