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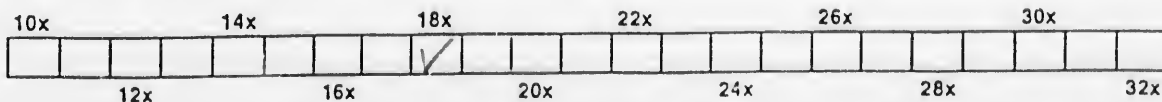
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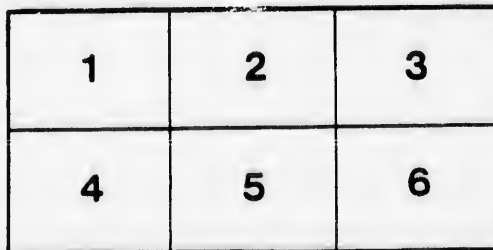
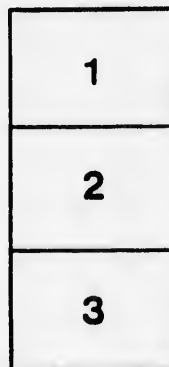
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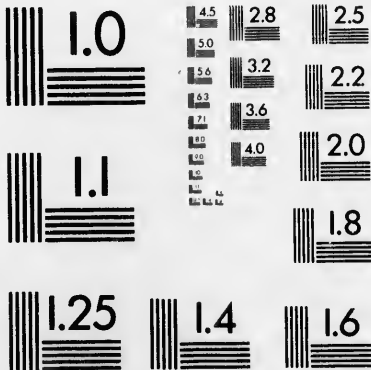
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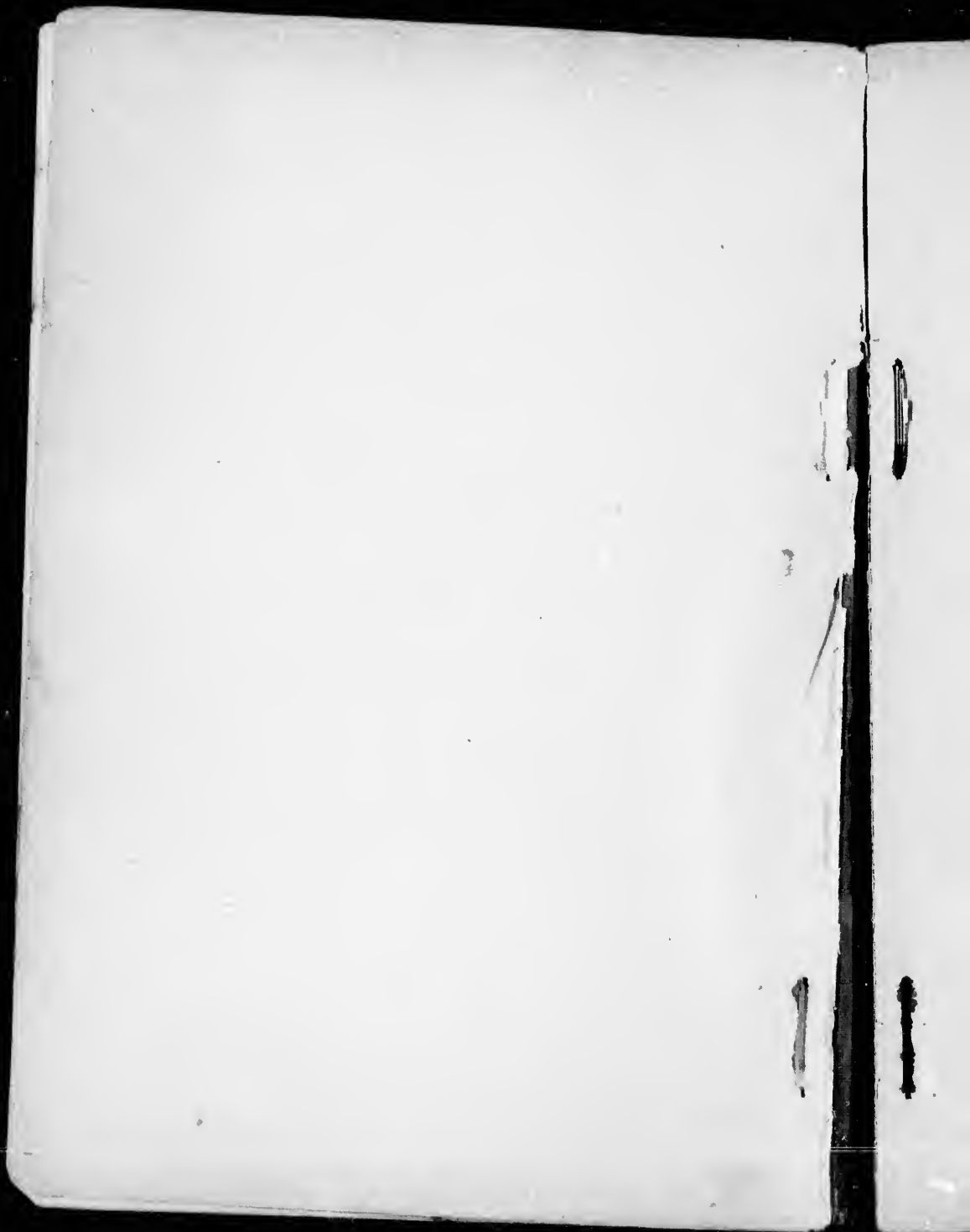


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The  
Breadmakers  
Cooking  
Lessons.



THE BREADMAKER'S  
BOOK OF  
COOKING LESSONS

COMPILED FROM

ORIGINAL AND SELECTED FORMULÆ.

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Entered according to Act of Parliament of Canada, in the year one thousand eight hundred and eighty-eight, by T. H. CHURCHILL, in the office of the Minister of Agriculture.

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CHURCHILL & CO.,  
TORONTO, ONT.

TO THE  
BREAD-WINNERS AND BREAD-MAKERS  
OF AMERICA

THE TWO MOST IMPORTANT PERSONAGES IN EVERY FAMILY, AROUND WHOM  
CLUSTER ITS MINOR MEMBERS, BY SHEER FORCE OF AFFECTION AND  
GRATITUDE—IN TRIAL AND PROSPERITY, IN SICKNESS  
AND IN HEALTH; AND BY WHOSE SUPERIOR WIS-  
DOM, SELF-DENIAL AND LOVE THAT  
PLACE CALLED HOME IS MADE  
THE SAFEST, HAPPIEST AND  
DEAREST PLACE ON  
EARTH:

TO THESE

*This Book is most respectfully Dedicated.*



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## PREFACE.

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O me, the ideal family is a happy group of children, friends and helpers, all clustering, by sheer force of gratitude and affection, about the two most important personages of the household, be the same high or humble—namely, the *Bread-Winner* and the *Bread-Maker*. These compound words, being interpreted, mean the one who provides and the one who directs and cares for all under their wise and kindly guidance. How few there are who, until they themselves come to occupy such positions, can know how broad and generous the human heart may grow by unselfish effort for others. When I realise how lovable and worthy hundreds of such are, and how little appreciated, I often blush to think there was a time I was unaware of it, and that I must have betrayed that condition, all unknown to myself, by many an act of thoughtlessness.

There are none so great as small things, seems a paradox, but to those who have learned to make "Home the dearest place on earth," this is an open secret. It is the patient ones who plod the rounds of endless repetition, whose watchfulness leaves nothing undone, to whom we owe many of the comforts of home, scarcely appreciated until they are missed. The object of this book is to aid such as are so inclined to a higher perfection in their useful sphere.

The great chemist, Baron Leibig, in his work, "The Chemistry of Food," says: "Among all the arts known to man there is none which enjoys a juster appreciation, and the products which are more universally admired, than that which is concerned in the preparation of our food. Led by an instinct, which has almost reached the dignity of conscious knowledge, as the unerring guide, and by the sense of taste, which protects the health, the experienced cook, with respect to the choice, the admixture, and the preparation of food, has

made acquisitions surpassing all that chemical and physiological science have done in regard to the doctrine or theory of nutrition. In soup and meat sauces, he imitates the gastric juice; and, by the cheese which closes the banquet, he assists the action of the dissolved epithelium of the stomach." Such is the high eulogium paid to culinary science by that learned man; and perhaps there is no one more able of appreciating its value than he. Therefore we do not yet despair of seeing the day when that science, like others, will have its qualified professors.

Many of the receipts may appear rather lengthy, but we want to draw attention to the fact that they are more than receipts—indeed we may call them plain lessons, some containing a number of receipts in one. In some cookery books many receipts are explained in few lines, which at first sight gives to the thing the appearance of simplicity; but when acted on by the uninitiated are found totally impracticable. By our plan readers may read and prepare the contents of two or three lines at a time, so that when they get at the end of the lesson their dish will be found well seasoned and properly cooked.

The sources from which we have drawn information on the several branches of our subject are manifold. But most largely we are indebted to an enthusiastic housewife who placed at our disposal a bulky scrap book, the accumulation of years of reading and experiment. Many of the formula were contained in letters from friends; but these, as well as those "scrapped" from newspapers and magazines, were marked with her opinions and alterations—*good* or *tried*, as the case might be. In some instances we have consulted other publications, notably Marion Harland's excellent and truly "Common Sense in the Household," "Mrs. Clark's Cookery Book," "The Home Cook," "Mother Hubbard," and "Soyer's English Cook Book." But we feel assured that any one familiar with either will, after studying this book, agree with us that our time has not been spent in vain, but that **THE BREADMAKERS' BOOK OF COOKING LESSONS** is in many respects worthy of a place in every household.

Respectfully,

THE AUTHOR.

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# COMPARATIVE VALUES OF FOODS.

In the following table the first column shows the heating material or energy of food, which represents only a part of its nutritive value. Besides serving as fuel, our food has still more important uses, viz., in forming and repairing the tissues of the body, which value is shown in the second column, and includes all digestible matter, the waste being mostly water.

ARTICLES OF DIET.	To each pound of 7000 grains ENERGY or HEAT.	To each 100 lbs nutriment.	Time for Di- gestion.	Mode of Cooking.			
	Grains.	Percentage.	H. M.				
Beer or Porter.....	315	.....	}	Rare. Well done.			
Beef, round, rather lean.....	2300	33½	3				
Beef, sirloin, rather fat. ....	2650	40	3	50			
Mutton, fat.....	2700	42	3				
Pork, bacon, very fat.....	4200	90	4	2	30	}	Roasted. Fried.
Poultry.....	360	26	2	2	30	}	
Haddock.....	513	18½	2	2	30	}	Roasted. Baked.
Mackerel.....	470	28½	1	30	}		
Oysters.....	320	13	2	30	}	}	Raw. Broiled.
Hens' Eggs.....	460	23	2	30	}	}	
Cows' Milk.....	456	13	2	15	}	}	Stewed. Whipped.
Buttermilk.....	540	14	2	30	}	}	
Cheese, whole milk.....	2550	69	2	30	}	}	Boiled. Fresh.
"    skimmed.....	2340	57	3	30	}	}	
Butter.....	4700	91	4	.....	}	}	Stale. Fresh.
Oleomargarine.....	4800	90	.....	.....	}	}	
Sugar.....	1511	97½	.....	.....	}	}	Porridge. Bread. Boiled.
Wheat } Very fine.....	.....	85½	.....	.....	}	}	
Flour } Medium.....	.....	85	.....	.....	}	}	Baked. Boiled.
"    Coarse, whole wheat..	.....	85	.....	.....	}	}	
Wheat Bread, average.....	1990	67	3	4	}	}	Stale. Fresh.
Black Bread, rye, German.....	.....	56	3	.....	}	}	
Peas.....	2240	85	4	.....	}	}	Porridge. Bread. Boiled.
Oatmeal.....	4200	85	2	30	}	}	
Corn, maize, meal.....	3300	85½	3	15	}	}	Baked. Boiled.
Rice.....	320	87½	1	15	}	}	
Potatoes.....	260	21½	2	30	}	}	Baked. Boiled.
Turnips.....	238	9	3	.....	}	}	
Beans.....	4600	90	5	30	}	}	Baked. Stewed.
Apples.....	.....	.....	1	30	}	}	
Peaches.....	.....	.....	1	30	}	}	Raw.
Grapes.....	.....	.....	1	30	}	}	

It is obvious from the above table that bread, cornmeal, oatmeal, potatoes, beans and milk are the cheaper foods—that is, you get the greatest nutritive value for the money. Compare the price of a quart of milk with a quart of oysters, the nutrition being equal, viz., 13 per cent., but the one is above one-eighth the price of the other, the milk being more easily digested.

Again compare the nutritive value of bacon and beans, which are both 90 per cent., but the price of beans is about one-tenth that of bacon, and both furnishing a large amount of heat are better winter than summer foods, but persons interested will take pleasure and derive profit in making further comparisons for themselves.

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# THE BREADMAKER'S COOKING LESSONS.

## OUR PLAN.

Now that we have set about collecting the experience of all the hundreds of writers, experimenters and discoverers, prize-winners and others noted for the excellence of their cookery, now that we have come really to the great work which we have set for ourselves, we have discovered that to do so effectually we must have a plan. Well, here it is:—We shall depart from the usual routine of such books as commence with SOUP and finish with DESSERT, and instead, we shall commence with *bread* as the most important food of mankind, after which will follow as nearly as possible, in the order of their importance, the several dishes and elaborated foods clear down to the trivial, if there is such a thing in the art of cooking food, to properly nourish and sustain the human body.

It has always seemed to us that there was too much vagueness about the description of quantities in Recipe Books, and so to put ourselves right with the careful and particular student of the art, we append the following:—

### WEIGHTS AND MEASURES.

Ten eggs are equal to one pound.

One pound of brown, white, crushed, or broken loaf sugar is equal to one quart.

One pound of soft butter is equal to one quart.

One pound of Indian corn meal or of wheat flour is one quart, lacking only two ounces. One teaspoonful is equal to a dram, of which eight make one ounce.

Two teaspoonfuls equal a dessertspoonful.

Two dessertspoonfuls equal a tablespoonful.

Four large tablespoonfuls equal a half-gill or wine-glassful.

Sixteen tablespoonfuls is a half-pint—thirty-two is one pint.

A common tumbler or goblet holds half a pint, an ordinary teacup holds the same, and four teacups hold one quart.

## LESSONS IN BREADMAKING.

No matter what a woman's accomplishments may be, she has still something worthy to be added to her list, if she does not know how to make a good loaf of bread.

With the choicest and best of all else, and poor yeast, good sweet, nutty bread is impossible.

Without good flour it is impossible to make good bread. Care must therefore be taken in purchasing, and if you do not know the tests, deal with some one who does know them and on whom you can rely.

If you are but just starting to make your own bread, select the best brand recommended, buying only a small quantity till you prove it by trial.

The most important test of good flour is that it impacts or holds together when pressed in the hand. Inferior flour will have a sharper, mealy feel, and the slightest odour of mustiness proclaims it unfit for use.

In wet weather harvests much of the wheat sprouts and grows. Flour made of such wheat will scarcely form a dough, but when wet has a slimy, pasty feel, instead of being smooth, firm and elastic. Purchase only the best quality of flour, for it is the truest economy.

Good bread is not the result of chance or *luck*, as some people call it. Lightness, or that even porous, spongy condition is produced by carbonic acid gas, set free by fermentation. Now, fermentation cannot take place except there is a certain heat or temperature—from 70° to 80° is the proper thing. It is just as impossible for fermentation to *occur* in a low temperature or to be *rapid* below 70° as it is for a fish to live out of water. If after setting your yeast, as hereafter described, the setting not being so situated as to be kept at an even warm temperature, you need not be surprised if it is slow or unsatisfactory. A setting of bread is something like a young infant—it must be kept warm. But enough has been said, the laws of nature know nothing of forgiveness, so the punishment for carelessness or neglect is that you will be sure to have dark, sour bread.

Remember the following are essential to success:—*Time, good material, proper temperature, and care.* To economize time we recommend the practice of setting the yeast for a batch of bread at night, so that the sponge is ready for the secondary stage of the work in the morning.

We quote from the very careful and elaborate directions given by the manufacturers of the Breadmaker's Hop Yeast, and add a few of the recipes by ladies who took first prizes at exhibitions and fairs in the year 1887, published by them.

The bread which we strongly recommend for those who shall get their bread "by the sweat of their brow," is that made from unbolted flour, or whole meal. It is

only the effeminate and delicate that should partake of fine flour. The mass of bread is increased one-fifth, and the price lowered.

Liebig says, "The separation of the bran from the flour by bolting is a matter of luxury, and injurious rather than beneficial as regards the nutritive power of the bread."

It is only in more modern times the sifted flour has been known and used, and has been followed by the poor, to imitate the luxury of the wealthy, at the expense of their health. Certain it is, that where whole meal is used as bread, the population have better digestive organs than where it is not.

---

### THE MANAGEMENT OF YEAST.

1st.—During cold weather be sure and have your flour warm. This can be best done by using a kneading pan, setting it on the back of the stove, stirring and mixing your flour so that the heat is even throughout the mass.

2nd.—Any one who does not know how to make a good loaf of bread should be guided by the directions.

3rd.—When we say *milk-warmth*, we mean the natural heat of milk as it is drawn from the animal.

4th.—When we say that a cake of yeast is to be dissolved in a little cold water, we do so because if we were to say *warm water* some heedless person would be sure to use *hot water*. What we mean is that the cake is to be dissolved without killing the fermenting germ, which may easily be done at any stage of the bread-making process if the water is more than *merely warm*. Remember this.

5th.—Fermentation once started will go on almost anywhere during the summer months, but all the balance

of the year care must be taken to cover your yeast after setting and your sponge after mixing. We think that a kneading pan, having a cover, is much better than a trough. By using this pan the flour can be warmed on the stove in a few minutes by stirring it up from the bottom till all the chill is off it. When this is done fermentation in cold weather goes on rapidly, and that is what you want.

6th.—Fermentation goes on rapidly under favourable circumstances. One or two cakes of Breadmaker's Yeast will, when stirred into a properly-prepared setting, rise to twice the bulk of the setting in three or four hours. The sponge will rise much quicker, because when you set it you have half its bulk already alive with fermentation. Again, after moulding your loaves, it rises in twenty or thirty minutes to one hour ready to bake.

7th.—Some people use the salt to season the batch when setting the yeast. We prefer to do the salting at the second stage of the process called setting the sponge, because if done before that it gives the bread the character and taste of what is called "Salt Rising."

8th.—The oven should be ready when the loaves are moulded, and hot enough to quickly form a crust, which prevents the escape of the carbonic acid gas. This gas is what fills the fine cells all through the loaf, making it porous, or what is called light bread.

9th.—In cold weather have the flour thoroughly warmed before mixing. Of course there is a great difference in flour. In order to have good bread you must have good flour. On the other hand you can easily have poor bread with good flour, if poor yeast is used. And the yeast may be good and still you may have bad bread, from inattention and want of care.

10th.—Nearly half the cost of bread may be saved by making it at home; yet there are thousands of house-

holds in America where this simple economy is not practised, and where the luxury of a sweet nutty bread is never enjoyed.

---

### BREAD DIRECTIONS.

TO MAKE A BATCH OF FOUR TO SIX LOAVES.

Material required—One pound good potatoes, flour for the batch, and one or two cakes of the Breadmaker's Yeast.

*First Act.*—Pare and slice about one pound of potatoes, boil in two quarts of water, and mash them in the same water. To this add a pint of sweet milk, if you have it; if not, use another quart of water to begin with. While still boiling, stir in enough flour to make a cream-like batter. When cooled down to *milk-warmth*, stir into it ONE TO TWO cakes of the Breadmaker's Yeast, first dissolved in a little cold water. Hollow out a space in your flour, which, if the weather is cool, should be previously warmed in a kneading pan, then pour the whole into it, cover, and set to rise. This is called setting the yeast. Some breadmakers set their yeast at tea-time, so as to sponge before retiring for the night. Others prefer to set their yeast before going to bed, so as to give the yeast time to rise to three or four times its bulk before morning, and then sponging as soon as ready, and this is the best plan.

*Second Act.*—Dissolve sufficient salt to season your batch (about a tablespoonful) in two quarts of warm (not hot) water; blend this with your yeast, which should be already up to three or four times its bulk. You will now see the advantage of setting your yeast in the hollowed-out space in your flour. Commence combing the mass through your fingers from the outside towards the centre, catching the flour lightly but

rapidly and evenly with your finger tips, working in only enough to again form a very thickish creamy batter. This is called setting the sponge.

*Third Act.*—When your sponge is well up, continue the combing process as before, thickening the mass, until when you remove sufficient for each loaf to your moulding board you have an elastic ball of dough, which you lightly and quickly shape and drop deftly into your pans. Don't fall into the error of dwelling long over each loaf, trying to stuff a lot of flour into it with your fists. When you get it merely stiff enough to mould that is sufficient. Have your oven ready, and as soon as nicely rising, in with it, and bake an hour until done.

---

### FIRST PRIZE BREAD.

MRS. A. TURNBULL, COURTLAND, ONT.

“I set my yeast the same as ordered in the excellent directions which accompany Breadmaker's Yeast. I sponge in the same pan I set the yeast in, and it came up so quickly I soon had it out of the way. One cake is enough for three large loaves. As to the oven, I have it very hot at first, and let my bread get very light before putting it into the oven. Then I gauge the oven to put a light brown colour, and keep it just a moderate heat for one hour. They gave me a great puff at the fair over my bread made with this yeast.”

---

### FIRST PRIZE BREAD.

MRS. GEO. SMALE, STAFFA, ONT.

“When the potatoes were boiled for dinner (which were previously pared), I had ready about a cup and a half of flour. I mashed about a pound of the potatoes, and put into the flour, pouring on enough potato water

to scald. When cold I put in two cakes of the Breadmaker's Yeast, first dissolved in water just a trifle warm. Stir well and set to rise. Just before going to bed I dissolve the salt for the batch in warm water, stir in more flour, and let it rise over night. In the morning mix into dough, giving a good mixing, and then set to rise again, and when up mix it down again. When up once more knead into loaves; let rise half an hour, when it is ready for the oven. Bake about one hour."

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### FIRST PRIZE BREAD.

MRS. W. B. OVERHOLDT, WELLANDPORT, ONT.

"1st.—At night, before going to bed, take warm water and salt for the batch, stir in flour to make a paste, dissolve and add one cake of the Breadmaker's Yeast, set in a warm place, and let it rise till morning.

"2nd.—In the morning take milk-whey, hollow out a space in the flour, which should be warm if the weather is cold, and pour it in while quite warm, mix in sufficient flour to make a stiff paste, and then mix in the sponge already risen. Let all stand until it rises, after kneading it twenty-five minutes working into it enough flour to make it stiff enough for loaves, then let it rise. Now knead into loaves and put into dishes. Let rise again until ready to go into the oven.

"3rd.—Bake moderately one hour."

---

### BREAD—THREE FIRST PRIZES.

How MRS. J. BREULS, of Ringwood, Ont., took three first prizes for bread, viz., at Pickering, Markham and Scarboro' township fairs. She says:

"In the first place I boil three or four nice sized potatoes at noon, have sufficient flour in a crock—say



a saucerful—which I scald with the potato water. If too thick add more water to make a nice thin batter, of course using the potatoes after mashing them very fine. When milk-warm I add one and a half cakes of the Breadmaker's Yeast, which is enough for six or seven loaves. When it is well risen, and before retiring for the night, I take half as much warm water as I intend using for the batch, adding flour to make a batter. With this I blend the already fermented yeast, and beat all thoroughly with a wooden spoon for twenty minutes. This I consider is a very particular point in baking.

“Secondly: In the morning, when light enough, I add the balance of the warm water, in which I first dissolve about half a teacupful of salt. I beat and knead this about an hour, adding very much flour, which I stir in quickly, kneading well while adding the flour.

“Thirdly: When nice and light I mould into pans. Care must be taken not to mould the loaves too large, as it cannot prove (or rise) properly if too large. When nice and light I have the oven hot enough so that I can hold my hand in it while I count twenty. Then keep it at a regular heat until done—about one hour and ten minutes.”

#### BREAD.

The sponge is made over night in the centre of a pan of flour, with milk and warm water and a cup of home-made hop and potato yeast or two cakes Breadmaker's Yeast to about four loaves. The yeast is put in when about half the flour and water are mixed, and then the remainder of the water is added and the sponge beaten with a wooden spoon for fifteen minutes and left to rise over night in a moderately warm place. In the morning, the bread-dou mixed and kneaded for half an hour, adding flour to make a stiff dough, and left to rise in a mass. It is then made into small loaves, being kneaded

with as little flour as possible, and put in pans to rise the second time, all the while keeping moderately warm and when light bake in a moderately hot oven. The important part of said recipe is the beating of the sponge fifteen minutes, as given.

#### SUPERIOR BREAD.

Scald one quart of sour milk; when cool enough, set your sponge with the whey; take about three quarts of flour, make a hole in the centre, put in the whey about a good teaspoon of salt, two cakes of good hop yeast (Breadmaker's is best), and stir quite stiff with a spoon; wrap in a thick cloth so as to keep as warm as possible in cold weather, in summer it is not necessary. In the morning knead well, adding flour until stiff enough, and keep warm until light; then set it in pans to rise; no saleratus is needed. Bread made in this way will never fail to be good, if good flour and yeast are used.

#### ELECTION CAKE, WITH YEAST.

One pound of sugar, three-fourths of a pound of butter, four eggs, one or two cakes of yeast, two and a half pounds of flour, one pint of milk, spices and raisins, one teacup of molasses; mix the yeast with the milk and a part of the flour and let it stand over night; in the morning work the butter and sugar together, then add the eggs and work the dough with the rest of the ingredients; rise again before baking.

#### YEAST BREAD.

Pare twelve medium-sized potatoes and put them in a kettle to boil. While they are boiling put in a pan three heaped tablespoonfuls of flour, two each of sugar and salt. Pour slowly over these a pint of boiling water, stirring constantly to free from lumps. When soft, mash the potatoes and add to the contents of the pan. Now pour in a quart of cold water and one of

boiling water. Set aside till cool enough to be milk warm. Stir in two cakes of Breadmaker's Yeast dissolved in a little water. Keep warm till a foam rises over the top, when it is ready for use. For each loaf of the bread take one pint of the yeast, no other wetting being required. Make a hole in the centre of a pan of flour, pour in the yeast and stir it thick as possible, cover and set in a warm place to rise, which will be in about two hours—sometimes less—now mix into loaves, let it rise again, and bake from a half to three-quarters of an hour. A great advantage of this bread is, it is so quickly made. If the yeast should become a little sour, a pinch of soda may be put in when first stirred for bread.

#### PLAIN BREAD (WITH BAKING POWDER).

Half pound of white flour, one teaspoonful of baking powder, a pinch of salt, half a pint of milk or water. The simplest way of making bread in small quantities is as follows: Take half a pound of white flour, and, whilst in a dry state, mix in thoroughly a small teaspoonful of Breadmaker's Baking Powder and a pinch of salt. Then add about a quarter of a pint of milk and water, or water alone; knead it as quickly as possible, and put immediately into a very hot oven; the whole secret of making light bread after this fashion lies in attention to these last rules. If the oven is well heated, it will rise almost directly, and it should be baked until the outside is quite crisp and hard. We generally knead ours into the desired shape, but they can be baked in tins if preferred. For brown bread we use three parts of brown and one of white flour, and a little extra baking powder; also adding a little more water, if necessary, to mix it.

#### STEAMED BROWN BREAD.

One pint of sweet milk, four tablespoons of molasses, one cup of Indian meal, two cups of rye or Graham

flour, one teaspoon of salt, one of saleratus; mix with a spoon, and steam three hours, and bake half an hour or more.

#### BOSTON BROWN BREAD.

One and a half cup of Graham flour, two cups of corn meal, one-half cup of molasses, one pint of sweet milk, and one-half teaspoon of soda; steam three hours.

#### BUCKWHEAT CAKES.

One quart buckwheat flour, one teaspoonful of salt, stir in water to make a thin batter; beat thoroughly, with two cakes of Breadmaker's Yeast first dissolved in cold water. Set the batter in a warm place; let it rise over night; add one teaspoonful of soda in the morning.

#### GRAHAM ROLLS.

Two cups Graham meal, one-half cup of flour, one egg, two teaspoonfuls of Breadmaker's Baking Powder, one-half cup of sugar and a little salt.

#### GRAHAM BREAD.

For one loaf, take two cups of white bread sponge, adding two tablespoonfuls of brown sugar, and Graham flour to make a stiff batter; let it rise: after which add Graham flour sufficient to knead, but not very stiff; then put in the pan to rise and bake.

#### PARKER HOUSE ROLLS.

One quart of cold boiled milk, two quarts of flour, one large tablespoonful of lard rubbed into the flour; make a hole in the middle of the flour; take one or two cakes of yeast dissolved in water, one-half cup of sugar, add the milk and pour into the flour with a little salt; let it stand as it is until morning, then knead it hard and let it rise; knead again at four in the afternoon; cut out ready to bake and let it rise again. Bake twenty minutes.

## ROLLS.

To the quantity of light bread dough that you would take for twelve persons, add the white of one egg well beaten, two tablespoons of white sugar, and two tablespoons of butter; work these thoroughly together; roll out about half an inch thick; cut the size desired, and spread one with melted butter and lay another upon the top of it. Bake delicately, when they have risen.

Exquisite rolls may be made by using a very small trifle of pure lard with a portion of your sponge, kneading well to make the grain fine.

## FRENCH ROLLS.

Take one to two cakes of the Breadmaker's Yeast, rub a small one-half cup of butter in the flour (you will have to guess the quantity), then add the yeast, and water enough to wet; mix as for soda biscuit. Let it rise till morning. Roll in thin sheets, and cut into squares, spread a very little butter on each, and sprinkle a little flour on to roll up. Put in the pan when light, bake twenty minutes.

## RAISED DOUGHNUTS.

Two cups of milk, one cake of yeast, flour enough to make a batter; make this batter at noon, set it in a warm place and let it rise until night; if light, add tablespoonful of butter, same of salt, one egg, cup of sugar and a little cinnamon, half teaspoonful soda, and let it rise until morning.

## BROWN BREAD.

Take part of the sponge that has been prepared for your white bread, warm water can be added, mix it with Graham flour (not too stiff).

*For Brown Biscuit.*—Take this Graham dough, as prepared for bread, working in a little butter. Butter the size of an egg is sufficient for two dozen biscuits.

## CORN BREAD.

One-half pint of buttermilk, one-half pint sweet milk ; sweeten the sour milk with one-half teaspoon of soda ; if you have no sour milk use water instead, and use one teaspoonful of Breadmaker's Baking Powder ; beat two eggs, whites and yolks together ; pour the milk into the eggs, then thicken with about nine tablespoons of sifted corn meal. Put the pan on the stove with a piece of lard the size of an egg ; when melted pour it in the batter ; this lard by stirring it will grease the pan to bake in ; add a teaspoon of salt.

## GRAHAM BREAD.

Set sponge of fine flour, using Breadmaker's Yeast the same as for white bread. When raised use Graham flour to usual consistency. Mould with fine flour, let it rise once, then bake.

## BREAKFAST MUFFINS.

Three eggs, one breakfastcupful of milk, one tablespoonful of butter melted, one of sugar, a pinch of salt, two teaspoonfuls of Breadmaker's Baking Powder. Whisk the eggs and mix with the milk ; put the melted butter into a basin with the above ingredients, mixing in flour enough to make a batter. Bake in round tins, and when almost done wash the top of each with a feather dipped in milk.

## GRAHAM MUFFINS.

One quart of Graham flour, two teaspoonfuls of Breadmaker's Baking Powder, a piece of butter the size of a walnut, one egg, one tablespoonful of sugar, one-half teaspoonful of salt, milk enough to make a batter as thick as for griddle cakes. Bake in muffin-rings, about twenty minutes, in a quick oven.

## RICE MUFFINS.

Two cups of cold boiled rice, one pint of flour, one teaspoon of salt, one tablespoon of sugar, two teaspoons of Breadmaker's Baking Powder, one-half pint of milk, three eggs. Mix into a smooth and rather firm batter, and bake as above.

## OATMEAL MUFFINS.

One cup oatmeal, one and a half pints flour, one teaspoonful of salt, two teaspoonfuls of Breadmaker's Baking Powder, one pint of milk, one tablespoonful of lard, two eggs. Mix smoothly into a batter rather thinner than for cup cakes, fill the muffin rings two-thirds full and bake in a hot oven.

## BAKING POWDER BISCUIT.

Take one quart of flour, two teaspoonfuls of Breadmaker's Baking Powder, mix thoroughly, then rub in butter or lard the size of an egg, and wet with milk, stirring with a spoon till thick enough to lay on the moulding-board. Cut thin and bake in a quick oven.

## CRUMPETS.

1. Two eggs, a teaspoonful each of salt and sugar, three teaspoonfuls of Breadmaker's Baking Powder, one quart of milk, three pints of flour. Mix into a stiff batter and bake in greased muffin rings on a hot greased griddle.

2. Two pints flour, one and a half teaspoonfuls of sugar, one teaspoonful of salt, two teaspoonfuls of Breadmaker's Baking Powder, two eggs, one pint of milk, one teaspoonful of cinnamon. Mix thoroughly, adding the eggs and milk last. Stir to a stiff batter, and bake on a hot, well greased griddle.

## WAFFLES.

Two eggs, one pint of milk, half ounce of butter, one cake of the Breadmaker's Yeast, salt to taste, and flour enough to form a thick batter. Warm the milk and butter together; beat the eggs, and add them by turns with the flour; stir in the yeast and salt. When they are light, heat your waffle-irons and butter them, pour in some of the batter, and brown them on both sides; butter them, and serve them with or without sugar and cinnamon.

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## THE BREADMAKER'S KNEADING PAN.



*"Let any one use it and then try to do without it."—PRACTICAL HOUSEKEEPER.*

This magnificent pan is just the right shape to make the work easy, and just the right size. The above picture represents the most convenient kitchen utensil which can be conceived. It is useful in every case where flour is used, whether for pastry, puddings, biscuits, or that best of all our foods, viz., bread. We have spared no effort to make it just the thing long



sought for. It is stamped from the heaviest sheet tin made, turned in a lathe, and afterwards heavily re-tinned, and will last a lifetime with ordinary care. Our desire is to make home-breadmaking easy, always successful and popular.

The best and most careful of breadmakers may sometimes fail, but in ninety-nine cases out of every hundred it is because of a change of temperature before fermentation is complete. In the Breadmaker's Kneading Pan we have a light, strong vessel, properly shaped, with a ventilated cover, and when used as directed, with good judgment, there is almost absolute insurance against a batch of sour bread.

The chief advantage of using such a pan is the ease with which the flour for a batch of bread may be warmed on the back of a kitchen stove or cooking range. With a little care to stir and intermix it from the bottom, the whole mass becomes warm, and when a place is hollowed out to admit of the yeast being poured in there to rise, you have summer heat from September till July. All you want in addition to this is covering to suit the room and the weather, so that the temperature may not be allowed to cool down.

Successful breadmaking is not a matter of luck. It is a matter of temperature, so far as fermentation is concerned. If a setting of yeast cools down below the proper heat, that, of itself, is death to the formation of the yeast cells until the temperature is raised again. Therefore, provide yourself with suitable conveniences.

But what we have said applies to any sort of a pan that suits your taste, means or convenience. We want all breadmakers to use THE BREADMAKER'S YEAST and BREADMAKER'S BAKING POWDER intelligently and successfully. Sold by grocers and storekeepers. Price, \$1.

## LESSONS IN CAKEMAKING.

## THE BREADMAKER'S BAKING POWDER.

The many forms of cookery taught in this book of lessons, so far as they pertain to Recipes in which baking powder is one of the ingredients, the Breadmaker's Baking Powder is the kind for which the quantities is arranged.

The most unerring standard by which to measure human progress, otherwise called civilization, is by the methods of preparing food. Nature abounds in food, and is unlimited in its powers to supply the material. Domestic chemistry teaches us how to prepare and cook it, so that it may be easily assimilated and go to repair the wastes of efforts of all kinds commonly called work—and it is to such as work that food means most.

Food is the first necessity of mankind. Its economic preparation is, therefore, of prime importance.

Chemistry, as applied to foods, is the poetry of the science, and the kitchen is the laboratory where its problems are wrought out.

That one staple of human food, viz., wheat flour, is made to assume a multitude of pleasing and nutritious forms, in nearly all of which it must be light, porous or spongy. Kitchen Chemistry furnishes the means: It is carbonic acid gas in every case. But this harmless gas is generated or set free by two distinct methods:—First, by true yeast fermentation, as in bread, as described in the foregoing pages on this subject. Second, by the action of one chemical upon another, as in the

Breadmaker's Baking Powder, but in both cases the effect is the same—the first requiring time, depending on a certain even temperature, the other possessing the advantage of being instant and independent of temperature. Baking powder has therefore the advantage in a hundred forms of cookery, where fermentation is impossible.

An article of everyday use, such as a baking powder, should of necessity be exactly what science permits. Alum is not allowable, because it leaves a residue after its leavening action which is constipating—that is to say, it is an astringent. If phosphatic acid (the ashes of bones) is used, the residue is plaster of paris, and who wants to eat that? Fancy a man carrying about a few accumulated pounds of that cheap ingredient.

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### SUGGESTIONS TO BEGINNERS.

In making Cake, it is very desirable that the materials be of the finest quality. Sweet, fresh butter, eggs, and good flour are the first essentials. The process of putting together is also quite an important feature. It would be well to observe the following directions: Never allow the butter to oil, but soften it by putting it in a moderately warm place before you commence other preparations for your cake; then put it into an earthen dish, (tin, if not new, will discolour your cake as you stir it), and add your sugar; beat the butter and sugar to a cream; add the yolks of the eggs, then the milk, and lastly the beaten whites of the eggs and flour. Spices and liquors may be added after the yolks of the eggs are put in, and fruit should be put in with the flour.

The oven should be pretty hot for small cakes, and moderate for larger. To ascertain if a large cake is

sufficiently baked, pierce it with a broom-straw through the centre; if done the straw will come out free from dough; if not done, dough will adhere to the straw. Take it out of the tin about fifteen minutes after it is taken from the oven (not sooner), and do not turn it over on the top to cool.

The importance of a thoroughly pure and reliable baking powder is also essential to success, and we have much pleasure in recommending the Breadmaker's Baking Powder.

#### FROSTING.

One-fourth granulated sugar, moisten thoroughly with water sufficient to dissolve it when heated; let it boil until it threads from the spoon, stirring often; while the sugar is boiling, beat the whites of two eggs till they are firm; then when thoroughly beaten, turn them into a deep dish, and when the sugar is boiled, turn it over the whites, beating all together rapidly until of the right consistency to spread over the cake. Flavour with lemon if preferred. This is sufficient for two loaves.

#### ICING.

Whites of four eggs, one pound powdered white sugar, lemon, vanilla, or other seasoning. Break the whites into a broad, clean, cool dish. Throw a small handful of sugar upon them, and begin whipping it in with long, even strokes of the beater. A few minutes later, throw in more sugar, and keep adding it at intervals until it is all used up. Beat perseveringly—always with a regular sweeping movement of the whisk—until the icing is of a smooth, fine and firm texture. Half an hour's beating should be sufficient, if done well. If not stiff enough, put in more sugar. A little practice will teach you when your end is gained. If you season with lemon-juice, allow, in measuring your sugar, for the additional

liquid. Lemon juice, or a very little tartaric acid whitens the icing. Use *at least* a quarter of a pound of sugar for each egg.

This method of making icing was taught us by a confectioner, as easier and surer than the old plan of beating the eggs first and alone. We have used no other since our first trial of it. The frosting hardens in one-fourth the time required under the former plan, and not more than half the time is consumed in the manufacture. We have often iced a cake but two hours before it was cut, and found the sugar dry all through.

Pour the icing by the spoonful on the top of the cake and near the centre of the surface to be covered. If the loaf is of such a shape that the liquid will settle of itself to its place, it is best to let it do so. If you spread it, use a broad-bladed knife, dipped in cold water. If it is as thick with sugar as it should be, you need not lay on more than one coat. You may set it in a moderate oven for three minutes, if you are in great haste. The better plan is to dry in a sunny window, where the air can get at it, and where there is no dust.

Colour icing yellow by putting the grated peel of a lemon or orange in a thin muslin bag, straining a little juice through it, and squeezing it hard into the egg and sugar.

Strawberry-juice colours a pretty pink, as does also cranberry-syrup.

#### ALMOND ICING.

Whites of four eggs, one pound sweet almonds, one pound powdered sugar, a little rose-water. Blanch the almonds by pouring boiling water over them and stripping off the skins. When dry, pound them to a paste, a few at a time, in a Wedgewood mortar, moistening it with rose-water as you go on. When beaten fine and smooth, beat gradually into icing, prepared according

to the foregoing recipe. Put on very thick, and, when nearly dry, cover with plain icing. This is very fine.

#### ICE CREAM ICING FOR WHITE CAKE.

Two cups pulverized sugar boiled to a thick syrup; add three teaspoonfuls vanilla; when cold, add the whites of two eggs well beaten, and flavoured with two teaspoonfuls of citric acid.

#### BREAKFAST CAKE.

One cup of sugar, two cups of milk, two-thirds of a cup of melted butter, three eggs, one quart of flour, two and a half teaspoonfuls of Breadmaker's Baking Powder. Bake twenty minutes.

#### CORN CAKE.

Two cups of white Indian meal, one cup of flour, one pint of water, one egg, two-thirds cup of sugar, two teaspoonfuls Breadmaker's Baking Powder, a small piece of butter and a little salt.

#### RYE BREAKFAST CAKES.

Two cups of rye meal, one-half cup molasses, a little salt, a cup and a half of sweet milk to mix it very soft, and one and a half teaspoonful of Breadmaker's Baking Powder. Bake at once in a roll, pan or muffin rings.

#### COCOANUT CAKE.

1. Two well-beaten eggs, two tablespoonfuls of butter, two cups prepared cocoanut, one cup sugar, one-half cup of milk, one teaspoonful Breadmaker's Baking Powder. Soak the cocoanut in milk.

2. Three-fourths of a pound of flour, half a pound of butter, mixed together; one pound of sugar and the yolks of five eggs mixed together; mix these with one large cocoanut; beat the whites of the eggs to a froth, and put in one teaspoonful of Breadmaker's Baking Powder. This is sufficient for two loaves.

## GOLD CAKE.

Two cups not quite full of flour, the yolks of four eggs, one cup of sugar, one-half cup of sweet milk, one and a half teaspoonfuls of Breadmaker's Baking Powder. Flavour to taste.

## SILVER CAKE.

Two cups of flour, the whites of four eggs, one cup of sugar, one-half cup of sweet milk, one and a half teaspoonful of Breadmaker's Baking Powder. Flavour to taste.

## CHOCOLATE CAKE.

Two cups of sugar, one cup of butter, one cup of sweet milk, three and a half cups of flour, three whole eggs and the yolks of two more, two teaspoonfuls of Breadmaker's Baking Powder. Frosting for same—whites of two eggs beaten with sugar quite stiff, three tablespoonfuls grated chocolate, teaspoonful of vanilla.

## LILY CAKE.

Two cups of sugar, one cup of butter mixed together; one cup of sweet milk, one teaspoonful of Breadmaker's Baking Powder, one cup of corn starch, two cups of flour, whites of five eggs. Flavour, and frost with chocolate frosting.

## ANNIE'S CHOCOLATE CAKE.

One full cup of butter, two cups of flour, two cups of sugar, one cup (not quite full) milk, one teaspoonful of Breadmaker's Baking Powder, five eggs, leaving out the whites of two; rub butter and sugar together, add eggs, two-thirds of the milk, then flour, then the rest of the milk. While hot, spread with an icing made of the whites of eggs, one and a half cups of pulverized sugar, two teaspoonfuls essence vanilla, and six tablespoonfuls of vanilla chocolate.

## DELICIOUS CAKE.

Two cups of white sugar, one cup of butter, one cup of milk, three eggs, one and a half teaspoonful of Breadmaker's Baking Powder, three cups of flour; beat butter and sugar together, add the yolks of the eggs, then the beaten whites. In all cases in using Breakmaker's Baking Powder, it should be first thoroughly combined and sifted with the flour.

## CORN STARCH CAKE.

The whites of three eggs, one half cup of corn starch, one half cup of butter, one half cup of milk, one teaspoonful of Breadmaker's Baking Powder, one cup of sugar, one cup of flour. Flavour with lemon.

## BUTTERMILK CAKE.

Three cups of pulverized sugar, one cup of butter, one cup of buttermilk, six eggs, one teaspoonful of soda, three cups of flour.

## COFFEE CAKE.

Five cups of flour, one cup of butter, one cup of coffee, one cup of molasses, one cup of sugar, one cup of raisins, and a teaspoonful of soda.

## JELLY CAKE.

Three eggs, one cup of sugar, one cup of flour, one teaspoonful of Breadmaker's Baking Powder dissolved in two tablespoonfuls of milk; beat all well together. When baked spread with jelly.

## TUMBLER CAKE.

Three tumblers of sugar, one tumbler of butter, one tumbler of sweet milk, four eggs, five tumblers of flour) one teaspoonful baking powder, a tumbler of citron. Flavour with lemon.



## PARK STREET CAKE.

Whites and yolks of four eggs beaten separately, two cups of white sugar, one cup of milk, three cups of flour, one half cup butter, two teaspoonfuls of Breadmaker's Baking Powder. Flavour to taste.

## HICKORY NUT CAKE.

One cup of sugar, one half cup butter, one half cup milk, two cups flour, one teaspoonful baking powder, one large cup raisins, one cup nuts broken up, two eggs.

## DELICATE CAKE.

Nearly three cups flour, two cups of sugar, three-fourths of a cup of sweet milk, whites of six eggs, one teaspoonful of baking powder, half a cup of butter. Lemon for flavouring.

## WHITE SODA BISCUIT.

Rub two teaspoonfuls of the Breadmaker's Baking Powder and two tablespoonfuls of lard into one quart of pastry flour. Dissolve one teaspoonful of salt in two teacupfuls of new milk, and mix rapidly with as few strokes as possible. The dough should be very soft, if too thick add more milk. Roll out lightly, cut into cakes half an inch thick and bake in a quick oven.

## MINUTE BISCUIT.

One pint sour, or buttermilk, one teaspoonful soda, two teaspoonfuls melted butter, flour, to make soft dough—just stiff enough to handle. Mix, roll, and cut out rapidly, with as little handling as may be, and bake in a quick oven.

## GRAHAM BISCUIT.

Three cups Graham flour, one cup white, three cups milk, two tablespoonfuls lard, one heaping tablespoonful white sugar, one saltspoonful salt, two teaspoonfuls

of the Breadmaker's Baking Powder. Mix and bake as you do the white soda biscuit. They are good cold as well as hot.

#### GRAHAM WHEATLETS.

One pint Graham flour, nearly a quart boiling water or milk, one teaspoonful salt. Scald the flour, when you have salted it, into as soft a dough as you can handle. Roll it nearly an inch thick, cut in round cakes, lay upon a hot buttered tin or pan, and bake them in the hottest oven you can get ready. Everything depends upon heat in the manufacture of these. Some cooks spread them on a hot tin, and set them on a red-hot stove. Properly scalded and cooked, they are as light as puffs, and very good; otherwise they are flat and tough. Split and butter while hot.

#### SWEET RUSK.

One pint warm milk, half cup of butter, one cup of sugar, two eggs, one teaspoonful salt, two Breadmaker's Yeast Cakes. Make a sponge with the milk, yeast, and enough flour for a thin batter, and let it rise over night. In the morning add the butter, eggs, and sugar, previously beaten up well together, the salt, and flour enough to make a soft dough. Mould with the hands into balls of uniform size, set close together in a pan, and let them rise until very light. After baking, wash the tops with a clean soft cloth dipped in molasses and water.

#### BUTTER CRACKERS.

One quart of flour, three tablespoonfuls butter, half teaspoonful soda dissolved in hot water, one saltspoonful salt, two cups sweet milk. Rub the butter into the flour, or, what is better, cut it up with a knife or chopper, as you do in pastry; add the salt, milk and soda, mixing well. Work into a ball, lay upon a floured

board, and beat with the rolling-pin half an hour, turning and shifting the mass often. Roll into even sheet a quarter of an inch thick, or less, prick deeply with a fork and bake hard in a moderate oven. Hang up in a muslin bag two days to dry.

## JOHNNY CAKE.

One teacupful sweet milk, one teaspoonful salt, two teaspoonfuls Breadmaker's Baking Powder, one tablespoonful melted butter. Enough meal to enable you to roll it into a sheet half an inch thick. Spread upon a buttered tin, or in a shallow pan, and bake it forty minutes. As soon as it begins to brown, baste it with a rag tied to a stick and dipped in melted butter. Repeat this five or six times until it is brown and crisp. Break—not cut up—and eat for luncheon or tea, accompanied by sweet or buttermilk.

## FLANNEL CAKES.

One quart milk, two cakes Breadmaker's Yeast, one tablespoonful butter, melted; two eggs, well beaten; one teaspoonful salt. Flour to make a good batter. Set the rest of the ingredients as a sponge over night, and in the morning add the melted butter and eggs.

## CORN-MEAL FLAPJACKS.

One quart sour or butter milk, two eggs, beaten light; one teaspoonful salt, one teaspoonful soda, dissolved in hot water; two tablespoonfuls molasses, one tablespoonful lard, melted; half cup flour. Meal to make a batter a trifle thicker than flannel cakes. If you have not sour milk, use sweet new milk and one and a half teaspoonful of the Breadmaker's Baking Powder, omitting the soda.

## FRUIT SHORTCAKE.

Two quarts of flour, two tablespoonfuls lard, two tablespoonfuls butter, two cups sweet cream, two eggs,

well beaten; four teaspoonfuls Breadmaker's Baking Powder, one teaspoonful salt. Chop up the shortening in the salted flour, after first thoroughly mixing and sifting the baking powder with the flour, as for pastry. Add the eggs to the milk; put all together, handling as little as may be. Roll lightly and quickly into two sheets, the one intended for the upper crust fully half an inch thick, the lower less than this. Lay the latter smoothly in a well-greased baking pan, strew it *thickly* with raspberries, blackberries, or, what is better yet, huckleberries; sprinkle four or five tablespoonfuls of sugar over these, cover with the thicker crust, and bake from twenty to twenty-five minutes, until nicely browned, but not dried. Eat hot for breakfast with butter and powdered sugar.

It should be mixed as soft as can be rolled. The shortcake is very nice, made with the common "black-caps" or wild raspberries.

#### STRAWBERRY SHORTCAKE.

One quart flour, three tablespoonfuls butter, one *large* cup sour cream or very rich "loppered" milk, one egg, one tablespoonful white sugar, one teaspoonful soda, dissolved in hot water; one saltspoonful salt. Proceed, in mixing and baking, as with the huckleberry shortcake, except that, instead of putting the berries between the crust, you lay one sheet of paste smoothly upon the other, and bake until done. While warm—not hot—separate these and put a layer of berries between the crusts, covering with powdered sugar.

#### ONE, TWO, THREE, FOUR, CUP CAKE.

One cup butter, two cups sugar, three cups flour, four eggs, one cup sweet milk, two teaspoonfuls of Breadmaker's Baking Powder. Bake in a loaf, or roll thinner and use for jelly cake,

## CREAM CAKE.

Two cups powdered sugar, two-thirds cupful of butter, four eggs, half cupful of milk, two teaspoonfuls of Breadmaker's Baking Powder, three cups of flour. Bake in thin layers as for jelly cake, and spread between them when cold the following mixture:—Half pint of milk, two small teaspoonfuls of corn-starch, one egg, one teaspoonful vanilla, half cup sugar. Heat the milk to boiling, and stir in the corn-starch wet with a little cold milk; take out a little and mix gradually with the beaten egg and sugar; return to the rest of the custard, and boil, stirring constantly until quite thick. Let it cool before you season, and spread on cake. Season the icing also with vanilla.

## COCOANUT CAKE.

Two cups powdered sugar, half cup butter, three eggs, one cup milk, three cups flour, two and a half teaspoonfuls Breadmaker's Baking Powder. Bake as for jelly-cake. *Filling*—One grated cocoanut. To one half of this add whites of three eggs beaten to a froth, and one cup of powdered sugar. Lay this between the layers. Mix with the other half of the grated cocoanut four tablespoonfuls powdered sugar, and strew thickly upon top of cake.

## LOAF COCOANUT CAKE.

One pound sugar, half pound butter, six eggs, half pound flour, one pound finely grated cocoanut, stirred lightly in the last thing. Bake immediately.

## RAISED CAKE.

Three cups of light dough, three eggs, two heaping cups of sugar, one cup of butter, one cup of chopped raisins; put in a dish together and work with hand till well mixed; spice to taste. Put in pans and bake immediately.

## CHEAP SPONGE CAKE.

Three eggs, one cup of sugar, one cup of flour, into which mix one teaspoonful of cream-tartar and one-half teaspoonful of soda dissolved in three teaspoonfuls of warm water. The last thing add a dessertspoonful of vinegar, stirring briskly. Bake about twenty-five minutes in not too hot an oven. The batter will be very thin.

## SPONGE CAKE.

Eleven eggs, four cups of sugar, four cups of flour; beat the yolks and sugar together, add the whites well beaten, stir the flour in as lightly as possible.

## CIRCLE CAKE.

One egg, one cup of sugar, two cups of flour, one-third of a cup of butter, one-half cup sweet milk, two teaspoonfuls Breadmaker's Baking Powder. Flavour with rose of lemon.

## PANCAKES.

One pint of milk, three eggs, one teaspoonful of salt; mix to a very thin batter, drop in hot lard. To be eaten with wine and sugar.

## CHAPIN CAKE.

Six cups of flour, one cup of butter, three cups of sugar, two cups of milk, two eggs, one teaspoonful of soda, one pound of chopped raisins.

## DOUGHNUTS.

1. One quart of flour, one egg, one-half cup sugar, one cup sweet milk, six teaspoonfuls melted lard, two teaspoonfuls of Breadmaker's Baking Powder.

2. One cup sour milk, one cup of sugar, one egg, one teaspoonful of soda, two tablespoonfuls melted butter, a little salt and spice. Mix very soft.

## COOKIES

1. Two cups of sugar, one cup of butter, two eggs, one-half cup of milk, one and one-half teaspoonful of Breadmaker's Baking Powder; flour to roll stiff.

2. One and a half cups of brown sugar, one cup of butter, two eggs, one cup of currants, two great spoonfuls of sweet milk, small teaspoonful of soda; cinnamon, cloves, nutmeg to taste.

## WAFERS.

One quart of flour, four ounces of lard or butter, a little salt. Mix with cold water; pound with a rolling pin twenty minutes. To be rolled out very thin, and cut with a doughnut cutter. To be eaten with jelly.

## RAISIN CAKE.

One-half cup of butter, one-half cup of sugar, two eggs, one-half cup of sweet milk, three cups of flour, one cup of raisins, one teaspoonful of Breadmaker's Baking Powder.

## MOLASSES GINGERBREAD.

1. Two cups of Orleans molasses, one cup of sugar, one cup of sour milk, one-half cup of butter, one egg, one teaspoonful of soda, tablespoonful of ginger, sufficient flour for a thick battter.

2. Two cups of molasses, one-half cup of butter, one cup of sour cream, one teaspoonful of ginger, two teaspoonfuls of soda, five and a half cups of flour.

## HARD GINGERBREAD.

One cup of butter, two cups of sugar, three eggs, one teaspoonful and a half of the Breadmaker's Baking Powder. Season with ginger and nutmeg. Flour enough to roll.

## GINGER SNAPS.

Bring to a scald one cup of molasses, and stir in one tablespoonful of soda, pour it, while foaming, over one cup of sugar, one egg, one tablespoonful of ginger, beaten together; then add one tablespoonful of vinegar. Flour enough to roll stirred in as lightly as possible.

## GINGER NUTS.

1. Half pound of butter, half pound of sugar, one pint of molasses, two ounces ground ginger, two tablespoonfuls of cinnamon, as much flour as will form a dough, half an ounce of ground cloves and allspice mixed. Stir the butter and sugar together; add the spice, ginger, molasses, and flour enough to form a dough. Knead it well, make it out in small cakes, bake them on tins in a very moderate oven. Wash them over with molasses and water before they are put in to bake.

2 Half pound of butter, two pounds of flour, one pint of molasses, two eggs, six ounces ground ginger, three ounces ground allspice, one ounce powdered cinnamon. Mix in the same manner as for gingerbread. Roll out the dough into ropes about half-inch thick; cut these transversely into pieces, which roll into small balls; place these at a little distance apart, upon greased baking sheets, and flatten them down with the palm of your hand; when the sheet is full, wash them over the tops with a brush dipped in thin molasses, and bake in a moderate oven.

## GINGERBREAD SQUARES.

Half pound of moist sugar, two ounces of ground ginger, one pound of flour, half pound of butter, half pound of treacle. Put the butter and treacle into a jar near the fire; when the butter is melted mix it with the flour while warm, and spread the mixture thinly on



buttered tins, mark it in squares before baking, and as soon as baked enough separate it at the marks before it has time to harden. Time to bake, fifteen minutes.

## HONEYCOMB GINGERBREAD.

Half pound of flour, half pound of the coarsest brown sugar, quarter pound of butter, one dessertspoonful of allspice, two dessertspoonfuls of ground ginger, the peel of half a lemon grated, and the whole of the juice; mix all these ingredients together, adding about half a pound of treacle so as to make a paste sufficiently thin to spread upon sheet tins. Beat well, butter the tins, and spread the paste very thinly over them, bake it in a rather slow oven, and watch it till it is done; withdraw the tins, cut it in squares with a knife to the usual size of wafer biscuits (about four inches square), and roll each piece round the fingers as it is raised from the tin.

## DROP GINGER CAKES.

Put in a bowl one cup of brown sugar, one of molasses, one of butter, then pour over them one cup of boiling water, stir well; add one egg, well beaten, two teaspoonfuls of soda, two tablespoonfuls each of ginger and cinnamon, a half teaspoonful of ground cloves, five cups of flour. Stir all together and drop with a spoon on buttered tins; bake in a quick oven, taking care not to burn them.

## NEW YORK CAKE.

One pound sugar, half pound butter, one pound currants, washed clean and dredged with flour, three cups flour, four eggs; nutmeg and cinnamon to taste; half teaspoonful soda dissolved in three tablespoonfuls milk.

## BREADMAKER'S CAKE.

Half pound butter, one pound flour, eight eggs, one and a half teaspoonful of Breadmaker's Baking Powder, one pound sugar, half pint milk.

## SCHOOL CAKE.

Two and a half cups powdered sugar, three-quarters cup of butter, one cup sweet milk, three cups flour, four eggs, one lemon, juice and rind, one small teaspoonful soda. Bake in a square or oblong tin, and frost with whites of two eggs beaten stiff with powdered sugar.

## COLEMAN CAKE.

One pound of flour, one pound white sugar, half pound butter, rubbed with the sugar to a very light cream, six eggs, one cup sweet milk, two teaspoonfuls of Breadmaker's Baking Powder sifted into the flour, one teaspoonful powdered cinnamon, one tablespoonful rose-water. Flavour the frosting with lemon-juice.

## CHOCOLATE CAKE.

Two cups of sugar, one cup butter, the yolks of five eggs and whites of two, one cup of milk, three and a half cups of flour, two teaspoonfuls of Breadmaker's Baking Powder sifted into the flour. Bake in jelly-cake tins.

*Mixture for Filling*—White of three eggs, one and a half cups sugar, three tablespoonfuls grated chocolate, one teaspoonful vanilla. Bake well together, spread between the layers, and on top. Bake.

## MARBLE CAKE.

*Light*—One cup white sugar, half cup butter, half cup milk, whites of three eggs, one and a half teaspoonful Breadmaker's Baking Powder, two cups flour.

*Dark*—Half cup brown sugar, quarter cup butter, half cup molasses, quarter cup milk, half nutmeg, one teaspoonful cinnamon, half teaspoonful allspice, one and a half teaspoonful of Breadmaker's Baking Powder, two cups flour, yolks of three eggs. Butter your mould, and put in the dark and light batter in alternate tablespoonfuls.

## LEMON CAKE.

One cup butter (packed), two scant cups of sugar, ten eggs, yolks and whites beaten separately, one small cup of milk, juice and rind of a lemon, one small teaspoonful of soda, flour to make tolerably thin batter (between two and three cups); of some qualities of flour three cups will be needed. Bake in a quick oven.

## CAMEL CAKE.

Three cups of sugar, one and a half cups butter, one cup milk, four and a half cups flour, five eggs, three teaspoonfuls of Breadmaker's Baking Powder sifted and mixed with flour.

*Mixture for Filling.*—White of three eggs, one and a half cup sugar, three tablespoonfuls grated chocolate, one teaspoonful vanilla. Bake well together, spread between the layers, and on top. Bake.

## MOTHER'S SPONGE CAKE.

Twelve eggs, the weight of the eggs in sugar, half their weight in flour, one lemon, juice and rind. Beat yolks and whites *very* light, the sugar into the former when they are smooth and stiff; next, the juice and grated peel of the lemon, then the flour; lastly the beaten whites, *very* lightly. Bake in whatever shape you will. Be careful that your oven is steady. It is a good plan to line the pans in which sponge-cake is baked with buttered paper, fitted neatly to the sides and bottom.

## CHOCOLATE ICING (SIMPLE).

One-quarter cake chocolate, one-half cup sweet milk, one tablespoonful corn-starch, one teaspoonful vanilla. Mix together these ingredients, with the exception of the vanilla; boil it two minutes (after it has fairly come to a boil), flavour, and then sweeten to taste with powdered sugar, taking care to make it sweet enough.

## CHOCOLATE CARAMELS.

Two cups brown sugar, one cup molasses, one table spoonful (heaping) of butter, three tablespoonfuls flour. Boil twenty-five minutes; then stir in half a pound of grated chocolate wet in one cup of sweet milk, and boil until it hardens on the spoon, with which you must stir it frequently. Flavour with a teaspoonful of vanilla.

## MARIAN'S CAKE.

One cup of sugar, one-half cup butter, three eggs, one-half cup sweet milk, one and a half teaspoonful Breadmaker's Baking Powder sifted with flour, two and a half cups flour. Bake in jelly-cake tins, and fill with jelly or chocolate. A simple and excellent cake.

## POUND CAKE.

One pound sugar, one pound flour, three-quarters of a pound of butter, nine eggs, two teaspoonfuls Breadmaker's Baking Powder. Cream the butter and sugar with great care; beat the yolks and whites separately; sift the baking powder well through the flour. Add the flour last.

## GEORGE WASHINGTON CAKE.

Three cups sugar, two cups butter, five eggs, one cup milk, four cups flour, three teaspoonfuls Breadmaker's Baking Powder. Mix as usual and stir in at the last, a half pound currants well washed and dredged, one-quarter of a pound of raisins seeded and chopped fine, then floured, a handful of citron sliced fine, cinnamon and nutmeg to taste. Fruit-cake takes longer to bake than plain, and the heat must be kept steady.

## MARTHA WASHINGTON CAKE.

One pound butter, one pound sugar, one pound flour, six eggs, two cups sour cream or milk, one grated nutmeg, one teaspoonful powdered cinnamon, one table-spoonful rose-water, one teaspoonful soda dissolved in hot water, and stirred into the milk just before adding

the latter to the cake. Cream the butter and sugar, put with them the yolks whipped light, then the cream and spice, next the flour, then the rose-water and a double-handful of citron cut in slips and dredged; finally, the beaten whites of the eggs. Stir all well, and bake in a loaf or in a "card," using a square shallow baking pan. This is a good cake and keeps well.

## WEDDING CAKE.

One pound powdered sugar, one pound butter, one pound flour, twelve eggs, one pound currants, well washed and dredged, one pound raisins seeded and chopped, half pound citron cut in slips, one tablespoonful cinnamon, two teaspoonfuls nutmeg, one teaspoonful cloves, one wineglass brandy. Cream the butter and sugar, add the beaten yolks of the eggs, and stir all *well* together before putting in half of the flour. The spice should come next, then the whipped whites stirred in alternately with the rest of the flour, lastly the brandy. The above quantity is for two large cakes. Bake at least two hours in deep tins lined with well buttered paper. The icing should be laid on stiff and thickly. This cake, if kept in a cool, dry place, will not spoil in two months. Test the cakes well, and be sure they are quite done before taking them from the oven.

## FRUIT-CAKE (PLAINER).

One pound powdered sugar, one pound flour, three-quarters of a pound of butter, seven eggs, half a pound of currants—washed, picked over, and dredged; half a pound of raisins—seeded and chopped, then dredged; quarter of a pound of citron cut into slips, one teaspoonful nutmeg, one teaspoonful cinnamon, one glass brandy. Cream butter and sugar; add the beaten yolks, then the spice and the whipped whites alternately with the flour: the fruit and brandy last.

## CORN-STARCH CAKE.

Two cups sugar and one cup butter rubbed to a cream, one cup milk, two cups flour, three eggs, whites and yolks beaten separately; half cup corn-starch, three teaspoonfuls Breadmaker's Baking Powder, sifted well through the flour. Sift the corn-starch with the flour, and add the last thing. Bake in small tins and eat while fresh. They dry in two or three days and become insipid, but are very nice for twenty-four hours after they are baked.

## MOLASSES COOKIES.

One cup butter, two cups molasses, one teaspoonful cloves, one tablespoonful ginger. Sufficient flour to make stiff *batter*, not dough. Mould with the hands into small cakes, and bake in a steady rather than in a quick oven, as they are apt to burn.

## MACAROONS.

Four ounces of almonds, four spoonfuls of orange-flower water, one pound of white sugar, wafer paper, four eggs. Blanch the almonds, and pound with the orange-flower water; whisk the whites of four eggs to a froth, then mix it, and a pound of white sugar sifted with the almonds, to a paste; and laying a sheet of wafer-paper on a tin, put it on in different little cakes, the shape of macaroons. Bake from fifteen to twenty minutes.

## NEW YEAR CAKES.

One and a quarter pound sugar, one pound butter, half pint cold water, two eggs, three and a quarter pounds flour, one teaspoonful soda dissolved in hot water, four tablespoonfuls caraway seed sprinkled through the flour. Rub the butter, or, what is better, chop it up in the flour; dissolve the sugar in the water; mix all well with the beaten eggs, cut in square cakes, or with an oval mould, and bake quickly.

## WHITE CAKE.

One cup butter, two cups sugar, one cup sweet milk, whites of five eggs, three cups flour, two teaspoonfuls Breadmaker's Baking Powder, sifted and mixed with the flour.

## "MOTHER'S" COOKIES.

One cup butter, two cups sugar, three eggs, well beaten; a quarter teaspoonful soda dissolved in boiling water, one teaspoonful nutmeg, half a teaspoonful cloves. Flour to make a soft dough, just stiff enough to roll out. Try two cups to begin with, working it in gradually. Cut in round cakes, stick a raisin or currant in the top of each, and bake quickly.

## PLAIN FRUIT CAKES.

One pound of flour, a quarter pound of dripping, two teaspoonfuls of Breadmaker's Baking Powder, a little allspice and salt, a quarter pound of currants, a quarter pound of white sugar, and a half pint of milk. Mix into the flour the baking powder and salt, then with the hands rub the dripping in the flour until it resembles bread-crumbs. Add the currants, allspice and sugar. Take care that the ingredients are well mixed; pour in the milk and mix with a wooden spoon. Grease a quarter tin and pour the mixture into it; bake for one hour.

## JELLY ROLLS.

Three eggs, half cupful of butter, one and a half teaspoonful of Breadmaker's Baking Powder, two-thirds of a cup of pulverized sugar, one cupful of flour, a little salt. Bake in shallow pans—a dripping pan well buttered is good for this purpose; put in the dough till it is about half an inch thick; take it carefully from the tins when baked and lay on a cloth; spread jelly over it evenly with a knife; roll while hot; if this is not done the cake will crumble.

## SPONGE JELLY CAKE (ROLLED).

Five eggs, one cup of sugar, one cup of flour, and one teaspoonful of Breadmaker's Baking Powder. Beat the yolks and sugar to a cream, add the whites, beaten to a stiff froth; then the flour, in which the baking powder has been mixed. Bake in a dripping-pan. When done, turn out on a cloth, spread jelly on the bottom of the cake, and roll from the side.

## ROLL JELLY CAKE.

One and a half cups of brown sugar, three eggs, one cup of milk, two cups of flour, two teaspoonfuls of Breadmaker's Baking Powder, one teaspoonful of lemon or vanilla essence. Thoroughly beat the eggs and sugar together; mix the baking powder with the milk, stirring in the flavouring also; next mix in the flour; spread them upon a long pan, and as soon as done spread jelly on the top and roll.

## SPONGE JELLY CAKE.

Three eggs, four ounces of sugar, one cup of flour, one dessertspoonful of Breadmaker's Baking Powder, three tablespoonfuls of boiling water. Mix the baking powder with the flour, and beat each of the eggs separately. Then mix all the ingredients together, and bake in jelly tins in a brisk oven. When cool, chocolate frosting put between the cakes makes them very delicious, or jelly, if preferred.

## PLUM CAKE.

One pound each of butter, sugar and flour, ten eggs, one pound of raisins, half pound each of currants and sliced citron, a teaspoonful of ground cloves, one of mace, one nutmeg, the juice and grated peel of a lemon, half a coffee cup of molasses. Beat the butter till it is soft and creamy, then add the sugar. Beat the whites and the yolks of the eggs separately; stir the yolks in with



the butter and sugar ; stir the flour in gradually (having first mixed one heaping teaspoonful of cream of tartar with it). When the flour is about half worked in, put in half a teaspoonful of soda dissolved in as little water as is possible to use ; then add the whites of the eggs, and lastly the fruit, which is well covered with the rest of the flour. Bake in a large tin, with a buttered paper on the sides as well as on the bottom ; it will need to bake slowly for five hours. Then, do not attempt to lift it from the tin until it is perfectly cold. This should be made several days before it is used.

#### A RICH PLUM CAKE.

One pound of fresh butter, one pound of powdered loaf sugar, one pound of flour, one and a half pounds of currants, two pounds candied peel, one pound sweet almonds, two ounces allspice, a quarter ounce of cinnamon (both these in powder), ten eggs, a glass of brandy. Beat the butter to a cream, and add the sugar ; stir till light, and put in the spices ; in fifteen minutes work in the eggs, two or three at a time, then add the orange, lemon, and citron peel and currants, and mix them well with the almonds, blanched and cut small ; last of all add the flour and brandy ; bake in a hot oven for three hours, in a tin hoop with plenty of paper underneath.

#### STRAWBERRY SHORT-CAKE.

Butter, flour, strawberries, sugar, whipped cream. Make a rich, short crust with butter and flour, allowing one ounce more of flour than butter ; bake in flat tins of equal size (the pastry when baked should be about an inch thick) ; open the short-cake, butter it well, and cover one-half with a layer of strawberries previously mixed with sugar ; have alternate layers of berries and pastry, finishing with the former, over which place a layer of whipped cream.

## LADY FINGERS.

Four ounces of sugar, four yolks of eggs, mix well; three ounce flour, a pinch of salt. Beat the four whites and stir in gradually; butter a shallow pan and squirt the mixture through a piece of stiff paper rolled up; dust with sugar and bake in a not too hot oven.

## WHITE BRIDE CAKE.

Take one pound of butter, put it into a basin and beat it with your hand till it comes to a fine cream, then add one and one-quarter pounds of pulverized sugar, and beat together until it is fine and white; then add one pound of sifted flour, give it a stir and then add the whites of fourteen eggs; continue to beat it and add another pound of flour and fourteen more whites; beat well; mix all together, paper your dish around the sides and bottom, put in your batter and bake in a moderate oven.

## SHREWSBURY CAKE.

One pound of sugar, pounded cinnamon, a little grated nutmeg, three pounds of flour, a little rose water, three eggs, melted butter. Sift the sugar, cinnamon and nutmeg into the flour (which must be of the finest kind; add the rose water to the eggs, and mix with the flour, etc., then pour in enough melted butter to make it a good thickness and roll out. Mould well, roll thinly, and cut into such shapes as you like.

## ROCK BISCUITS.

Half a dozen eggs, one pound of white sugar, nine ounces of flour, a quarter pound of currants; beat the eggs until very light; add the sugar, and mix thoroughly; add the flour and currants, gradually mixing all the time. Place upon greased tins in the form of small pieces of rock. This is best done with a fork. Bake half an hour, and keep in a tin canister.

## OATMEAL BISCUITS.

Six ounces of flour, three ounces of oatmeal and white sugar, three ounces of butter, enough soda to lie on a five cent piece, one large egg. Melt the butter and add to the flour, oatmeal, sugar and soda; mix thoroughly; put a tablespoonful of cold water into a basin and break the egg into it and whisk slightly; add this to the other ingredients and mix smoothly; turn on to a well-floured board, roll as thinly as possible and cut into shapes with a cake-cutter. Grease a baking tin, and bake for about twenty minutes.

## LEMON BISCUITS.

One pound of flour, half a pound of white sugar, a quarter pound of fresh butter, one ounce of lemon peel, one tablespoonful of lemon juice, three eggs. Add the butter to the flour and rub finely with the hands; mince the lemon peel and stir it and the sugar into the former mixture; well whisk the eggs and lemon juice, and thoroughly mix the whole. Drop from a spoon to a greased baking tin about two inches apart. Bake for twenty minutes.

## COCOANUT BISCUITS.

Six ounces of cocoanut grated, nine ounces of white sugar, three eggs. Whisk the eggs for about twelve minutes, then sprinkle in the sugar gradually, lastly the cocoanut; form with your hands into little pyramids; place upon white paper, and the paper on tins. Bake in a slow oven until slightly brown.

## HARD BISCUITS.

Two ounces of butter, skimmed milk, one pound of flour. Warm the butter in as much skimmed milk as will make a pound of flour into a very stiff paste, beat it with a rolling-pin, and work it very smooth. Roll it thin and cut it into round biscuits; prick them full of holes with a fork. About six minutes will bake them.

## BISCUIT POWDER.

Dry plain biscuits in a slow oven. Roll them with a rolling pin. Then grind in a marble mortar till reduced to powder. Keep in a tin canister.

## RICE BISCUITS.

Half a pound of ground rice, five ounces of white sugar, four of butter, two eggs. Well beat the butter; stir in gradually the ground rice and sugar; well whisk the eggs and add to the other ingredients. Roll out on the paste board and cut into shapes with paste cutter. Place upon greased tin and bake a quarter of an hour in a *slow* oven.

## PLAIN AND VERY CRISP BISCUITS.

One pound of flour, yolk of one egg, some milk. Make into a very stiff paste; beat it well, and knead till quite smooth; roll very thin, and cut into biscuits. Bake them in a slow oven till quite dry and crisp.

## BISCUITS OF FRUIT.

To the pulp of any scalded fruit put an equal weight of sugar sifted. Beat it two hours, then put it into little white paper forms, dry in a cool oven, turn the next day, and in two or three days box them.

## PANCAKES IN VARIETY.

On cold winter mornings pancakes of all kinds hold an important place at the breakfast table; the buckwheat cake the most cherished of all. When properly made, this is the most delicious of all the griddle cakes, but it has been against it when made from yeast or risen over night that it was difficult to make light and sweet, and that disagreeable effects frequently followed its eating. It is found that by the use of the Breadmaker's Baking Powder to raise the batter these objections have been entirely overcome, and the buckwheat cakes

are made a most delicious food, light, sweet, tender and perfectly wholesome, that can be eaten by any one without the slightest digestive inconvenience. Once tested from the following recipe, no other will be used:—Two cups of buckwheat, one cup of wheat flour, two table-  
spoons of Breadmaker's Baking Powder, one-half tea-  
spoonful of salt, all sifted well together. Mix with milk into a thin batter and bake at once on a hot griddle.

The purest and richest syrup is made by dissolving sugar in the proportion of three pounds of sugar to one pint of water. Many persons prefer the flavour of syrup made of Orleans sugar to that made of the white.

Rice griddle cakes are very delicious. The rice is cooked until perfectly soft, drained dry, mashed with a spoon until the grains are well broken up. For each cupful of rice take two eggs, one pint of milk, one heaping teaspoonful of Breadmaker's Baking Powder, one-half teaspoonful of salt, and flour enough to make a thin batter.

For hominy cakes take two cupfuls of cooked hominy, and crush it with a potato-masher until it is a smooth mass. Add one level teaspoonful of salt, two teaspoonfuls of Breadmaker's Baking Powder, and one cupful of flour. Stir together; then add by degrees one quart of milk, and lastly three well beaten eggs. Bake in thin cakes.

Very delicate and delicious cakes are made by allowing two teaspoonfuls of Breadmaker's Baking Powder and one-half teaspoonful of salt to one quart of milk, and sufficient corn meal, mixing all into a smooth, thin batter; no eggs or butter are used for these. The cakes bake quickly to a rich deep brown, and are extremely tender and light.

A very delicious, sweet pancake is made by taking one pint of sweet milk, four eggs, two tablespoonfuls of

powdered sugar, two tablespoonfuls of melted butter, one teaspoonful of Breadmaker's Baking Powder, and flour enough to make a moderately thin batter. Beat the eggs, whites and yolks separately, until well frothed; stir the butter, sugar, and one cupful of flour, into which the baking powder has been mixed, into the yolks, then add the milk. If needed, add more flour. Bake in small cakes, butter each one as it comes from the fire, place four in a pile, with very thin layers of any kind of sweet jelly between, and powdered sugar over the top. They should be baked very thin and four served to each person.

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## PIES, PUDDINGS, TARTS, ETC.

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### PIES.

Of all the people who prate about the unhealthfulness of pies, we never yet came across one who really lived up to their doctrine. As a boy, it always seemed to us, that those who had most to say were willing to attempt the largest piece. A nicely made pie gives zest and variety to the meal, and as the rule is to serve it only at dinner, there is not much danger of its being very harmful. A pie should never be made with a tough basswood crust, for unless a pie is really exquisite it is a sorrowful affair, and a disappointment.

#### PIE CRUST.

1. The crust is the soul of a pie, and as it is on the outside it is easy to tell what manner of pie a pie is as to quality by looking at it. The shortening of pie crust should be of fine flavoured butter and firm lard. To

commence with, the lard should be chopped into the sifted flour until it is as fine as the flour itself. Then mass it with very cold water into a ball and roll thin, flouring your kneading board. Butter the sheets, dust very lightly with flour, and roll into a scroll. Again roll into sheets, again dust with flour, and roll thin again until the butter all disappears. Butter your pie plates or tins, lay the bottom crust, which in some kind of pies should be glazed as follows to prevent soaking up the juices and leaving it clammy and raw. Glaze:—Brush the crust with a well beaten white of an egg. If the same glaze is brushed over the top crust it gives a lovely brown colour, which for some kinds of pie is desirable. A top crust pie, such as mince and fruits, should never be made without seasoning and spicing to taste before the crust is put on. If this is left to be done after cooking, as some are accustomed to do, the pie has no charms for yours truly, and the same may be said of any pie whether it has an upper crust or not.

2. One quart of flour, one-half pound of sweet lard, one-half pound of new sweet butter, one cup of very cold water, a little salt.

#### CUSTARD PIE.

One pint of milk, three eggs, a little salt, three table-spoons of sugar. Flavour with vanilla or nutmeg and essence of lemon. If the milk is scalded it will require but two eggs to a pint.

#### RICE PIE.

For two pies, take two table-spoons of rice; wash and put it into a farina boiler with a quart of milk; cook until perfectly soft. Let it cool; add three eggs, well beaten, with three table-spoons of sugar and one of butter; a little salt, cinnamon and a few stoned raisins. Bake with under crust.

## CREAM PIE.

One pint of milk, scalded; two tablespoons of corn starch, three tablespoons of sugar, yolks of two eggs. Wet the starch with a little cold milk; beat the eggs and sugar until light, and stir the whole into the scalding milk. Flavour with lemon or vanilla, and set aside to cool. Line a plate with pie crust and bake; fill it with cream, and cover it with frosting made of the whites of eggs, beaten dry, with two tablespoons of sugar. Bake a delicate brown.

## CREAM PIE ELEGANTE.

For one pie, beat together one cup sugar, one-half cup corn starch, two eggs. Stir into one pint hot milk; when well cooked and cool, flavour and put between crusts that have been baked and are cold.

## CRUST FOR CREAM PIE.

One pint flour, one-half teacup lard, one-quarter teacup ice water, teaspoon salt. Bake upper and lower crusts in separate plates, and put the cream between.

## PLAIN APPLE PIE.

Line your plate with pastry; fill with sliced sour apples; put on sufficient sugar to sweeten; flavour with a trifle of cinnamon and allspice; cover with medium top crust, crimping it to the bottom crust. Bake until the apples are thoroughly cooked. This pie is best cold.

## LINCOLN PIE.

One pint stewed sour apples, sifted; butter size of an egg, two tablespoons flour; grated rind and juice of a lemon; yolks of three eggs, beaten. Sweeten to taste. Bake with lower crust, and when done spread a meringue of the whites of three eggs, beaten with three tablespoons sugar over the top, and brown in oven.



## PUMPKIN PIE.

1. One cup stewed pumpkins, one coffee cup milk, three eggs, piece of butter size of a walnut, two teaspoons cinnamon, one teaspoon ginger, a little salt and pepper. Sweeten with molasses.

2. A pumpkin, one good cupful of molasses; to a whole pumpkin allow three pints of rich milk, four eggs, some salt, one teaspoonful ground ginger, a little cinnamon, brown sugar to taste, crust. Prepare the pumpkin by cutting into small pieces. Stew rapidly until it is soft and the water is stewed out, then let it remain on the stove to simmer all day. When well cooked add the molasses, and cook all down until nearly dry. Then sift through a colander, it will nearly all go through if properly cooked. Then add the milk, spices and eggs. Too much spice destroys the flavour of the pumpkin. Sweeten to taste. Then bake in a crust the same as for custard. Let it cook until of a dark brown colour. This is a very wholesome dish.

## SQUASH PIE.

One full cup stewed squash, one scant cup sugar, one pint milk, two eggs, two tablespoons melted butter, a little salt, ginger and cinnamon. Bake in a bottom crust the same as pumpkin pie.

## PIE PLANT PIE.

Two cups pie plant, one tablespoon water, one-half cup sugar, a little butter. Crust: one pint flour, one-half cup lard; pinch salt; water to roll out.

## COCOANUT PIE.

One cup powdered sugar, one-half cup butter, four eggs, one cup grated cocoanut, one quart milk. Put the cocoanut with the butter and sugar; add the milk and eggs. Makes two pies. Crust as for custard pie.

## A VERY RICH LEMON PIE.

1. One large lemon, one teaspoon of butter (heaping) ; one and one-half cup of sugar, three eggs, one heaping teaspoon of flour, one-half glass brandy. Grate the yellow part of the rind and squeeze the juice of the lemon ; beat the butter and sugar to a cream with the yolks of the eggs ; then stir in the grated rind and juice, flour and brandy ; lastly whip and stir in the whites. Bake with an under crust.

2. One cup of sugar, one tablespoonful butter, one egg, one lemon, juice and rind, one teacupful of boiling water, and one tablespoonful corn starch. Dissolve the corn starch in a little cold water, then stir it into the boiling water ; cream the butter and sugar, then pour over them the hot mixture ; cool, add the lemon juice, rind and beaten egg ; bake with or without upper crust.

3. Three eggs, one large spoonful of butter, one small cup of sugar, juice and rind of a lemon. Beat the butter and sugar until like cream, beat the yolks and whites of the eggs separately, grate the lemon peel and strain the juice, add the yolks and lemon to the butter and sugar, and mix well. Then bake in two open tins of paste. Beat the whites to a stiff meringue, with three tablespoonfuls of sugar and a few drops of rose water. When the pies are done spread the meringue over and return to the oven for five minutes.

## MINCE PIES.

Two pounds lean fresh beef, boiled, and when cold, chopped fine ; one pound beef-suet, cleared of strings and minced to powder ; five pounds apples, pared and chopped ; two pounds raisins, seeded and chopped ; one pound sultana raisins, washed and picked over ; two pounds currants, washed in four waters and *carefully* picked over (otherwise look out for dirt) ; three-quarters

of a pound of citron, cut up fine; two tablespoonfuls cinnamon, one powdered nutmeg, two tablespoonfuls mace, one tablespoonful cloves, one tablespoonful allspice, one tablespoonful fine salt, two and a half pounds brown sugar, one quart brown sherry, one pint best brandy. As this mince will keep for months, carefully cover and add more liquid if it dries out.

## MOCK MINCE MEAT.

Six soda crackers, rolled fine; two cups cold water, one cup molasses, one cup brown sugar, one cup *sour* cider, one and a half cup melted butter, one cup raisins seeded and chopped, one cup currants, two eggs beaten light, one tablespoonful cinnamon and allspice mixed, one teaspoonful nutmeg, one teaspoonful cloves, one teaspoonful salt, one black pepper, one wineglass of brandy. Almost any one not in the secret would take this for the real mince meat pie, and, therefore, it is good any time of the year

## PEACH PIE.

Puff or short crust, peaches and sugar. Line a dish with a nice crust, skin the peaches, remove the stones, and put the fruit into the dish, with a little sugar and water. Cover with crust and bake a golden brown.

## ORANGE PIE.

Three eggs, three-quarter cup of white sugar, two tablespoonfuls butter, one orange—juice and half the grated rind; half lemon—juice and grated peel; nutmeg to taste. Cream the butter and sugar, beating in the orange and lemon until very light; add the beaten yolks, fill two pastry shells, and bake. Beat the whites stiff with two tablespoonfuls powdered sugar, and when the pies are done, spread over them, returning to the oven for three or four minutes.

## CHERRY PIE.

Line the dish with a good crust, and fill with ripe cherries, regulating the quantity of sugar you scatter over them by their sweetness. Cover with upper crust and bake; eat cold, with white sugar sifted over the top.

Blackberry, raspberry, plum, currant, gooseberry, damson, strawberry, rhubarb, apple, peach and pear pie, all made the same.

## RIPE GOOSEBERRY PIE.

Top and tail the berries; line your dish with crust, and fill with berries, stewing white sugar among them. Cover and bake.

## CUSTARD PIE.

Line pie tin with a good crust; make a nice custard, leaving out the whites of two eggs, which beat to a stiff froth, and spread on top of the pie as soon as baked; return to the oven after sprinkling granulated sugar over the pie, and leave a moment, or until the pie is a delicate brown.

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 PUDDINGS.

## TO BOIL A PUDDING IN A BAG.

Dip the bag (which should be made of thick cotton or linen) in hot water, and rub the inside with flour before putting in the pudding; when done, dip the bag in cold water and the pudding will turn out easily. Always put a plate on the bottom of the kettle to keep the pudding from burning.

## TO STEAM A PUDDING.

Put it into a tin pan or earthen dish, tie a cloth over the top and set it into a steamer, cover the steamer closely; allow a little longer time than you do for boiling.

## PLUM PUDDING.

Pick and stone half a pound of Malaga raisins, wash and dry the same quantity of currants, chop, not too fine, three-quarters of a pound of beef suet, put it in a convenient basin, with six ounces of sugar, two ounces of mixed candied peel sliced, three ounces of flour, three ounces of bread-crumbs, a little grated nutmeg, four eggs, a gill of water, or perhaps a little more, to form a nice consistence; butter a mould, put a piece of white paper over the top and round the sides, tie it in a cloth, boil for four hours in plenty of water; when done, remove the cloth, turn it out of the mould, take the paper off the sides and top, and serve with sweet sauce round; it may also be boiled in a cloth.

The above is only for Christmas. Now for any other day.

Put into a basin one pound of flour, one of chopped suet, half a pound of mixed fruit, a little spice, grated lemon-peel, three ounces of sugar, two eggs, half a pint of milk, or enough to make it a proper thickness, tie it in a cloth, boil four hours, turn it out, and serve with melted butter, or sweet sauce; bread-crumbs instead of flour is good, or half of each.

## A SERIES OF ECONOMICAL PUDDINGS.

[Can be made either in a mould, basin, tart-dish, or tin cake-pan.]

Well butter either, fill lightly with any of the following ingredients:—Either stale buns, muffins, crumpets, pastry, white or brown bread, sliced and buttered, the remains of sponge-cakes, macaroons, ratafias, almond cake, gingerbread, biscuit of any kind, previously soaked. For a change with any of the above, you may intermix with either fresh or dried fruit or preserves, even plums, grated cocoa nut, etc. When your mould is full of either of the above, put in a basin a

quarter teaspoonful of either ginger, a little mixed spice, or cinnamon, if handy, grated orange, lemon, or a few drops of any essence you choose; put in three eggs, which beat well, add three gills of milk for every quarter mould. When the above is well mixed, fill up nearly to the rim. It can be either baked or boiled, or put into a saucepan one-third full of water, with the lid over, and let simmer for about an hour. Pass a knife round the inside of the basin or mould, turn out your pudding, pour over either melted butter with a little sugar, the juice of a lemon or spirit sauce.

#### FRUIT PUDDING,

such as green gooseberry, is best made in a basin, the basin to be buttered and lined with the paste, rolling it round to the thickness of half an inch; then get a pint of gooseberries and three ounces of sugar; after having made your paste, take half the fruit, and lay it at the bottom of your basin, then add half your sugar, then put the remainder of the gooseberries in and the remainder of the sugar; on that draw your paste to the centre, join the edges well together, put the cloth over the whole, tying it at the bottom, and boil in plenty of water. Fruit puddings, such as apples and rhubarb, should be done in this manner; boil for an hour, take out of the saucepan, untie the cloth, turn out on a dish, or let it remain in the basin, and serve with sugar over. A thin cover of the paste may be rolled round and put over the pudding. Ripe cherries, currants, raspberries, plums, apples may be used in the same way, and require less sugar.

#### BREAD PUDDINGS.

1. An economical one, when eggs are dear. Cut some bread and butter very thin, place it in a pie-dish as lightly as possible, till three-parts full; break into a

basin one egg, add two teaspoonfuls of flour, three of brown sugar; mix all well together, add to it by degrees a pint of milk, a little salt; pour over the bread; bake in an oven; it will take about half an hour; this will make a nice size pudding for four or five persons. This may be done in twenty different ways, by varying the flavour of the ingredients, as lemon-peel, orange-peel, nutmeg, cinnamon, or mixed spice, or essences of any kind. For children, skim milk, or half milk and water, dates, or French plums, or figs, previously soaked and cut, may be added; they are excellent for children.

2. One pint bread crumbs, one quart milk, one heaping cup sugar, dessertspoonful butter, yolks four eggs, one lemon grated; bake until done. Beat the whites of the eggs to a stiff froth, adding the juice of the lemons and four tablespoonfuls of sugar; spread over the top of the pudding, and replace in the oven until slightly brown.

#### LEMON PUDDING.

Line a deep dish with sponge-cake, baked in thin sheets as for jelly cake, or, if not convenient, with pie crust rolled very thin. Fill with a mixture made by thickening one quart of boiling water with four tablespoonfuls of rice flour. Add to this the grated rind of one lemon and the juice of three, quarter of a pound of butter, and sugar to taste.

#### MOLASSES DUMPLINGS.

One pound of sifted flour, six ounces of good butter (or suet freed from strings and powdered fine), three teaspoonfuls of Breadmaker's Baking Powder, a half teaspoonful of salt. Make up the dough with a little water, pick up lightly into balls and boil for twenty minutes in equal quantities of molasses and water. Drop them in as soon as the mixture boils.

Cut some pie-dish as break into a

## STEAMED PUDDING.

Two eggs, one cup each of sugar and sour milk, one-half teaspoonful of soda, a little salt, dried currants, raisins or other fruit, and one cup of flour. Beat the eggs and stir in the sugar, dissolve the soda in milk, and mix in also the soda and salt; then thicken with flour rather thicker than for cake, put into a two quart pan and set in the steamer and steam an hour and a half.

## STEAMED BATTER PUDDINGS.

Stir together one-half cup of sugar and a tablespoonful of butter, then add two eggs well beaten, one cup of sweet milk, one-half teaspoonful of salt, two teaspoonfuls of baking powder, one cup of any kind of fruit, and flour enough for a thick batter, steam in a three-quart pan for two hours, then serve warm with sauce made as follows:—One cup of white sugar, one-third cup of butter, and one teaspoonful of vanilla stirred to a cream.

## BAKED APPLE PUDDING.

Fill a three-quarter earthen dish with pared and quartered apples; sprinkle on these one cup of sugar, a little cinnamon, fresh butter the size of a small egg, and one-half cup of water; cover and bake thirty minutes. Roll a piece of chopped paste into a strip about two inches wide that will reach around the pudding dish; roll the remainder to cover the dish. Take the pudding dish from the oven, slip the strip of paste between the apple and the dish and put on the top crust; return to the oven and bake one hour. Serve with creamy sauce.

## RICE PUDDING.

One teacup rice, one teacup sugar, one teacup raisins, small piece butter, a little salt, two quarts milk. Bake from an hour and a half to two hours. Serve with sauce.



## THE ALMA PUDDING.

Make half a pound of bread crumbs, which put in a basin; add two ounces of sago, six ounces of fine chopped suet, five ounces of sugar, four ounces of sultana raisins, six eggs, half a gill of rum, and one tablespoonful of apricot jam. Well butter the interior of a pudding basin; add the mixture. Put some water in a saucepan, set it on the fire; when beginning to boil, put in your basin, which ought to be a little more than half immersed in the water. Boil gently on a slow fire for two hours; take it out, pass the knife between the basin and pudding, and serve.

## INDIAN PUDDING.

Add to one quart boiling milk two well-beaten eggs; three tablespoons Indian meal, one tablespoon flour, a little salt. Bake three-quarters of an hour. Serve with sugar and cream.

## TAPIOCA PUDDING.

One small cup tapioca, one quart of milk, one teaspoon of butter, three tablespoons of sugar. Soak the tapioca in water four or five hours, then add the milk; flavour with essence of lemon or anything else you prefer. Bake slowly one hour. To be made the day before it is wanted, and eaten cold with cream or milk and sugar. Some prefer the pudding made with three pints of milk and no water.

## TAPIOCA AND COCOANUT PUDDING.

One cup tapioca, soaked over night; one quart milk, yolks of four eggs, white of two; one cup sugar, two tablespoons grated cocoanut. Bake one-half hour. Make frosting of white two eggs, three tablespoons sugar, two tablespoons grated cocoanut; spread over the pudding when baked. Set in the oven until a light brown.

## APPLE TAPIOCA PUDDING.

Pare and core enough apples to fill a dish; put into each apple a bit of lemon peel. Soak half a pint of tapioca in one quart of lukewarm water one hour; add a little salt; flavour with lemon; pour over the apples. Bake until apples are tender. Eat when cold, with cream and sugar.

## TAPIOCA CREAM.

Three tablespoons tapioca, soaked in a teacup of water over night; add one quart of milk; stir together and boil twenty minutes. Beat the yolks of three eggs, and one cup sugar thoroughly; stir into the milk; flavour with vanilla. Beat the whites very stiff, put in the bottom of the dish and pour the rest over it. Serve cold.

## COCOANUT PUDDING.

One pint rich milk, two tablespoons corn starch, whites of four eggs, scant half cup sugar, a little salt. Put the milk over the fire, and when boiling add the corn starch, wet with a little cold milk; then the sugar, stirring constantly, until it makes a smooth paste. Then take from the fire and stir in the beaten eggs. Flavour with lemon or vanilla, and when slightly cooled add half a grated cocoanut. Pour into a mould; set in a cool place. Serve with soft custard.

## CHOCOLATE PUDDING.

One quart of milk, scalded; one and one-half squares of chocolate, grated; wet with cold milk, and stir into the scalded milk. When the chocolate is dissolved, pour into a pudding dish; add the yolks of six eggs, well beaten, and six tablespoons sugar. Bake about three-quarters of an hour. Beat the whites of the eggs to a stiff froth; add six tablespoons sugar. Spread the frosting over the top; set again in the oven until a light brown.

## PUFFS.

Two cups flour, two teaspoons Breadmaker's Baking Powder, sifted together; add one and three-fourths cups sweet milk, one teaspoon melted butter, one-half cup of sugar, one egg; stir quickly. Bake in patty tins twenty minutes. Serve with sauce.

## FRITTERS.

Two cups flour, two teaspoons Breadmaker's Baking Powder, two eggs, milk enough for stiff batter, a little salt. Drop into boiling lard; fry light brown. Serve with cream and sugar or sauce.

## APPLE PUDDING.

Fill a dish with apples nicely sliced, sweeten them, add spices, nutmeg, a little lemon or vanilla, and cover with a crust; set on top of the stove until the crust rises, then bake a nice brown.

*Crust*—One quart flour, three teaspoons Breadmaker's Baking Powder, piece of butter size of an egg, salt, milk enough to mix soft dough.

*Sauce for Above*—One egg, one cup fine sugar, beaten very light; pour a little boiling water over until the consistency of cream. Flavour with vanilla, and grate a little nutmeg on top.

## PUDDING SAUCE.

1. Take two cups of white sugar, a lump of butter the size of an egg, one well-beaten egg. Stir these together, then add a teacupful of boiling water; put it in a saucepan until it thickens; do not let it boil: flavour with lemon or vanilla.

2. One cup sugar, two eggs; beat the yolks very light, add sugar, mix thoroughly, add the whites, beaten to a stiff froth; then add two tablespoons brandy. Serve as soon as made.

## PUDDING SAUCE (COLD).

One heaping teaspoon of butter, one cup of fine sugar, one glass of sherry or madeira wine. Beat the butter and sugar to a cream, and gradually beat in the wine; grate a little nutmeg over it before sending to table.

## WINE SAUCE (HOT).

Boil one-half pint of water with a tablespoon of flour, and strain on the sauce made as above just before sending it to table. Set it over the top of the tea-kettle three or four minutes.

## FOAM SAUCE.

One cup pulverized sugar, two eggs; beat sugar and yolks together in a bowl; set in boiling water; stir until hot; then add whites beaten stiff. Put a small piece of butter and tablespoon of brandy in a dish; pour over them the sugar and eggs just before serving.

## CHOCOLATE BLANC MANGE.

One quart of milk, one-half box of gelatine, soaked in one cup water; four tablespoons grated chocolate, rubbed smooth in a little milk; three eggs, vanilla. Heat the milk until boiling, then add the other ingredients; boil five minutes. Pour into mould. Serve cold with sugar and cream or custard.

## CORN STARCH BLANC MANGE.

One quart milk, one cup sugar, three tablespoons corn starch; flavour with lemon or vanilla. Boil the milk and sugar together, flavour, then stir in corn starch dissolved in a little cold milk. Boil and turn into mould.

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## TARTS, ETC.

## CURRANT AND RASPBERRY TART.

To three cups of currants allow one of raspberries, mix well together before you fill the crust, and sweeten abundantly. Cover with crust and bake; eat cold, with white sugar sifted over it.

## CURRANT TART

is made as above, with more sugar. The most common fault of currant pie is extreme sourness. Small fruits should be looked over carefully before they are cooked. Currants are troublesome, but they must nevertheless be looked after warily on account of their extreme stemminess.

## GREEN GOOSEBERRY TART.

Top and tail the gooseberries. Put in a porcelain kettle with enough water to prevent burning, and stew slowly until they break. Take them off, sweeten *well*, and set aside to cool. When cold pour into pastry shells, and bake with a top crust of puff-paste. Brush all over with beaten egg while hot, set back in the oven to glaze for three minutes. Eat cold.

## DAMSON TART.

Pick over the fruit, put in a dish lined with pastry, sweeten very freely, cover and bake. Brush with beaten egg when done, and return to the oven for a few minutes to glaze.

## CUSTARD.

One quart of milk, four eggs, grated nutmeg, sugar to taste; leave out whites of two eggs and beat them to a stiff froth. When the custard is baked, spread the beaten whites on, sprinkle sugar, over, return to the oven for a few moments, and you have an elegant custard.

## CORN STARCH CUSTARDS.

Put a pint of milk in a frying pan, let it come to the boiling point, then add a pinch of salt and two table-spoonfuls of corn starch. Serve with sugar and cream.

## CHOCOLATE CUSTARDS.

One-fourth of a cake of chocolate, one pint of boiling water, six eggs, one quart of milk, one-half cup of white sugar, two teaspoons of vanilla. Dissolve the chocolate in a very little milk, stir into the boiling water and boil three minutes. When nearly cold add the beaten eggs, stir into the milk, flavour and pour in cups, set in boiling water and bake.

## CARMEL CUSTARD.

Put two dessert spoons of crushed sugar in a tin pan. Let it stand on the stove until it begins to brown, then stir constantly until it is a thick, black syrup. Pour it into a quart of scalding milk; add six ounces of white sugar and the yolks of six eggs. Beat and pour into cups, set in a pan of hot water in the oven, and bake twenty minutes.

## COFFEE CREAM.

Soak half an ounce of best gelatine in a little cold water half an hour; then place it over boiling water and add one gill of strong coffee and one gill of sugar; when the gelatine is well dissolved, take from the fire; stir in three gills of cold cream and strain into your mould. Be sure that this has been previously set with cold water.

## ORANGE CREAM.

Make the same as coffee cream, adding one gill of orange juice and the grated rind of one orange, which has been previously soaked in the orange juice while the gelatine is dissolving over the boiling water, and the beaten yolks of two eggs when you take off, and quite hot.

## APPLE SNOW.

Mash the pulp of three baked apples with silver spoon; add one cup sugar, and the beaten white of an egg; flavour and beat one-half hour. Serve on soft custard or alone.

## BAKED CUSTARD.

One quart milk, four well beaten eggs, four table-spoons sugar. Flavour to taste. Bake in moderate oven.

## APPLE CREAM.

One cup thick cream, one cup sugar, beat till very smooth; then beat the whites of two eggs, and add; stew apples in water till soft; take them from the water with a fork; steam them if you prefer. Pour the cream over the apples when cold.

## CHOCOLATE CREAM.

Half a cake of chocolate dissolved in a little hot water; put in a cup of milk, and when it boils have five eggs well beaten and mixed with two cups of milk; pour the hot chocolate into the eggs and milk; stir well and boil all together for a few minutes; sweeten to your taste. To be eaten cold.

## COCOANUT PUFFS.

The whites of three eggs, one cup of ground sugar, one teaspoonful of the extract of vanilla, one table-spoonful of corn starch, two cups of desiccated cocoanut. Beat the whites well, then add the sugar, and heat over steam, until a crust forms on the bottom and sides of the dish. Take it off the steam, add the other ingredients and drop in small pieces on buttered tins. Bake rather quickly to a light brown.

## ANIMAL FOOD.

BEEF, PORK, MUTTON, VEAL, FISH,  
POULTRY, AND GAME.

The question as to whether man belongs to the genus *Carnivora*, and should or should not eat flesh, is settled by the shape of his teeth, which proves incontestably that he should eat flesh—and generally he does it, no matter whose brother he offends. But grateful as are the “flesh pots” to civilized man, it does not follow that such a form of food conduces to the greatest physical endurance. The railway building *navvy*, able to do twice the labour of ordinary working men, eats coarse bread, porridge and milk if he can get it. It is not the purpose of this book however to change the habits of a people, but rather to assist them to get the best for their money. Standing first on the list is

## BEEF,

and of all forms in which it may be served, perhaps **ROAST BEEF** is the most savoury and delicious.

In purchasing beef secure meat of a deep red colour, with the fat mingled with the lean, giving it a mottled appearance. The fat will be firm, and the colour resembling grass butter. The smaller the breed, so much sweeter the meat. It will be better for eating if kept a few days. Veal, lamb and pork (being white meat) will not keep more than a day or two.

The best pieces for roasting are the sirloin and rib pieces. The latter are oftenest used by small families. Make your butcher remove most of the bone, and skewer the meat into the shape of a round. If you roast in an oven, it is a good plan to dash a small cup of *boiling*



water over the meat in first putting it down, letting it trickle into the pan. This, for a season, checks the escape of the juices, and allows the meat to get warmed through before the top dries by said escape. If there is much fat upon the upper surface, cover with a paste of flour and water until it is nearly done. Baste frequently, at first with salt and water, afterward with the drippings. Allow about a quarter of an hour to a pound, if you like your meat rare; more, if you prefer to have it well done. Some, when the meat is almost done, dredge with flour and baste with butter--only once.

Remove the beef, when quite ready, to a heated dish; skim the drippings; add a teacupful of boiling water, boil up once, and send to table in a gravy-boat. Many reject made gravy altogether, and only serve the red liquor that runs from the meat into the dish as it is cut. This is the practice with some--indeed most of our best housekeepers. If you have made gravy in a sauce-boat, give your guest his choice between that and the juice in the dish, called platter gravy. Serve with mustard, or scraped horseradish and vinegar.

#### TIME TABLE FOR ROASTING.

Ten pounds of beef will take from two hours to two hours and a half roasting.

Six pounds one hour and a quarter to one hour and a half.

Three ribs of beef, boned and rolled, well tied round with paper, will take two hours and a half.

If beef is very fat, it does not require basting; if very lean, tie it up in greasy paper, and baste well. These calculations are for a good brisk fire, and in a good oven.

#### ROAST BEEF, WITH YORKSHIRE PUDDING.

Set a piece of roast beef to roast upon a grating, or several sticks laid across a dripping-pan. Three-quar-

ters of an hour before it is done, mix the pudding and pour into the pan. Continue to roast the beef, the dripping meanwhile falling upon the batter below. When both are done, cut the pudding into squares, and lay around the meat when dished. If there is much fat in the dripping-pan before the pudding is ready to be put in, drain it off, leaving just enough to prevent the batter from sticking to the bottom.

One pint milk, four eggs, whites and yolks beaten separately, two cups of flour, being careful not to make too stiff, and it should be baked to a yellow brown.

#### ROAST BEEF.

Prepare for your oven by dredging lightly with flour, and seasoning with salt and pepper; place in the oven, and baste frequently while roasting. Allow a quarter of an hour for a pound of meat, if you like it rare; longer if you like it well done. Serve with a sauce, made from the drippings in the pan, to which has been added a tablespoon of Harvey or Worcestershire sauce, and a tablespoon of tomato catsup. If you roast the round do not fail to baste it often.

#### BEEF A-LA-MODE.

Take a round of beef; remove the bone from the middle, and trim away the tougher bits about the edges, with such gristle, etc., as you can reach. Set these aside for soup-stock.

Bind the beef into a symmetrical shape by passing a strip of stout muslin, as wide as the round is high, about it, and stitching the ends together at one side. Have ready at least a pound of fat salt pork, cut into strips as thick as your middle finger, and long enough to reach from top to bottom of the trussed round. Put a half pint of vinegar over the fire in a tin or porcelain sauce-pan; season with three or four minced shallots or button

onions, two teaspoonfuls made mustard, a teaspoonful nutmeg, one of cloves, half as much allspice, half spoonful black pepper, with a bunch of sweet herbs minced fine, and a tablespoonful brown sugar. Let all simmer for five minutes, then boil up once, and pour, while scalding hot, upon the strips of pork, which should be laid in a deep dish. Let all stand together until cold. Remove the pork to a plate, and mix with the liquor left in the dish, enough bread crumbs to make a tolerably stiff force-meat. If the vinegar is very strong, dilute with a little water before moistening the crumbs. With a long, thin-bladed knife, make perpendicular incisions in the meat, not more than half an inch apart, even nearer is better; thrust into these the strips of fat pork, so far down that the upper ends are just level with the surface, and work into the cavities with them a little of the force-meat. Proceed thus until the meat is fairly riddled and plugged with the pork. Fill the hole from which the bone was taken with the dressing and bits of pork; rub the upper side of the beef well with the spiced forced-meat. Put into a baking-pan with a little water to prevent burning; turn a large pan over it to keep in the steam, and roast slowly for five or six hours, allowing half an hour to each pound of meat. If the beef be tough, you had better stew the round by putting it in a pot with half enough water to cover it. Cover tightly and stew very slowly for six hours; then set in the oven with the gravy about it, and brown half an hour, basting frequently.

If you roast the round, do not remove the cover, except to baste (and this should be done often), until fifteen minutes before you draw it from the oven. Set away with the muslin band still about it, and pour the gravy over the meat.

When cold lift from the gravy,—which, by the way, will be excellent seasoning for your soup-stock,—cut the

stitches in the muslin girdle, and remove carefully and send the meat to table, cold, garnished with parsley and nasturtium blossoms. Carve horizontally, in slices thin as a shaving. Do not offer the outside to any one; but the second cut will be handsomely marbled with the white pork, which appearance should continue all the way down.

In winter it will keep a week and more, and as long in summer, if kept in the refrigerator—except when it is on the table.

#### BEEFSTEAK.

To fry a beefsteak is a culinary outrage, to speak plainly. A steak should be broiled, not fried. A piece of beef swimming in grease, dry and hard, is worse than waste of so much good material that otherwise cooked might be sweet, tender and digestible.

#### BROILED BEEFSTEAK.

Lay a thick tender steak upon a gridiron over hot coals, having greased the bars with butter before the steak has been put upon it (a steel gridiron with slender bars is to be preferred, the broad flat iron bars of gridirons commonly used fry and scorch the meat, imparting a disagreeable flavour). When done on one side, have ready your platter warmed, with a little butter on it; lay the steak upon the platter with the cooked side down, that the juices which have gathered may run on the platter, but do not press the meat; then lay your beefsteak again upon the gridiron quickly and cook the other side. When done to your liking, put again on the platter, spread lightly with butter, place where it will keep warm for a few moments, but not to let the butter become oily, (over boiling steam is best); and then serve on hot plates. Beefsteak should never be seasoned with salt and pepper while cooking. If your meat is tough, pound *well* with a steak mallet on both sides.

## HOW TO CORN BEEF.

Rub each piece of beef well with salt mixed with one-tenth part of saltpetre until the salt lies upon the dry surface. Put aside in a cold place twenty-four hours and repeat the process, rubbing in the mixture very thoroughly. Put away again until next day, by which time the following pickle should be made and perfectly cold:—Five gallons water, two gallons salt, four ounces saltpetre, one and a half pound brown sugar. Boil this mixture ten minutes, and pour over the beef when cold. Examine the pickle, to be sure it keeps well, from day to day; if not, it shows that enough salt was not rubbed into the beef, and, after drying, that should be attended to once or twice more, but if the pieces are not too large there will be no trouble.

## BEEFSTEAK PIE.

Cut the steak into pieces an inch long, and stew with the bone (cracked) in just enough water to cover the meat until it is half done. At the same time parboil a dozen potatoes in another pot. If you wish a bottom crust—a doubtful question—line a pudding-dish with a good paste, made according to the recipe given below. Put in a layer of the beef, with salt and pepper, and a very little chopped onion; then one of sliced potatoes, with a little butter scattered upon them, and so on, until the dish is full. Pour over all the gravy in which the meat is stewed, having first thrown away the bone and thickened with brown flour. Cover with a crust thicker than the lower, leaving a slit in the middle.

## BEEF TONGUE.

Soak over night in cold water when you have washed it well. Next morning put into a pot with plenty of cold water, and boil slowly until it is tender throughout. This you can determine by testing it with a fork.

## BOILED CORNED BEEF.

1. If your piece is a round, skewer it well into shape, and tie it up with stout tape or twine when you have washed it in three or four waters and removed all the salt from the outside. Put into a pot, and cover with cold water. Allow, in boiling, about twenty minutes to a pound. Turn the meat three times while cooking. When done, drain very dry, and serve with drawn butter in a sauce-boat. Send around mashed turnips with the meat. They should be boiled in a separate pot, however, or they will impart a disagreeable taste to the beef. The brisket is a good piece for a family dinner.

2. Put the beef in water enough to cover it, and let it heat slowly, and boil slowly, and be careful to take off the grease. Many think it much improved by boiling potatoes, turnips and cabbages with it. In this case the vegetables must be peeled and *all* the grease carefully skimmed as fast as it rises. Allow about twenty minutes of boiling for each pound of meat.

## BOILED BEEF (COLD).

[To be used next day or when you like, for breakfast.]

Melt a good lump of butter, two ounces, over a slow fire, into a tablespoonful of flour; when it has simmered a little add some chopped onion (to taste) and a dessert-spoonful of chopped parsley when brown; season with pepper and add a little stock or gravy, or water; mince the meat, put it in with the rest, and let it heat gradually; when nearly boiling thicken with a teaspoonful of flour. Add a little catsup or sauce of any kind.

## SPICED BEEF.

Four pounds of round beef chopped fine; remove all fat; add three dozen small soda biscuits rolled fine, four eggs, one cup of milk, one table spoon ground mace, two tablespoons of black pepper, one tablespoon melted

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butter; mix well and put in any tin pan that it will just fill, packing it well; baste with butter and water, and bake two hours in a slow oven.

#### BEEFSTEAK IN BAKING PAN.

Take two pounds of beef-steak, which cut in pieces the size of walnuts, but only half an inch thick; peel two pound of potatoes, cut in slices a quarter of an inch thick, two middling-sized onions sliced; mix two teaspoonfuls of salt and one of pepper. Then lay five or six slices of potatoes on the bottom of the pan, season them, then add some pieces of beef; season again, then potatoes and onions, then beef, until the pan is full, potatoes on the top, seasoning each time; pour three quarters of a pint of water, lock the lid, put in your oven, or send to the baker's, for one hour and a half; when done shake the pot gently, that the gravy may mix with the potatoes and onions, and form a rice thick sauce. Skirt or any other part of beef is excellent done thus.

#### BEEF WITH VEGETABLES.

Peel two small carrots, one turnip, two onions, cut in pieces, put some sliced potatoes at the bottom, then the meat in centre; season, and cover over with remaining vegetables; add a few cloves, a pint of water; put in slow oven for three hours, take off the fat, and serve. Four pounds of any inferior parts of beef will eat tender done thus.

#### DRIED BEEF.

The most common way of serving dried or smoked beef is to shave it into thin slices or chips, raw; but a more savory relish may be made of it with little trouble. Put the slices of uncooked beef into a frying pan with just enough boiling water to cover them; set them over the fire for ten minutes, drain off all the water, and with

a knife and fork cut the meat into small bits. Return to the pan, which should be hot, with a tablespoonful of butter and a little pepper. Have ready some well-beaten eggs, allowing four to a half-pound of beef; stir them into the pan with the minced meat, and toss and stir the mixture for about two minutes. Send to table in a covered dish.

#### STEWED BEEF.

One tablespoonful of butter, two sliced onions, twelve whole cloves, allspice, one-half teaspoonful of salt, one-quarter teaspoonful of black pepper, one pint of cold water, two or three pounds of tender beef, a little flour. In a stew-pan place a large tablespoonful of butter, in which fry until quite brown two sliced onions adding, while cooking, twelve whole cloves; ditto allspice; half a teaspoonful of salt, and half that quantity of black pepper; take from the fire, pour in a pint of cold water, wherein lay two or three pounds of tender lean beef cut in small, thick pieces; cover closely, and let all stew gently two hours, adding, just before serving, a little flour thickening.

#### BEEF SAUSAGES.

To every pound of suet allow two pounds of lean beef, seasoning to taste, a little mixed spice. Chop the suet finely, taking care that there is no skin with it, add pepper, salt and spices; mix well together, form into flat cakes and fry brown.

#### ROAST BULLOCK'S HEART.

One bullock's heart, a quarter pound of suet, six ounces of bread crumbs, a quarter pint of milk, one tablespoonful of chopped parsley, one dessertspoonful of chopped mixed herbs, a quarter pound of dripping or butter, one pint of gravy or beef-tea. For the sauce— one small onion, a dessertspoonful of flour, salt and



pepper, butter the size of an egg, a large spoonful of mushroom catsup. Wash the heart in salt water, taking care to remove all the blood; wash in a second water and dry with a clean cloth; be careful to dry it thoroughly; chop the suet as finely as possible, mix with some bread-crumbs the suet, parsley, herbs, salt and pepper; lastly put in the milk, then proceed to fill all the cavities of the heart with the stuffing; take a piece of paper, grease it well with butter or dripping, place this over the cavities and tie it on tightly with string; put one ounce of dripping into the pan, and baste the heart occasionally; when the gravy boils, cut up the onion, sprinkling with pepper and salt, and add to the gravy; allow it to stew *gently* until about five minutes before the heart is done; skim occasionally; when done strain the liquor; into another saucepan put the butter, and allow it to melt a minute or two; then add the flour and mix smoothly together; then pour in slowly the liquor, stirring until it boils and thickens. Then dish up, remove paper, and add to the sauce the mushroom catsup. Immediately pour this sauce round the heart and serve.

## BEEFSTEAK PUDDING.

Half a pound of flour, six ounces of beef suet, two and a half pounds of rump or beefsteak, pepper and salt, one dozen oysters, a quarter pint of stock. Chop the suet finely, and rub it into the flour with your hands, sprinkling a little salt, then mix with water to a smooth paste; roll the paste to the eighth of an inch; line a quart pudding basin with the paste; cut the steak into thin slices, flour them, and season with pepper and salt; put the oysters and the liquor that is with them into a saucepan and bring it to the point of boiling; then remove from the fire, and strain the liquor into a basin;

then cut off the beards and the hard parts, leaving only the soft, roll the slices of steak; filling the basin with the meat and oysters; pour in the stock and liquor from the oysters. Cover with paste and boil three hours. Be sure the water is boiling before putting in the pudding.

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## PORK.

### SALTING PORK.

Cover the bottom of the barrel with salt an inch deep; put down one layer of pork and cover that with salt half an inch thick; continue this until all your pork is disposed of; then cover the whole with strong brine; pack as tight as possible, the rind side down or next to the barrel; keep the pork always under the brine by using an inner cover and clean stones. Should any scum rise, pour off the brine, scald it, and add more salt. Old brine can be boiled down, well skimmed, and used for a fresh supply.

### CURING HAMS.

Hang up the hams a week or ten days, the longer the tenderer and better, if kept perfectly sweet; mix for each good-sized ham one teacup of salt, one tablespoon of molasses, one ounce of saltpetre; lay the hams in a clean dry tub; heat the mixture and rub well into the hams, especially around the bones and recesses; repeat the process once or twice, or until all the mixture is used, then let the hams lie two or three days, when they must be put for three weeks in brine strong enough to bear an egg; then soak eight hours in cold water; hang up to dry in the kitchen or other more convenient place for a week or more; smoke from three to five days, being careful not to heat the

hams. Corn cobs and apple-tree wood are good for smoking. The juices are better retained if smoked with the hock down. Tie up carefully in bags for the summer.

## SAUSAGES.

Pork, fat and lean, sage, pepper and salt, a little summer savory. Chop fat and lean of pork together; season with sage, pepper and salt, and you may add two or three berries of allspice; *half fill* hogs' guts that have been soaked and made extremely clean; or the meat may be kept in a very small pan, closely covered; and so rolled and dusted with a very little flour before it is fried. Serve on stewed red cabbage; or mashed potatoes, put in a form, brown with a salamander, and garnish with the above; they must be pricked with a fork before they are dressed, or they will burst.

## HAM.

[How to boil to give it an excellent flavour.]

Two heads of celery, two turnips, vinegar and water, a large bunch of savoury herbs, and three onions. In choosing a ham, be sure that it is perfectly sweet. To ascertain this, stick a sharp knife into it near the bone; when the knife is taken out, it will have an agreeable smell if the meat is sweet. If the meat has been hung for a long time, and it is salt and dry, it would be necessary to soak for twenty-four hours, and change the water often. Put the meat in a large pot with sufficient water to cover it; bring it to the boil *gradually*, and carefully take off the scum as it rises; when on the point of boiling add the vegetables and herbs; let it simmer gently until quite tender, then take it out, strip off the skin, cover with bread raspings and put a paper frill round the knuckle. Four hours will be sufficient for a ham weighing ten pounds.

## ROAST SPARE RIB.

When first put down to the fire, cover with a greased paper until it is half done. Remove it then, and dredge with flour. A few minutes later, baste once with butter, and afterwards, every little while, with its own gravy. This is necessary, the spare rib being a very dry piece. Just before you take it up, strew over the surface thickly with fine bread crumbs seasoned with powdered sage, pepper, and salt, and a small onion minced into almost invisible bits. Let it cook five minutes and baste once more with butter. Skim the gravy, add a half-cupful of hot water, thicken with brown flour, squeeze in the juice of a lemon, strain and pour over the meat in the dish. Send tomato catsup around with it, or if you prefer, put a liberal spoonful in the gravy, after it is strained.

## PORK POT-PIE.

You can make this of lean pork, cut from any part of the pig, but the chine is best. Crack the bones well, and cut up the chine into *riblettes* two inches long. Line your pot, which should be round at the bottom and well greased, with a good light paste; put in the meat, then a layer of parboiled potatoes, split in half, seasoning with pepper and salt as you go on. When the pot is nearly full, pour in a quart of cold water and put on the upper crust, cutting a small round hole out of the middle, through which you can add hot water should the gravy boil away too fast. Slips of paste may also be strewed among the meat and potatoes. Put on the pot lid, and boil from one hour and a half to two hours. When done, remove the upper crust carefully, turn out the meat and gravy into a bowl, that you may get at the lower. Lay this upon a hot dish, put the meat, etc., in order upon it, pour the gravy over it, and cover with the top crust. This can be browned with a red-hot shovel, or oven lid.

## MUTTON AND LAMB.

There is no meat more wholesome and nourishing than tender fresh mutton or lamb.

For roasting, the shoulder, the saddle, leg and part of the loin; the leg is better boiled, unless the mutton is young and tender.

## ROAST MUTTON.

Wash the meat well and dry with a clean cloth. Have a good strong fire; put on the meat with a trifle of hot water in the dripping pan; pour over the meat. Allow twenty minutes time to each pound of the mutton.

## MUTTON POT PIE.

Cut up from three to four pounds of mutton,—the inferior portions will do as well as any other,—crack the bones and remove all the fat. Put on the meat—the pieces not more than an inch and a half in length—in a pot with enough cold water to cover well, and set it where it will heat gradually. Add nothing else until it has stewed an hour, closely covered; then throw in half a pound of salt pork cut into strips, a chopped onion, and some pepper; cover and stew an hour longer, or until the meat is very tender. Make out a little paste, as for the crust of a meat pie; cut into squares, and drop in the stew. Boil ten minutes. Thicken with two spoonfuls of flour stirred into a cup of cold milk. Boil up once, and serve in a tureen or deep covered dish. If green corn is in season, this stew is greatly improved by adding, an hour before it is taken from the fire, the grains of half a dozen ears, cut from the cob. Try it for a cheap family dinner, and you will repeat the experiment often. Lamb is even better for your purpose than mutton.

## MUTTON CHOPS.

If your butcher has not done it,—and the chances are that he has not, unless you stood by to see it attended to,—trim off the superfluous fat and skin, so as to give the chops a certain liveness and elegance of shape. Dip each in beaten eggs, roll in pounded crackers, and fry in hot lard or dripping. If the fat is unsalted, sprinkle the chops with salt before rolling in the egg. Serve up dry and hot.

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 VEAL.

No man should have the least prejudice against a calf. He should be willing to eat him if he is personally acquainted with the man that raised and sold him to the butcher; but *swear* the butcher to the effect, that he is at least four weeks old, otherwise have nothing to do with the animal. When properly fatted the calf is exquisite every inch of him.

## VEAL CUTLETS.

Dip in beaten egg when you have sprinkled a little pepper and salt over them; then roll in cracker-crumbs, and fry in hot dripping or lard. If you use butter or dripping, add a little boiling water to the gravy when the meat is dished; thicken with browned flour, boil up once, sending to table in a boat.

## VEAL CHOPS

are more juicy and less apt to be tough and solid than cutlets. Trim the bone as with mutton chops, and fry, dipping in beaten egg and cracker-crumbs. Add a little parsley and a minced shallot to the gravy.

## ROAST VEAL.

Veal requires a longer time to roast than mutton or lamb. It is fair to allow *at least* a quarter of an hour to each pound. Heat gradually, baste frequently—at first with salt and water, afterward with gravy. When the meat is nearly done, dredge lightly with flour, and baste once with melted butter. Skim the gravy; thicken with a teaspoonful of flour, boil up, and put into the gravy-boat. Should the meat brown too fast, cover with white paper. The juices, which make up the characteristic flavour of meat, are oftener dried out of veal than any other flesh that comes to our tables.

## JELLIED VEAL.

Boil the veal tender, pick it up fine, put in a mould, add the water it was boiled in, and set it in a cold place; season with salt and pepper to taste; a layer of hard boiled eggs improves it.

## SPICED VEAL.

Take four pounds veal; chop it fine and season highly with salt, pepper, cloves and cinnamon; add four small crackers rolled out, one egg, and a lump of butter nearly the size of an egg; mix thoroughly together and press it in a baking tin, and bake two and a half hours. When thoroughly cold, slice for tea. Some prefer it in rolls, convenient for slicing, and baked from one-half to three-quarters of an hour.

## VEAL PATES.

Chop some cold veal fine, moisten with cream and an egg, beaten; season with salt, sweet marjoram, and powdered mace; then *make up* with the hands in the shape of cones or party-cakes, and roll in crumbs. Either fry in a buttered pan or bake in a hot oven.

## FISH.

A fresh fish to be indeed fresh should have red gills, eyes full and bright, body firm and stiff. After thoroughly washing they should remain for some time in strong salt and water, especially if they be fresh water fish, as this method removes the muddy taste. Before cooking they should be wiped dry and lightly dredged with flour, season with salt and pepper. Salmon trout, whitefish, speckled trout and other small fish are usually broiled or fried. To bake a fish, truss with cord and put in the oven on a gridiron or sticks laid across a dripping pan. If to be boiled, the fish should be trussed as for baking, enclosed in a cloth and placed in cold water before being put over the fire to boil. Salt fish should be properly soaked and the water changed frequently before cooking. A small quantity of sugar and salt mixed will keep fish fresh for some time.

## SAUCE FOR BOILED FISH.

A teacupful of milk with the same quantity of water; scald, and when boiling stir in a tablespoonful of flour previously mixed with cold water; add two or three eggs well beaten. Season with salt, pepper, vinegar, and three tablespoonfuls of butter. It has a nice effect to slice hard boiled eggs, placing them on the fish and pouring the sauce over all.

It is unnecessary to repeat the methods for the various kinds of fish, the principle is the same, and the nice point is in properly cleaning and dressing. Eels should be skinned, and all fish having scales should be scaled.

## CHOWDER.

Five pounds of cod, or other fish, cut in squares; fry plenty of salt pork cut in thin slices; put a layer of pork in your kettle, then one of fish; one of potatoes in thick slices, and one of onions in slices; plenty of pepper and

salt; a layer of sufficient chowder skinned a table butter sliced with chowder

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salt; repeat as long as your materials last, and finish with a layer of Boston crackers or crusts of bread. Water sufficient to cook with, or milk if you prefer. When the chowder is thoroughly done, take out with a perforated skimmer and put into a tureen. Thicken the gravy with a tablespoonful of flour and about the same quantity of butter. Boil up and pour over the chowder. Send sliced lemon, pickles, and stewed tomatoes to the table with it, that the guests may add, if they like. Clam chowder is made on the same plan.

## OYSTER STEW.

Drain the liquor from two quarts of firm, plump oysters, mix with it a small teacup of hot water, add a little salt and pepper, and set over the fire in a saucepan. When it boils, add a large cupful of rich milk. Let it boil up once, add the oysters, let them boil five minutes. When they ruffle, add two tablespoons butter, and the instant it is melted, and well stirred in, take off the fire.

## OYSTER SAUSAGES.

One dozen large oysters, half a pound of rump steak, a little seasoning of herbs, pepper and salt. Chop all fine, and roll them into the form of sausages and fry.

## OYSTERS (FRIED, TO GARNISH BOILED FISH).

Make a batter of flour, milk, and eggs, season it a very little, dip the oysters into it, and fry them a fine yellow-brown. A little nutmeg should be put into the seasoning, and a few crumbs of bread into the flour.

## ANGELS ON HORSEBACK.

Trim the beards from as many oysters as may be required, wrap each in a very thin shaving of fat, streaky bacon (cold boiled bacon is the best); run them one after the other on to a silver skewer, and hold them over a toast in front of a clear fire until the bacon is slightly crisp; serve on the toast immediately.

STUFFING FOR SALMON, PIKE, COD, OR OTHER  
LARGE FISH.

Take equal parts of fat bacon, beef-suet, and fresh butter, some parsley, thyme and savoury; a little onion, and a few leaves of scented marjoram shred fine; an anchovy or two; a little salt and nutmeg, and some pepper. Oysters will be an improvement with or without anchovies; add crumbs, and an egg to bind.

HOW TO DRY FISH.

Clean and scale the fish, opening at the back, and removing the inside and any blood along the back bone. Now rub with common salt, hang up and let it drain for twenty-four hours. Pound from two to four ounces saltpetre, according to the size of the fish, two to four ounces of salt, and the same of coarse sugar. When well mixed rub this into the flesh and lay on a large tray or dish for two days, then rub with salt, and in twenty-four hours it is ready to dry or smoke.

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POULTRY AND GAME.

OBSERVATIONS AND SUGGESTIONS.

The following is translated from a German cookery book:—"In Vienna, especially in the hotels, young chickens are killed immediately before they are wanted, plucked and cleaned as quickly as possible before the flesh becomes cold, otherwise it would be tough. They are cut up into joints and sprinkled with salt; each piece must then be dipped into flour, and then into egg and grated bread crumbs, and fried immediately; or they may be dipped first into butter, and then into bread crumbs mixed with a little flour. This method admits of no delay in performance if the whole flavour of the

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meat is to be preserved and the gravy kept in ; but in private houses the chickens are generally allowed to hang a day or two, to ensure their being tender."

When poultry is brought into the kitchen for use it should be kept as cool as possible. The best position in which to place it is with the breast downwards on a shelf or marble slab. The crop should be taken out. Choose fowls with a thin, transparent skin, white and delicate. Time required to boil poultry : a chicken will take about twenty minutes ; a fowl about forty minutes ; a small turkey an hour and a half ; a large turkey two hours or more. Singe all poultry with alcohol, or over a bright wood fire blaze, and dip quails into clarified butter for broiling.

In choosing ducks, be careful to secure those with plump bellies and thick and yellowish feet ; and to ensure them being tender, it is advisable to let them hang a day or two.

In choosing turkeys, the hen turkey is preferable for boiling, on account of their whiteness and tenderness.

Partridges in perfection will have dark coloured bills and yellowish legs ; the time they should be kept entirely depends upon the taste of those for whom they are intended, as what some people would consider delicious, to others would be disgusting and offensive. Young hares may be known by their smooth and sharp claws, and the cleft in the lip not much spread. It is preferable to hang without being paunched, but should it be previously emptied, wipe the inside every day and sprinkle over it a little ginger and pepper. Rabbits when young have smooth and sharp claws.

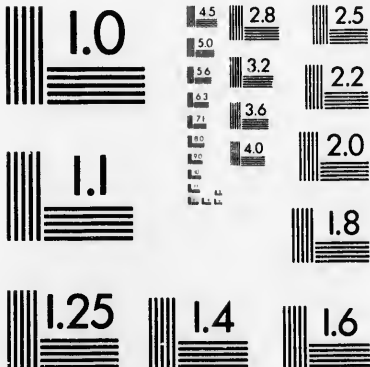
In selecting a goose, choose one with a clean white skin, plump breast and yellow feet.

All wild meats and game should be soaked an hour or so in salt and water to remove the wild taste.



# MICROCOPY RESOLUTION TEST CHART

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Pigeons may be dressed in so many ways, that they are very useful. The good flavour of them depends very much on their being cropped and drawn as soon as killed. No other bird requires so much washing. Pigeons left from dinner the day before may be stewed or made into a pie; in either case care must be taken not to overdo them, which will make them stringy. They need only be heated up in gravy, made ready, and forcemeat-balls may be fried and added, instead of putting a stuffing into them. If for a pie, let beef-steaks be stewed in a little water, and put cold under them, and cover each pigeon with a piece of fat bacon, to keep them moist. Season as usual.

#### ROAST TURKEY OR CHICKEN.

Having picked and drawn the fowls, wash them well in two or three waters; wipe them dry; dredge them with a little flour inside and out, and a little pepper and salt; prepare a dressing of bread and cracker crumbs, fill the bodies and crops of the fowls and then bake them from two to three hours; baste them frequently while roasting; stew the giblets in a saucepan; just before serving, chop the giblets fine; after taking up the chicken, and the water in which the giblets were boiled, add the chopped giblets to the gravy of the roast fowl; thicken with a little flour, which has been previously wet with the water, boil up, and serve in a gravy dish. Roast chickens and turkey should be accompanied with jellies or cranberry sauce.

#### DRESSING FOR TURKEY OR CHICKEN.

One pint of soaked bread, two tablespoonfuls of sage, two tablespoonfuls of summer savory, two teaspoonfuls, of salt, two teaspoonfuls pepper, butter size of an egg. Moisten with a very little water, and add a few oysters with a little of the liquor, if you please. The best author-

ities say the dressing is the finest when it crumbles as the fowl is cut.

## BOILED CHICKENS.

Clean, wash, and stuff as for roasting. Baste a white cloth around each, and put into a pot with enough boiling water to cover them well. The hot water cooks the skin at once, and prevents the escape of the juices. The broth will not be so rich as if the fowls are put on in cold water; but this is a proof that the meat will be more nutritious and better flavoured. Stew very slowly, for the first half hour especially. Boil an hour or more, guiding yourself by size and toughness. Serve with egg or bread sauce. (*See Sauces.*)

## SAUCE FOR ROAST TURKEY OR CHICKEN.

One pint milk, one cup bread-crumbs (very fine), one onion sliced, a pinch of mace, pepper and salt to taste, three tablespoonfuls butter. Simmer the sliced onion in the milk until tender; strain the milk and pour over the bread-crumbs, which should be put into a saucepan. Cover and soak half an hour; beat smooth with an egg-whip, add the seasoning and butter; stir in well, boil up once, and serve in a tureen. If it is too thick, add boiling water and more butter. This sauce is for roast poultry. Some people add some of the gravy from the dripping-pan, first straining it and beating it well in with the sauce.

## TO ROAST A GOOSE.

Having drawn and singed the goose, wipe out the inside with a clean white cloth, and sprinkle in some pepper and salt. Make a stuffing of four good-sized onions, minced fine, and half their quantity of green sage leaves, minced also, a large teacupful of grated bread crumbs, a piece of butter the size of a walnut, and the beaten yolks of two eggs, with a little pepper and salt. Mix the whole together and incorporate them

well. Put the stuffing into the goose, and press it in hard, but do not entirely fill up the cavity, as the mixture will swell in cooking. Tie the goose securely round with a greased or wetted string, and paper the breast to prevent its scorching. The fire must be brisk and well kept up. It will require from two hours to two and a half to roast. Baste it at first with a little salt and water, and then with its own gravy. Take off the paper when the goose is half done, and dredge it with a little flour toward the last. Having parboiled the liver and the heart, chop them and put them into the gravy, which must be skimmed well and thickened with a little brown flour. Send apple sauce to table with the goose, also mashed potatoes. It is well to parboil a goose before roasting, as it makes it more delicate, especially if the bird is not very young. An old goose is very tough and not fit for roasting.

#### CHICKEN PIE.

Stew chickens until tender; line the sides of a deep pie dish with nice pastry; put in the chicken, and the water in which it has boiled (which should be but half a pint); season with a large piece of butter, salt and pepper, and then cover loosely with crust. While this is baking, have ready a quart can of fine oysters; put on the fire a pint of rich milk (or the liquor of the oysters will do); let it come to a boil; thicken with a little flour, and season with butter, pepper and salt; pour this over the oysters boiling hot, and about fifteen minutes before the pie is done, lift the crust and pour the oysters and all into the pie; then return to the oven to finish.

#### FRIED CHICKEN.

Clean, wash, and cut to pieces a couple of spring chickens. Have ready in a frying-pan enough boiling lard or dripping to cover them well. Dip each piece in beaten egg when you have salted it, then in cracker-



crumbs, and fry until brown. If the chicken is large, steam it before frying. When you have taken out the meat, throw into the hot fat a dozen sprigs of parsley, and let them remain a minute—just long enough to crisp, but not to dry them. Garnish the chicken by strewing these over it.

#### ROAST DUCKS.

Clean, wash and wipe the ducks very carefully. To the usual dressing add a little sage. Stuff, and sew up as usual, reserving the giblets for the gravy. If they are tender, they will not require more than an hour to roast. Baste well. Skim the gravy before putting in the giblets and thickening. The giblets should be stewed in a very little water, then chopped fine, and added to the gravy in the dripping-pan, with a chopped shallot and a spoonful of browned flour. Currant or grape jelly is the proper sauce.

#### WILD DUCKS (STEWED).

Prepare by parboiling for ten minutes. Lay in cold water for half an hour. Cut into joints, pepper, salt and flour them. Fry a light brown in some butter. Put them in a stewpan and cover with gravy made from the giblets, necks, and some pieces of veal. Season with salt and pepper. Cover and stew for half an hour or until tender, take out the duck, skim the gravy and strain; add half a cup of cream, or some rich milk in which an egg has been beaten, thicken with brown flour, add one tablespoonful wine, and the juice of half a lemon beaten in slowly, or the cream may curdle. Boil up and pour over the ducks and serve.

#### BROILED CHICKEN.

Cut some fowls down the back, truss legs and wings as for boiling, with the liver and gizzard under the wing; baste them well with butter, sprinkle with pepper and

salt, and broil them slowly over a clear fire, turning frequently, and basting well till cooked.

#### QUAIL ON TOAST.

After the birds are nicely cleaned, cut them open down the back; salt and pepper them, and dredge with flour. Break down the breast and back-bones, so they will lie flat, and place them in a pan with very little water and butter in a hot oven, covering them up tightly until nearly done. Then place them in a spider in hot butter, and fry a moment to a nice brown. Have ready slices of baker's bread toasted, and slightly buttered upon a platter. The toast should be broken down with a carving knife, so that it will be tender. On this place the quail; make a sauce of the gravy in the pan, thicken lightly with browned flour, and pour over each quail and the toast.

#### PRAIRIE CHICKENS, PARTRIDGES AND QUAILS.

Dress and clean nicely, using a little soda in the water in which they are washed; rinse them and dry, and then fill out with dressing, sewing them up nicely, and binding down the legs and wings with cords. Put them in a steamer over hot water, and let them cook until just done. Then place them in a pan with a little butter; set them in the oven and baste them frequently with melted butter until of a nice brown. They ought to brown nicely in about fifteen minutes. Serve them on a platter, with sprigs of parsley alternating with currant jelly.

#### A GERMAN DISH.

Quarter a tender fowl, season the pieces with pepper and salt and mace; flour, and then dip them in the beaten-up yolk of an egg; fry a golden colour in hot lard; dish them, garnished with the liver and gizzard fried separately, and with fried parsley. Serve either with a salad garnished with hard-boiled eggs or tomato sauce.

## GRANDMOTHER'S CHICKEN POT-PIE.

Since boyhood the writer has never come across anyone who could make chicken pot pie that was not a disappointment. Even his mother had not learned the art; his wife was a dismal failure, and nearly every female acquaintance who has entered the lists fails when the crucial test is applied. Of course I praise the pie—it needs it—but one plateful always answers. I need not to be advised when to quit, as my dear old grandmother used to do. It was her pot pies that were so juicy and deliciously flavoured that she must needs stand by to save me. It is all nonsense that have “I have lost my zest for food.” I know better. I have tried pot pies made by my mother's sisters. I have even gone to the Catskill Mountains in the State of New York in search of the lost secret—for there in Dutchess County was my darling grandmother born. Now I know it was not prejudice nor my boyish appetite; for I could not endure her baked pork and beans. No, the art is lost, unless I can conjure it from memory as I was too heedless and shiftless to set it down in a book. But the lesson has made me more careful since that day. But let me go back in memory and describe her method. It was my part to catch the chicken, and I became expert in my part as time went on. I selected one or two young male fowls according to the number who were to share the treat. After scalding, plucking and dressing the fowls she washed them several times, after cutting them up she left them in salt and water; allowing them to remain in it a half hour or so; about one hour before the meal was to be served she put them over the fire in a deep kettle covering, with sufficient cold water to allow for evaporation during the hour. This was allowed to come slowly to a boil and not hurried. Meantime, a rich pastry or crust was made with sour cream, and a

little soda, rolled out into thin sheets and cut into squares—not *perfectly* square, you know, but square enough. When ready, and about fifteen or twenty minutes before dinner was to be served, she removed the chicken from the broth or liquor, then thickened this liquor with flour and plenty of melted butter seasoned with salt and pepper reduced to a thin batter by stirring in to the broth, of which there was plenty to cover the whole, as she returned the chicken and squares of crust in alternate layers, topping off as she began with a layer of crust, for I always hung around and conjured her to put in "lots of crust." That was a long quarter of an hour, always, from the time she covered it with a tin until served in a large platter, baptized in the delicious gravy. Perhaps this is not a sufficient guide to produce as good a pot pie as she made—and she never failed—but try it, and see. I never expected to make a book but if my boyish recollections aids any one to discover the lost art this book will not have been made in vain. Her success was equalled when she tried lamb, veal or wild pigeons. The secret is in the crust and the juiciness and plentifulness of the gravy.

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## SAUCES, GRAVIES, SALADS AND RELISHES.

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### SAUCES.

The illustrious French Diplomat, Talleyrand, used to say that in England they had one hundred and twenty religions but only one kind of sauce, and that was melted butter, but as Soyer, the great French cook, adds—"He should have told how one hundred and nineteen sauces could be engrafted on the original stock." Melted

butter is the basis of a number of very palatable sauces, which may be as varied as the taste and skill of the cook.

#### BUTTER SAUCE.

This is also the foundation upon which to build any kind of a sauce by adding the various flavours which follow below. Take two ounces prime sweet butter, two ounces flour, half a teaspoonful of salt, one-fourth as much pepper, mix together with a spoon, put into a quart pan, with a pint of cold water; place it on the fire, and stir continually, take it out when it begins to simmer, then add one more ounce of butter, stir till melted, and it is ready for use, or as the foundation of the following various sauces. This may be improved by adding half a tablespoonful of vinegar.

#### ANCHOVY SAUCE

is made by adding one part of the essence of anchovies in three parts of the above, mixing in a sauce-pan and serve when hot.

#### HARVEY SAUCE

is made in the same way, and in the same proportions.

#### EGG SAUCE.

Two hard-boiled eggs cut in squares and mixed as above.

#### GHERKIN SAUCE.

Two tablespoonfuls of chopped capers or pickled gherkins mixed as above.

#### FENNEL SAUCE.

Two tablespoonfuls of chopped fennel to six of the butter sauce, mixed and heated to nearly boiling, as above.

## ONION SAUCE.

Boil four ounces of sliced onions in salt and water mix with the butter sauce, adding salt and cream. This may be flavoured with sage or summer savory. Other sauces without end on the same plan.

## PICKLE SAUCE.

One spoonful of chopped pickle or picallily, one ditto of the vinegar from it; add to half a pint of melted butter, and boil a few minutes. Good for fish, meat and poultry.

## APPLE SAUCE.

Peel six good-sized apples, cut in four pieces, cut out the core, slice them fine, put in a stew pan with one ounce of brown sugar and a gill of water; stew till in pulp, and serve with roast pork, goose and duck.

## MINT SAUCE.

Chop three tablespoonfuls of green mint, put it into a basin with three of brown sugar, half a teaspoonful of salt, a quarter of pepper, and half a pint of vinegar. Use with roast lamb; also good with cold meat and poultry.

## HORSERADISH SAUCE.

Grate two tablespoonfuls of horseradish, which put into a basin; add to it one teaspoonful of mustard, one of salt, a quarter of pepper, one of sugar, two tablespoonfuls of vinegar; moisten with a little milk or cream until of a thickish appearance. Serve with rumpsteak, cold meats, etc.

## BREAD SAUCE.

Put in a stew pan four tablespoonfuls of bread crumbs, a quarter of one of salt, half that of pepper, ten pepper corns, peel a small onion, cut in four, add a pint of milk, half an ounce of butter; boil for ten minutes, when it ought to turn out a thickish sauce.

## WINE AND SPIRIT SAUCE.

Add to half a pint of melted butter, without salt, two teaspoonfuls of white or brown sugar, a glass of brandy, or rum, or sherry, or any liquors.

## BROWN SAUCE FOR BROILED FOWLS AND MEATS.

Put into a pan one tablespoonful of chopped onions, three spoonfuls of vinegar, one of colouring, six of water, three of either Harvey's sauce, or ketchup, a little pepper and salt, a pint of melted butter, boil till thickish; serve for the same as above.

## CRANBERRY SAUCE.

One quart of ripe cranberries, granulated sugar, a teacupful of water. Wash the berries and carefully pick them, then put them into a stewpan with the above quantity of water; allow them to stew very slowly, stirring occasionally. They require about an hour and a half to cook; when done sweeten with sugar, put into a mould, and when cold it is ready to serve.

## TOMATO SAUCE.

Ten pounds ripe tomatoes, one pint best brown vinegar, two ounces of salt, one-half ounce of cloves, one ounce of allspice, one-half pound white sugar, one ounce garlic, one-half ounce of black pepper, one-half ounce of cayenne pepper. Wipe the tomatoes clean, and boil or bake till soft; then strain and rub through a sieve that will retain the seeds and skins. Boil the juice for an hour, then add the above ingredients (all the spices must be ground). Boil all together for a sufficient time, which may be known by the absence of any watery particle, and by the whole becoming a smooth mass; five hours will generally suffice. Bottle without straining into perfectly dry bottles, and cork securely when cold. The garlic must be peeled. The proportions of spice may be varied according to taste.

## SWEET SAUCE FOR VENISON.

A glass of port wine, about half a tumbler of red currant jelly. Put the above ingredients into a stewpan and allow them to melt slowly, do not boil. When melted it is ready to serve.

## CELERY SAUCE FOR TURKEY.

Boil a head of celery until quite tender; then put it through a sieve, put the yolk of an egg in a basin and beat it well with the strained juice of a lemon, add the celery and a couple of spoonfuls of the liquor in which the turkey was boiled; salt and pepper to taste.

## A GOOD PUDDING SAUCE.

One-half cupful sugar, one-quarter cupful butter, or less, one egg. Flavouring, lemon or vanilla; table-spoonful of flour; beat all together. Pour on boiling water just before serving the pudding, and stir thoroughly. Excellent, almost equal to custard.

## DIRECTIONS RESPECTING GRAVIES.

Gravies may be made quite as good of the skirts of beef, and the kidney, as of any other meat, prepared in the same way. The shank-bones of mutton are a great improvement to the richness of gravy; but first soak them well, and scour them clean.

## A GOOD BEEF GRAVY FOR POULTRY OR GAME.

Half pound of lean beef, half a pint of cold water, one small onion, a saltspoonful of salt, a little pepper, a tablespoonful of mushroom ketchup or Harvey's sauce; half a teaspoonful of arrowroot. Cut the beef into small pieces and put it and the water into a stewpan. Add the onion and seasoning, and simmer gently for three hours. A short time before it is required, mix the arrowroot with a little cold water, pour into the gravy while stirring, add the Harvey's sauce and allow it just to come to the boil. Strain into a tureen and serve very hot.



## SAVOURY GRAVY.

One onion, butter, a tablespoonful of flour, half pint of broth or stock, pepper and salt, a small quantity of Worcester sauce. Mince one onion fine, fry it in butter to a dark brown, and stir in a tablespoonful of flour. After one minute add half a pint of broth or stock, pepper and salt, and a very small quantity of Worcester sauce.

## VEAL GRAVY.

Bones, any cold remnants of veal, one half pint of water, an onion, a saltspoonful of minced lemon peel, a little salt, a blade of mace, a few drops of the juice of the lemon, butter and flour. Place all the ingredients (excepting the lemon juice and flour) into a stewpan and allow them to simmer for one hour. Strain into a basin. Add a thickening of butter and flour mixed with a little water, also the lemon juice. Boil and serve very hot. Flavour with tomato sauce or ketchup.

## COLOURING FOR SOUPS OR GRAVIES.

Put four ounces of lump sugar, a gill of water, and half an ounce of the finest butter into a small tosser, and set it over a gentle fire. Stir it with a wooden spoon, till of a bright brown. Then add half a pint of water; boll, skim, and when cold, bottle and cork it close. Add to soup or gravy as much of this as will give a proper colour.

## WHITE FLOUR GRAVY FOR VEGETABLES OR FISH.

Take two tablespoonfuls of melted butter, and two of flour and blend, then boil with milk or water, to a light creamy consistency, seasoning with pepper and salt, if for fresh fish or vegetables.

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## ON SALADS.

What is more refreshing than salads when your appetite seems to have deserted you, or even after a capacious dinner—the nice, fresh green, and crisp salad, full of life and health, which seems to invigorate the palate and dispose the masticating powers to a much longer duration. The herbaceous plants which exist fit for food for man are more numerous than may be imagined, and when we reflect how many of these, for want of knowledge, are allowed to rot and decompose in the fields and gardens, we ought, without loss of time, to make ourselves acquainted with their different natures and forms, and vary our food as the season changes. Although nature has provided all these different herbs and plants as food for man at various periods of the year, and perhaps at one period more abundant than another, when there were so many ready to assist in purifying and cleansing the blood, yet it would be advisable to grow some at other seasons, in order that the health may be properly nourished. The Spanish proverb says that “to make a perfect salad, there should be a miser for oil, a spendthrift for vinegar, a wise man for salt, and a madcap to stir the ingredients up and mix them well together.”

## VEGETABLES FOR SALADS.

Beetroot, lettuce, onions, potatoes, celery, cucumbers, lentils, cabbage, water cress, marsh mallow, marigold, peas, tomatoes, radish, cauliflower; all the above may be used judiciously in salad, if properly seasoned, according to the following directions:—

## LETTUCE SALAD.

Take two large lettuces, remove the faded leaves and the coarse green ones, then cut the green top off, pull

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each leaf off separate, cut it *lengthways*, and then in four or six pieces; proceed thus until finished. This is better without washing. Having cut it all up put it into a bowl; sprinkle over with your fingers a small teaspoonful of salt, half one of pepper, three of oil, and two of English vinegar, or one of French; with the spoon and fork turn the salad lightly in the bowl till well mixed; the less it is handled the better.

The above seasoning is enough for a quarter of a pound of lettuce.

## MARSH MALLOW.

The roots of these should be removed, as likewise the faded leaves; dress as for lettuce, eggs and beetroot may be introduced in this, being almost a winter salad.

## WATER-CRESSSES.

Wash and pick over the cresses carefully, pluck from the stems, and pile in the salad bowl, with a dressing of vinegar, pepper, salt, and sugar, well stirred in.

## CABBAGE SALAD, OR COLD SLAW.

One head of fine white cabbage, minced fine, three hard-boiled eggs, two tablespoonfuls salad oil, two teaspoonfuls white sugar, one teaspoonful salt, one teaspoonful pepper, one teaspoonful made mustard, one teacupful vinegar. Mix as for lettuce, and pour upon the chopped cabbage.

## CABBAGE SALAD.

Two cabbages, chopped fine; sprinkle with salt; let stand over night. One pint vinegar, one-half cup ground mustard, three eggs. Beat eggs thoroughly and add to boiling vinegar. Wet the mustard with cold water or vinegar, add to the boiling vinegar; pepper and salt to taste, and let all come to a boil, pour over cabbage, and stir thoroughly together.

## DRESSING FOR CABBAGE.

One egg, one teaspoon mustard, one teaspoon salt, one teaspoon sugar, one-half cup vinegar, one-half cup milk.

## SALAD DRESSING.

Beat four eggs light, add one tablespoon mixed mustard, one-half teaspoon salt, five tablespoons vinegar, a little cayenne pepper; mix well, then stand in a dish filled with boiling water; when warm through add a tablespoon of butter; cook until a little thicker than custard, stirring constantly. If desired it may be boiled until thicker, then thinned with milk or cream.

## CHICKEN SALAD.

Use the white meat of two good sized chickens, and celery enough to make the proportion one-third chicken and two-thirds celery; boil ten eggs hard, rub the yolks perfectly smooth with a silver spoon, adding gradually four tablespoons of olive oil, one tablespoon of made mustard, two teaspoons of salt, one teaspoon of black pepper, half a teaspoon of cayenne pepper, and one tablespoon of sugar; add sweet cream by degrees until about the consistency of batter. Just before sending to table, mix the dressing with chicken and celery, and moisten with sharp vinegar. The juice of two lemons is an improvement.

## TOMATO SALAD.

Twelve medium-sized tomatoes, peeled and sliced, four hard-boiled eggs, one raw egg, well beaten, one teaspoonful salt, one-half spoonful cayenne pepper, one teaspoonful white sugar, one tablespoonful salad oil, two teaspoonfuls made mustard, one teacupful vinegar. Rub the yolks to a smooth paste, adding by degrees the salt, pepper, sugar, mustard, and oil. Beat the raw egg to a froth and stir in—lastly the vinegar. Peel the tomatoes.

## MAYONNAISE DRESSING.

Yolks of three eggs, beaten; oil added gradually until as stiff as cake batter; salt-spoon of salt, lastly the white of one egg beaten stiff. This is very nice for lobsters or chicken salad, or as a dressing for celery.

## SALMON SALAD.

One can fresh salmon, four bunches celery; chop as for chicken salad; mix with the salmon.

*Dressing.*—One teaspoon of mustard, two tablespoons vinegar, yolks of two eggs, salt to taste, and a little cayenne pepper; mix thoroughly, add to the salmon just before serving.

## WELSH RAREBIT.

We make a Welsh rarebit by melting good old cheese with a little vinegar, butter and milk, and pouring it over bread, toasted or untoasted, as we happen to fancy.

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 SOUPS.
 

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## REMARKS ON PREPARING STOCK.

As soup is practically the essence of animal food, the broth of meats and poultry forms the basis or stock from which they are made. The economy and wholesomeness of soup is proverbial. It is the proper commencement of a mid-day meal or dinner. The stomach quickly absorbs the hot, well seasoned liquids, and it stirs all the glands into an attitude of healthful readiness for the food to follow.

Soup should, therefore, not be an occasional treat, but form a part of every dinner. To be prepared for such a system, certain parts of fresh meats, meat remnants,

and cracked bones, which might otherwise go to waste should be steeped or slowly heated without salting. As a half teaspoonful of soda to each quart of water will prevent coagulation, and secure more perfect extraction of the juices of the meat, we recommend its use invariably. Commence by immersing the meats, after careful washing in a kettle of cold water, and bring the whole slowly to a boil, keeping the pot well covered. When the strength of the meat is extracted, season with salt, strain and set in a refrigerator or cool place for twenty-four hours before using, as age, so long as it is kept sweet, improves it.

This stock becomes noodle soup, barley soup, macaroni soup, vermicelli soup, onion soup, celery soup, etc., etc., as the case may be, in all cases being careful not to scorch; and after taking the flavour, or cooking the the various cereals such as barley, rice, noodles, celery, etc., etc., it is only desirable to bring the stock to a boil after mixing. Serve very hot, as therein lies the efficiency of soup as an appetizer.

#### NOODLES FOR SOUP.

Beat four eggs very light, add a pinch of salt and flour enough to make a stiff batter; roll out thin, sprinkle with flour and roll up tight; when ready for use cut in thin slices.

#### CHICKEN SOUP.

Save the broth after boiling chickens, and to it add two onions thinly sliced; boil twenty minutes, season with salt and pepper, add two beaten eggs and serve.

#### TOMATO SOUP.

One can of tomatoes, one quart boiling water; strain and add one-half teaspoonful soda, one pint milk, a little butter, pepper and salt; let it scald, not boil; add two rolled crackers.

## MACARONI SOUP.

Boil one-half pound macaroni until quite tender, and place in soup tureen, and pour the soup over it—the last thing.

## VERMICELLI SOUP.

Vermicelli will only need to be soaked a short time—not boiled.

## GIBLET SOUP.

Take three sets of ducks' giblets, two pounds of beef, some bones, shank bones or two legs of mutton, three onions, some herbs, pepper and salt, carrots, three quarts of water, one-quarter pint of cream, one ounce of butter, one spoonful of flour. Thoroughly clean three sets of ducks' giblets, cut them in pieces, and stew with two pounds of beef, some bones, the shank bones of two legs of mutton, three small onions, some herbs, pepper and salt to taste, and carrots, for three hours in three quarts of water. Strain and skim, add one-quarter pint of cream mixed with one ounce of butter kneaded with a spoonful of flour and serve with the giblets. (Only the gizzard should be cut.)

## GREEN PEA SOUP.

Take four pounds of beef, half peck of green peas, one gallon of water, half cup of rice-flour, salt, pepper and chopped parsley. Four pounds beef, cut into small pieces, half a peck of green peas, one gallon water, half a cup of rice-flour, salt, pepper and chopped parsley; boil the empty pods of the peas in the water one hour before putting in the beef. Strain them out, add the beef, and boil slowly for an hour and a half longer. Half an hour before serving, add the shelled peas, and twenty minutes later, the rice flour, with salt, pepper and parsley. After adding the rice-flour, stir frequently, to prevent scorching. Strain into a hot tureen.

## CELERY SOUP.

Take the white part of three heads of celery, half a pound of rice, one onion, one quart of soup stock, two quarts of milk, pepper and salt, and a little roux. Cut up the celery and onions very small, boil them in the stock until quite tender, add the milk and the rice, and boil together until quite a pulp, add pepper and salt and a little roux, strain through a fine hair sieve or metal strainer, and boil a few minutes, taking care it does not burn. Serve some small croutons of fried bread with it.

## MULLAGATAWNY.

Take one chicken or rabbit, butter, flour, two quarts of veal stock, salt, white pepper, curry powder, cayenne pepper and salt, one large spoonful of rice, half pint of cream. Stew a chicken or a rabbit in a little butter until tender, and when done wash in warm water. Put a little butter and flour in another stewpan, stir for five minutes, then add two quarts of good veal stock in which you have boiled carrots, turnips, celery and onions; the stock being also flavoured with salt and white pepper, and carefully skimmed and strained. Boil for fifteen minutes, then add the chicken or rabbit cut in small pieces, flavour with curry powder, cayenne pepper and salt, put in a large spoonful of rice, and boil until the rice is tender. Skim carefully, and before serving stir in half a pint of cream. The quantity of curry powder must depend upon taste; two tablespoonfuls will probably be sufficient for this quantity of soup.

## ONTAIL SOUP.

Take one oxtail, vegetables, onions, allspice, one head of celery, one quart of water, one quart of soup stock, a pinch of pepper, sugar and salt, a little sherry some roux. Cut up the oxtail into small pieces, throw



them into cold water with a little salt, bring them to the boil, and throw them into clean cold water. Cut up the vegetables into a stewpan, place the oxtail on the top, cover with the water and stock, let it simmer until the oxtail is quite tender, take out the pieces of tail, add the roux to the gravy, also the sugar and the seasoning. Boil well together, strain through a fine hair sieve, taking care to pass the vegetable pulp through, add the sherry, drop in the pieces of tail, and bring to the boil. Let it stand on the side of the stove until wanted.

## ALMOND SOUP.

Some sweet almonds, pounded white sugar, pounded cinnamon, bread. This is the useful dish for a Christmas supper, and is eaten hot. It is of almost Arcadian simplicity. Throw some sweet almonds in boiling water to get rid of the husk, skin and pound them in a mortar with some *lute-warm* water, adding by degrees pounded white sugar and pounded cinnamon; turn it out on a plate or dish, which must be able to stand the fire, previously lining the bottom with fingers of bread powdered with cinnamon. Thoroughly heat these ingredients over a clear fire and serve.

## MILK SOUP WITH VERMICELLI.

Throw a small quantity of salt into five pints of boiling milk, and then drop lightly into it five ounces of good fresh vermicelli; keep the milk stirred as this is added, to prevent its gathering into lumps, and continue to stir it very frequently from fifteen to twenty minutes, or until it is perfectly tender. The addition of a little pounded sugar and powdered cinnamon makes this a very palatable dish. For soup of this description, rice, semolina, sago, cocoa-nut, sago and maccaroni, may all be used, but they will be required in rather smaller proportions to the milk.

## BARLEY SOUP.

Take half pint of pearl barley, one quart of soup stock, the yolk of one egg, one gill of cream, half pat of fresh butter, bread. Boil half a pint of pearl barley in a quart of white stock till it is reduced to a pulp, pass it through a hair sieve, and add to it as much well-flavoured white stock as will give a purée of the consistency of cream; put the soup on the fire, when it boils stir into it, off the fire, the yolk of an egg beaten up with a gill of cream; add half a pat of fresh butter, and serve with small dice of bread fried in butter.

## RICE-FLOUR SOUP.

Mix to a smooth batter, with a little cold broth or soup stock, eight ounces of fine rice flour, and pour it into a couple of quarts of fast boiling broth or gravy soup. Add to it a seasoning of mace and cayenne, with a little salt if needful. It will require but ten minutes boiling. Two dessert spoonfuls of currie powder, and the strained juice of half a moderate sized lemon, will greatly improve this soup; it may also be converted into a good common white soup (if it be made of real stock) by the addition of three-quarters of a pint of thick cream to the rice.

## TAPIOCA SOUP.

Take one pint of soup stock, one ounce of tapioca, yolks of two eggs, two tablespoonfuls of cream or milk, pepper and salt. Bring the stock on to boil, then stir in gradually the tapioca which should be previously well soaked, and allow it to simmer until quite clear, then to the yolks of the eggs add the cream or milk and stir with wooden spoon, strain into basin. Take stock from the fire to cool a little, add by degrees three tablespoonfuls of it to the mixture, stirring well all the time. Then mix all together, stir well, and add pepper and salt to taste. Warm before servin', but do not boil.

## SCOTCH MUTTON BROTH.

Take two quarts of water, neck of mutton, vegetables, onions, four large spoonfuls of Scotch barley, salt to taste, some chopped parsley. Soak a neck of mutton in water for an hour; cut off the scrag, and put it into a stew-pot with two quarts of water. As soon as it boils skim it well, and then simmer it an hour and a half; then take the best end of the mutton, cut it into pieces (two bones in each), many as you think proper; skim the moment the fresh meat boils up, and every quarter of an hour afterwards. Have ready the vegetables and onions, all cut, but not small, and put them in soon enough to get quite tender; add four large spoonfuls of Scotch barley, first wetted with cold water. The meat should stew three hours. Salt to taste, and serve all together. Twenty minutes before serving put in some chopped parsley. It is an excellent winter dish.

## PUMPKIN SOUP.

Cut about two pounds of the flesh of the pumpkin or gourd into large dice, put it into your pan, with three ounces of salt butter or fat; add two teaspoonfuls of salt, the same of sugar, a little pepper, and half a pint of water; set on the fire, and stew gently for twenty minutes. When in pulp, add two table spoonfuls of flour, stir round, and moisten with three pints of either milk, skim-milk, or water, boil ten minutes longer, and serve with fried or toasted bread, cut in dice.

## PEA SOUP.

Put into the iron pot two ounces of dripping, one quarter of a pound of bacon, cut into dice, two good onions sliced; fry them gently until brownish, then add one large or two small turnips, the same of carrots, one leek, and one head of celery, all cut thin and slanting (if all these cannot be obtained, use any of them,

but about the same amount); fry for ten minutes more, and then add seven quarts of water; boil up, and add one pound and a half of split peas with two teaspoonfuls of soda, simmer for two or three hours, until reduced to a pulp, which depends on the quality of the peas, then add two tablespoonfuls of salt, one of sugar, one of dried mint; mix half a pound of flour smooth in a pint of water, stir it well; pour in the soup, boil thirty minutes, and serve.

#### VEGETABLE MARROW SOUP.

Peel, and take out the inside, if seeded, cut in slices about two pounds; put in saucepan on the fire, with a quarter of a pound of butter or fat; add two teaspoonfuls of salt, one of sugar, and one quarter of the same of pepper a gill of water, and one onion sliced; stew gently until in pulp, then add two tablespoonfuls of flour, and proceed as for pumpkin soup.

#### HODGE-PODGE SOUP.

Cut two pounds of fresh scrag of mutton into small pieces, put into a stewpan, with three quarts of cold water, and a tablespoonful of salt, one ditto of sugar, half a ditto of pepper; set it on the fire; when boiling, place it at the side to simmer for one hour; keep it skimmed; wash a large carrot, two turnips, two onions, and six small cabbage lettuces; cut them up, and place in the pot, and simmer till done. *A pint* of green peas, if in season, may be added. A carrot grated is an improvement. If in winter, use cabbage instead of lettuce. Serve the meat with it.

#### OYSTER SOUP.

Two quarts of oysters, one quart of milk, two tablespoonfuls butter, one teacupful water. Strain the liquor from the oysters, add to it the water, and set it over the fire to heat slowly, in a covered vessel. When it is near

boiling, season with pepper and salt, and stir in the milk, after which stir constantly, unless, as is wisest, you heat the liquor in a vessel set in a pot of boiling water. When the soup again nears the boiling-point, add the oysters, and let them stew until they "ruffle" on the edge. This will be in about five minutes. Then put in the butter and stir well until it is melted, when the soup is ready for use.

#### SODA IN SOUPS.

A pinch of soda put in the water before boiling dried beans or split peas will make a wonderful difference in soups made from them.

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## VEGETABLES.

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### REMARKS ON SELECTION.

As regards vegetation in general, the eye can soon detect the glowing freshness, which nature deposits upon such delicate articles of food as peas, asparagus, cucumbers, beans, spinach, salads of all kinds. Any of the above will not keep fresh after being cut longer than twenty-four hours during the summer, and twice that time in winter. All vegetables should be kept in as cool a place as possible; still, when the bloom disappears, it is time to make your bargain, as they then can be had cheaper; do not, however, buy any vegetable on any part of which decomposition has commenced to any extent, as, if eaten in this state, it will be found injurious to health.

Vegetables such as cabbage, cauliflower, common greens, carrots, turnip-tops, leeks, celery, artichokes, both globe and Jerusalem, will keep much longer.

Another way to ascertain if vegetables are old gathered, is to break a piece off any one with the hand ; if it snaps crisply it is fresh ; if, on the contrary, it has a flabby appearance, and is of a softish consistency, it is stale, and should be bought accordingly.

A dash of soda renders all green vegetables more nutritious, tender and easy of digestion, particularly, cabbage, spinach and beans.

#### GENERAL DIRECTIONS.

1. Have them fresh as possible. Summer vegetables should be cooked on the same day that they are gathered.

2. Look them over and wash well, cutting out all decayed or unripe parts.

3. Lay them when peeled in cold water for some time before using.

4. Always let the water boil before putting them in and continue to boil until done.

*Turnips.*—Should be peeled and boiled from forty minutes to an hour.

*Beets.*—Boil from one to two hours ; then put in cold water and slip the skin off.

*Spinach.*—Boil twenty minutes.

*Parsnips.*—Boil from twenty to thirty minutes.

*Onions.*—Best boiled in two or three waters ; adding fresh the last time.

*String Beans.*—Should be boiled one hour.

*Shell Beans.*—Require half an hour to an hour.

*Green Corn.*—Boil twenty or thirty minutes.

*Green Peas.*—Should be boiled in as little water as possible ; boil twenty minutes.

*Asparagus.*—Same as peas ; serve on toast with cream gravy.

*Winter Squash.*—Cut in pieces and boil twenty to forty minutes in small quantity of water ; when done, press

the water out, mash smooth, and season with butter, pepper and salt.

*Cabbage.*—Should be boiled from one-half hour to one hour, in plenty of water; salt while boiling.

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## POTATOES.

The potato is the king of vegetables in this climate. Potatoes boiled or baked should be cooked in their skins, especially in boiling, a potato should not be wounded, as it permits the real nutrition to escape, and then it is poured off with the water in draining. Wash clean and boil until soft clear through; drain, salt, and return to the fire till the water is all evaporated; three or five minutes will suffice; peel and serve in an open dish.

### HOW TO CHOOSE POTATOES.

Observe, as a general rule, that the smaller the eye the better the potato, as when they are too full in the eye they are either of an inferior quality, or are running to seed. To ascertain if they are sound, nip a piece from the thickest end with your finger nail; if good, the inside will either be of a white, yellow, or reddish hue, according to the sort and quality; if, on the contrary, they are spotted, they are bad, or getting so; but though this part may be slightly touched, by cutting a little off the outside they may prove fit for boiling; though they ought to be bought, when in this state, at a cheap rate. Potatoes always get bad in the spring of the year, as then the old ones are going out, and the new ones for some time continue to possess but little flavour, and are watery when boiled. The old ones ought to be peeled and steamed, and mashed, or baked in an oven, under a joint, or fried in fat; for when done whole in their

skins, at this time of the year, the slightest spot spoils their flavour. The new ones are tasteless and watery, and, as I described above to you, are much better cooked when put in very hot water, but not boiling, than when put in cold.

#### BAKED POTATOES.

Wash and wipe some large ripe potatoes, and bake in a quick oven until tender, say from three-quarters of an hour to an hour, if of a good size.

#### POTATO CAKES.

Make cold mashed potato into flat cakes; flour and fry in lard, or good sweet dripping, until they are a light brown.

#### BROILED POTATOES.

Boil eight or ten large potatoes; when cold, slice them lengthways and put on a toaster or fine wire broiler over a hot fire; when browned, remove; salt, and pour melted butter over them.

#### POTATOES BOILED IN LARD.

Pare and slice thick eight or ten large potatoes. Half fill a good sized kettle with lard or drippings. When boiling put in the potatoes; cook until tender and brown; then take out with a skimmer into a colander to drain off any grease. Sprinkle salt over them. Be sure and not fill the kettle too full with potatoes as it is better to cook at a time only what the lard covers.

#### NEW POTATOES

should be cleaned, and the skin rubbed off with a coarse cloth; add a little salt if the skin is dry. Put them into very hot water, and boil from fifteen to twenty minutes. Take them out of the water and let them drain before sending to table, throwing some salt over them. If very small, they will not take above ten minutes.



## ROAST SWEET POTATOES.

Select those of uniform size, wash, wipe, and roast until you can tell, by gently pressing the largest between the finger and thumb, that it is mellow throughout. Serve in their jackets. Sweet, as well as Irish potatoes, are very good for pic-nic luncheon, roasted in hot ashes.

## BOILED SWEET POTATOES.

Have them all as nearly the same size as possible; put into cold water, without any salt, and boil until a fork will easily pierce the largest. Turn off the water, and lay them in the oven to dry for five minutes. Peel before sending to table.

## FRIED SWEET POTATOES.

Parboil them, skin and cut lengthwise into slices a quarter of an inch thick. Fry in sweet dripping or butter.

Cold boiled potatoes may be cooked in this way. Or you can chop them up with an equal quantity of cold Irish potatoes, put them into a frying-pan with a good lump of butter, and stir until they are hot and slightly brown.

## CABBAGE, ETC.

[Always boil cabbage in two waters !

## SAUERKRAUT.

Shred or chop the cabbage fine. Line a barrel, keg or jar with cabbage-leaves on the bottom and sides. Put in a layer of the cut cabbage, three inches in depth; press down well and sprinkle with four tablespoonfuls of salt. When you have packed five layers in this way, press hard with a board cut to fit loosely on the inside of the barrel or jar. Put heavy weights on this, or pound with a wooden beetle until the cabbage is a com-

pact mass, when remove the board and put in more layers of salt and shred cabbage, repeating the pounding every four or five layers, until the vessel is full. Cover with leaves and put the board on the top of these with a heavy weight to keep it down. Set all away to ferment. In three weeks remove the scum, and if need be, cover with water. Keep in a cool dry cellar. It can be eaten raw or boiled, and seasoned with pork.

#### GREEN PEAS.

This, of all the pulse vegetables, is the most liked, and the most in use; and perhaps in no country in the world can they be obtained in the same perfection as in America. The water should be boiling, and say one quart of peas to two quarts of water, with the same amount of salt as before; put the peas in, leave the cover off, and boil till tender; drain, and serve, with a piece of butter put on the dish. If mint or savoury is liked, add it while boiling.

#### BROAD OR WINDSOR BEANS.

The appearance of this vegetable is generally spoiled because it is boiled with a piece of bacon; they ought to be boiled alone like the peas, and very fast, and if young do not take longer. They should be served with parsley and butter. When the skin is wrinkled they are done.

#### FRENCH AND KIDNEY BEANS.

Head, tail, and string them; cut them down in thin strips, or in the middle, throw them into boiling water, in which a little more salt than usual has been put; boil for fifteen minutes and serve either plain or with parsley and butter, and a little pepper and salt. These are considered exceedingly wholesome for persons who take much exercise, and eat freely of animal food; they purify the salt of the blood.

## CAULIFLOWER

should be put in salt and water some time before cooking, and requires close examination that no insects are inside; cut off the root and the large leaves; they should be boiled in boiling water, and will take about ten minutes. There are a variety of ways of using these vegetables, but in general a little too complicated for our work.

## STEWED CAULIFLOWERS.

Use for this dish the smaller and more indifferent cauliflowers. Cut them into small clusters; lay in cold salt and water half an hour, and stew fifteen minutes in boiling water. Turn most of this off, leaving but half a teacupful in the saucepan. Add to this a half cupful of milk thickened with a very little rice or wheat flour, and two tablespoonfuls of melted butter, pepper and salt. Shake the saucepan over the fire gently until it boils; take out the cauliflowers with a perforated skimmer, lay in order upon a dish, and pour the sauce over them.

## SCALLOPED CAULIFLOWER.

Boil until tender, clip into neat clusters and pack—the stems downward—in a buttered pudding-dish. Beat up a cupful of bread crumbs to a soft paste with two tablespoonfuls of melted butter and three of cream or milk; season with pepper and salt, bind with a beaten egg, and with this cover the cauliflower. Cover the dish closely and bake six minutes.

## BOILED ONIONS.

Cut off tops and tails, and skin them. Lay in cold water half a hour, then put into a saucepan with enough boiling water to cover them. Cook fifteen minutes and drain off the water, re-covering them with more from the boiling tea-kettle. Boil until a straw will pierce

them ; drain and put into a dish with pepper, salt, and plenty of butter. Send around drawn butter with them. Never cook onions in an iron pot.

#### STEWED ONIONS.

Young onions should always be cooked in this way. Top, tail, and skin them, lay them in cold water half an hour or more, then put into a saucepan with hot water enough to cover them. When half done, throw off all the water, except a small teacupful—less, if your mess is small ; add a like quantity of milk, a great spoonful of butter, with pepper and salt to taste. Stew gently until tender, and turn into a deep dish. If the onions are strong and large, boil in three waters, throwing away all of the first and second, and reserving a very little of the third to mix with the milk.

#### ONIONS FRIED.

Peel and slice and fry in lard or butter : season with pepper and salt, and serve hot.

#### BAKED SQUASH.

Cut in pieces, scrape well, bake from one to one and a half hours, according to the thickness of the squash ; to be eaten with salt and butter as sweet potatoes.

#### FRIED SQUASHES.

Cut the squash into thin slices, and sprinkle it with salt ; let it stand a few moments ; then beat two eggs, and dip the squash into the egg ; then fry it brown in butter.

#### SUMMER SQUASHES.

Cook them whole ; when tender, if large, skin and remove the seeds ; if small, this will not be necessary ; drain and press the water out with a plate ; then put them in a stew-pan, and season well with butter, pepper, and salt, and a tablespoonful of cream.

## ROASTED GREEN CORN.

Turn back the husks upon the stalk, pick off the silk, recover with the husks closely as possible, and roast in the hot ashes of a wood-fire. Eat with butter, salt, and pepper, out of doors, in the forest, or on the beach.

## CORN OYSTERS.

Eight ears of sweet corn, grated; two cups of milk, three eggs, salt and pepper; flour enough to make a batter. Put a tablespoonful of butter into a frying-pan and drop the mixture into the hot butter—a spoonful in a place; brown on both sides. Serve hot for breakfast or as a side dish for dinner.

## SALISFY OR OYSTER-PLANT (STEWED).

Scrape the roots, dropping each into cold water as soon as it is cleansed. Exposure to the air blackens them. Cut in pieces an inch long, put into a saucepan with hot water enough to cover them, and stew until tender. Turn off nearly all the water, and add a cupful of cold milk. Stew ten minutes after this begins to boil; put in a great lump of butter, cut into bits, and rolled in flour; pepper and salt to taste. Boil up once, and serve. The taste is curiously like that of stewed oysters.

## EGG PLANT.

Pare and cut in slices half an inch thick; sprinkle with salt; cover and let stand for an hour. Rinse in clear cold water; wipe each slice dry; dip first in beaten egg, then in rolled cracker or bread crumbs. Season with pepper and salt, and fry brown in butter.

## FRIED EGG-PLANT.

Slice the egg-plant at least half an inch thick; pare each piece carefully, and lay in salt and water, putting a plate upon the top to keep it under the brine, and let

them alone for an hour or more. Wipe each slice, dip in beaten egg, then in cracker-crumbs, and fry in hot lard until well done and nicely browned.

#### SUCCOTASH.

One pint of green corn cut from the cob, and two-thirds of a pint of Lima beans; let them stew in just enough water to cover them until tender, then season with butter, pepper, salt, and a little milk; simmer together a few moments and serve.

#### CANADIAN BAKED BEANS.

Boil the beans until they begin to crack, with a pound or two of salt fat pork; put the beans in the baking-pan; score the pork across the top, and settle in the middle; add two tablespoonfuls of sugar or molasses, and bake in a moderate oven two hours; they should be very moist when first put into the oven, or they will grow too dry in baking. Do not forget the sweetening if you want Yankee baked beans.

#### SCALLOPED TOMATOES.

Put into an earthen baking dish a layer of cracker crumbs and small bits of butter; then a layer of tomatoes with a very little sugar sprinkled over them; then another layer of cracker crumbs seasoned with butter, and a layer of tomatoes, until your dish is full, with the cracker crumbs at the top; pour over all this a little water to moisten, and bake half an hour.

#### CORN AND TOMATOES.

Take equal quantities of green corn cut from the cob, and tomatoes sliced and peeled. Stew together half an hour; season with pepper, salt, and a very little sugar. Stew fifteen minutes longer, and stir in a great lump of butter. Five minutes later, pour out and serve.

## STEWED TOMATOES.

Put ripe tomatoes into hot water and skin them; then throw them into an *earthen* stew pan, (a new tin will do, but not so good); cut up and let the tomatoes cook gently a few minutes; season with butter, pepper, salt, and serve. Or you may add bread crumbs and sugar to the tomatoes if preferred. Some cooks stew tomatoes for a long time, but the flavor is finer if allowed to simmer but a few moments, just sufficient time to heat well through.

## RAW TOMATOES.

Do not loosen skin with scalding water. It impairs the flavor and destroys the crispness. Pare with a keen knife, slice and lay in a glass dish. Season with pepper, salt, and vinegar, stirring a piece of ice rapidly around in the dressing before pouring it over the tomatoes, and setting the dish in the refrigerator until wanted. There is no salad, excepting, perhaps, lettuce and cucumbers, that is more improved by the use of ice than tomatoes.

## BAKED TOMATOES.

Wash, wipe and then cut in two; place them in a baking tin with the skin side down, and season with pepper and salt, and place in a hot oven; take up carefully when done, and put bits of butter on each piece of tomato.

## FRIED TOMATOES.

Cut a large Feejee tomato in half, flour the cut side, heat very hot, and put the floured side down; when brown on one side, turn; when done, pour over a teacup of hot cream or rich milk.

## MOCK OYSTERS.

Three grated parsnips, three eggs, one teaspoonful of salt, one teacupful of sweet cream, butter half the size of an egg, three tablespoonsfuls of flour. Fry as pancakes.

## VEGETABLE OYSTERS.

One bunch of oysters; boil and mash. One pint of sour milk, half a teaspoonful of soda; flour to make a batter; add two eggs, beaten, and the oysters. Fry in hot lard—drop in spoonfuls.

## RAW CUCUMBERS.

Pare neatly from end to end, and lay in ice-water one hour. Wipe them and slice thin. Season with pepper, salt, and vinegar—and oil, if you wish—laying some bits of ice among them, with thin slices of onion. Cucumbers should be gathered while the dew is on them, and eaten the same day. Leave them in a cool place until you are ready to pare them.

## FRIED CUCUMBERS.

Pare and lay in ice-water half an hour. Cut lengthwise into slices *nearly* half an inch thick, and lay in ice-water ten minutes longer. Wipe each piece dry with a soft cloth, sprinkle with pepper and salt, and dredge with flour. Fry to a delicate brown in sweet clarified dripping, nice lard, or butter.

Many declare that cucumbers are never fit to eat unless fried, and they are assuredly far more wholesome than when served raw.

## BOILED CARROTS.

Take six young carrots, a tablespoonful of salt. Place upon the stove two quarts of warm water with the above proportion of salt, bring to a boil; wash and scrape the carrots, remove any black specks, cut in halves, plunge into the boiling water, and boil until tender; drain, and serve upon a hot dish.

## STEWED CARROTS.

Wash and scrape the carrot; split the largest. Then whiten them in hot water, and drain them on a sieve; then boil them in weak broth, with salt; then put some

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butter in a saucepan, with a dessertspoonful of flour ; stir it and brown it. Add the carrots to it, broth and pepper. Stir, and let all simmer together.

## BEET ROOTS.

Beet roots make a very pleasant addition to winter salads, of which they may agreeably form a full half, instead of being only used to ornament it. This root is cooling, and very wholesome. It is extremely good boiled, and sliced with a small quantity of onions ; or stewed with whole onions, large or small.

## BOILED BEETS.

Wash, but do not touch with a knife before they are boiled. If cut while raw, they bleed themselves pale in the hot water. Boil until tender—if full-grown at least two hours. When done, rub off the skins, slice round if large, split if young, and butter well in the dish. Salt and pepper to taste. A nice way is to slice them upon a hot dish, mix a great spoonful of melted butter with four or five of vinegar, pepper and salt, heat to boiling, and pour over the beets.

## STEWED BEETS.

Boil young, sweet beets, until nearly done ; skin and slice them. Put into a saucepan with a minced shallot and parsley, two tablespoonfuls melted butter, a little quantity of vinegar, some salt and pepper. Set on the fire and simmer twenty minutes, shaking the saucepan now and then. Serve with the gravy poured over them.

## BOILED PARSNIPS.

If young, scrape before cooking ; if old, pare carefully ; and if large, split. Put them into boiling water, salted, and boil, if small and tender, from half to three-quarters of an hour, if full-grown, more than an hour. When tender, drain and slice lengthwise, buttering well when you dish.

## FRIED PARSNIPS.

Boil until tender, scrape off the skin, and cut in thick lengthwise slices. Dredge with flour and fry in hot dripping or lard, turning when one side is browned. Drain off every drop of fat ; pepper and serve hot.

## ASPARAGUS.

After scalping the stalks to cleanse them, place them in a vessel of cold water. Tie them up neatly into bundles of about twenty-five heads each, then place them in a saucepan of boiling water, sprinkling a handful of salt over it. When it is boiling remove any scum there may be ; the stalks will be tender when they are done ; they will take about twenty minutes or half an hour ; be careful to take them up the minute they are done ; have ready some toast, dip in it the liquor in which the asparagus was boiled ; dish upon toast, and serve with a boat of melted butter.

## ASPARAGUS.

Take twenty-six or thirty heads of asparagus, good rich butter, salt and pepper, five or six eggs. Boil the asparagus (after cutting them into pieces of about half an inch) for fifteen minutes ; take a cup of rich butter and put it into a saucepan ; drain the asparagus, and put it with the butter ; heat them to a boil, seasoning with pepper and salt, and then pour into a buttered baking tin or dish ; break five or six eggs neatly over the surface of this, sprinkle with pepper and salt, and put it in the oven until the eggs are set nicely. Serve hot.

## ARTICHOKES.

Wash them well, peel and shape them to a uniform size ; throw them into boiling salted water, and let them boil fifteen to twenty minutes ; drain them at once thoroughly ; put them on a dish and serve with the ol-

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lowing sauce poured over them. Mix over the fire one and a half ounces of butter with a tablespoonful of flour ; add half a pint of boiling water, white pepper, and salt to taste ; stir till the sauce thickens, then take the saucepan off the fire, and stir in the yolks of two eggs, beaten up with the juice of a lemon, and strained.

#### ARTICHOKES (WITH CREAM).

Prepare and parboil them as in the preceding recipe ; then put them into a saucepan with a due allowance of white sauce, and let them finish cooking in this, adding at the last a small quantity of cream and grated nutmeg.

#### ARTICHOKES (WITH GRAVY).

Prepare them as above, cutting them to the size of pigeon's eggs. Parboil them for ten minutes, drain them and toss them in a saucepan, with a piece of butter ; then add a small quantity of good clear gravy and a dust of pepper. Let them simmer very gently till wanted.

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## PICKLES.

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### OBSERVATIONS ON PICKLES.

Glass or stone jars are preferable to any other ; a small piece of alum in each jar will make the pickles firm and crisp. One tablespoonful of sugar to each quart of vinegar will be found a very great improvement to all pickles. Always use the very best cider or wine vinegar.

Keep your pickles well covered with vinegar. If you use ground spices, tie them up in thin muslin bags. Pickles, well made, are better when a year old than at the end of six months.

Enamelled kettles should always be used in preference to those of brass or copper, as the verdigris produced by the vinegar on these metals is extremely poisonous. For some pickles use cold vinegar, as in boiling most of the strength is lost by evaporation.

If you boil pickles in bell-metal, do not let them stand in it one moment when it is off the fire; and see for yourself that it is perfectly clean and newly scoured before the vinegar is put in.

#### RED CABBAGE PICKLES.

Slice it into a colander, and sprinkle each layer with salt; let it drain two days, then put it into a jar, and pour hot vinegar enough to cover, and put a few slices of red beet-root. Observe to choose the purple red cabbage. Those who like the flavour of spices will boil it with the vinegar. Cauliflower cut in branches, and thrown in after being salted, will look of a beautiful red.

#### PICKLED CAPERS.

Add fresh vinegar that has been scalded and become cold, and tie them close to keep out the air, which makes them soft.

#### CUCUMBER PICKLES.

Make a brine that will bear up an egg, heat it boiling hot, pour it over the cucumbers; let them stand twenty-four hours, or make a cold brine and let it stand forty-eight hours. Take the cucumbers and wipe the black specks from each one, then take sufficient quantity of vinegar to cover them, and add a small lump of alum; put the cucumbers in the brass kettle with the vinegar cold, heat them slowly, turning them from the bottom several times; let them stand twenty-four hours; afterwards take three gallons of vinegar if needed to cover them; the size of the cucumbers vary so much, judgment must be used. Then put three pints of brown

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sugar, three gills of mustard seed, a handful of cloves, a handful of stick cinnamon, six green peppers, one table-spoonful of celery seed, ginger root, a piece of alum the size of a walnut ; tie in a muslin bag all the spices, with the peppers, and scald with the vinegar, then pour it over the cucumber hot ; add green peas and horse-radish cold.

## EAST INDIA PICKLE.

One hundred cucumbers (large and small), one peck green tomatoes, one-half peck onions, four cauliflowers, four red peppers (without the seeds), four heads celery, one pint bottle horseradish. Slice all, and stand in salt twenty-four hours ; then drain, pour over weak vinegar, stand on stove until it comes to a boil ; then drain again. One ounce ground cinnamon, one ounce ground tumeric, one-half pound mustard, one-quarter pound brown sugar ; wet these with cold vinegar ; add to this sufficient vinegar to moisten all the pickles. Cook all together ten minutes. Seal in bottles while hot.

## FRENCH PICKLE.

One peck green tomatoes, sliced ; six large onions, a teacup of salt thrown on over night. Drain thoroughly, then boil in two quarts of water and one quart of vinegar fifteen or twenty minutes ; drain in colander ; then take four quarts vinegar, two pounds brown sugar, one-half pound white mustard seed, two tablespoonfuls cloves, two tablespoonfuls cinnamon, two tablespoonfuls ginger, two tablespoonfuls ground mustard, one teapoonful cayenne pepper ; put all together and cook fifteen minutes.

## TOMATO SOY.

One-half bushel green tomatoes, three onions, three green peppers, one-quarter pound mustard seed, three cupfuls sugar, three cabbages. Chop the tomatoes and onions together (fine) ; add to one gallon of the tomatoes

one cup of salt ; let stand twenty-four hours, drain and add the peppers (chopped fine), mustard seed, sugar and other spices to taste. Moisten all with vinegar and cook until tender. Before bottling add the cabbages (chopped), and one cupful chopped horseradish.

#### RIPE CUCUMBER PICKLE.

Pare and scrape out the inside of the cucumber ; put in weak brine for twenty-four hours. Make a syrup of sugar and vinegar ; boil a few slices of the cucumber at a time in this, until they look clear. When the cucumbers are all cooked, boil down the syrup and pour over them

#### PICKLED WATERMELON.

Take the green part of the rind of the melon, pare and cut in small pieces. To one quart of vinegar add two pounds of sugar, one ounce of cassia buds. In this boil the rind until clear and tender.

#### PICKLED TOMATOES.

Take small, smooth tomatoes, not very ripe, scald them until the skin will slip off easily, and sprinkle salt over them. After they have stood twenty-four hours, drain off the juice and pour on a boiling hot pickle composed of one pound of sugar, two teaspoonfuls of cinnamon and two teaspoonfuls of cloves to every quart of vinegar. Drain off the liquid, scald it and pour on them again, every other day for a week. They will require no further care. This is excellent.

#### PICKLED CABBAGE.

Slice white and red cabbage very fine, put into a jar alternately, sprinkle salt on each layer ; also whole black pepper, black mustard seed, and cinnamon broken fine ; then cover with cold vinegar. It will be ready for use in twenty-four hours.

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## PICKLED CAULIFLOWER.

Take the whitest full-grown cauliflower, cut off the thick stock and split the flower into eight or ten pieces, spread them on a large dish and sprinkle with salt; let them stand twenty-four hours, then wash off the salt; drain them, put them into a flat jar, scald with salt and water (allowing a quarter of a pound of salt to a quart of water), cover closely and let it stand until next day; afterwards drain them in a hair sieve and spread in a warm place to dry for a day and night. Then put them in a glass jar and pour over them a pickle that has been prepared as follows: Mix together three ounces of coriander seed, three ounces of turmeric, one ounce of mustard seed and one ounce of ginger. Pound the whole to a fine powder; put it into three quarts of cider vinegar, set it by the fire in a stone jar and let it infuse three days. These are the proportions, but the quantity of pickle must depend on the quantity of cauliflower, which must be well covered by the liquid; pour it over the flower and secure the jar closely from the air.

## CHOW-CHOW.

One cauliflower cut in small pieces, one dozen small white onions, two dozen small cucumbers, one quart of string beans, one ounce of black mustard seed, one ounce of white mustard seed, one teaspoonful of cayenne pepper, a quarter of an ounce of turmeric, pieces of horseradish cut fine and a gallon of vinegar, or more. Scald the spices and vinegar together and pour over the vegetables boiling hot; after it is cold mix one pound of mustard in vinegar and add to the pickles.

## GREEN BEANS AND RADISH PODS.

Take young French or "string" beans, and radish pods just before they change colour; green and pickle as you do cucumbers and gherkins.

## PICALILLI.

Take small cucumbers, button onions, small bunches of cauliflower, carrots, ginger, grapes, strips of horse-radish, radishes, bean pods, cayenne pods, four quarts of white wine vinegar, four tablespoonfuls of salt, mustard and flour, two tablespoonfuls of ground ginger, pepper, allspices and turmeric. The brine of this pickle is made by putting a pint of rock salt into a pail of boiling water. Put the vegetables for pickling into the brine and cover tightly to prevent the steam escaping. Allow them to stand a night and a day. Change the brine a second time and allow them to remain the same length of time. The second brine may be used a second time if skimmed and scalded. Choose pickles from the brine of an equal size and of various colours. Great taste may be displayed in the arrangement of the pickles when putting them in bottles. To four quarts of white wine vinegar add the spices. Simmer these together (the mustard and turmeric must be blended together with a little vinegar before they are added to the liquor); when the liquor is on the point of boiling, pour into a vessel; cover tightly. When sufficiently cold pour into the bottles containing the pickle, and make air-tight. It will be ready for use in five or six months.

## SWEET-PICKLED PEARS OR QUINCERS.

To one pound of sugar take a quart of vinegar; dissolve the sugar, season with mace, cinnamon, and nutmeg. Peel and quarter two pounds of fruit, drop in the syrup, and boil five minutes. Re-scald nine mornings.

## SWEET GRAPE PICKLES.

Take six pounds of sugar, ten of grapes on the stem; boil a quart of vinegar, spice, and pour over boiling hot.

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## SWEET-PICKLED PEACHES.

Make a syrup of one quart of vinegar and three pounds of sugar ; peel the peaches and put them in the vinegar, let get hot, then take up until the vinegar boils, and pour over the peaches ; repeat every day for a week, or until the syrup is thin. The proportion of spices to a gallon of syrup is two tablespoonfuls of cloves and four of cinnamon.

## SWEET PICKLES.

Sweet pickles are a nice relish with game or poultry, and are much more wholesome than ordinary pickles. They may be made of any fruit or vegetables that can be preserved, including the rinds of melons. The proper proportion of sugar to vinegar for syrup is three pints to a quart. Sweet pickles are difficult to keep unless made by experienced hands, and should be frequently examined and rescalded if any signs of fermentation are shown. The best spices for sweet pickles are cinnamon and cloves.

## SWEET WATERMELON-RIND PICKLES.

1. Weigh twelve pounds of rind and put in a kettle, cover with salt water, let boil for a half-hour, drain and wash. Put one quart of strong vinegar and three pounds of brown sugar, with spices, in a kettle, let come to a boil, and drop in the rind ; boil half an hour take up and put in a stone jar. Add two pounds of sugar to the syrup, with the juice and peel of two lemons. Boil thick and pour in the jar over the rind. This is one of the most delicious of sweet pickles.

2. Cut watermelon-rind into fancy shapes. Soak in salt water seven days. To eight pounds of rind put five of sugar. Make a syrup of the vinegar and sugar ; spice well. Take the rind from the brine, and boil in strong ginger tea ; drop in the syrup. Seal.

## SWEET GREEN-TOMATO PICKLES.

Take six pounds of green tomatoes and slice. Boil a quart of vinegar and three pounds of sugar, flavour with cinnamon, allspices, and mace. Put in the tomatoes and boil fifteen minutes. Put in stone jars.

## PICKLED CHERRIES.

Five pounds of cherries, stoned or not; one quart of vinegar, two pounds of sugar, one-half ounce of cinnamon, one-half ounce of cloves, one-half ounce of mace; boil the sugar and vinegar and spices together (grind the spices and tie them in a muslin bag), and pour hot over the cherries.

## PICKLED PLUMS.

To seven pounds plums, four pounds sugar, two ounces stick cinnamon, two ounces cloves, one quart vinegar, add a little mace; put in the jar first a layer of plums, then a layer of spices alternately; scald the vinegar and sugar together, pour it over the plums; repeat three times for plums (only once for cut apples and pears), the fourth time scald all together; put them into glass jars and they are ready for use.

## PICKLED APPLES.

For one peck of sweet apples take three pounds of sugar, two quarts of vinegar, one-half ounce of cinnamon, one-half ounce cloves; pare the apples, leaving them whole; boil them in part of the vinegar and sugar sprinkle with salt, and lay twenty-four hours; mash them up and run through a sieve so as to waste nothing but seed and skin, and season to taste with red pepper and cloves; boil until it begins to settle at the bottom of the kettle, then add one quart of vinegar, then bottle and seal up tight.

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## CATSUPS.

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### TOMATO CATSUP.

1. Take one peck of tomatoes allow one tablespoonful of salt, mace, black pepper, cloves powdered, and one of celery seed ; a teaspoonful of cayenne, half pound tin of mustard. Make a small incision in each tomato, put into an enamelled saucepan, and boil until perfectly soft, and the pulp dissolved ; work through a cullender, then through a hair sieve. Place upon the stove adding the remaining ingredients (the celery seed must be confined in a muslin bag), and boil six hours. Stir occasionally for the first five hours and all the last hour. Pour into a stone jar ; allow to stand from twelve to fourteen hours in a cool place. When perfectly cool add a pint of strong vinegar. Remove the celery seed ; bottle, cork, and seal. Exclude from the light.

2. One peck ripe tomatoes, cut up, boil tender and sift through a wire sieve ; add one large tablespoonful ground cloves, one large tablespoonful allspices, one large tablespoonful cinnamon, one teaspoonful cayenne pepper, one-quarter pound salt, one-quarter pound mustard, one pint vinegar. Boil gently three hours. Bottle and seal while warm.

### WALNUT CATSUP.

Walnuts, salt, to every two quarts of walnut liquor allow one ounce each of allspices, ginger, black pepper, cloves, mace. Wash the shells of walnuts, bruise them slightly, put them with salt in a stone jar for two or three weeks until they ferment, then boil them up, strain off the liquor, add to every two quarts one ounce each

of allspice, ginger, black pepper, cloves, and mace; boii the whole one hour; let it cool, bottle it, and tie a bladder over the corks. Butternut makes equally good catsup.

#### MUSTARD (TO MAKE).

Mix the best Durham flour of mustard by degrees with boiling water to a proper thickness, rubbing it perfectly smooth; add a little salt, and keep it in a small jar closely covered, and put only as much into the glass as will be used soon, which should be wiped daily round the edges.

*Another way, for immediate use.*—Mix the mustard with new milk by degrees, to be quite smooth, and add a little raw cream. It is much softer this way, is not bitter, and will keep well.

#### HORSE-RADISH VINEGAR.

Take three ounces of scraped horse-radish, one ounce of minced shallot, one drachm of cayenne, one quart of vinegar. Pour the vinegar upon the above ingredients; allow to stand ten days. This will be found exceedingly useful for cold joints, salads, &c., and a very economical relish.

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## EGGS.

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Orpheus, Pythagoras, and their sectators—good and humane people as ever lived—unceasingly recommended in their discourses to abstain from eggs, in order not to destroy a germ which nature had destined for the production of chicken. Many allowed themselves to be persuaded, and would have believed it an unpardonable

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crime if they had eaten a tiny *omelette*, or boiled eggs. Many of the most learned philosophers held eggs in a kind of respect approaching to veneration, because they saw in them the emblem of the world and the four elements. The shell, they said, represented the earth; the white, water; the yolk, fire; and air was found under the shell.

They are a natural food, wholesome in every way, except when boiled too hard; although there are some stomachs which reject them. They can be employed in almost every dish with advantage, and one weighing two ounces contains nearly the same amount of nourishment as an ounce of meat and an ounce of bread; therefore when eggs, twelve cents a dozen, are equal to one pound two ounces, they are not a very dear article of food.

To judge of the freshness of an egg, see that the shells are sharp and rough with a limy feel; or hold lengthwise in the closed hand and look through it at a bright light; if the yolk is well defined and the white clear it is all right, but if cloudy and dark beware.

Much need not be said as to cooking eggs; they may be fried, boiled, scrambled, poached and roasted. In frying do not have your pan too hot, but cook slowly and dip the melted fat or butter, basting the top. In boiling, allow three minutes in boiling water to medium sized eggs, and a trifle longer for large eggs.

#### CUSTARDS.

Custard pie, and the multitude of dishes into which eggs enter as a part, are treated of elsewhere in these pages.

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## DRINKS.

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As the human body is largely made up of fluids, it follows that our drinks or beverages are an important part of our daily wants. The body absorbs and retains a certain amount of weight of moisture from the air breathed, but the larger portion is absorbed by the linings of the stomach and bowels, from food and drink.

These drinks should be pure and wholesome. A drink may seem unharmed because no immediate effects are noticed, but in time it may undermine the health. The safest drinks are pure cold water and fresh milk. Tea, coffee, chocolate, beer, wines and liquors being more or less narcotic or stimulant, should be used with great caution, and especially should not be served indiscriminately to children. Habits often grow rapidly, therefore put off the commencement of them as long as possible.

But to those who have formed these habits a few hints on the preparation of their favourite beverages will be necessary.

### TEA AND COFFEE POTS.

As the flavor and aroma of these drinks is their chief recommendation the greatest cleanliness must be practiced in the care of the pots in which they are made. Once a day they should be boiled out, with a generous pinch of soda dashed in; then wiped dry and aired.

### COFFEE.

Take half pint ground coffee, a quart of boiling water with half a teaspoonful of soda. Stir up the whites of two eggs with the coffee; adding a little cold

water to form a paste. Mix this gradually with the boiling water, stirring well as it boils rapidly for ten to fifteen minutes, keeping well covered. Take from the fire and dash in a little cold water and let it settle for a few minutes. Pour off carefully and serve very hot in a table coffee pot. In country places where milk is plentiful we recommend its use largely.

## ROASTING COFFEE.

This process should be carefully watched and superintended. When the berry crackles and becomes crisp it is sufficiently roasted. Once taken off the roaster, it should be placed in several thick folds of flannel, to preserve the oil and aroma. When cool, place it in an air-tight canister. While on this subject, may I be allowed to state that, in my opinion, a good cup of coffee cannot be made without the introduction of a little chicory, though it should not be bought at coffee price.

## TEA.

Pour into a tea-steeped just a very little boiling water, and then put in tea, allowing one teaspoonful of tea to each person. Pour over this boiling water until the steeper is little more than half full; cover tightly and let it stand where it will keep hot, but not to boil. Let the tea infuse for ten or fifteen minutes, and then pour into the tea urn, adding more boiling water, in the proportion of one cup of water for every teaspoonful of dry tea which has been infused. Have boiling water in a water pot, and weaken each cup of tea as desired. Do not use water for tea that has boiled long. Spring water is best for tea, and filtered water next best.

## ICED TEA.

To each glass of tea add the juice of half a lemon, fill up the glass with pounded ice, and sweeten.

## BLACK CURRANT CORDIAL.

To every four quarts of black currants, picked from the stems and lightly bruised, add one gallon of the best whiskey; let it remain four months, shaking the jar occasionally; then drain off the liquor and strain; add three pounds of loaf sugar and a quarter of a pound of best cloves, slightly bruised; bottle well, and seal.

## GINGER CORDIAL.

To one pound of picked currants, red or black, add one quart of whiskey, one ounce of bruised ginger; put in a stone jar and let it stand for twenty-four or thirty-six hours; strain through a flannel bag, and add half a pound of sugar; when it is all melted, bottle.

## CHERRY CORDIAL.

To six pounds of cherries add three pounds of sugar and one gallon of whiskey. Shake the jar often for the first three weeks, then bottle.

## LEMON SYRUP.

1. Pour six quarts of boiling water on five pounds of white sugar, one and a half ounces of tartaric acid, and a little whole ginger; let stand till cold; then add one small bottle of essence of lemon. Strain and bottle.

2. Pare off the yellow rind of the lemon, slice the lemon and put a layer of lemon and a thick layer of sugar in a deep plate; cover close with a saucer, and set in a warm place.

## CREAM NECTAR.

Dissolve two pounds of crushed sugar in three quarts of water; boil down to two quarts; drop in the white of an egg while boiling; then strain, and put in the tartaric acid; when cold drop in the lemon to your taste; then bottle and cork. Shake two or three times a day.

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## SPLendid GINGER BEER.

Five gallons of water, one-half pound ginger root boiled, four pounds of sugar, one-eighth pound of cream of tartar, one bottle of essence of lemon, one ounce of tartaric acid, one quart of yeast.

## HOP BEER.

One handful of hops, boil an hour, strain, and add one pint of molasses, and enough water to make two gallons. When milk-warm, add one cup or cake of yeast; let it stand over night; skim and pour it off from the yeast carefully; add one tablespoonful of wintergreen, and bottle for use.

## GINGER WINE.

1. Take ten gallons of water, one pound bruised ginger, thirty-two pounds raw sugar, ten lemons, ten Seville oranges, four pounds of raisins, one-half ounce of isinglass. Peel the fruit, and express the juice. Boil the water, ginger, and sugar half an hour; pour it boiling hot upon the peel; add the juice. When nearly cold put in a little yeast spread upon a toast. Let it stand three days, stirring it twice a day; then put it into a cask with the raisins and isinglass. Continue stirring twice a day for ten days. It must not be stopped till it has ceased to ferment. Fit for use in three months.

2. One-half pound of cinnamon bark, four ounces of pimento, two ounces of mace, three quarters of an ounce of capsicum, three-quarters of a pound of ginger root, five gallons of alcohol; macerate and strain or filter, after standing fifteen days. Now make syrup, thirty pounds of white sugar, half pound of tartaric acid, one and a half pounds of cream tartar, dissolve with warm water, clarify with white of two eggs, and add soft water to make forty gallons. Colour with cochineal and let it stand six months before use.

## CURRANT WINE.

For every gallon of water take one gallon of currants off the stalks, bruise well and let them stand over night. Next morning mash them well with your hands and strain through a hair sieve. To every gallon of the liquor add four pounds of sugar. Rinse the cask well with brandy and strain the liquor again when putting in, by which you will see whether the sugar is dissolved. Lay the bung lightly on and stop it up in ten days.

## SUMMER DRINK.

Make a syrup of four pounds of white sugar with four quarts of water; boil; when cold add four ounces of tartaric acid, one and a half ounces of essence of lemon, and the whites of six eggs beaten to a stiff froth; bottle. A wineglass of the cream to a tumbler of water, with sufficient carbonate of soda to make it effervesce.

## RASPBERRY VINEGAR.

To four quarts red raspberries, put enough vinegar to cover, and let them stand twenty-four hours; scald and strain it; add a pound of sugar to one pint of juice; boil it twenty minutes, and bottle; it is then ready for use and will keep years. To one glass of water add a large spoonful.

## CHOCOLATE.

Scrape baker's chocolate fine, mix with a little cold water and the yolks of eggs well beaten; add this to equal parts of milk and water, and boil well, being careful that it does not burn. Sweeten to taste and serve hot.

## COFFEE.

The following is a delicious dish either for summer breakfast or dessert: Make a strong infusion of mocha coffee; put it in a porcelain bowl, sugar it properly and

add to it an equal portion of boiled milk, or one-third the quantity of rich cream. Surround the bowl with pounded ice.

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### A SERIES OF NEW AND CHEAP DRINKS.

Put a gallon of water on to boil, cut up one pound of apples, each one into quarters, put them in the water, and boil them until they can be pulped, pass the liquor through a cullender, boil it up again with half a pound of brown sugar, skim, and bottle for use, taking care not to cork the bottle, and keep it in a cool place: the apples may be eaten with sugar.

*Another way.* — Bake the apples first, then put them in a gallon pan, add the sugar, and pour boiling water over, let it get cold, pass the liquor as above, and bottle.

#### APPLE TOAST AND WATER.

A piece of bread, slowly toasted till it gets quite black, and added to the above, makes a very nice and refreshing drink for invalids.

#### APPLE BARLEY WATER.

A quarter of a pound of pearl barley instead of toast added to the above, and boil for one hour, is also a very nice drink.

#### APPLE RICE WATER.

Half a pound of rice, boiled in the above until in pulp, passed through a cullender, and drink when cold.

All kinds of fruit may be done the same way.

Figs and French plums are excellent; also raisins.

A little ginger, if approved of, may be used.

#### FOR SPRING DRINK.

Rhubarb, in the same quantities, and done in the same way as apples, adding more sugar, is very cooling.

Also green gooseberries.

## LEMONADE.

Cut in very thin slices three lemons, put them in a basin, add half a pound of sugar, either white or brown; bruise altogether, add a gallon of water, and stir well. It is then ready.

## FOR SUMMER DRINK.

One pound of red currants, bruised with some raspberries, half a pound of sugar added to a gallon of cold water, well stirred, allowed to settle, and bottled.

## MULBERRY.

The same, adding a little lemon-peel.

A little cream of tartar or citric acid added to these renders them more cooling in summer and spring.

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 FRUIT.
 

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## OBSERVATIONS.

The most useful and delicious of all our foods is ripe fruit. They are more than food: they are tonics, blood-purifiers and laxatives, better than all the medicines that can be bought, if but judiciously used.

As many of them can only be used in their season on account of their very perishable nature, a few remarks on their preservation will be in order.

The delicious flavour of a strawberry, peach, or pear is all the more so if by art and care that flavour can be preserved, to refresh us long after its season is past. If in canning or preserving that identity is lost, the labour and material is also lost unless we are satisfied with an empty name.

## OBSERVATIONS ON CANNING.

Fruit for preserving or canning must be gathered in dry weather, and should be carefully selected, discarding all bruised fruit, and purchasing only that of the largest and finest quality.

Within a few years canned fruits have, in a great measure, superseded preserves. They are cheaper, more wholesome, but far more difficult to prepare. Attention to a few general rules will insure success, to every housekeeper who sensibly prefers to put up her own season's supply of these to purchasing those for double the cost, which are not nearly so good.

Examine cans or jars and elastics narrowly before you begin operations. See that the screw is in order, the can without crack or nick, the elastic firm and closely fitting.

Have the fruit boiling hot when sealed. Have upon the range or stove a pan in which each empty can is set to be filled after it is rolled in hot water. Lay elastic and top close to your hand, fill the can to overflowing, remembering that the fruit will shrink as it cools, and that a vacuum invites the air to enter; clap on the top without the loss of a second, screw as tightly as you can, and as the contents and the can cool, screw again and again to fit the contraction of metal and glass.

If you use glass cans (they are cheapest in the end, for you can use them year after year, getting new elastics when you need them) keep them in a cool, dark place, and dry as well as cool; for the light will cause them to ferment, and also change the colour. Always use a porcelain kettle, as the acids of fruits acting on iron spoil the colour.

In making syrups, for which neither the weight of the sugar nor the mode of dissolving it is specified, the fol-

lowing rule is to be observed:—Take of refined sugar, reduced to a fine powder, twenty-nine ounces; the liquor prescribed one pint. Add the sugar by degrees, and digest with a moderate heat, in a close vessel, until it is dissolved, frequently stirring it; set the solution aside for twenty-four hours, take off the scum, and pour off the syrup from the feces, if there be any.

#### CANNED PEACHES.

Peaches require one-quarter pound of sugar to each quart of fruit, which should be mixed in layers, and slowly brought to a boil; let boil three minutes.

#### CANNED PEARS.

Pears require one pint of water to each quarter pound of sugar to make a syrup, as they are not as juicy as some other fruits. Boil till tender in a small quantity of water, then add the syrups, and bring them to a boil and can.

#### CANNED PLUMS.

Plums require to be pricked with a needle, to prevent their bursting and breaking up. Dissolve a quarter of a pound of sugar to a gill of water, which makes a heavy syrup. This will be sufficient for each quart of all sweet plums. To those containing more acid, use increased quantities of sugar, to insure palatability.

#### CANNED TOMATOES.

Pour boiling water over the tomatoes to loosen the skins. Remove these; drain off all the juice that will come away without pressing hard; put them into a kettle and heat slowly to a boil. Your tomatoes will look much nicer if you remove all the hard parts before putting them on the fire, and rub the pulp soft with your hands. Boil ten minutes, dip out the surplus liquid, pour the tomatoes, boiling hot, in the cans, and seal. Keep in cool, dark place.

## CANNED APPLES.

This is the longest keeper of all the fruits. It is not so much of an object to can, but in places where they are scarce they may be canned the same as pears or peaches.

## PRESERVED GREEN CORN.

Boil on the cob until the milk ceases to flow when the grain is pricked. Cut off the corn and pack in stone jars in the following order:—A layer of salt at the bottom half an inch deep. Then one of corn two inches in depth, another half-inch of salt, and so on until the jar is nearly filled. Let the topmost layer of salt be double the depth of the others, and pour over all melted—not hot—lard. Press upon this, when nearly hard, thick white paper, cut to fit the mouth of the jar. Keep in a cool place. Soak over night before using it. Green corn is difficult to can, but *I know* it will keep well if put up in this way. And, strange to tell, be so fresh after the night's soaking as to require salt when you boil it for the table. Should the top layer be musty, dip lower still, and you will probably be rewarded for the search.

## PINEAPPLES.

Pare very carefully with a silver or plated knife, as steel injures all fruit. With the sharp point of the knife dig out as neatly and with as little waste as possible, all the "eyes" and black specks, then cut out each of the sections in which the "eyes" were, in solid pieces clear down to the core. By doing this all the real fruit is saved, leaving the core a hard, round woody substance; but it contains considerable juice. Take this core and wring it with the hands, as one wrings a cloth, till all the juice is extracted, then throw it away. Put the juice thus saved into the syrup; let it boil up five minutes, skim till clear, then add the fruit. Boil

as short a time as possible, and have the flesh tender. The pineapple loses flavour by over-cooking sooner than any other fruit. Fill into well-heated jars, add all the syrup the jar will hold; cover and screw down as soon as possible.

#### STRAWBERRIES.

Put berries and sugar into a large flat dish and allow to stand about four hours, then draw off the juice and put into preserving pan and allow to come to a boil, removing the scum as it rises; then put in the berries, and let them come to a boil. Put into warm bottles and seal quickly.

#### CHERRIES CANNED.

Take to every one pound of fruit one-half pound of sugar, three gills of water. Put the sugar and water on the fire to heat, and as soon as it comes to a boil put in the cherries and only allow them to *scald* for quarter of an hour; put into bottles boiling hot and seal. A few of the kernels put in to scald with the fruit imparts a fine flavour. Be sure to skim well.

#### GREEN GOOSEBERRIES.

Top and tail the gooseberries, and then fill wide-mouthed bottles, shaking them down till no more can be put in; then tie down with damp (not wet) bladder, and place the bottles, surrounded by hay, in a boiler of cold water, over a slow fire; let them simmer till reduced about one-third, then take the boiler off the fire, and let the bottles remain in it till quite cold.

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#### OBSERVATIONS ON PRESERVES.

Like almost everything else in cookery, preserves are worse than nothing if not nice: Therefore great care should be taken in the selection of sugar, the prepara-



tion of your syrups, and the quality and perfection of the fruit to be used. Use only the best white sugar, or the preserve cannot be perfect, and nothing is saved. If common sugar is used, it causes great amount of scum, and of course this must be taken off, consequently evaporation reduces the quantity. In making syrups the sugar must be pounded and dissolved in the syrup before setting on the fire; no syrups or jellies should be boiled too high. Fruits must not be put into a thick syrup at first. Fruits preserved whole or sliced may be boiled in a syrup make of two pounds of sugar to every one pound of water, the quantity of syrup differing in some cases, but the general rule is one and a half the substance of fruit. We have found the following very good: To clarify six pounds of sugar, put into a preserving pan, and pour to it five pints of cold spring water; in another pint beat lightly up the white of one small egg, but do not froth it very much; add it to the sugar, and give it a stir to mix it well with the whole. Set the pan over a gentle fire when the sugar is nearly dissolved, and let the scum rise without being disturbed; when the syrup has boiled five minutes take it from the fire, let it stand a couple of minutes, and then skim it very clean; let it boil again, then throw in half a cup of cold water, which will bring the remainder of the scum to the surface; skim it until it is perfectly clear, strain it through a thin cloth, and it will be ready for use, or for further boiling.

All unripe fruit must be rendered quite tender by gentle scalding before it is put into syrup, or it will not imbibe the sugar; and the syrup must be *thin* when it is first added to it, and be thickened afterwards by frequent boiling, or with additional sugar; or the fruit will shrivel instead of becoming plump and clear. A pound of sugar boiled for ten minutes in one pint of water will

make a very light syrup; but it will gradually thicken if rapidly boiled in an uncovered pan. Two pounds of sugar to the pint of water will become thick with a little more than half an hour's boiling, or with three or four separate boilings, of eight or ten minutes each; if too much reduced it will candy instead of remaining liquid

In making jams many cooks, after allowing the proper proportion of sugar to the fruit, put into the preserving pan without removing stones or skins until after boiling, as the flavour is thought to be finer by adopting this method. Glass bottles are preferable to any other, as they allow inspection to detect incipient fermentation, which may be stayed by re-boiling. Copper or brass preserving pans are the best kind to use, but they require a great deal of care to keep clean; the enamelled are very nice and easily kept in order. Jams should be kept in a dry, cool place, and if properly made will only require a small round of writing paper, oiled, and laid on to fit; now tie down securely with a second paper brushed over with the white of egg to exclude the air. If you should have the least fear of the store closet being damp, it would be better for the first paper to be dipped in brandy. Inspect them every two or three months.

#### GREEN GRAPE PRESERVES.

To one pound of grapes allow three-quarters pound of sugar. Pick them carefully, and reject any that are injured; wash them. Put the grapes into a preserving pan, then a layer of sugar, then a layer of grapes. Boil on a moderate fire, stirring it all the time to prevent its burning, and as the grape stones rise take them out with a spoon, so that by the time the fruit is sufficiently boiled—about one hour—the stones will all have been taken out. Put into jars and cover in the usual way.

## RHUBARB JAM.

To a pound of pulp allow one pound of sugar, one ounce of sweet almonds blanched and chopped, and half a lemon cut into slices. Peel and cut up the rhubarb, boil till reduced to a pulp with a very little water, add the sugar, almonds, and lemon; boil for three-quarters of an hour, or an hour; remove the lemon peel, and put it into pots.

## BLACKBERRY PRESERVES.

To every pound of picked fruit allow one pound of loaf sugar, and one-quarter pound of apples peeled and cored, and cut quite small. Boil the fruit for ten minutes, add the sugar, boil, stir, and remove all scum; it will take from half to three-quarters of an hour.

## APRICOT OR PLUM PRESERVES.

Take equal quantities of fruit and sugar. Pound the sugar, pare and cut up with a silver knife some ripe apricots, or magnums, remove the stones, lay the fruit in a dish, strew over them half the sugar, and leave them till the following day; then boil and skim the remainder of the sugar, add the fruit, boil it up quickly, well skimming and stirring for twenty minutes; add the blanched kernels halved, boil for ten minutes more, and the jam will be ready to pot.

## STRAWBERRY OR BARBERRY PRESERVES.

Some ripe but not too ripe strawberries, to every pound of fruit allow one pound of white sugar and one-quarter pint of currant juice. Pick the fruit; pour the currant juice on the sugar. Boil the strawberries for twenty minutes, stirring well with a wooden spoon. Add the sugar and currant juice, and boil together on a trivet or hot plate for half an hour, carefully removing all the scum as it rises.

## CHERRY PRESERVES.

To one pound of cherries allow one pound of sugar. For this use ripe fruit, but carefully reject any which is bruised or over ripe. The Kentish are the best for this purpose, having a pleasant acid taste; other kinds are too sweet for the quantity of sugar necessary in preserving fruit. To the stoned fruit, add the sugar; it will require stirring occasionally from the first, and continuously after it once comes to the boil, after which it must continue boiling for three-quarters of an hour; then try a little on a cold plate to see if it sets or jellies; if it does, pour it off into jars, and set in a cool dry place till the following day, when it should be covered down for keeping, if not, continue boiling until it will so set. It will not require skinning during the process of boiling, the scum will all boil away. The easiest way of stoning cherries is to tie a little loop of iron wire about the shape of a hairpin, on to a stick the length of a pencil; bind the two ends firmly to the stick, leaving the loop standing up about an inch long, and slightly bent forward. With this the stones are easily extracted.

## PRESERVED MELONS.

Melon, salt and water, best white ginger to taste. To make syrup, one quart of water to one pound of white sugar, the rind of three lemons, add another pound of sugar to each quart of syrup. Take away the rind and seeds, and cut the melon about the size of pieces of root ginger. Put them in strong salt and water, and let them remain for ten days, when it must be poured off, and fresh water put instead; this must be changed twice daily for three or four days till all taste of salt is gone from the melon. Scrape the outside off the best white ginger (the quantity according to taste), put it into a thin syrup made of the above proportions of water

and sugar, drain the fruit, and pour the syrup and ginger over it boiling hot. Repeat this for three days, then add another pound of sugar to each quart of syrup; when boiled and skimmed add the rind of three lemons, cut lengthwise to each quart, put in the melons, and simmer until clear. After the first day's simmering the ginger may be sliced to impart more flavour, but it must not be allowed to boil.

#### QUINCE PRESERVES.

To one pound of quinces allow three-quarters of a pound of sugar. Peel and quarter your quinces, leaving the seeds in, as they readily impart their mucilage to water and thus thicken the syrup. Put the fruit and sugar into a preserving pan, and half a teacupful of water to moisten the bottom of the pan; stir the fruit and sugar frequently, and when it boils keep it boiling rapidly until the fruit is soft, and a clear red colour. It will take about an hour, reckoning from the first boiling up. Put into jam pots, and cover when cold.

#### QUINCES PRESERVED WHOLE.

Some ripe quinces, to every pint of water allow three pounds of white sugar. Pare the quinces and put them into the preserving pan, three-parts covered with cold water (if they should float while the water is being poured on them, press them down with a plate until you have gauged the exact height of the water); take out the quinces, measure the water and add the sugar. Let this boil rapidly in the preserving-pan for five minutes, and then put in the quinces. The syrup should not cover them at first, but when they are half-cooked it will then amply cover the fruit. Boil the quinces rapidly, until soft enough for a knitting-needle to pierce them easily, which should be in an hour and a half, reckoning from the first boiling up. Take the quinces

out carefully, so as not to break them, and lay them on dishes to cool. Run the syrup through a jelly bag, or a piece of new flannel, put in a gravy strainer: this frees it of all odd little bits that may boil from the outside of the quinces, and makes it clearer. Put the syrup back in the preserving-pan, and boil it rapidly until it will jelly when dropped on a plate; put the quinces into it.

#### PRESERVED PUMPKINS.

Equal proportions of sugar and pumpkin, one gill of lemon juice. Cut the pumpkin in two, peel and remove the seed, cut in pieces about the size of a fifty-cent piece, after weighing place in a deep vessel in layers, first sprinkle a layer of sugar then of pumpkin and so on, until it is finished; now add the lemon juice and set aside for three days; then for every three pounds of sugar add half a pint of water and boil until tender. Pour into a pan, setting aside for six days, pour off the syrup and boil until thick, skim and add the pumpkin while boiling; bottle in the usual manner,

#### GREEN FIG PRESERVE.

To equal quantities of fruit and sugar, peel of one large lemon, a little ginger. Lay the figs in cold water for twenty-four hours, then simmer them till tender; put them again into cold water, and let them remain for two days, changing the water each day. If not quite soft simmer again, and replace in cold water until next day. Take their weight in loaf sugar, and with two-thirds of it make a syrup, in which simmer the figs for ten minutes. In two days take the third of the sugar, pounded fine, and pour the syrup from the figs on it. Make a rich syrup with the peel of the lemon and a little raw ginger, and boil the figs in it, then mix altogether and put into large jam pots. The figs may be cut in half, if preferred, after they have simmered until soft.

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## TO PRESERVE CITRON.

Citron, sugar, and water. Purchase fine citrons, pare and slice one inch thick, cut again into strips, remove the seeds, weigh, and allow one pound of sugar to one pound of fruit. Make a syrup, say five pounds of sugar, half a pint of water; when boiling add the fruit and boil three-quarters of an hour, test if done by piercing with a broom straw, and a few minutes before removing from the fire slice and seed a lemon, and with one root of ginger put into preserving pan, pot and cover air tight.

## APPLE JAM.

Allow to every one pound of pared and cored fruit three-quarters of a pound of white sugar, the rind of one lemon, and juice of half a lemon. Having peeled and cored the apples weigh them, and slice them very thin. Place in a stone jar and surround with boiling water, allow them to boil until tender; when tender place in a preserving pan, add the sugar, grated lemon rind and juice. Boil slowly half an hour from the time it begins to simmer, remove the scum, put into jars and cover in the usual manner.

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FOOD FOR THE SICK.

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Men worn out by disease and injury must have nutritious and concentrated food. The ordinary preparations for the sick are, in general, not only not nutritious, but insipid and flatulent. Animal soups are among the most efficient supporters of the exhausted system, and every medical man should know how to give directions for their preparation. The life of man is his food. Solid articles are of course withheld in acute diseases in their earlier stages.

All animal soups should be made of lean meats; and their nutritious properties, as well as their flavours, may be increased by the addition of some vegetable substance, as rice or barley. If the stomach is very weak, they may be diluted, or seasoned with pepper.

#### MEAT PASTE.

Take a piece of raw meat (perfectly free from fat) beef, mutton, or chicken, shred it as fine as possible, and rub it through a sieve so as to form a smooth paste. Mix a piece the size of a pea up with a little cream and sugar. To be given frequently. In cases of extreme exhaustion from diarrhœa or other causes, it is very useful, especially for children. It may be given as a sandwich between thin pieces of bread, if preferred.

#### POUNDED MEAT.

Take some chicken, partly but not thoroughly boiled, clear it perfectly from skin, shred it as fine as possible, beat it to a paste in a mortar, with a little of the liquor it was boiled in. Simmer it gently for a few minutes with as much of the liquor as will bring it to the thickness of gruel.

#### ESSENCE OF BEEF.

Cut a pound of beef from the rump or sirloin, free from fat, into small pieces, put it into a stone jar with a cover, without any water. Fasten the cover down well with a double bladder. Stand the jar in a saucepan of hot water and simmer for four to six hours. When you take it out you will find about a teacupful of the strongest beef-juice. Give at first a teaspoonful at a time. It is palatable either hot or cold, and so light that it will remain on the stomach when even toast and water is rejected. If preferred as a jelly, a little isinglass may be put in the jar at first with the meat. Salt must be added afterwards.

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## BEEF TEA.

The beef must be very fresh. Take four pounds of the upper side of the round, cut it into small pieces, leave out every bit of fat, put it into a jar with a salt-spoonful of salt and three pints of cold water. Tie it closely down, place it in a saucepan of water, and let it boil gently for five hours. The precaution of passing a piece of stale bread over the surface, before serving, should be carefully observed, lest any fat should remain.

## VEAL TEA.

Cut up into small pieces three pieces of lean veal, put into an enamelled saucepan, with three pints of cold water and one-half teaspoonful of salt. When it boils, skim very carefully. Simmer for three hours. Strain in a basin, and, when cold, remove every particle of fat. When required, pour half a pint, while boiling, on to a teaspoonful of arrowroot which has been mixed with a dessertspoonful of the cold veal-tea.

## CHICKEN BROTH.

Cut up a fowl and break the leg bones. Put it into a stewpan with a quart of cold water, a teaspoonful of salt, and the same quantity of white sugar. Boil gently, simmering constantly, for four hours. Then strain into a basin. When cold, take off the fat. When required for use, warm a cupful.

## MUTTON BROTH.

Take one pound of scrag of mutton, put it into a saucepan with two pints of cold water and a little salt; let it simmer gently for two hours; strain through a sieve, and, when cold, carefully remove every particle of fat. It may be thickened with a little arrowroot or ground rice, as required.

## LIEBIG'S BROTH.

Chop half a pound of beef, mix it well with a teaspoonful of table salt, four drops (to ten) of muriatic acid, and eighteen ounces of distilled water; macerate for an hour, and strain through a fine hair-sieve. Dose, a teacupful.

## BREAD AND BUTTER BROTH.

Spread a slice of well-baked bread with good fresh butter; sprinkle it moderately with salt and black pepper. Pour a pint of boiling water over it.

## FLOUR GRUEL.

Tie up one pound of flour tightly in a cloth, place it in a saucepan of cold water, and boil it for four or five hours. When taken out, it will be a hard ball. Pare away the outer rind. When needed for use, scrape off a sufficient quantity, and mix with boiling milk to the thickness of gruel. An excellent food in diarrhœa.

## OATMEAL GRUEL.

Boil a pint of water in a saucepan; when boiling, mix with it two tablespoonfuls of oatmeal, half a pint of milk, and a little salt. Let it then simmer for half an hour; strain it through a hair-sieve, sweeten, and add a little nutmeg. A few raisins may be added before boiling.

## TOAST WATER.

Cut a slice of stale bread half an inch thick, and toast it brown, without scorching. Pour over it a pint of boiling water; cover closely till it cools; then pour off and strain it

## RICE WATER.

Take of rice two ounces; water, two quarts. Boil it for an hour and a half, then add sugar and nutmeg to taste. Some prefer salt. An excellent drink in diarrhœa, dysentery, etc.

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## LIEBIG'S FOOD FOR INFANTS.

Mix together half an ounce of wheat flour, the same of malt flour, and seven and a quarter grains of bicarbonate of potash, and an ounce of water. Add five ounces of fresh milk, and put the whole upon a gentle fire. When it begins to thicken, take it from the fire, stir it for five minutes, heat and stir again until it becomes quite fluid; finally boil it for a short time. Filter through a sieve to separate the bran; it is then ready for use. It will keep for twenty-four hours. Its effect is slightly laxative.

## VEGETABLE SOUP.

Put two potatoes, one onion, and a piece of bread into a quart of water; boil down to a pint. Then throw in a little chopped celery or parsley and salt. Cover, remove from the fire, and allow to cool.

## ARROWROOT.

Mix a tablespoonful or a tablespoonful and a half with a little cold water, till it makes a paste. Boil a pint of water, stir in the arrowroot, and boil it a few minutes. Sweeten with white sugar. Brandy or wine may be added if necessary; and half or all *milk* may be used instead of water. A little lemon or orange peel added before boiling will improve the flavour.

## TAPIOCA.

Cover two tablespoonfuls of tapioca with a teacupful or more of cold water, and soak for two or three hours, or over night. Put it then into a pint of boiling water, and boil until it is clear and of the desired consistence. Sugar, nutmeg, or wine, etc., may be added as required.

## ISINGLASS.

Isinglass may be added to the invalid's tea night and morning.

## SAGO JELLY.

Mix well together four tablespoonfuls of sago, the juice and rind of one lemon, and a quart of water. Sweeten to taste, let it stand half an hour, and boil it, stirring constantly, until clear. Then add a wineglassful of wine; currant wine will do.

## WINE WHEY.

Boil half a pint of milk, and, while boiling, add a wineglassful of Madeira or sherry wine. Separate the curd by straining through muslin or a sieve. Sweeten the whey to taste, and grate upon it a little nutmeg.

## MILK PUNCH.

Into a tumblerful of milk put one or two tablespoonfuls of brandy, whiskey, or Jamaica rum. Sweeten, and grate nutmeg on top.

## FERRUGINOUS CHOCOLATE.

Mix sixteen ounces of chocolate with half an ounce of carbonate of iron. Divide the mass into cakes of one ounce each. One may be dissolved in half a pint of hot milk, to be taken night and morning.

## CAUDLE.

Beat up a raw egg with a wineglassful of sherry, and add to it half a pint of hot gruel. Flavour with lemon-peel, nutmeg, or sugar.

## CALVES' FEET.

Take two calves' feet, two pints of water, one pint of new milk and a little lemon-peel or mace. Put the ingredients into a jar, cover it down, and keep it in the oven for four hours. When cold, remove the fat. Good the first thing in the morning, or at night.

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## SAVORY CUSTARD.

A savory custard, much relished by sick people, is made in the following manner: Take the yolks of two eggs and the white of one, and put in a small basin; add one gill of beef-tea, and a quarter of a saltspoonful of salt; whip up the eggs and the beef-tea; take a small cup which will hold the mixture, and butter it; take a piece of white letter-paper, and butter that, and tie it on the cup; have a saucepan with hot water, and put it on the fire to boil; when the water is boiling, put in the cup so that the water stands below the top of the cup; let it simmer for a quarter of an hour; serve hot.

## EGG AND WINE, OR BRANDY.

Beat up a raw fresh egg, and stir with it two table-spoonfuls of wine, or one of brandy. Sweeten or not, according to taste.

## COOLING DRINKS.

Take sugar, two or three lumps; lemon, one. Rub well the sugar on the rind of the lemon, squeeze out the juice, and add to it half a pint or a pint of *cold* or *iced water*, or, better still, one or two bottles of *soda-water*.

## IMPERIAL DRINK.

Put half an ounce of cream of tartar, the juice of one lemon, and two tablespoonfuls of sifted sugar into a jug, and pour over them one quart of boiling water. Cover till cold. Excellent in cases of dropsy.

For further information as regards the preparation of food, see articles on "Household."

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## FAMILY PRESCRIPTIONS, ETC.

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### CATHARTICS OR PURGATIVES.

Cathartics or Purgatives are medicines which loosen the bowels. The constant use of purgatives is injurious, and the purgative action is followed by a greater or less amount of costiveness.

*A Saline Purgative good in Acute Constipation, or in the Onset of Pneumonia, Pleurisy, etc. :—*

℞ Epsom salts, three drachms; fluid extract or senna, one fluid drachm; syrup of ginger, half a fluid ounce, water enough to make two fluid ounces. Mix, and take the whole in the evening.

℞ Powdered rhubarb-root, twenty-four grains; aloes, ten grains; myrrh, twelve grains; oil of peppermint, two drops. Mix and divide into pills (No. 12). Dose: One as required.

*Habitual Constipation :—*

℞ Resin of podophyllum, two grains; alcohol, one ounce. Dose: Teaspoonful in a glass of water at bedtime.

℞ Castor oil, half an ounce; milk, half a cupful. Mix well together. The milk removes the unpleasant taste of the oil.

℞ A bottle of the citrate of magnesia. Dose: Half at night and the remainder in the morning, if the bowels have not acted.

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## INJECTIONS OR ENEMAS.

These are liquid substances thrown into the lower bowel, and may be used in place of purgatives by the mouth, or as astringents to check diarrhœa, or to stop bleeding from the bowels. Nutrient injections are also given to nourish the patient in exhausted conditions where food cannot be given by the mouth.

℞ Castor oil, half an ounce; molasses, half an ounce; soapsuds, one pint. Mix well and inject.

*To check Purging of Consumptives, or Dysentery:—*

℞ Bismuth, subnitrate, twenty-four grains; laudanum, twenty drops; mucilage of starch, one ounce. Mix and inject.

*To check Bleeding from the Bowels:—*

℞ Spirits of turpentine, thirty drops; mucilage of starch, one ounce. Mix and inject.

℞ Cold iced water injected also prevents bleeding, especially from piles.

*Cooling Lotions, used to subdue Inflammation and relieve pain:—*

℞ Nitre, half an ounce; sal ammoniac, two drachms; vinegar, three tablespoonfuls; camphor-water, one pint. Mix. This solution is applied by means of sponges or cloths to the head and elsewhere.

℞ Laudanum, one drachm; spirits of rosemary, one drachm; diluted lead-water, one ounce. Mix. Apply by means of cloths soaked in the solution. Good in irritable ulcers, chilblains, etc.

## COUNTER-IRRITANTS.

Counter-irritants are applications to irritate one part of the body to relieve disease in another.

℞ Croton oil, thirty drops; olive oil, two tablespoonfuls. Mix. When rubbed on, produces redness and eruption of the skin. A useful application to the chest in the beginning of consumption.

℞ Tincture of iodine, alcohol, equal parts. To be applied with a camel's-hair brush, in cases of persistent pains in the joints and limbs. Blisters and cups have the same effect.

Cupping is performed as follows:—Take a tumbler or wineglass and a little piece of cotton or paper, which is to be wet with the spirits of wine, set on fire, and thrown into the glass; the rim of the glass should be then at once firmly pressed down over the skin, when the fire will be quickly extinguished, and the skin drawn up forcibly into the glass. By making small incisions before applying the glass, blood is drawn. Cups are useful in case of pneumonia and congestion of the brain. In the latter case, the back of the neck should be cupped; and, in congestion of the kidneys, over the lower part of the back. Leeching, being somewhat less violent, is more applicable than cupping to parts which are very tender, as the side in acute pleurisy, the abdomen in peritonitis, a much inflamed joint, etc.

*How to get Leeches to fix:—*

Clear the skin carefully of all perspiration, and, if they do not readily take hold, moisten it with a little sweetened water or milk. After the application of leeches, they should be left alone until they drop off. The part should be then dusted over with a little flour. If it bleeds freely it may be stopped by pressure, or ice applied. If this fails, vinegar and alum may be used. Leeches should not be applied to the eyelids or face, as they leave scars. In children, great caution is required in their use.

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Emetics are medicines used to produce vomiting. Their action is promoted by drinking freely of warm water.

*Mustard Emetic* :—

℞ Teaspoonful of mustard flour in a teacupful of warm water. To be taken every ten minutes until vomiting is produced.

*Salt Emetic* :—

Two teaspoonfuls of common salt in a teacupful of warm water. To be taken every ten or fifteen minutes until vomiting is produced.

*Emetic of Alum and Ipecac* :—

Powder of ipecacuanha and powder of alum, each half a teaspoonful. Mix with water. Repeat in ten minutes if it does not vomit. Good in threatening croup.

EYE-WASHES.

*In Weak Eyes* :—

℞ Common salt, one drachm; warm water, one pint. Mix and wash the eye well. Or,—

℞ Sulphate of zinc, two grains; alcohol, ten drops; pure water, one ounce. Mix. A few drops to be placed under the eyelids twice a day.

*For Inflammation of the Eye* :—

℞ Borax, one teaspoonful; water, one pint. Mix. Wash the eyes well three or four times a day.

℞ Tincture of arnica, five drops; pure water, one ounce. Mix. Often of benefit in weak and sore eyes.

FOMENTATIONS, OR STUPES.

Fomentation, or stupes, are used to relieve pain, especially of the bowels.

*Turpentine Fomentation* :—

Steep a piece of linen in oil of turpentine, and place it over the part ; hot flannels should be placed over it, and changed constantly. Or,—

Sprinkle a flannel, wrung out of hot water, with a tablespoonful of turpentine. Laudanum may be used in place of turpentine, or they may be mixed.

*Mustard Fomentation* :—

Add a quarter of a pound of mustard to a pint of boiling water. Wring the flannel out in this solution.

## GARGLES.

℞ Chlorate of potash, one teaspoonful ; glycerine, two tablespoonfuls ; water, a tumblerful. Mix. For ordinary sore throat.

℞ Sage, two ounces ; linseed, one ounce ; boiling water, one pint. Mix. To be used when cold.

℞ Alum, two teaspoonfuls ; water, tumblerful. Mix. Used to remove offensive breath.

℞ Tincture of guaiacum, two ounces ; chlorate of potash, two drachms ; glycerine, two ounces ; water, one pint. Mix. An excellent gargle in enlarged tonsils, etc.

## MEDICAL TEAS, ETC.

*To act on the Skin* :—

℞ Pipsissewa, bruised, one ounce ; water, one pint. Boil for fifteen minutes, strain, and add sufficient water through the strainer to make the tea measure a pint. Dose : Wineglassful every two or three hours.

*In Skin Diseases and Gravel* :—

℞ Goose-grass, a handful ; water one quart. Boil for twenty minutes. Dose : A tumblerful three times a day.

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*To act as a Tonic :—*

℞ Red or yellow cinchona-bark, one ounce; water, one pint. Boil for fifteen minutes, strain and add sufficient water through the strainer to make the tea measure one pint. Dose: Wineglassful three times a day before meals.

*To improve the Appetite :—*

℞ Dogwood, bruised, one ounce; water, one pint. Boil for fifteen minutes, strain, and add sufficient water through the strainer to make the tea measure a pint. Dose: Wineglassful three times a day before meals.

*For Diarrhœa :—*

℞ White-oak bark, bruised, one ounce; water, one pint. Boil for half an hour, strain, and add sufficient water through the strainer to make the tea measure a pint. Dose: Wineglassful every three or four hours.

*For Coughs and Colds :—*

℞ Iceland moss, half an ounce; water, one pint. Boil for fifteen minutes, strain with squeezing, and add sufficient water through the strainer to make the tea measure a pint. Dose: Wineglassful every three or four hours.

*To act on the Liver in Bilioussness :—*

℞ Dandelion root, sliced and bruised, one ounce; water, one pint. Boil for ten minutes in a covered vessel, strain as above, and add sufficient water to make a pint. Dose: A wineglassful three or four times a day.

*For Dropsies :—*

℞ Bruised juniper berries, one ounce; infuse for two hours in a pint of hot water; pour off, and add a table-spoonful or two of cream of tartar; stir, and drink in portions through the day.

*For Worms :—*

℞ Leaves of senna and root of spigelia, each half an ounce; boiling water, a pint and a quarter; infuse, covered, for two hours. Dose: A wineglassful morning and night.

*Liniments, used to remove Pain and swelling :—*

℞ Camphor, one ounce; olive oil, four ounces. Rub up the camphor in the oil.

℞ Camphor and chloral hydrate, equal parts. Rub well together. Useful in neuralgia, etc.

℞ Pure chloroform, three ounces; olive oil, four ounces. Mix well. Useful in neuralgia and rheumatism.

℞ Oil of mustard, one drachm; extract belladonna, one drachm; camphor, two drachms; castor oil, five drachms; alcohol, four ounces. Mix. In pains of the joints, etc.

#### LOTIONS, OR WASHES.

Lotions, or washes are employed either for soothing or cooling inflamed parts, for stimulating chronic sores, etc.

*For Sprains and Bruises :—*

℞ Tincture of arnica, half an ounce; water, a tumblerful. Mix.

*For Sluggish Sores :—*

℞ Sal ammoniac, one drachm; laudanum, one tablespoonful; water, a tumblerful. Wash three or four times a day.

℞ Vinegar and water, equal parts. Given in old sores, to wash, constantly.

## OINTMENTS AND SALVES.

*Chapped Hands and Face :—*

℞ Bay-rum and glycerine, each, half an ounce;  
quince-juice jelly, one ounce. Mix.

*Skin Diseases and Offensive Sores and Feet :—*

℞ Boracic acid, two drachms; almond oil, one  
drachm; white wax, one drachm; vaseline enough to  
make one ounce. Mix.

*For Piles :—*

℞ Tannic acid, one drachm; powdered opium, one  
drachm; lard, fresh, one ounce. Mix.

## POULTICES.

*Bread Poultice :—*

Scald out a basin, then immediately put in some boil-  
ing water, and throw into it coarsely crumbed bread.  
Cover the basin with a plate. When the bread has  
soaked up as much water as it will imbibe, drain  
off the remainder, and there will be left a light pulp.  
Spread it a third of an inch thick on folded linen, and  
apply it when at the temperature of a warm bath.—  
*Abernethy.*

*Linseed-Meal Poultice :—*

Get some linseed powder, not the common stuff full  
of grit and sand. Scald out a basin. Pour in some  
perfectly boiling water; throw in the powder; stir it  
round with a stick till well incorporated; add a little  
more water, and a little more meal; stir again, and,  
when it is two-thirds the consistency you wish it to be,  
beat it up with the blade of a knife till all the lumps are  
removed. Then take it out and lay it on a piece of soft  
linen, spread it the fourth of an inch thick, and as wide  
as will cover the whole inflamed part. Put a piece of

hog's lard in the centre of it, and, when it begins to melt, draw the edge of a knife lightly over, and grease the surface of the poultice.—*Abernethy*.

*Mustard Poultice* :—

Mix the mustard with cold water, and knead it to the consistence of putty. Spread it the eighth of an inch thick upon brown paper or linen, warm it before the fire, and apply it to the part affected, putting a *thin* piece of muslin between it and the skin.

*Bran or Hop Poultice* :—

Fill a bag one-third full with bran, or hop flowers, moistened but not thoroughly wetted with boiling water. Shake the bag and hold it before the fire till it is thoroughly hot, and then apply it to the affected part.

*Bryony Poultice for Bruises, such as a Black Eye* :—

A poultice, made of black bryony-root (deprived of its bark, and finely scraped) and bread-crumbs or flour, should be enclosed in a muslin bag, and applied over the injured part. It will cause the ecchymosis or blackness to disappear within twenty-four hours.—*Tyrrell*.

TONICS.

*To improve the Digestion and give tone to the System* :—

℞ Tincture of iron, five and a half drachms ; quinine sulphate, one drachm ; glycerine, one ounce ; water, enough to make four ounces. Mix. Dose : Teaspoonful in water three times a day.

℞ Quinine sulphate, twelve grains ; reduced iron, one drachm ; extract of nux-vomica, three grains. Mix, and divide into twelve pills. Dose : One, three times a day.

℞ Sulphate of iron, one drachm ; Epsom salts, eleven drachms ; dilute of sulphuric acid, five drachms ; pep-

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permint-water, enough to make four ounces. Dose : Teaspoonful, three times a day.

*To improve the Appetite :—*

Equal parts of tincture of gentian and columbo. Dose : Dessertspoonful three times a day before meals.

*Indigestion or Weak Stomach.*—Also in chronic congestion of the liver.

℞ Pepsin, two drachms ; dilute nitro-muriatic acid, half an ounce ; tincture of nux-vomica, half an ounce ; syrup of orange-peel, two ounces ; water, enough to make six ounces. Mix. Dose : Teaspoonful three times a day, after meals.

*In Neuralgia :—*

℞ Croton chloral, twenty grains ; tincture digitalis, forty drops ; syrup of orange-peel, one ounce ; water, three ounces. Mix. Dose : One ounce every three hours until relieved. Or,—

℞ Sal ammoniac, forty grains ; water, four ounces. Mix. One ounce every hour in water until relieved.

*For Colic :—*

℞ Spiced syrup of rhubarb ; tincture of cardamom ; paregoric and cinnamon-water, each a fluid ounce. Mix. Dose : Tablespoonful. May be repeated in an hour if not relieved.

*Rheumatism Mixture :—*

℞ Iodide of potash, carbonate of potash, each two drachms ; wine of colchicum, half an ounce ; water enough to make three ounces. Mix. Dose : Teaspoonful three times a day.

*Neuralgic Headache :—*

Squeeze the juice of a lemon in a small cup of strong black coffee.

*To Produce Sleep :—*

Chloral hydrate, fifteen grains ; syrup of orange-peel, half-ounce. Mix. Take at bedtime.

*To quiet the Nerves after Drinking :—*

Bromide of potash, thirty grains ; aromatic spirits of ammonia, thirty drops ; syrup of orange-peel, half an ounce. Mix, and take with plenty of water.

## WASHES.

*Stimulating Hair-wash :—*

℞ Aromatic spirits of ammonia, one ounce ; spirits of rosemary, one ounce ; tincture of cantharides, three drachms ; glycerine, half an ounce ; rose-water enough to make eight ounces. Mix. To be rubbed on well twice a day.

*Wash for the Mouth :—*

℞ Chlorate of potash, one drachm ; tincture of myrrh, one ounce ; rose-water, six ounces. Mix.

*Removal of Dandruff from the Hair :—*

Carbonate of potash, half an ounce ; alcohol, one ounce ; water enough to make eight ounces. Mix. Use little at a time ; rub well into scalp until it forms a lather.

## DISINFECTANTS.

## FRESH AIR AND SUNLIGHT.

Disinfectants are substances possessing the power of destroying germs of diseases, and which also, by absorbing or decomposing impure gases, purify the atmosphere.

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## WATER.

Dishes of water placed in a room will absorb impure gases. Care should be taken to change the water frequently. A pailful of water placed in a freshly painted room will remove the disagreeable odor of the paint.

## CHARCOAL.

Powdered charcoal is very efficacious in absorbing foul odors; it should be exposed in open pans.

## FRESH EARTH.

Fine dry earth sprinkled over offensive matters, or placed in boxes about a room, is also efficacious in absorbing foul odors.

Sulphate of iron, or copperas, in powder alone or mixed with lime, is an excellent disinfectant for privy-wells, slaughter-house, ditches, etc. Or, charcoal, two ounces; sulphate of iron (copperas), forty ounces; sulphate of lime (plaster or gypsum), fifty ounces; sulphate of zinc (white vitriol), seven ounces. Mix well and scatter dry, or mix with water.

## CHLORIDE OF LEAD.

Dissolve half a drachm of nitrate of lead in a pint of boiling water, and two drachms of common salt in a pail of water. Mix the two solutions and allow the sediment to settle. A cloth dipped in the liquid and hung up in an apartment is all that is required to purify the most fetid atmosphere. It also can be thrown down sinks, drains, etc.; good also to wash infected clothes in.

## CARBOLIC ACID.

Impure carbolic acid, one ounce; water, one gallon. Mix and sprinkle over the floors of privies, about sinks, etc.

Red clay mixed with a four per cent solution of sulphuric acid, and a little carbolic acid, is also a good disinfectant.

Chloride of lime is often deleterious, in close dwellings, from the amount of chlorine gas evolved ; but it is excellent for drains, ditches, etc. By adding vinegar or diluted sulphuric acid with it, the amount of chlorine gas is increased.

Common salt, three ounces ; black oxide of manganese and oil of vitriol, each one ounce ; water two ounces. Mix in a cup, and carry it through the apartments of the sick ; but it should not be left in the room.

### HOW TO FUMIGATE ROOMS.

Heat a common iron shovel quite hot, and pour vinegar slowly upon it. The windows and doors should be open at the time, as the fumes of vinegar are very irritating.

#### SULPHUROUS ACID GAS.

Another way to fumigate rooms is with sulphur fumes. Take two ounces of sulphur and place it in a kettle, close every window, kindle the sulphur, and immediately leave the room ; the door should be locked and no one allowed to enter it for eight hours, after which time the doors and windows may be thrown open.

Chlorine gas, bromine, or nitrous-acid fumigation should only be used by persons acquainted with such gases, as they are very poisonous.

Another very efficacious disinfectant (in washing furniture, books, clothing, etc., which have remained in the room of a person suffering from infectious diseases) is made by mixing one part of rectified oil of turpentine, seven parts of benzine, with the addition of five drops of the oil of verbena to each ounce. This forms the peroxide of hydrogen, a powerful oxidizing agent, similar to ozone.

Clothing may be disinfected by placing in a hot oven, or boiling it.

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To remove the unpleasant odor from a room quickly, burn in it dried lavender or cascarilla bark. The window should be opened when it is done. Roasting coffee has the same effect.

PRECAUTIONS IN VISITING INFECTED ROOMS.

Never enter an infected room on an empty stomach. Stay only as long as it is necessary. Breathe lightly while there. On returning home, take a warm bath, and rub the skin well when drying.

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## MATERIA MEDICA.

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Materia Medica is that department of medical science whose office is the description and action of substances found in nature, or artificially prepared, capable of exerting a sensitive impression on the human system.

There are many thousands such substances known, but we have selected and placed in a tabulated form only those that are most commonly used.

The definition of the terms used to denote their action is as follows:—

Astringents act on the muscular tissue, causing its contraction. They are used in hemorrhage, diarrhœa, etc.

Anthelmintics destroy worms, or expel them from the bowels.

Alteratives change the morbid or unhealthy actions or states of the system.

Antispasmodics give relief to spasms, and allay nervous irritation.

Antiphlogistics counteract, in the most direct way, all inflammatory processes, and are for that reason used in inflammatory fevers, etc.

Antiperiodics have a peculiar influence over diseases which have a periodic tendency, as malarial fevers, etc.

Antiacids neutralize acids, whether in the stomach, intestines, or circulating in the blood, as occurs in rheumatism, gout, etc.

Antirheumatics have an influence over rheumatic troubles.

Antiscorbutics are medicines which counteract blood deteriorations, caused by scurvy, etc.

Antiscrofulitics are used in scrofulous diseases.

Antidyspeptics improve the condition of the digestive organs, and relieve dyspepsia.

Antiemetics prevent vomiting.

Antiarthritics are medicines which subdue an influence in the blood which gives rise to diabetes, gravel, or diseases of the joints.

Anticonvulsives correct certain convulsive disorders, dependent upon blood deterioration.

Antipyretics are medicines which reduce the temperature of the body during fevers.

Absorbents absorb poisonous or irritant substances. Are used in diarrhoea, vomiting, etc.

Antiseptics are substances which prevent putrefaction.

Aromatics are medicines having a spicy smell, and are used for their pleasant odor; also in conjunction with purgatives to prevent griping.

Anodynes are medicines used for the relief of pain.

Cathartics act on the bowels, producing a purgative effect. Drastic cathartics act rapidly and violently on the bowels, and occasion considerable pain. Hydragogue cathartics produce a watery discharge from the bowels.

Carminatives cause expulsion of wind or flatus from the stomach or intestines.

Caustics are used externally to remove abnormal growths, and have the power of burning or destroying animal tissue.

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Cholagogues stimulate the action of the liver and increase the flow of bile.

Demulcents soften or soothe irritated surfaces.

Diaphoretics act on the skin, increasing perspiration.

Diuretics act on the kidneys, producing an increased flow of urine.

Delirians are substances having a sedative action over the heart and circulation.

Emetics are substances which induce vomiting.

Escharotics are substances which destroy animal tissues; they are similar to caustics, only more powerful.

Febrifuges have the power of checking fever.

Expectorants promote the flow and ejection of fluids from the lungs.

Hæmastatics, when taken internally, contract the blood-vessels and check hemorrhage or bleeding.

Hypnotics produce sleep.

Laxatives are similar to cathartics, but their action is much milder.

Narcotics are poisonous substances acting principally upon the brain, either as a sedative or stimulant.

Sudorifics are substances which induce a moist condition of the skin.

Soporifics are medicines of a mild nature for inducing sleep.

Sedatives are medicines which have a sedative or calming effect on the nervous system.

Stomachics and stomachic tonics are medicines which improve the tone of the stomach and appetite.

Refrigerants allay heat, especially that of the skin.

Stimulants are substances which exalt nervous force in general, and invigorate the circulation of the blood.

Tonics are substances which moderately and permanently improve the general health.

## MISCELLANEOUS.

### HOW TO BREATHE.

As regards the lungs, the more fresh outdoor air you can get into them, the happier and more comfortable you will be. But it is not enough to get out in the open air; you must learn how to breathe when you get there. Most people let year after year go by without once drawing a full breath. A quantity of impure air always remains at the bottom of their lungs, like bilge water in a ship; and it contaminates the whole system. If you will breathe properly, you may get more benefit from half an hour in your back-yard than any other person will from a twelve-hours' dawdle at the seaside. It is a very simple matter; breathe slowly, and breathe in as much air as you can possibly get into your lungs. When they will hold no more, then emit your breath as deliberately as you took it in. Suppose you are walking at your usual pace along the street, draw in your breath while you are taking seven steps; emit it while you are taking the next seven, and so on. It will make you feel queer at first; but keep it up! After practicing this every time you go out, for a week or two, you will be able to breathe in while you are taking eight or ten steps; and later on, even more. Then note the effects. After walking for a quarter of an hour, at a leisurely pace, on a winter's day, you will find yourself warm enough to do without an overcoat. In half an hour you will be in a glow down to the tips of your fingers; in an hour you will feel as if your whole body had been vigorously exercised. And so it has. Take the measurement of your chest after a year of such practice, and you will find it has increased in girth a matter of three inches. And your eyes will be brighter, your skin fresher, your stomach stronger, your muscles firmer—because you will have thoroughly aerated and oxygenized your blood. And you will have acquired the habit not only of breathing slowly and deeply while you are out walking and

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exercising, but of breathing in that manner all the time. And if you are called upon suddenly to escape over a ploughed field from a mad bull, you will find yourself able to do so without losing your breath—which might, in such a case be tantamount to losing your life as well. I need scarcely say that all the breathing must be done through the nose, with the mouth shut. That comes hard at first, but it is worth while taking a great deal of pains about.

Observe these rules for a year, and you will be twice the man or woman that you are now; and then you may begin to think about gymnastics.—*Home Knowledge.*

## ANTIDOTES FOR POISONS.

Q.—If a person has swallowed a mineral poison, such as arsenic, what is the best antidote?

A.—A teaspoonful of sulphur, or half a teaspoonful of pearl-ash, or a wine-glass of soap-suds. After a little, give a tablespoonful of antimonial wine, and plenty of warm water.

Q.—If a person has swallowed a vegetable poison, such as sulphuric acid, aqua fortis, or oxalic acid, what is the best antidote?

A.—Lime, chalk, pearl-ash, magnesia, carbonate of soda, or soap-suds, and a plenty of warm water; a dessertspoonful of antimonial wine should be added if at hand. The chalk or lime, etc., unites with the oxalic acid, and forms oxalate of lime, which is quite innocuous.

Q.—If laudanum has been taken, what is the best antidote?

A.—A teaspoonful of common mustard; and to keep the patient walking.

Q.—If chlorine has been taken, what is the best antidote?

A.—Ammonia, which will neutralize the ill effects of chlorine.

Q.—If iodine has been taken in too large a quantity, what is the best antidote?

A.—Iron-filings are the best antidotes for an overdose of iodine.

Q.—If a person feels faint from the fumes of prussic acid, what is the best antidote ?

A.—To smell the vapors of strong ammonia, which will soon restore consciousness.

Q.—How are warts, etc., to be removed ?

A.—By rubbing them with common solid potash ?

Q.—What is the best antidote to verdigris ?

A.—Sugar, or white of egg.

Q.—What is the best antidote to corrosive sublimate ?

A.—White of egg, or milk ; which will combine with them, and neutralize their poisonous qualities.

Q.—If a person has eaten too much fruit, what is the best antidote ?

A.—Lime, chalk, pearl-ash, magnesia, carbonate of soda or soap-suds. Great relief is often found by eating the hard part of cheese (cut close to the rind) thickly covered with common salt ; the reason is plain.

#### BI-CARBONATE OF SODA.

The value of soda to housekeepers, and some of the uses to which it may be put is thus set forth by a writer in *Good Housekeeping* :

A very slight quantity takes from tomatoes the unpleasantly sharp "twang," leaving only an appetizing suggestion of acid. In preparing stock for soups or gravies, one-half teaspoonful of soda to every quart of water will extract all the substance from remnants of meat, bones, liver, etc., like magic. A little bit makes coffee very rich ; and if the water be hard, will soften it sufficiently to render the coffee the veritable "cup that cheers."

Everything—the good temper and general well being of the family—depends upon the cleanliness of the coffee pot, which in all orderly households is thoroughly washed and aired after using. It should be kept sweet by frequent "boilings out" with a generous pinch of soda in the water. Death lurks in tannin, and tannin abides in the coffee pot of a slovenly housekeeper.

Dyspeptics find that this same "bi-carb" carries "healing in its wings" if regularly used. It creates appetite, tones up the stomach, and sweetens the system. Nausea

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and sick headache may be relieved by taking it internally, while its efficacy in neutralizing the poison of bites or stings of venomous insects is well known. It acts like a charm in the case of a snake bite. For hives apply externally, and swallow a small quantity dissolved in water; also take a light laxative. Relief from the burning and irritation will quickly follow. If wet soda be immediately applied to burns or scalds, both heat and pain speedily subside. Other purposes are subserved by this great product, to all of which it would be impossible to specially refer; but that it is a real benefaction, in judicious hands, is a fact beyond cavil or question. Of course it may often, like the cook's broth, be overdone or underdone by indiscriminate usage; but the worthy housewife knows just when and where to leave it off, and the wise home doctor knows just how long to leave it on; and under such auspicious circumstances, it is indeed a necessary luxury for which we should feel devoutly grateful to the science of chemistry.

#### HOW TO RESTORE A SICK BIRD TO HEALTH AND SONG.

Birds in a wild or natural state do not appear to be subject to many diseases, but this however cannot be said of domesticated birds. In a state of nature and at full liberty, instinct like an unerring guide points out to them the sort of food best adapted to their several species. But when caged or under restraint and dependent on man for support, neglect, carelessness, over-feeding or feeding on musty, undeveloped, improperly ripened, or bad mixtures of bird seed, entail much mischief in this respect, which a regular and careful attention would certainly prevent.

Consider the birds and they will amply repay you with cheerful song. Cage birds are sometimes killed with kindness, but more frequently with cruel neglect. The very best way to treat birds is to give them, daily, good, sound and clean seed properly mixed with a supply of good water to drink, plenty of pure air of a regular temperature of 65 degrees, without a draft, good gravel, and thorough cleanliness. This will ensure healthy and strong birds with beautiful plumage and cheerful song.

Birds are often most cruelly neglected by their owners, sometimes being left to the care of disinterested individuals, in which case they are irregularly fed and watered, and sometimes they have too much, but often too little. Water is frequently left in the cage until it not only becomes stagnant and too filthy to drink, but poisonous to the very atmosphere of the place, and positively injurious to human existence, and yet the poor bird has to drink it or go without, and the food that is given to such birds is very bad and extremely dirty. The cage in which such birds are kept is often found in the most gloomy part of the room, and might never have been cleaned out for years, and the perches would puzzle a Philadelphia lawyer to tell what they are made of on account of the dirt, and the poor bird is literally eat up with vermin, which breed very rapidly under such favorable circumstances, or is so worried by them in the night that it cannot get sleep, which is of more importance than food, and gradually loses health and spirits, becomes weak and nervous, and stops singing from sheer exhaustion, and the owner of such a bird is heard expressing surprise that his bird has stopped singing! That the bird should exist at all under such neglect and unfavorable surroundings is frequently a matter of great surprise to the writer. Thus the germs of disease are frequently sown and developed and medicine has to be resorted to.

Disease is an effect, which like other effects cannot exist without a cause. Therefore, when a bird is sick, find out immediately, if possible, the cause, and have it removed, and when the cause is removed, disease, the effect, will often gradually disappear without the aid of much medicine. Nature is the great healer in birds as well as in human beings; all that we can do in cases of sickness is to assist nature to throw off disease and restore again to health and vigor. Some of the principal diseases to which birds are subject are as follows:—Colds, roup, constipation, diarrhoea, inflammation, asthma, pip, obstruction of rump gland, surfeit, consumption, etc. We know, by many unmistakable signs, when our pets are sick, but it is not always so easy, even for those who have made birds a life study, to distinguish one

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disease from another. How can it be expected then of those whose experience among birds is but very short and so very limited? How often is one disease mistaken and treated for another, and thus injury to the little patient instead of benefit is the sure result. To avoid all this in such cases of sickness, seek proper advice and in the meantime remove the sick bird from all drafts into a regular temperature of 70 or 75 degrees. Cover it well up every night during the hours of inactivity and sleep, when the temperature of the room, like the fire in the stove, is likely to become low, removing all feed for a time.

A faithful observance of the above instructions will almost invariably be sufficient to restore your bird to health and song, except in very obstinate cases.

A small piece of salt pork just out of pickle hung up in the cage for the bird to pick at is often of great service in restoring a bird to song, but the principal reliance must be placed upon proper diet and regular attention.

#### TO MEASURE CORN IN THE EAR IN BULK.

Multiply the length, breadth and height together in feet and tenths of feet, and multiply this product by 4; strike off the right hand figure, and the result will be shelled bushels.

#### TO MEASURE GRAIN IN BULK.

Multiply the length, breadth and height together in feet and tenths; divide by 56 and multiply by 45, and the result will be struck measure.

#### TO MEASURE WOOD.

Multiply the length, breadth and height in feet together and divide by 128. The quotient will be cords and the remainder will be feet.

#### THE USE OF LEMONS.

For all people, in sickness or in health, lemonade is a safe drink. It corrects biliousness; it is a specific against worms and skin complaints. The pippins, crushed, may also be mixed with water and sugar, and used as a drink. Lemon-juice is the best anti-scorbutic



# MICROCOPY RESOLUTION TEST CHART

(ANSI and ISO TEST CHART No. 2)



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remedy known; it not only cures the disease but prevents it. Sailors make a daily use of it for this purpose. A physician suggests rubbing of the gums daily with lemon-juice to keep them in health. The hands and nails are also kept clean, white, soft and supple by daily use of lemon instead of soap. It also prevents chilblains. Lemon, used in intermittent fever, is mixed with strong, hot, black tea or coffee, without sugar. Neuralgia may be cured by rubbing the part with lemon. It is valuable, also, to cure warts, and to destroy dandruff on the head, by rubbing the roots of the hair with it. In fact, its uses are manifold; and the more we apply it externally, the better we shall find ourselves.

#### BRILLIANT STUCCO WHITEWASH.

Many have heard of the brilliant stucco whitewash on the end of the President's house at Washington. The following is a recipe for it, as gleaned from the *National Intelligencer*, with some additional improvements learned by experiment:

Nice slacked lime one-half bushel; slack it with boiling water; cover it during the process, to keep in the steam. Strain the liquid through a fine sieve or strainer, and add to it, salt one peck; previously well dissolved in water; rice three pounds—boiled to a thin paste, and stirred in boiling hot; Spanish whiting one-half pound; clean nice glue one pound, which has been previously dissolved by soaking it well, and then hanging it over a slow fire, in a kettle, immersed in a larger one filled with water. Now add hot water five gallons, to the mixture; stir it well, and let it stand a few days covered from the dirt.

It should be put on hot. For this purpose it can be kept in a kettle or portable furnace. Brushes more or less small may be used, according to the neatness of job required. It answers as well as oil paint for brick or stone, and is much cheaper.

#### TO MAKE VINEGAR.

Acetic acid, four pounds; molasses, one gallon; put them into a forty gallon cask, and fill it up with rain

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water; shake it up and let stand from one to three weeks, and the result is good vinegar. If this does not make it as sharp as you like, add a little more molasses. But some will object to this because an acid is used; let me say to such, that acetic acid is *concentrated* vinegar. Take one pound or one pint, or any other quantity of this acid, and add seven times as much soft water, and you have just as good vinegar as can be made from *cider*, and that *instantaneously*.

## TO CLEAN CARPETS.

Sprinkle the carpet with tea leaves; sweep well; then use soap and soft, warm water for the grease and dirt spots. This freshens up old carpets marvellously. Rub the wet spots dry with a clean cloth.

## TO CLEAN PAINT.

Scour with a flat brush, less harsh than that used for floors, using warm, soft suds; before it dries wash off with old flannel dipped in clean, cold water, and wipe dry with a linen towel or cloth. Go through the whole process quickly, that the water may not dry upon and streak the paint.

## HOW TO SAVE MONEY.

Every man who is obliged to work for a living should make it a point to lay up a little money for a rainy day, which all of us are liable to encounter when least expected. The best way to do this is to deposit in the Postoffice or other safe savings bank where you get a small interest and the security of the Government. Accumulated money, drawing even small interest, is something to be proud of, and it gives a man heart. Scrape together five dollars and get your account started, and then make a rule to add something to it every week or month as the case may be, no matter how small. The effort to do this leads a man to look to leaks in his business or household affairs and aids him to shun the follies and bad habits that keep so many families poor and dependent. With such an account, a man feels anxious to enlarge it, and so it creates worthy aims and efforts.

RESULTS OF SAVING SMALL AMOUNTS OF MONEY.

The following shows how easy it is to accumulate a fortune, provided proper steps are taken. The table shows what would be the result at the end of fifty years by saving a certain amount each day and putting it at interest at the rate of six per cent :—

Daily Savings.	The Result.
One cent.....	\$ 950
Ten cents.....	9,504
Twenty cents.....	19,006
Thirty cents.....	28,512
Forty cents.....	38,015
Fifty cents.....	47,520
Sixty cents.....	57,024
Seventy cents.....	66,528
Eighty cents.....	76,032
Ninety cents.....	85,527
One dollar.....	95,041
Five dollars.....	475,208

Nearly every person wastes enough in twenty or thirty years, which, if saved and carefully invested would make a family quite independent; but the principle of small savings has been lost sight of in the general desire to become wealthy. Save all you can by prudent economy, but act justly by paying your debts, and liberally by helping those in need.



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