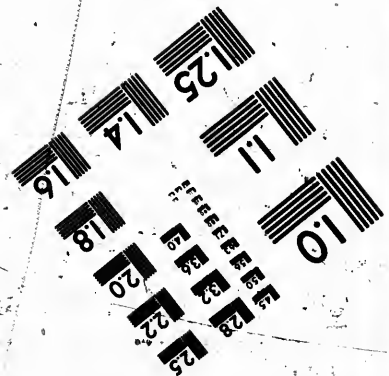
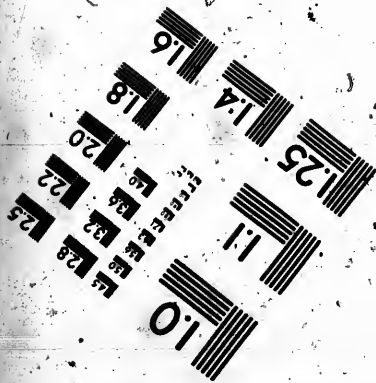
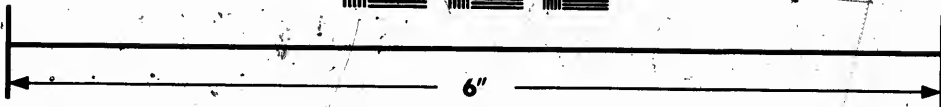
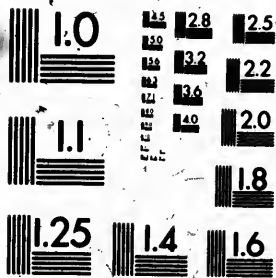


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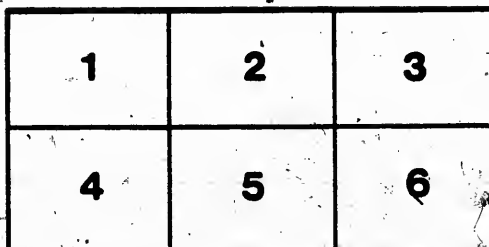
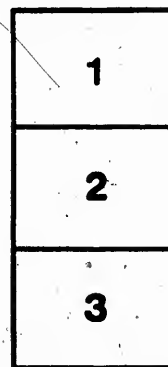
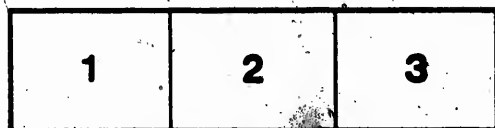
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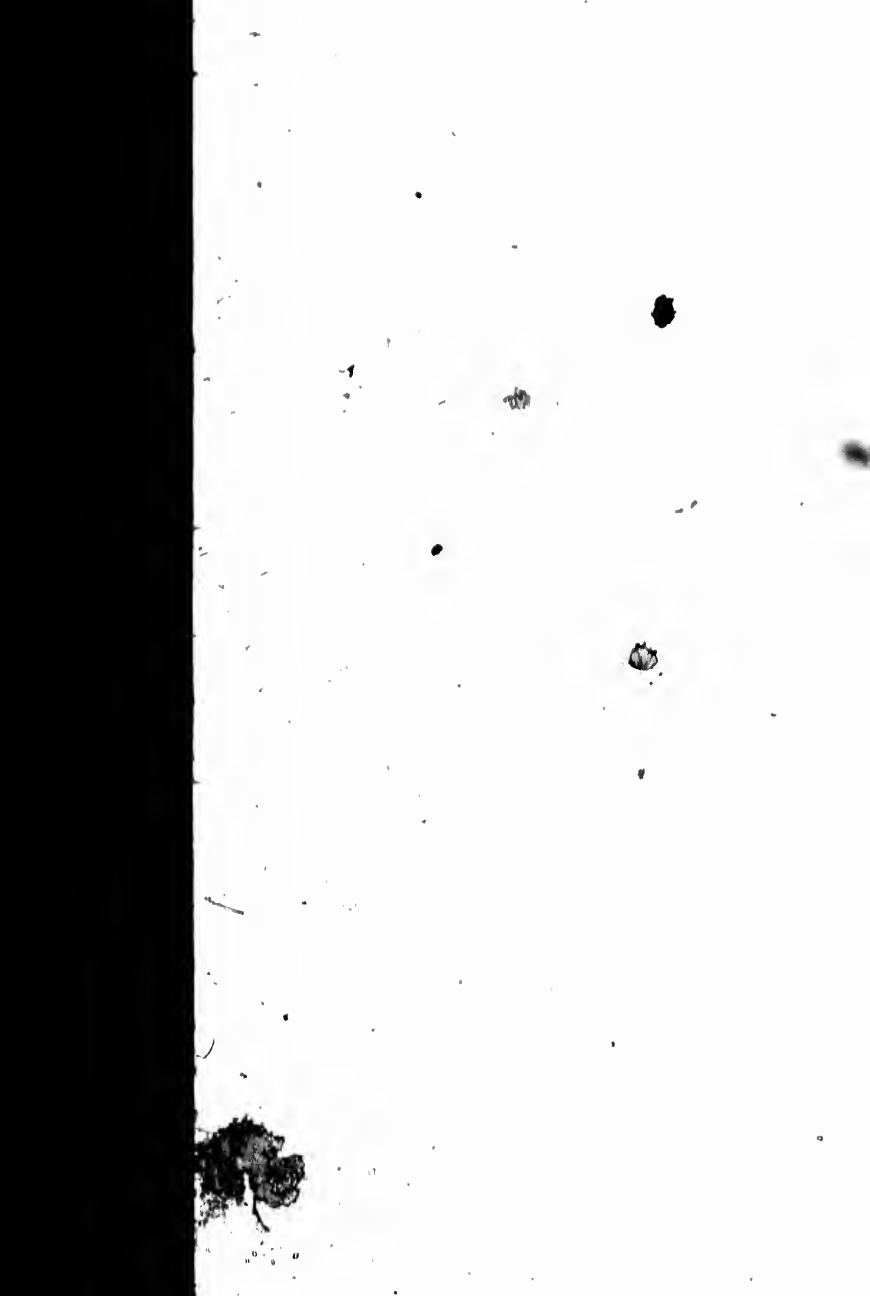
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ANOTHER.

Mrs. Morgan.

Boll a small handful of hops in a pint of water; while boiling grate three large potatoes, and mix with a cup of brown sugar, two tablespoonfuls of flour, one of salt and two of ginger; strain the hop water into this; boil five minutes, stirring all the time. When cool raise with a cake of Pearl Yeast.

BREAD.

Mrs. H. Galusha.

Boll two good sized potatoes, mash and strain through a colander; add water (one quart), a piece of butter the size of an egg, a tablespoonful of sugar, two tablespoonfuls of salt. Stir the flour into the hot water, *beating it well* to a stiff sponge. When just lukewarm, add a small Pearl Yeast cake, and set in a warm place to rise over night. In the morning knead thoroughly, adding flour until it kneads free and smooth. Set again to rise until light, then add more flour and mould into loaves; let them rise again; bake one hour in an oven not too hot.

SALT RISING BREAD.

Pour a pint of hot water in a two-quart pail or pitcher on one-half tablespoon of salt; when the finger can be held in it, add one and one-third pints of flour; mix well, and leave the pitcher in a kettle of water as warm as that used in mixing. Keep it at the same temperature until the batter is nearly twice its original bulk (which will be in from five to six hours). It may be stirred once or twice during the rising. Add to this a sponge made of one quart of hot water, two and one-half quarts of flour—adding as much more as may be necessary to make a soft dough; mix well and leave in a warm place to rise. When light, mould into loaves, kneading them as well as possible; lay in buttered tins. When light again, prick and bake.

Children are certain cases, but uncertain cures.

THE ART OF COOKING MADE EASY.

BREAD.

Five quarts of flour, one tablespoon salt, two quarts lukewarm water, one cup of yeast. Knead thoroughly and leave in warm place all night. In the morning make into five loaves, and when light bake one hour.

BISCUIT.

Two quarts flour (full); one quart milk or water, one cup lard, one-half cup yeast, one tablespoon sugar and salt. Melt the lard in half the milk (or water); when it comes to a boil, pour on the flour, thoroughly scalding the quantity it will wet; then put in the remaining milk, cold; add the other ingredients; mould thoroughly, like bread, and let it stand to rise very light (which will take from five to six hours); then stir down and put where it will be cold. As fast as it rises, work it down until entirely cold; then mould it, and leave where it will be cold as possible without freezing. This dough will keep a week, and when wanted can be rolled, cut and baked like soda-biscuit—letting them stand to rise ten minutes on the pans before baking.

BOSTON BROWN BREAD.

Mrs. Dr. Vincent.

One teaspoonful of molasses in a quart measure; then fill up with cold water; stir in two cupsful of wheat flour and three of cornmeal, six full teaspoons of Strong's Baking Powder. Steam three good hours.

BROWN BREAD.

Miss L. V. Knox.

Three cups of sweet milk, one-half cup of molasses, four cups of Indian meal, two cups of flour, six teaspoonfuls of Strong's Baking Powder. Steam two hours and bake until brown (about an hour).

CORN BREAD.

Mrs. H. Galusha.

One pint Indian meal, one-half pint of flour, four eggs, two tablespoonfuls of sugar, one pint sweet milk, two teaspoonfuls of Strong's Baking Powder, four tablespoonfuls melted butter. Beat the eggs well.

MILK BISCUIT.

Mrs. A. F. M.

Two quarts sifted flour, one pint milk (boiled and cooled), one-half cup butter (melted in the milk), one-half cup sugar, one cake Pearl Yeast, one teaspoonful salt.

Process.—Make a hole in the flour; make a sponge of the milk and butter; let it rise very light. This proportion of flour is sufficient for the milk.

DROP BISCUIT.

Put into one quart of flour one-half teacup of butter, one small teaspoonful salt, three teaspoonfuls of Strong's Baking Powder, and enough sweet milk or water to mix with a spoon; drop on buttered pans.

A hungry man sees far.

POTATO CAKE.

Sift two cups of flour and three teaspoonfuls Strong's Baking Powder; two cups of finely mashed potatoes; one tablespoonful of shortening; a pinch of salt; water as if to mix biscuit; roll thick; cut in squares. Press in the centre of each square a piece of bacon an inch square. Bake in a quick oven.

POTATO CAKE.

Three cups of sifted flour; three teaspoonfuls of Strong's Baking Powder; two cups of finely mashed potatoes; one tablespoonful of butter or lard; mix with water; cut in squares, and bake in a quick oven.

SQUAB PIE.

Take a deep soup plate, place a layer of finely chopped apples in the bottom; then a layer of finely chopped meat (lamb is the best); season with onions, cinnamon, cloves, pepper, salt and sugar. Add another layer of chopped apples, and cover all with a good biscuit paste. This is a much admired English breakfast dish.

TABLE OF WEIGHTS AND MEASURES.

Two cups of sifted flour	1 pound.
One pint of sifted flour	1 pound.
One pint of closely packed butter	1 pound.
Two tablespoonfuls of liquid	1 ounce.
One wineglassful	3 ounces.
Two wineglassfuls	1 gill.
Two cupfuls	1 pint.
Butter the size of an egg	about 2 ounces.

TIME FOR COOKING SUMMER VEGETABLES.

Greens—Dandelions	1½ hours.
Spinach	1 hour.
String beans	2 hours.
Green peas	1 hour.
Beets	1 hour.
Turnips	1 hour.
Squash	1 hour.
Potatoes	1 hour.
Corn	1 hour.
Asparagus	1 hour.

This applies to young and fresh vegetables.

TIME FOR COOKING WINTER VEGETABLES.

Squash	1 hour.
Potatoes, white	1 hour.
Potatoes, baked	1 hour.
Sweet Potatoes	1 hour.
Baked Sweet	1 hour.
Turnips	1 hour.
Beets	1 hour.
Parsnips	1 hour.
Carrots	1 hour.
Cabbage	1 hour.

PARKER HOUSE ROLLS.

Mrs. R., Vt.

Put one-half cup of butter in two quarts of flour; scald one pint of milk at noon and let it stand till night; then make a hole in the centre of the flour and pour in the milk, one Pearl Yeast cake and a half tumbler of cold water, three teaspoonfuls of white sugar, a little salt. Let it stand till next day, then mould as for bread. Let it rise, then make in rolls; let them rise again and bake.

GRAHAM MUFFINS,

Set the iron gem pans on the stove to heat, beat one egg light in a basin, add one teaspoonful of sour milk, and two tablespoonful of sugar, stir well together, add a mere pinch of salt, stir in Graham flour to make a rather stiff batter, mix thoroughly with the addition of one tablespoonful of melted butter, and lastly, stir in one-third teaspoonful of soda dissolved in a teaspoonful of hot water. When ready to drop into the well-heated pans, should be so thick that it will not run from the spoon.

GRAHAM BREAKFAST CAKES.

Mrs. H.

Two teacups of Graham flour, and two tablespoonfuls of wheat flour; wet with sweet milk, adding one-third teacup of brown sugar; two or three spoonfuls of melted butter; three teaspoonfuls of Strong's Baking Powder (with salt), and bake in small patty pans in a quick oven. Make as stiff as cake batter.

PUFFET.

Beat together two eggs, one tablespoonful of sugar and one-quarter of a cup of butter; add one pint of milk, one quart of flour and two teaspoons Strong's Baking Powder. Bake in muffin rings in a quick oven.

WAFFLES.

One-half cup of melted butter, one pint of milk and sifted flour enough to make a stiff batter; add the beaten yolk of three eggs, then the beaten whites, and just before baking one tablespoon of Strong's Baking Powder. Bake in waffle irons.

GRIDDLE CAKES.

One and one-half pints of milk, one and one-half pints of flour, five beaten eggs, pinch of salt, two teaspoons of Strong's Baking Powder.

FRENCH ROLLS.

One coffee cup of milk, two large tablespoonfuls of sugar, two large tablespoonfuls of butter, two teaspoonfuls of cream of tartar, one teaspoonful of soda (bi-carbonate), one-half teaspoonful of salt; flour enough to make batter stiff enough to take up in a spoon and drop in your pans, which must be hot and battered as for gems. Bake in a hot oven.

VANITY CAKE.

Two eggs, one cup flour. Roll thin as a wafer; cut in patterns. Roll in lard.

THE ART OF COOKING MADE EASY.

GRAHAM GEMS.

One quart Graham flour, three teaspoonfuls of Strong's Baking Powder, two eggs beaten light, batter the size of an egg, melted one tablespoonful of brown sugar, a little salt, and milk enough to make a batter.

CRUMPETS.

Take one quart of dough from the bread at an early hour in the morning. Break three eggs separately, yolks and whites, both to be whipped to a light froth, mix them into the dough, and add milk warm water, until it is a batter, the consistency of buck-wheat cakes. Beat it well, and let it rise till breakfast time. Have the griddle hot and nicely greased, pour on the batter in small brown cakes. Bake a light brown.

BAKING POWDER BISCUITS.

One very important point is in having a hot oven, another is having flour sifted, and roll dough as soft as you can handle. For each teaspoonful of flour take a teaspoonful of Strong's Baking Powder. Butter the size of a small hen's egg is enough for a quart of flour. After rubbing butter, powder and salt into the amount of flour needed, put cold water or milk, stirring all the time till the right consistency is reached, then roll lightly and bake at once.

RAISED BISCUIT.

Mrs. Alden.

One quart milk, three quarters cup lard and butter, one Pearl Yeast cake dissolved in one teaspoonful warm water, two tablespoonfuls white sugar, one teaspoonful salt; flour to make a soft dough. Mix over night, warming the milk slightly, and melting the lard and butter. In the morning roll out into a sheet three quarters of a inch in thickness; cut into round cakes, and cut them closely together in a pan; let them rise for twenty minutes and bake twenty minutes. These biscuits are even better if the ingredients be set with half the flour in the form of a thin sponge, and the rest of the flour worked in five hours later. Let this rise five hours more, and proceed as already directed. This is the best plan if the biscuits are intended for tea.

CORN MEAL CAKE.

Mrs. Vale.

One quart sweet milk, four teaspoonfuls Strong's Baking Powder, four eggs, one tablespoonful salt, meal to make a stiff batter. Pound into buttered pans half an inch thick. Bake half an hour.

PUFF OVERS.

Mrs. A. W. G.

One pint milk, one pint flour, two eggs, a little salt. Heat patty pans and fill half full. Bake in a hot oven in gem pans.

PUFFETS.

One quart flour, one pint milk, two eggs beaten light, batter the size of an egg, three tablespoonfuls sugar, three teaspoonfuls Strong's Baking Powder.

These recipes have formed the basis of the course.

BREAKFAST MUFFINS.

One-third cup of butter, scant; one-half cup of sugar, scant; one egg, three-quarters cup sweet milk, two teaspoonfuls of Strong's Baking Powder, one-half cup of Indian meal, one cup of flour.

CORN GEMS.

Two cups corn meal, two cups flour, two cups sweet milk, two eggs, three heaping teaspoonfuls of Strong's Baking Powder, one-half cup butter, one-half cup sugar. Bake in gem pans.

GERMAN COFFEE CAKE.

Set a sponge as for bread, but mix with warm milk instead of water, when light enough add more milk, flour enough to make dough stiff enough, but not quite as stiff as bread, a piece of butter the size of an egg, sugar to taste, salt and beat well with a wooden spoon, and let rise a second time, then put in shallow tins, and spread the top with melted butter and plenty of sugar and cinnamon, when you let it rise again a short time before you bake.

OYSTER FRITTERS.

One and one-half pints of sweet milk, one and one-fourth pounds flour, four eggs (the yolks must be beaten very thick), to which add milk and flour, stir the whole together, then beat whites to a thick froth, and stir them gradually into the batter; take a spoonful of the mixture, drop an oyster in it, and fry in hot lard.

FRITTERS.

One cup milk, one cup flour, three eggs.

ANOTHER.

Two eggs, one cup milk, a little salt, and flour enough to make a stiff batter, drop into boiling lard. Eat hot with syrup or sweetened cream.

EGG WAFFLES.

One pint milk, one-half cup melted butter, and flour to make a soft batter, four eggs beaten separately, beat all thoroughly, and add two teaspoonfuls of Strong's Baking Powder.

BISQUITS.

Into one quart of sifted flour put two teaspoonfuls of Strong's Baking Powder and a pinch of salt, mix well together while dry, then rub in a piece of lard, a little larger than an egg, mix with cold sweet milk, (water will do,) roll thin, and cut with a tin cutter. Bake in a quick oven and serve hot.

BROWN BREAD.

Four cups of sour milk, four cups of cornmeal, two cups of rye meal, one-half cup New Orleans molasses, soda to sweeten milk. Bake in a deep dish two hours.

GERMAN PUFFS.

Two cups of sweet milk, two cups of flour, three eggs and a little salt.

The father is the guest that best becomes a table.

THE ART OF COOKING MADE EASY.

17



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ISSUER OF HARRISON'S MONTHLY

THE ART OF COOKING MADE EASY.

STEAMED BROWN BREAD.

One cup of molasses, two and a-half cups of sour milk, one teaspoonful of soda, dissolved in a teaspoonful of warm water, two cups of Graham flour, one cup of cornmeal, one teaspoonful of salt, steam three hours, and then set a few minutes in the oven.

BOSTON BROWN BREAD.

One and one-half cups Graham flour, two cups cornmeal, one cup molasses, one pint sweet milk, a half teaspoonful soda. Steam three hours good.

CORN CAKES.

Mrs. A. W. G.

One pint white meal, one pint flour, one egg, one-half cup sugar, small piece butter, four teaspoonfuls Strong's Baking Powder. Mix with milk about as stiff as cup cake.

GREEN CORN PATTIES.

Twelve ears sweet corn grated, one teaspoonful salt, one teaspoonful pepper, one egg beaten in two tablespoonfuls flour. Mix, make in small cakes and fry in butter or sweet lard.

PUFF CAKE.

Mrs. Birge.

Two cups white sugar, one cup of sweet milk, one scant cup of butter, three cups of flour, two eggs, two teaspoonfuls Strong's Baking Powder. Stir together at once.

WAFFLES.

Mrs. H. Galusha.

Six eggs, one pint of milk, a quarter of a pound of butter, quarter of a pound of powdered sugar, a pound and a-half of sifted flour, a teaspoonful of cinnamon. Warm the milk slightly, cut the butter into it, beat the eggs well and add them. Stir in the sugar and spice, and gradually add the flour until it is a thick batter.

MUFFINS.

Mrs. Leach.

Two cups sweet milk, three cups flour, two tablespoonfuls white sugar, two tablespoonfuls melted butter, one egg, three teaspoonfuls Strong's Baking Powder.

CORN MEAL.

Mrs. Van.

One quart sweet milk, four teaspoonfuls Strong's Baking Powder, four eggs, one tablespoonful salt, meal to make stiff batter. Pour into buttered pan half an inch thick. Bake half an hour.

MUFFINS.

Mrs. Farnam.

One pint milk, one pint flour, two eggs, a little salt.

The proof of the pudding is in the eating.

THE ART OF COOKING MADE EASY.

GRAHAM BREAKFAST CAKES.

Mrs. H. Galster.

One teaspoonful cream, one of milk, two eggs, two tablespoonfuls sugar, one teaspoonful wheat flour, enough Graham flour to make a thick batter, four teaspoonfuls Strong's Baking Powder. Bake in patty pans or baking cups.

No. 2.

One cup milk, one-third cup butter, two eggs, one-half cup sugar, one cup wheat flour, Graham flour to make a batter, three teaspoonfuls Strong's Baking Powder.

SNOW BALLS.

One cup sugar, one-half cup butter, whites of five eggs, flour to make a batter. Bake in small tins or gem pans.

FRITTERS.

Two eggs, two teaspoonfuls sour milk, one teaspoonful soda, four tablespoonfuls butter, flour to make a stiff batter. Fry in hot lard, and serve with sweet sauce.

ANOTHER.

Three eggs to each pint rich sweet milk, a pinch of salt, and flour to make a batter stiff enough to drop from the spoon into boiling lard, or use a teaspoonful newly-fallen snow instead of eggs, and fry immediately.

SPANISH PUFFS.

Put in a saucepan a teaspoonful of water, a tablespoonful of powdered sugar, half a teaspoonful of salt, and two ounces of butter. When it is boiling add sufficient flour for it, leave the saucepan, stir in one by one the yolks of four eggs. Drop a teaspoonful at a time into boiling lard. Fry them a light brown, and eat with maple syrup.

CORN STARCH PUFFS.

Four eggs beaten separately, one cup of sugar, one cup corn starch, one-half cup of butter, one teaspoonful of Strong's Essence of Lemon in the butter and sugar, two teaspoonfuls of Strong's Baking Powder mixed in the corn starch.

OATMEAL SCONES.

Take one pint of sour or butter milk. One teaspoon soda, and a little salt. Thicken with oatmeal; mix about as stiff as for biscuits, but do not roll it. Bake on a griddle for three quarters of an hour, turning them occasionally.

SOUPS.

TOMATO SOUP.

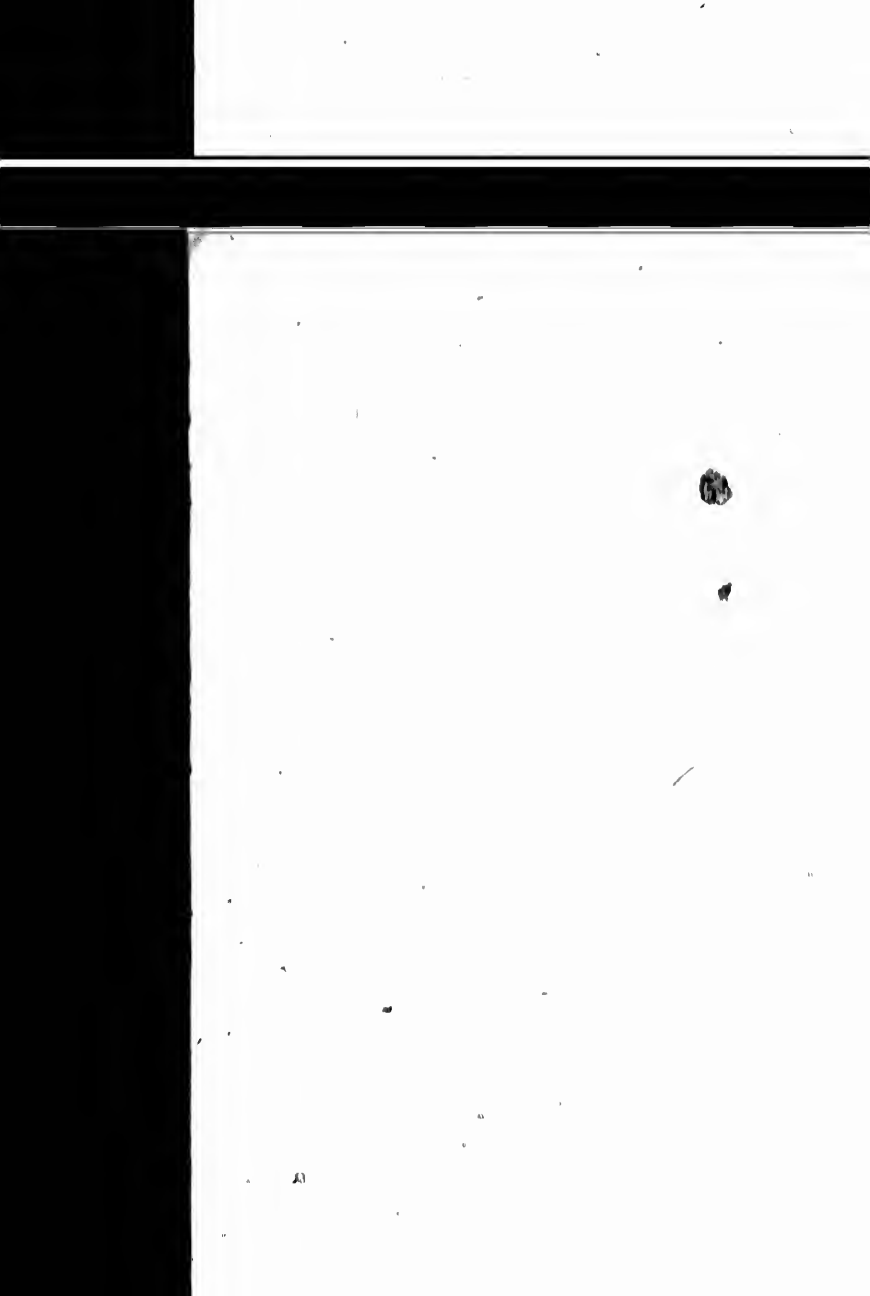
Boil chicken or beef four hours, then strain, add to the one can of tomatoes and boil two hours. This will make a quart of soup.

ANOTHER.

Mrs. Galster.

Eight good sized tomatoes, one quart boiling water; one tomato on for the table, pour the water on, let it boil for an hour. Put before serving put in a little salt (at a time) and one quart of milk; heat well and serve.

We have to do and do well.



SPLIT PEA SOUP.

Soak the peas over night; early next morning put them on to boil; take one onion, one turnip, and one carrot, slice and fry brown; add them and let all boil together until dinner time, when strain, and to the liquor add pieces of bread cut into small pieces and fried brown, and small pieces of lemon.

GAME SOUP.

Take two old birds, two slices of ham, three pounds of beef, a piece of celery, and two large onions; put them into five quarts of boiling water and boil gently for two hours; then strain and put back into the pot with some stewed celery and fried bread; season well, skim, and serve hot.

SAGO SOUP.

Take two quarts of soup stock, thicken with sago to the consistency of pea soup, and season with catsup.

TURTLE BEAN SOUP.

Mrs. M. O. Eddy.

One pint turtle soup beans, soaked over night in cold soft water; one gallon of water, two pounds fresh beef; boil a long time and strain before serving; season to taste; put in the tureen a glass of wine and lemon cut in slices and two hard boiled eggs cut in slices.

BROWN STOCK.

Two shins of beef, one of veal, one dozen cloves, one dozen peppercorns, two table spoonful of salt, and eight quarts of water; boil eight hours; strain into a jar, and when cold take off the fat.

When lemon or wine is to be added to soup, it should be put into the tureen and the hot soup be poured on.

SOUP STOCK.

Mrs. Starkweather.

Take six pounds of lean coarse beef, which may be obtained of any marketman for ten or twelve cents per pound; cut it in pieces as large as a hen's egg; put on it eight quarts of cold water; let it stand all night in an earthen vessel; in the morning put it over the fire; let it simmer very slowly until it boils, then skim it and let it boil half an hour longer; strain it off from the meat (which is now worthless), salt it, and set in a cool place. This may be kept perfectly sweet for two weeks or more. When ready for use, add a pint of water to every quart of the stock. From this several kinds of soup may be made.

TOMATO SOUP.

Mrs. Starkweather.

Take one quart of soup stock, reduce it by adding one quart of water, and in this put one quart of canned tomatoes; boil half an hour; strain and mash the tomatoes through a coarse sieve; put in this two or three pieces of celery, one onion, and a pinch of cloves; boil together an hour. A large table spoonful of tapioca or rice may be added; -the yolk of a hard boiled egg, rubbed fine,

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WHITE STOCK FOR SOUP.

Two knuckles of veal, two onions, two tablespoonful of salt, and eight quarts of water; boil six hours; strain into a stone jar and keep in a cool place; when cool take off the fat.

OYSTER SOUP.

Take one quart of water, one teaspoonful of butter, one pint of milk, two teaspoonful salt, four crackers rolled fine and one teaspoonful of pepper. Bring to full boiling heat as soon as possible, then add one quart of oysters; let the whole come to boiling heat quickly and remove from the fire.

FISH.

TO FRY TROUT OR OTHER SMALL FISH.

Clean the fish and let them lie a few minutes wrapped singly in a clean towel; season with pepper and salt, roll in corn meal, and fry in one-third butter and two-thirds lard; drain on a sieve and serve hot.

BROILED WHITE FISH.

Wash the fish well in salt and water; spread it out on a wire broiler; sprinkle with salt; set in a drifter in the oven; bake twenty minutes, then brown over hot coals; pour melted butter over and serve. A medium-sized fish preferred.

POTTED SHAD.

Out into pieces, wash, and dry; mix two teaspoonful ground allspice, one of black pepper, one-half tablespoonful salt and sprinkle on each piece; put into a jar with good cider vinegar enough to cover; cover very closely and bake in a moderate oven twelve hours.

PICKLED SALMON.

Soak salt salmon twenty-four hours, changing the water frequently; afterwards pour boiling water around it, and let it stand fifteen minutes; drain, and then pour on boiling vinegar with cloves and mace added.

TO FRY SHAD.

Clean, wash, wipe dry, sprinkle with salt and pepper, dip in flour and fry in hot lard.

TO FRY SMELTS.

Wash, cut off the fins, and dry with a cloth; melt a spoonful of butter and into it stir the beaten yolks of two eggs; salt and flour the smelts a little, dip into the egg and butter, roll in grated bread crumbs, and plunge into boiling fat; fry until of a bright yellow-brown; serve upon a napkin, garnished with fried parsley.

SPICED SHAD.

Split and rub with salt and let it stand three or four hours; put in a pot with boiling water to cover, adding a teaspoonful of salt to every quart of water; boil twenty minutes, then drain; sprinkle with one tablespoonful allspice, one teaspoonful cayenne pepper; cover with cold vinegar.

It is foolish to quarrel with one's bread and butter.

THE ART OF COOKING MADE EASY.

SALT SALMON.

Soak well in cold water; when fresh enough put in a kettle with cold water enough to cover and set over a slow fire; boil gently for more than two minutes and then remove and drain; fry a little parsley in butter and turn over the fish, adding lemon juice as preferred.

SALT MACKEREL BROILED.

Soak in warm water for an hour or two and then wipe dry; brush the fish over with dripping or melted butter; grease the bars of the gridiron and lay on the fish, setting it over a sharp fire; broil both sides, and serve spread with butter and chopped parsley.

TURBOT A LA CREME.

Boil a nice fresh fish, pick out the bones and season with pepper and salt; mix one-quarter pound of flour with one quart of milk, put in four small onions, small bunch of parsley and a sprig or two of thyme, salt, and one-half teaspoonful white pepper. Put over the fire and stir until it forms a paste; take off and add one-half pound butter and yolks of two eggs. Mix thoroughly and pass through a sieve; pour some of the sauce into a baking dish and add a layer of fish and sauce alternately until it is all used. Have sauce on the top, to which add bread crumbs and grated cheese. Bake half an hour.

FISH CHOWDER.

Take any large fish and cut it in thin slices, lay some slices of the bacon in the pot, and then a layer of fish, onions, cracker dust, red and black pepper, salt and butter; then more layers until all the fish shall have been used. Cover the whole with water and cook until well done.

BAKED MACARONI.

Cook the macaroni tender in broth, and take twice its weight in minced chickens or meat, adding two well beaten eggs, three ounces of butter, cayenne pepper and salt to taste. Mix the ingredients well, put them in a deep dish and bake until a light brown crust shall be formed upon the top.

BROILED SARDINES.

Take large sardines, wipe, roll in flour and broil. Serve on toast with slices of lemon for garnish and relish.

BROILED SALT MACKEREL.

Freshen over night in cold water with the skin side up. Broil quickly, placing the skin side next the gridiron and turning it. When done slip off on a hot platter.

BAKED FISH.

Open the fish, wash, wipe perfectly dry, and rub over with salt; lay in a dripping-pan with a little butter and water, and bake thirty minutes in a hot oven.

BROILED SALMON.

Take slices of salmon, and half an hour before cooking sprinkle over them a little cayenne pepper, salt, lemon juice, and salad oil; grease the gridiron with a piece of pork; wrap the fish in brown paper to prevent burning; serve with any sauce suitable for fish.

Chickens should not be counted before they are broiled.

THE ART OF COOKING MADE EASY.

ANOTHER.

A piece of six pounds should be rubbed with salt, tied carefully in a cloth, and boil slowly for three-quarters of an hour. It should be eaten with egg or caper sauce. If any remains after dinner, it may be placed in a deep dish, a little salt sprinkled over, and a teaspoon of boiling vinegar poured upon it. Cover it closely, and it will make a nice breakfast dish.

TO BROIL SALMON.

The steaks from the centre of the fish are the best; sprinkle with salt and pepper, spread on a little butter, and broil over a clear but slow fire.

CODFISH STEWED.

Soak the fish in cold water for several hours; pick fine, and put into a saucepan with cold water; boil a few minutes; pour off the water; add fresh and boil again, and then drain; next add sweet milk and butter, and thicken with flour or corn starch; stir well, and when taken from the fire add the yolks of two or three eggs well beaten; stir, pour into a hot dish, and serve.

CODFISH ON TOAST.

Take a bowl of shredded codfish, put this in cold water in a skillet; let it come to a boil, then turn into a colander to drain; turn into the skillet again with a little cold milk; season with butter and pepper, stir smooth a tablespoonful of flour with a little cold milk; add, and let it boil for a moment, then turn this on to buttered toast on a platter.

CODFISH BALLS.

Pick fine one quart bowl of codfish, let it simmer on the back of the stove a little while, then boil six good-sized potatoes, mash fine, and mix while hot with the fish thoroughly; season with pepper, salt and butter; add three eggs, well beaten, and drop in hot lard; serve in a napkin; lay the napkin on a platter, and the balls on the napkin to absorb the grease.

BAKED CODFISH.

Soak the fish over night; clean thoroughly, then put it into a stone crock, and cover with water; simmer until tender, then pick over, and mash fine. Take two-thirds mashed potatoes, seasoned, and one-third fish, mix well together and bake until brown; then make a sauce of drawn butter, into which cut up two hard-boiled eggs.

FISH SAUCE DE LOUVRE—C. G.

Put two spoonfuls of meal, a small glass of water, a little pepper and salt in a saucepan; mix it well and stir with a spoon until it forms a cream. Then mix the yolks of two eggs with the above. Take one pound of butter and cut up in very small pieces, and stir it until well mixed. The fire must be low, for if the fire be too hot or too low the butter will coagulate at once. Pass through a filtering cloth and flavor with lemon juice.

DUTCH SAUCE FOR FISH.

If you wish to rewarm any remains of fish for breakfast, serve it with this sauce. Dissolve two ozs. butter in a saucepan, with one teaspoonful of flour and one tablespoonful of milk; stir until it cools, then add a few drops of lemon juice or vinegar and pepper. Mash any remains of cold potatoes with milk and butter; season it and serve all round the fish.

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OYSTERS, ETC.

FRIED OYSTERS.

Mrs. M. W. Hudson.

Beat one egg to a quart of oysters; dip in the egg, then roll in cracker; fry in a kettle of boiling lard. Season before frying.

CREAM OYSTERS.

Fifty shell oysters, one quart sweet cream; butter, pepper and salt to suit taste; put the cream and oysters in separate kettles to heat, the oysters in their own liquid, and let them come to a boil; when sufficiently cooked, skim; then take them out of the liquid and put in some dish to keep warm; put the cream and liquid together; season to taste, and thicken with powdered cracker; when sufficiently thick stir in the oysters.

SCALLOPED OYSTERS.

Put a layer of rolled crackers in bottom of pudding dish, layer of oysters, drained; season with butter, pepper and salt; so on till the dish is full, then pour over coffee-cup of milk. Bake three-quarters of an hour.

SCALLOPED OYSTERS.

Mrs. M—n.

Grate one loaf of bread one day old, butter your dish; one layer of crumbs, then a layer of oysters; grate a little nutmeg, a little pepper, six pieces of butter the size of a walnut, a layer of crumbs, coffee-cup half full of oyster liquor, three table-spoonful of wine, a little salt.

OYSTER PIE.

One quart of oysters, drained; pepper, salt and butter to taste; one quart flour; two table-spoonful lard, one table-spoonful salt; mix with water for pie crust; line the pie plate with the crust; fill with the oysters, seasoned; put over a crust and bake.

HOW TO FRY OYSTERS A RICH BROWN.

If required for tea prepare your oysters in the morning. Select large oysters, dry them between two cloths; then dip in egg and cracker dust the same as Veal cutlets; then, just before you want to use them, put some dripping or lard in a deep kettle and let your fat get hot so you can see the smoke arise from it, then drop your oysters three or four at a time, and when brown, which will be almost instantly, lift out with a skimming ladle. Garnish your dish with parsley.

CLAM CHOWDER.

Forty-five clams "chopped;" one quart sliced potatoes, one-half pint sliced onions; cut a few slices salt pork, fry to a crisp, chop fine; put in kettle a little fat from the pork, a layer potatoes, clams, onions, a little pepper and salt; another layer of chopped pork, potatoes, etc., until all are in; pour over all the juice of the clams. Cook three hours, being careful not to burn. Add a tea-spoonful of milk just before serving.

Light suppers make long lives.

EGGS AND OMELETS.

BOILED EGGS—PERFECTION.

Mrs. Stegweather.

Have the water boiling, take off the stove and set in a warm place (the stove hearth will answer); put in the eggs and cover the vessel closely; let them simmer nine minutes; they are then cooked evenly and well.

BAKED OMELET.

Mrs. Woodruff

Six eggs, whites and yolks beaten separately and very light; a tea-spoonful of warm milk with a tablespoonful of butter melted in it; a table-spoonful of flour, one teaspoonful of salt, a little pepper; mix together adding whites last; bake twenty minutes.

FRENCH OMELET.

One quart of milk, one pint of bread-crumbs, five eggs, one table-spoonful of flour, one onion chopped fine, chopped parsley, season with pepper and salt. Have butter melted in a spider, when the omelet is brown, turn it over. Double when served.

OMELET WITH HAM.

— Make a plain omelet, and just before turning one half over the other, sprinkle over it some finely-chopped ham. Garnish with small slices of ham. Jelly or marmalade may be added in the same manner.

TO POACH EGGS.

Have the water well salted, and not let it boil hard. Break the eggs separately into a saucer, and slip gently into the water; when nicely done, remove with a skimmer, trim neatly and lay each egg upon a small, thin square of buttered toast, then sprinkle with salt and pepper. Some persons prefer them poached, rather than fried, with ham, in which case, substitute the ham for toast.

STUFFED EGGS.

Boil the eggs hard; remove the shells, and then cut in two, either way, as preferred. Remove the yolks, and mix with them pepper, salt, and a little dry mustard—some like cold chicken, ham, or tongue, chopped very fine—and then stuff the cavities, smooth them, and put the halves together again. For picnics, they can simply be wrapped in tissue paper to keep them together. If for home use, they can be egged and bread-crumbed, and browned in boiling lard; drain, and garnish with parsley.

EGG TOAST.

Beat four eggs, yolks and whites together, thoroughly; put two table-spoonful of butter into a saucepan, and melt slowly; then pour in the eggs, and heat without boiling over a slow fire, stirring constantly; add a little salt, and when hot, spread on slices of nicely-browned toast, and serve at once.

May good digestion wait on appetite.

A NICE CHEESE RELISH.

Four ounces of flour, four ounces of cheese, and three ounces of butter, salt, pepper, and a dash of cayenne pepper; knead it all together, roll thin, cut in strips like ladies' fingers, and bake a delicate brown.

SCRAMBLED EGGS WITH HAM.

Put into a pan, butter, a little pepper and salt and a little milk; when hot drop in the eggs, and with a knife cut the eggs and scrape them from the bottom; add some cold ham chopped fine, and when done serve in a hot dish.

VEGETABLES.

EGG PLANT.

Put into water and boil until soft, then cut in two and scoop out all the inside; season; take a tablespoonful at a time, dip in egg and bread crumbs, and fry in hot lard.

STUFFED CABBAGE.

Cut the heart out of a large cabbage; take cold chicken or any cold meat, and chop very fine, and season highly, and mix with the yolk of an egg; fill the cabbage with this stuffing, and then tie it firmly in a cloth, and boil an hour and a half or two hours.

TO BOIL ASPARAGUS.

Scrape the stems lightly to within two inches of the points; throw them into cold water for a few minutes; tie in bunches of equal size, cut the ends that they may be all of the same length; then throw into boiling water a little salted, and boil fast for twenty or twenty-five minutes, or until quite tender; have prepared a round of bread nicely toasted, which dip quickly into the boiling asparagus water, then dish the asparagus upon it, with the points meeting in the centre; send rich melted butter to the table with it.

BAKED BEETS.

Wash and put into a pan; set into a moderate oven, and bake slowly; when soft remove the skin, and dress to taste.

BEANS.

We must not forget beans which abound so much in nourishment, but they must be thoroughly cooked; for bean soup they should be boiled about five hours, seasoned then with cream or butter, and with salt, they ought to be relished by everybody. However I may have seasoned this soup, my children always wish to add milk upon their plates. Baked beans must be either boiled until very soft before baking, or must be baked a long time—from three to six hours, if not previously very tender—with a good deal of liquor in the jar or pan. Those who use pork at all, usually put a piece of fat pork in the dish of beans prepared for baking, but some of us very much prefer a seasoning of cream or butter. Split pea-soup or common unsplit dried peas, boiled five to six hours without meat, is very nutritious and much liked by many; I season it with salt, and cream or milk; if I have it—the more the better—otherwise with butter.

He who depends on another dines ill and sups worse.

THE ART OF COOKING MADE EASY.

29

IS
ONE POUND **JOHNSTON'S FLUID BEEF** **EQUAL TO**

JUST THIS:

ONE POUND of Johnston's Fluid Beef
contains as much actual and real nutrition as
14½ LBS. of Prime Beef Steak,

And it follows, therefore,
that **ONE TEASPOONFUL** (or half an ounce) of Johnston's Fluid Beef is

Equal to Half a Pound of Prime Beef Steak.

The value of a FOOD like this to
INVALIDS, DYSPEPTICS, and all needing
STRONG NOURISHMENT in an easily digested form,
must be apparent.

Startling Revelations !

YES.

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YES.

Fresh Currents of Life to Every Pore.

YES.

Joy and Strength unparalleled is Found.

YES.

Life Worth Living Thrills the Organism.

Weak and strong shout

FOR LIFE-GIVING **ST. LEON,** NATURE'S MINERAL WATER.

Even PHYSICIANS declare St. Leon "A Marvellous Power." Impossible to overrate its value for all internal disorders, to regulate, build, and promote "Long Life." Try it. Try it. Try it. You will be convinced. For sale by all leading Druggists, Grocers and Hotels. Also wholesale, natural or aerated, by the St. Leon Mineral Water Co., (Ltd.) Head Office—101½ King St. West, TORONTO, ONT.

The Palace, 200 Grand Street, up the Fairy Row, on the River De Looz, will be opened for reception of visitors, June 1st. For space, rates, etc., write.

BAKED BEANS.

Soak a pint and a half of dried beans over night; in the morning pour off the water, cover with fresh water, and boil until they crack open, or are very tender; then put them with the water in which they were boiled into a deep earthen dish, adding a little salt, and, if agreeable, a tablespoonful of molasses; put on top of the dish one-half pound of fat and lean pork or corned beef, which should be gashed or scored across the rind; bake four hours, and longer if convenient; it will be better for it, only bake slowly; keep nearly covered with water till two-thirds done, then allow it to dry away.

SUCCOTASH.

1. Use double the quantity of corn that you do beans. Cook the beans for three or four hours. Put in the corn one hour before dinner. Have just water enough to cook them in. Care must be taken not to let it stick. Season with salt, pepper and lump of butter.

2. Boil Lima beans and sweet corn in separate pots; when done, cut the corn from the cob, allowing twice as much corn as beans; put them together and let them boil. Just before serving add a little butter, pepper and salt.

FRIED OYSTER PLANT.

Parboil oyster plant; scrape off the outside; cut in slices; dip in beaten egg, roll in bread crumbs, and fry in hot lard.

SALSIFY, OR VEGETABLE OYSTER.

Wash and scrape them thoroughly, and as you wash throw them into a bowl of cold water. Cut into pieces about half an inch long, boil three-fourths of an hour, when tender pour off all the water, season with pepper and salt, a small lump of butter, and enough cream to almost cover them; if no cream, use milk, with more butter, and thicken like gravy with a little flour. They are nice served on toast.

DAINTY SIDE DISH.

Mrs. Birge.

Grate six parsnips, add one egg, one-half teacup of flour, a little salt. Dip up with a spoon and fry in a generous quantity of hot fat.

NEW ENGLAND BAKED BEANS.

Soak your beans over night; one pound of pork and one quart of beans; put in a crock (not an earthen dish), cover close with water, baking very slowly eight or ten hours; keep them covered with water, until within an hour or two of taking them from the oven. Nothing can be better.

LIMA BEANS.

Shell, wash and put into boiling water with a little salt; when boiled tender, drain and season them, and either dress with cream or large lump of butter, and let simmer for a few moments.

CABBAGE A-LA-CAULIFLOWER.

Cut the cabbage fine as for slaw; put it into a stewpan, cover with water and keep closely covered; when tender drain off the water; put in a small piece of butter with a little salt, one-half a cup of cream, or one cup of milk. Leave on the stove a few minutes before serving.

Dinners cannot be long where dainties are wanting.

THE ART OF COOKING MADE EASY.

CREAM CABBAGE.

Beat together the yolks of two eggs, one-half cup of sugar, one-half cup of vinegar; butter size of an egg, salt, and a little cayenne pepper. Put the mixture into a saucepan and stir until it boils; then stir in one cup of cream. Let it boil. Pour over the cabbage while hot.

STEWED CELERY.

Clean the heads thoroughly; take off the coarse, green, outer leaves; cut in small pieces, and stew in a little broth; when tender, add some rich cream, a little flour and butter, enough to thicken the cream; season with pepper, salt, and a little nutmeg if that is agreeable.

GREEN CORN ON THE COB.

Take off the outside leaves and the silk, letting the innermost leaves remain on until after the corn is boiled, which renders the corn much sweeter; boil for half an hour in plenty of water, drain, and after removing the leaves, serve.

AN EXCELLENT DISH.

Place alternate layers of tomatoes, sliced onions, and bread and butter in a pudding dish and bake.

PARSNIP FRITTERS.

Boil in salted water until very tender; then mash, seasoning with a little butter, pepper and salt, add a little flour and one or two eggs, well beaten, make into small balls or cakes and fry in hot lard.

TOMATO TOAST.

Rub tomatoes through the colander, and cook to taste; toast three slices of bread, butter, and lay upon a hot dish; just before serving add a cup of cream or milk to the tomatoes and pour over the toast.

PARSNIP FRITTERS.

Four parsnips, boiled and mash fine; add three well-beaten eggs, two tablespoonsful of sifted flour, butter the size of an egg, one tea-cupful of milk, and salt to taste. Upon a hot buttered griddle drop the mixture, and bake after the style of flannel-cakes. Serve quite hot.

PARSNIP STEW.

Three slices of salt pork, boil one hour and a-half; scrape five large parsnips, cut in quarters lengthwise, add to the pork, and let boil one-half hour, then add a few potatoes, and let all boil together until the potatoes are soft; the fluid in the kettle should be about a cupful when ready to take off.

GREEN PEAS.

Put the pods into a pot, cover and boil thoroughly, then strain and put the peas into the same water and boil tender. Season with butter, pepper, a little salt, and the least bit of sugar.

CAULIFLOWER.

Trim off all the outside leaves, and put into boiling water well salted; boil until tender, and then serve with a white sauce or with cream.

Where good cheer is lacking, our friends will be packing.

BOILED HOMINY.

Soak one cup of fine hominy in three cups of water and salt to taste, in the morning turn it into a quart pail; then put the pail into a kettle of boiling water, cover tightly and steam one hour; then add one teacupful of sweet milk, and boil fifteen minutes.

TO FRY PARSLEY.

This, when done as it should be, is one of the nicest as well as cheapest of garnishings. The parsley should be washed and dried in a cloth; then, if one is the happy possessor of a wire basket, put in the parsley and hold from two to three minutes in boiling drippings; take from the basket and dry until crisp before the kitchen fire. It may be dried without a basket, but requires more care in so doing.

POTATO PUFF.

Beat a pint of mashed potatoes and butter the size of an egg, melted, until very light; add half a cup of cream and two eggs beaten separately; beat well and pile irregularly in a dish, and bake quickly.

BAKED POTATOES.

Slice some potatoes and lay in cold water for a time before using them; put into a baking dish with seasoning and half a pint of milk; bake slowly; when done lay a piece of butter on top and allow to brown.

SARATOGA POTATOES.

Peel, and slice on a saw-cutter into cold water, wash thoroughly, and drain; spread between the folds of a clean cloth, rub and pat until dry. Fry a few at a time in boiling lard; salt as you take them out. Saratoga potatoes are often eaten cold. They can be prepared three or four hours before needed, and if kept in a warm place they will be crisp and nice. They are used for garnishing game and steaks.

SCALLOPED POTATOES.

Mrs. Morgan.

Boil some mealy potatoes and mash them smooth; season, and add some cream to them; lay them in scallop shells; smooth the surface of the potatoes with the blade of a knife, and then score them across; lay some thin slices of butter upon them and bake them until they are well browned. Serve hot in the shells.

BAKED POTATOES.

Pare eight or ten potatoes, or as many as needed; bake in a quick oven half an hour.

POTATO SALAD.


Boil potatoes in their jackets, and while hot peel and slice fine, salt, pepper and an onion, chopped fine; then add vinegar enough to moisten well, two tablespoonful of melted butter. Can be prepared in the morning, and used for tea.

POTATO ROLLS.

Take five or six potatoes, boil and wash them; add salt, pepper and a little milk. Beat three eggs light and mix with them. Make out into little rolls, and cover with flour. Fry in hot lard.

Which Shall I Use?

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NESTLE'S FOOD

Has reached the largest sale of any



INFANT'S FOOD



in the world, mainly through the advice of the Medical Profession, who know its composition to be free from all drugs and false stimulants. It is noted for its nourishing properties, and for producing firm flesh and tough muscle, and as a wonderful preventive of summer complaints.

A sample of Nestle's Food will be sent to any Mother on application to

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SCOLLOPED POTATOES.

Use boiled potatoes; slice them thin; put in a pudding dish a layer of potatoes, a thin layer of rolled crackers; sprinkle in pepper and salt and three or four small pieces of butter; then add another layer of potatoes, crackers, etc., until the dish is filled. Over all pour a cup of cream or rich milk; bake from one-half to three-quarters of an hour.

POTATO CROQUETS.

Grate some cold potatoes, add flour enough to make a stiff paste; one egg, a pinch of salt; make into flat cakes, and fry in hot lard or dripping.

BAKED SALMON AND POTATOES.

Take the contents of a can of salmon and some cold mashed potatoes, mix well together, add a little salt and pepper, put into a pudding dish, then put a layer of mashed potatoes on top; a little bit of butter; then bake a nice brown. Very nice for tea.

FRIED POTATOES WITH EGGS.

Slice cold boiled potatoes, and fry in good butter until brown; beat up one or two eggs, and stir into them just as you dish them for the table; do not leave them a moment on the fire after the eggs are in, for if they harden they are not half so nice; one egg is enough for three or four persons, unless they are very fond of potatoes; if they are, have plenty, and put in two.

POTATO BALLS OR CROQUETTES.

Four large, mealy potatoes, cold, mash them in a pan with two tablespoonfuls of fresh melted butter, a pinch of salt, a little pepper, one tablespoonful of cream, and the beaten yolk of one egg; rub it together for about five minutes, or until very smooth; shape the mixture into balls about the size of a walnut, or small rolls, dip them into an egg well beaten, and then into the finest sifted bread crumbs; fry them in boiling lard.

VEGETABLE OYSTERS.

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

MOCK OYSTERS.

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

BAKED TOMATOES.

Skin the tomatoes, slice in small pieces; spread in bottom of a pudding dish a thick layer; cover with a thin layer of bread crumbs, and sprinkle salt, pepper and a few small pieces of butter over them; add layer of tomatoes, etc., until the dish is filled—sprinkle over the top a layer of fine rolled crackers. Bake one hour.

POTATO RELISH.

Boil potatoes in their jackets. Let them get cold; peel and grate. Beat up an egg, to which add butter the size of a walnut; toast a piece of bread and cut into tiny (half inch or less) squares. Take of the potato about the bulk of an egg, flatten and put through it two or three pieces of the toast. Add flour enough to hold together. Drop into boiling water and boil for twenty minutes. Serve directly. If any are left over, cut in slices and fry next day.

All is done that is fitting.

MEATS.

SWEET-BREADS BROILED.

Parboil, after soaking in salt and water, then rub well with butter, and broil. Turn often, and dip into melted butter, to prevent them from becoming hard and dry.

VEAL LOAF.

Three pounds chopped veal, two eggs, one tablespoonful of cream or butter, one tablespoonful of salt, one teaspoonful of pepper, six tablespoonfuls of rolled cracker or bread crumbs, thyme, or summer savory, one slice of sweet salt pork chopped with the veal. Mix well with the hands; put into a buttered dish in a loaf; bake one hour and a-half.

BEEF LOAF.

Three pounds beef steak chopped fine; roll two Boston crackers soaked in a teacup of milk; one egg, one teaspoonful black pepper, one teaspoonful of cloves, one teaspoonful salt. Mix and bake one-half or three-quarters of an hour in a pan and let it cool before moving. The above made of veal with a slice of salt pork chopped fine, and sage instead of cloves, is very nice.

SPICED BEEF.

Boil a shin of tea or twelve pounds of beef until the meat readily falls from the bone; pick the meat to pieces and mash the gristle very fine, rejecting all parts that are too hard to mash; set the liquor in which it was boiled away till cool; take off the fat; boil the liquor down to a pint and a-half, then return the meat to the liquor, and while hot add any pepper and salt that may be needed; a little nutmeg, half a teaspoonful of parsley, chopped fine; half a teaspoonful cloves, the same of cinnamon; a very little sage or summer savory—if possible—not quite a half of a saltspoonful. Let it boil up once, and put it in a mould, or deep dish to cool. Cut in thin slices for breakfast or tea.

ORQUETTES.

Chop fine any cold pieces of cooked meat or chicken, or whatever you may wish to use, first removing all fat, bone, etc.; add half the quantity of bread crumbs, one egg, pepper and salt; make into balls and cook in a buttered spider; serve hot.

SWEET-BREADS FRIED.

Wash in salt and water, parboil, cut into pieces the size of a large oyster, season, dip in rolled cracker crumbs, and fry a light brown in lard and butter.

FRIED CHICKEN.

Mrs. M.

Cut up the chickens and season with salt and cayenne pepper, roll them in flour, and fry them in hot lard. When the whole are fried, pour off the lard and put in one-quarter of a pound of butter, one teaspoonful of cream; a little flour and some scalded parsley, chopped fine for the sauce. After cutting the chickens always let them remain awhile in milk and water to bleach them.

A little spark may make much work.

BEEF LOAF.

Three pounds chopped beef, lean, two cups fine bread crumbs, one cup milk, one tablespoon pepper, one tablespoon salt, two eggs; bake, basting often.

VEAL CROQUETTES.

Mince veal fine, mix one-half cup of milk with one teaspoonful of flour, a piece of butter the size of an egg; cook until it thickens; stir into the meat; roll into balls; dip in egg, with a little milk stirred in, roll in brown bread crumbs; fry in hot lard.

IRISH STEW.

Mrs. Morgan.

Wash, peel and slice twelve good sized potatoes; place a piece of mutton at the bottom of a stew pan; sprinkle upon it a little shred onion; then put in the potatoes, shake them to make them as compact as possible; add some pepper and salt and pour in just enough water to cover the potatoes; bake it slowly in an oven for about two hours, and serve in a deep dish—the meat in the middle and the potatoes around it. The meat may be cut up if preferred and bake in a hash dish, in which the stew may be served.

OYSTER DRESSING.

Two tablespoonful flour, two tablespoonful butter; brown the butter and flower in dipper; add water to make thin for gravy; boil; add one pint oysters, chopped; pepper and salt to taste.

GRAVY FOR MUTTON OR VENISON.

O. G.

Two wine glasses of port wine, a piece of butter half the size of an egg, two spoonful of currant jelly, three spoonful of catsup, and the top part of the gravy that drops from the meat when it is roasting.

PRESSED VEAL OR CHICKEN.

Put four pounds of veal, or two chickens in a pot; cover with water, stew slowly until the meat drops from the bone, then take out and chop it; let the liquor boil down until there is a cupful; put in a small cup of butter, a tablespoonful of pepper, a little allspice, and a beaten egg; stir this through the meat; slice a hard-boiled egg; lay in your mould, and press in the meat; when put upon the table garnish with calery tops or parsley.

SANDWICHES.

Chop cold boiled ham very fine, and mix it with the yolks of eggs (beaten), a little mustard and pepper, and spread on very thin slices of bread, buttered on the leaf; trim off the crust, and cut into neat squares.

ROAST PIGEONS.

Pick, draw and truss them, keeping on the feet; chop the liver with some parsley, add crumbs of bread, pepper, salt and a little butter; put this dressing inside; slit one of the legs and slip the other through it; skewer and roast for half an hour; baste them well with butter. Serve with bread sauce.

If things were to be done twice, all would be wise.



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For Weak and Inflamed Eyes or Chronic Granulation of the Lids, Ulceration of the Glands, Film; Weakness of Sight, from any cause.

As a Lip Salve it is unparalleled, and should be kept on every lady's toilet and in gentlemen's pockets for immediate use. For Chapped Hands, Cold Sores, Pimples, or Roughness of Skin, its healing and soothing powers are truly marvellous. For Piles it is worth its weight in gold.

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LEICESTER TICK AND VERMIN DESTROYER.



For many years the above preparation has been used with unparalleled success in different parts of Europe, and the proprietors have purchased the formula at great expense, and are now prepared to supply the trade or consumers with the genuine article, and at greatly reduced prices. It was first used in



Leicester, England, since which time it has made a reputation for itself throughout Europe, and has lately been introduced into the Dominion of Canada and the United States. It effectually destroys sheep, horses or cattle are subject. It will be found far superior to purpose. The proprietors will send according to directions, as vents curf and scab, and renders it is put up in boxes at 2s and 3s



for Beef throughout Ticks, Lice, Worms or Grubs, to which and enables the animal to thrive. other preparations used for similar guarantee perfect success when will be found on each box. It preserves wool bright and clean. 2s each, and sold by all Druggists.

McCollom's Rheumatic Repellant

Has won an excellent reputation from the Atlantic to the Pacific Coast as a wonderful rheumatic cure, and in numerous instances where it has been thoroughly tested during the past 16 years, it has proven the most reliable remedy known for this distressing complaint. It is neatly put up in \$1.00 bottles, agreeable to the operation well on the liver, kidneys and blood, and effectually removes rheumatism, gout and neuralgia from the system. Prepared by W. A. McCollom, Druggist, Tilsonburg, Ont., and sold by Wholesale and Retail Druggists.

THE ART OF COOKING MADE EASY.

MINCED LIVER.

Cut liver into small pieces and fry with salt pork; cut both into square bits, nearly cover with water, add pepper and a little lemon juice; thicken the gravy with fine bread crumbs, and serve.

DEVILED BEEF.

Take slices of cold roast beef, lay them on hot coals and broil; season with pepper and salt, and serve while hot, with a small lump of butter on each piece.

JELLIED CHICKEN OR VEAL.

Boil a chicken in as little water as possible, until the meat falls from the bones; chop rather fine, and season with pepper and salt; put in a mould a layer of meat, then a layer of hard boiled eggs cut in slices, then a layer of meat and eggs alternately, until the mould is nearly full; boil down the liquor left in the pot one-half, while warm add one quarter of an ounce of gelatine, and when dissolved pour into the mould over the meat. Set in a cool place over night.

PICKLED CHICKEN.

Boil until the meat falls from the bones, pick the meat and put into a jar, and pour over it a liquor made with vinegar, to which has been added one-half the quantity of the water in which the chickens were cooked. Season to taste.

CHICKEN PIE.

Stew chicken till tender, season with one-quarter pound of butter, salt and pepper; line the sides of a pie-dish with a rich crust, pour in the stewed chicken, and cover loosely with a crust, first cutting a hole in the center. Have ready a can of oysters, heat the liquor, thicken with a little flour and water, and season with salt, pepper, and butter the size of an egg; when it comes to a boil pour it over the oysters, and about twenty minutes before the pie is done lift the top crust and put them in.

BOILED MUTTON.

Select a leg of mutton, wash it and rub salt into every part; boil until tender in water slightly salted. Make a sauce of one pint of hot milk, thickened with flour and seasoned with pepper and butter.

BROILED HAM.

Cut the ham in slices one-half inch thick, place on a hot gridiron and broil till slightly brown; take from the gridiron and drop into a pan of cold water, then return again to the iron and repeat four times. Place on a hot platter, spread with butter and serve.

FRIED SWEETBREADS.

Let them lie for half an hour in warm water; then throw into hot water to harden; draw off the outer casing and remove the little pipes. Parboil five minutes, wipe dry, slice and fry in a very little butter to a crisp brown.

VEAL STEW.

Cut cold-roast veal in slices and put in a kettle with water enough to cover, add a few sliced potatoes, season and thicken with flour stirred in a little cold water.

It is pride, and not nature, that craves much.

THE ART OF COOKING MADE EASY.

ROAST SPARE RIB.

Take a nice spare rib with part of the tenderloin left in; season with salt and a little pepper; sprinkle with 'summer savory'; put in a pan with a little water; baste often and roast until nicely browned and thoroughly well done.

CAPER SAUCE.

Two tablespoons of butter, one tablespoon of flour; mix well; pour on boiling water till it thickens; add one hard boiled egg chopped fine, and two tablespoons of capers.

MINT SAUCE.

Mix one tablespoon of white sugar to half a teacup of good vinegar; add mint, chopped fine; one-half teaspoon of salt. Serve with roast lamb or mutton.

DRAWN BUTTER OR EGG SAUCE.

Half a cup butter, two tablespoons flour; rubbed thoroughly together, then stir into pint boiling water; little salt; parsley if wished.

CHICKEN POT PIE.

Two large chickens, jointed and boiled in two quarts of water; add a few slices of salt pork; season. When nearly cooked, add a crust made of one quart flour, four teaspoons Strong's Baking Powder, one saltspoon salt; stir in a stiff batter with water; drop into the kettle while boiling; cover close and cook twenty-five minutes.

SMOTHERED CHICKEN.

Open the chicken as for boiling; put into dripping-pan, with a little water; season with butter, pepper and salt; cover with another pan and cook until done; take off cover and brown them. Make a gravy in dripping-pan, of milk and browned flour; pour over chicken.

CHICKEN SALAD.

Take the meat of one chicken or turkey, cold, boiled or roasted; two bunches celery, two hard boiled eggs, one raw egg well beaten, one teaspoonful salt, one teaspoonful pepper, one teaspoonful mustard, three teaspoonfuls melted butter, two teaspoonfuls white sugar, half teaspoonful vinegar; mince the meat well, removing scrap of bone, gristle or skin; chop the celery, mix them and set in a cool place while you prepare the dressing. Rub the yolks of the eggs to a fine powder, add salt, pepper and sugar, then the butter, gradually next, and let all stand while you whip the raw egg to a froth; mix this into the dressing and pour in the vinegar spoonful by spoon, whipping the dressing well as you do it; sprinkle a little salt over the meat and celery; toss it up lightly with a silver fork, pour the dressing over it, tossing and mixing until the bottom of the meat is well saturated as the top, turn into the salad bowl, garnish with the whites of eggs cut into rings, and sprigs of bleached celery tops.

CABBAGE SALAD.

One small hard head of cabbage sliced very fine, and put in a cool place until ready for use. Sprinkle salt on cabbage.

DRESSING.

One teacup white wine vinegar, to which add one teaspoon mustard skimmed in boiling water, and mixed with one teaspoon granulated sugar, next add one teacup of cream, bring to a point, and add the yolks of three well-beaten eggs. Whisk over the cabbage just before serving.

An hour in the morning is worth two in the evening.

THE ART OF COOKING MADE EASY.

CHICKEN SALAD.

One large chicken, boil (the broth may be used as soup), when tender, chop the chicken; first free all the meat from the bones, then chop three large heads of celery, put chicken and celery in the center of dish, pile it up nicely, then chop some boiled beets, same quantity of pickles, then the whites of two hard-boiled eggs; put first a layer of beets around chicken, then pickles, then whites of eggs, then make a dressing of one raw yolk of egg, add pinch of salt, half teaspoon dry mustard, a little sugar, the juice of one lemon, beat well, then add melted butter about half pint; instead of using salad oil, drop the butter in the dressing while beating; when dressing is thick pour over the center of the salad, not to discolor the decorating of salad.

CHICKEN SALAD.

Mrs. Galusha.

Two large chickens; the yolks of nine hard-boiled eggs; half a pint sweet oil; half a pint of vinegar; a gill of mixed mustard; a small teaspoonful of cayenne pepper; a small teaspoonful salt; five large heads of celery; with a wooden spoon mash the eggs to a perfectly smooth paste, add the oil, mustard, vinegar, pepper and salt, blending each until perfectly incorporated. Five minutes before wanting for table, pour upon chicken and celery, and mix all together. If the dressing is put on long before using, the salad will be tough and hard.

CHICKEN SALAD.

Mrs. Furnum.

Six eggs beaten very light; half teacup melted butter; one coffee cup of cream; one tablespoon mustard; little salt; one teaspoon sugar; one cup vinegar. Put dressing in dish and float in hot water, stirring until it thickens like custard; when cold pour over salad. This will dress two large fowls and two bunches of celery.

MAYONAISE DRESSING FOR SALAD.

Mrs. Galusha.

Break the yolks of three raw eggs into a salad bowl; add a little salt and white pepper; stir, and add slowly half a pint of pure salad oil; beat it for twenty minutes, and salt and pepper to taste; beat the whites of two eggs to a stiff froth, and stir rapidly into the dressing; then add two large spoonfuls of vinegar, and blend all together until it is as smooth as glass; if it is not so, add a few drops of cold water.

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 uncooked, as we happen to fancy.

POTATO SALAD.

Take six potatoes, boil with skin on. When cooked, peel and slice; take one small white onion, chopped fine; sprinkle this over the potatoes; take half cup vinegar, season to taste with pepper and salt, fill up the cup with hot water; pour this over the potatoes; take one cup of melted butter and pour over all; set away to cool. Dress your salad bowl with lettuce leaves and put in your salad, and a couple of hard-boiled eggs and put on top.

Make till you find, and you'll eat less your liver.

THE ART OF COOKING MADE EASY.

FATHER MATHEW

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*7 years Sufferingly
Thebeskabed*

THE ANTIDOTE TO ALCOHOL FOUND AT LAST
A NEW DEPARTURE!

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Is a certain and speedy cure for intemperance,
and destroys all appetite for alcoholic liquors.

*The day after a moderate or any excessive
rate indulgence, a single teaspoonful will
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It also cures every kind of Fever, Dyspepsia,
and Toxicity of the Liver, when they arise
from other causes than intemperance. It is the
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S. LACHANCE, sole proprietor,
1538 and 1540 St. Catherine St., Montreal.

THE ART OF COOKING MADE EASY.

CABBAGE SALAD.

Take one pint finely chopped cabbage; turn over it a dressing made of three tablespoonfuls of lemon-juice, two tablespoonfuls of sugar, half cup of cream whipped; mix well together and turn over the cabbage.

DRESSING FOR CABBAGE.

Mrs. Hudson.

Beat one egg; a small piece of butter; let it melt, then stir in vinegar; boil until it thickens, and pour over the cabbage after seasoning.

CHICKEN SALAD.

1. To two large boiled fowls (cold) take two large heads of celery or four small ones; having removed all the skin and the fat, cut the meat from the bones into very small pieces; it is best not to mix the dressing with the salad until just before it is to be eaten. Put into a porcelain kettle the gravy from the chicken, one half pint of vinegar, one-half pint of sweet oil or melted butter, one large tablespoonful of good mustard, one small teaspoonful of cayenne pepper, one teaspoonful of salt, the yolks of eight eggs beaten and stirred in just before taken off, one teacup of cream stirred into the dressing when cold; mix together with a silver fork, and garnish with celery tops.

2. Three chickens boiled until tender; when cold chop, but not too fine, add twice the quantity of celery cut fine, and three hard boiled eggs sliced; make a dressing with two cups of vinegar, half cup of butter (or two tablespoonfuls of oil), two eggs beaten with a large tablespoonful of mustard, saltspoonful of salt, two tablespoonfuls of sugar, and tablespoonful of pepper, or a little cayenne pepper, put the vinegar into a tin pail and set in a kettle of boiling water; beat the other ingredients together thoroughly, and stir slowly into the vinegar until it thickens. Pour over the salad just before serving.

LOBSTER SALAD.

The above receipt makes excellent lobster salad by adding lobster cut into small pieces, and mixed lightly with a fork.

CABBAGE SALAD.

Cut the cabbage very fine, and put into the dish in layers, with salt and pepper between; then take two teaspoonfuls of butter, two of sugar, two of flour, two of mustard, one cup of vinegar, and one egg. Stir all together, and let it come to a boil on the stove. Pour it hot over, and mix well with the cabbage; cover up.

FISH SALAD.

Cut cold salmon, or fish of any kind, into slices, and place them in a dish with hard-boiled eggs and lettuce, crisped and broken into small pieces, and pour over it a salad dressing made either with or without mustard.

MAYONNAISE DRESSING.

Yolks of three eggs, beaten; oil added gradually until as stiff as cake butter; saltspoon of salt, lastly the white of one egg, beaten stiff. This is very nice for lobster 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.

From profusion, peace; from peace, abundance.

PUDDINGS.

GINGER PUDDINGS.

One cup sweet milk, one cup molasses, three cups flour, two eggs, one teaspoon soda, a little salt, butter size of an egg, cloves, ginger, and cinnamon, one cup of raisins. Boil four hours in a pan.

SAUCE.—One egg, one cup sugar; beat well until light; add one teaspoonful Strong's Essence of Lemon and one-third cup boiling water. Sherry wine is an improvement instead of the lemon.

QUEEN PUDDING.

One pint of bread crumbs, one quart of milk, warmed and poured over the crumbs; yolks of four eggs, well beaten with one cup of sugar and one teaspoon of butter. When baked spread over the top a layer of jelly or preserves. Beat the white of eggs dry, and add two tablespoons of sugar and spread over the top. Bake a light brown. Serve warm with sauce, or cold with sugar and cream.

POVERTY PUDDING.

Put a layer of apple sauce in a buttered pudding dish; then a layer of cracker crumbs or bread; sprinkled with bits of butter, and seasoned with spice to taste; then a layer of sauce, and so on. The upper layer being of crumbs, lay bits of butter on the top and bake. Eat with cream.

ROLEY-POLEY.

Make a good biscuit dough and roll about three-quarters of an inch thick, spread with preserves or sliced apples; roll up and tie in a cloth, boil or steam an hour and a-half.

YORKSHIRE PUDDING.

Six large spoons of flour, three eggs, saltspoon salt, milk enough to make like soft omelette; pour into shallow pan, in which there is a little beef dripping.

QUEEN VICTORIA'S FAVORITE PUDDING.

Beat half a pound of butter to a cream; stir in the yolks of six eggs, six ounces of sifted sugar, half a pound of Sultana raisins, the juice and grated rind of two lemons, and the whites of the eggs beaten to a foam. Line a buttered mould with slices of blanched almonds, candied orange and lime-rind and other fruit, angelica, vanilla and rose drops, and pour in the mixture; cover with oiled paper and cloth. Serve with a sauce made of butter, lemon, sugar and old sherry.

BOILED PLUM PUDDING.

Mrs L. F. Knox.

Two cups of suet; two of raisins; two of currants; a little salt; two of molasses; two of milk; two dessert spoonfuls of all kinds of spices; two cups of flour; three teaspoonfuls of Strong's Baking Powder. Put into the mould and boil three and a-half hours. Jars before putting on the table, pour two or three spoonfuls of brandy over it, and touch a match to it.

How to eat the pudding: One cup of sugar; one-half cup of butter, worked together; two tablespoonfuls of brandy. Dipped by pouring on hot water, stir quickly while doing so.

THE ART OF COOKING MADE EASY.

COTTAGE PUDDING.

Mrs. Vale.

One cup of sugar; one of milk; half cup melted butter; one
two teaspoonfuls of Strong's Baking Powder; one
sifted flour. Bake three-quarters of an hour. Serves with

PLAIN INDIAN PUDDING.

Mrs. Tyler.

Boil one quart of milk; set it off the stove and stir in one cup
of Indian meal; one cup of molasses and sugar (half of each), one
a little ginger and salt. Bake one hour.

GREEN CORN PUDDING.

Mrs. DeForest.

Six ears of corn, grated; two eggs well beaten; one tablespo-
onful sugar; butter the size of a walnut; one-half pint of milk. Bake
one-half hour.

CHOCOLATE PUDDING.

Miss Jennie Wilkinson.

Boil a quart of milk; grate three ounces of chocolate; stir it
into the milk until it is dissolved; take it from the stove and let it
cool; beat the yolks of six eggs and the whites of three separately
and stir in the custard. When cool, make it very sweet, and flavor
with Strong's Essence Vanilla. Bake in a deep dish as
would any custard. Do not let it remain too long or bake too
long or it becomes watery. Beat the whites of the reserved three
to a stiff froth, add plenty of sugar and you have a thick
covering for the top.

DELMONICO PUDDING.

Mrs. Tyler.

One quart milk boiled; four teaspoonfuls of cornstarch dis-
solved in a little cold milk; stir this into the milk, just before it
boils. Beat the yolks of five eggs with five tablespoonfuls white
sugar, and stir into the milk and cornstarch. Boil until cooked.
Serve with Strong's Essence Vanilla or Lemon and
bake in a buttered dish. Beat the white of the eggs to a froth;
three tablespoonfuls powdered sugar and spread over the top.
Put into the oven and brown. To be eaten ice-cold.

SNOW PUDDING.

Mrs. Nixon.

Put one box Cox's gelatine in one pint of boiling water;
add one cup of sugar, and the juice of one lemon; strain when
the gelatine is dissolved; beat the white of three eggs to a stiff froth, and add
one cup of sugar; beat all well together and put it into a mould
and let it get cold. Then take the yolks of three eggs,
one cup of rich milk; one teaspoonful cornstarch;
one teaspoonful of Strong's Essence of Vanilla, and beat in a bowl
until you wish to serve, supply the mould of gelatine, etc.,
with the custard, and pour the custard over. In boiling the custard be
careful not to let it get much; stir all the time; the moment it
boils, pour it into the mould. If cooked too long it will curdle.

Put in a mould and then an empty dish.

THE ART OF COOKING MADE EASY.

" PERSIAN LOTION "



For whitening the complexion, imparting or preserving its rosy hue, or removing freckles, the itach and other spots on the skin, and for removing pimples and all other eruptions.

The PERSIAN LOTION is a ROMA VINA preparation, unique of its kind. It is a true specific for the skin. It not a white, neutral matter, but is water, or perfume. The PERSIAN LOTION, on the contrary is a medicinal preparation, transparent and limpid like water.

When the skin is covered by the sun, the PERSIAN LOTION prevents reddening, its freshness, and every day, by rubbing a teaspoonful over the surface of the face, used for the hair.

The PERSIAN LOTION is sold in all respectable Drug stores in the Peninsula, at 25 cents per bottle. Beware of imitations.

S. LACHANCE, proprietor,

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THE ART OF COOKING MADE EASY.

TAPIOCA PUDDING.

Mrs. Felton.

Soak four tablespoonfuls of tapioca in water over night, drain off the water, and put the tapioca in a quart of milk with a little salt; butter half the size of an egg; boil until it thickens; beat the yolks of four eggs, and stir in just before taking from the fire; one cup of sugar; beat the whites of the eggs to a froth, and add immediately after being taken from the fire. Flavor to suit the taste.

CAKE MERINGUE.

Line a pudding dish with cake; fill it with hotted custard; spread a meringue over the top, and bake a light brown.

COCOANUT PUDDING.

One pint rich milk, two tablespoons cornstarch, whites of four eggs, scant half cup sugar, a little salt. Put the milk over the fire, and when boiling add the cornstarch, 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. Flavor with Strong's Essence Lemon or Vanilla, and when slightly cooled add half a grated coconut. Pour into a mould; set in a cool place. Serve with soft custard.

SPONGE PUDDING.

One small stale sponge cake, one coffee cup seeded raisins, one quarter cup currants, one quart milk, three eggs. Must have a tin mould with a chimney. Butter the mould well; flatten the raisins, and put thick on the mould. Crumb the cake in the mould with the currants. Mix the eggs and milk as for a custard, and pour in the mould; cover tight and boil three-quarters of an hour; then put it on a platter, and set in the oven for a few minutes. For sauce, make a thin hotted custard.

ORANGE PUDDING.

Four sweet oranges, sliced small; one quart of milk, one cup sugar, two tablespoons cornstarch, yolks of three eggs. Heat the milk, when nearly boiling add the cornstarch (wet with a little cold milk), the sugar and eggs, thoroughly beaten. Boil until thickened; when cold pour over the sliced oranges. Make a meringue of the whites of three eggs and one small teaspoon of sugar; spread over the pudding, and put sliced oranges on top of this.

SNOW PUDDING.

One ounce gelatine, soaked in cup of water one hour; two cups milk; three eggs, one and one-half cups sugar. Add the milk to gelatine, then pour over one-half pint boiling water, dissolved heat until all particles; then add the beaten whites. Make a custard of yolks.

COCOANUT SAUCE.

One cup of sugar and two ounces of butter beaten until light; one cup of flour, milk of a coconut, and a tablespoonful of water, mix only enough to cook the flour.

THE ART OF COOKING MADE EASY.

QUAKER PUDDING.

Six eggs, beaten with nine or ten tablespoons of flour and a quart of milk. Bake about twenty minutes. Serve with cream.

ORANGE PUDDING.

Three oranges, one cup of bread crumbs, one cup sugar, one cup milk, three eggs, grated rind of an orange, pulp and juice of one orange. Bake and eat cold with whipped cream.

COTTAGE PUDDING.

Two tablespoons melted butter, one cup sugar, three small cups flour, one cup milk, one egg, three teaspoons of Strong's Baking Powder.

RICE PUDDING.

Soak one cupful of best rice; after soaking four hours, drain it off; place the rice in pudding dish; add one cupful of sugar, one teaspoonful of salt, and eleven cupfuls milk and spice; put in a moderate oven, and bake from two to three hours, stirring occasionally at first, if the rice settles.

RICE PUDDING WITHOUT EGGS.

One-half cup of rice, nearly one cup of sugar, one cup of milk, and two quarts of milk. Stir frequently while baking, but do not let it get too stiff.

CREAM RICE.

Wash two tablespoonfuls of rice, and add to it half a cup of white sugar, a tablespoonful of grated nutmeg, same of salt, and one quart of milk. Set it in the oven to bake, stirring often. When the rice is dissolved, or very soft, remove any brown crust that may be on top, and stir in quickly half a teaspoon of cream, dissolved in half a cup of cold water. It will thicken instantly. It can be made the consistency of custard by placing it back in the oven for one moment. Serve with jelly, if for dessert.

FOAM SAUCE.

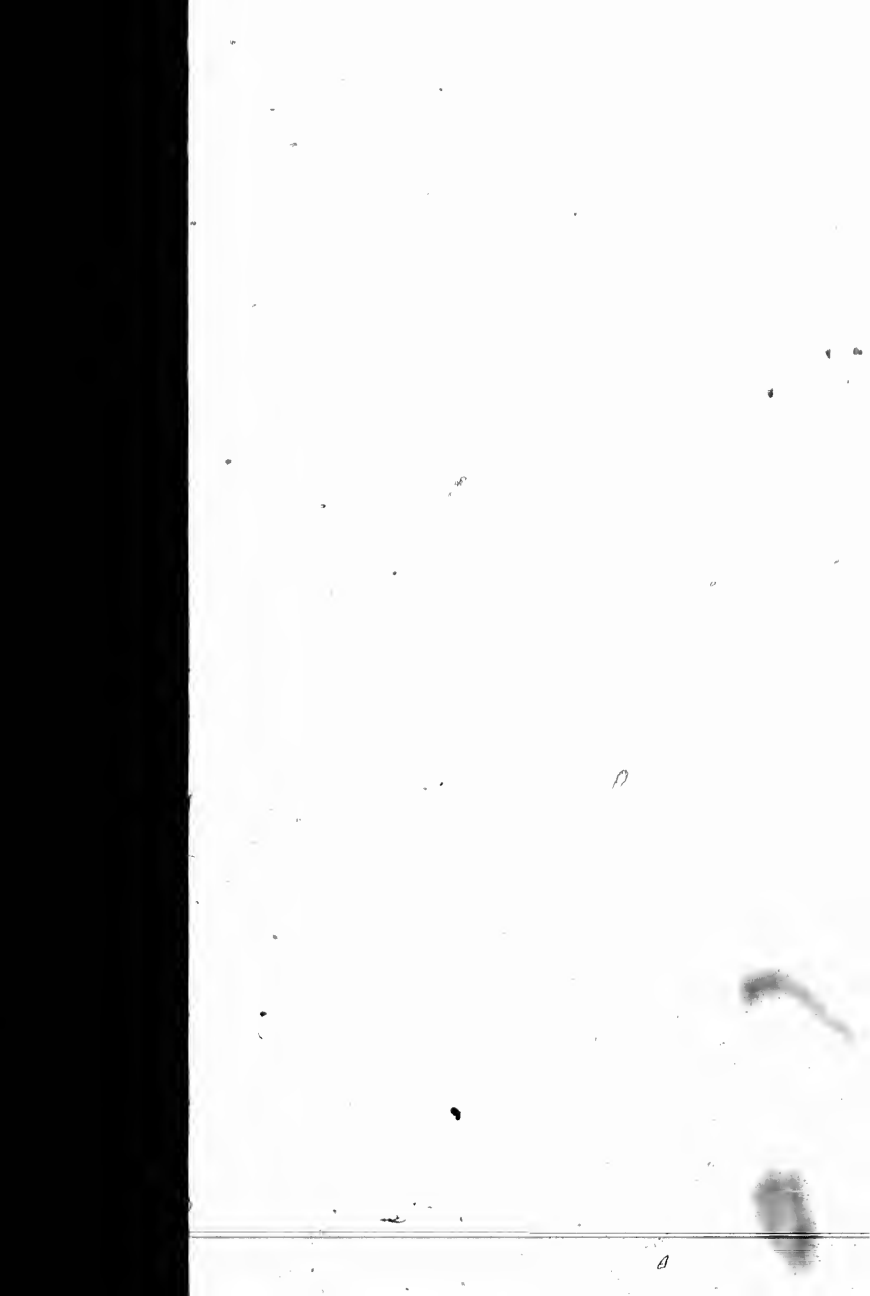
One teaspoonful of sugar, two-thirds of a cup of butter, one cup of flour, beat smooth, place over the fire, and stir in one cup of boiling water; a little Strong's Baking Powder of Lemon Juice, or Orange adds much to the taste; to be used for sponge cake or puddings.

LEMON SAUCE.

Beat two tablespoonfuls of butter and nearly a pint of milk until light; add the juice and part of rind of two lemons, and two eggs; beat well, and stir into it one cup of boiling water, and boil a few moments.

APPLE SAUCE.

Soak as many apples as you wish to use, in water for several hours; then in the dish add to them the rind of one lemon, and sugar to taste, and water to cover. Bake in a moderate oven for an hour, and serve with the sauce.



THE ART OF COOKING MADE EASY.

CREAM PUDDING SAUCE.

Beat half pound light sugar and butter the size of an egg until light, and then add about half a cup of cream; stir in it a half cup of boiling water and boil; flavor to taste just before sending to the table.

SUET PUDDING.

One cup of meat chopped fine, one cup of raisins, one cup currants, one cup molasses, one cup milk, two and one-half cups of flour, teaspoon Strong's Baking Powder, one-half teaspoon cinnamon, nutmeg, and a little candied lemon chopped; steam or boil from two to three hours.

MRS. ELLIS' ENGLISH PLUM PUDDING.

One pound of raisins, one pound of currants, half a pound of citron, one pound of beef suet, ten eggs, one pound of sugar, one pint of bread crumbs soaked in milk, a little salt, a nutmeg or mace, flour added to make it stiff enough for the spoon to stand up straight; boil constantly five hours.

DYSPEPTIC PUDDING.

Boil a cup of rice until it is done soft, then take two eggs, a cup of sugar, and one of milk, and stir all together and add to the rice; pare six good cooking apples, slice small, and place in bottom of pudding-dish, and pour the rice custard over them; place in a moderate oven long enough to bake the apples. To be eaten warm, either with or without cream.

DELICIOUS PUDDING.

Two cups of fine bread crumbs, one and one-half cups white sugar, five eggs, one tablespoonful butter, one quart fresh milk, one-half cup jelly or jam; rub the butter and one cup of the sugar together; then add the beaten yolks of the eggs; beat all to a cream; then add the bread crumbs, which have previously been soaked in the milk; bake in a pudding-dish (not filling it more than two-thirds full) until the custard is "set"; then draw it to the mouth of the oven, and spread over the jelly or jam; then cover with a meringue made of the beaten whites and half a cup of sugar; put back in oven, and allow it to remain until the meringue begins to color; to be eaten cold with cold cream. This is truly delicious.

CHOCOLATE PUDDING.

Boil together one quart of milk and three ounces of grated chocolate, and set it aside to cool; then add nearly a cup of sugar and yolks of five eggs; bake, and when done spread whites on top, brown with sugar, and brown.

CORN STARCH PUDDING.

One quart of milk set into a kettle of boiling water; mix four cups of corn, two ounces of sugar, with a little cold milk; pour the milk when boiling, and stir until thick; just before taking from the fire add the whites of two eggs beaten to a stiff froth and

CRACKER PUDDING.

Two cups of milk, three table crackers, one egg, a small piece butter, nutmeg and vanilla essence; bake.

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The **AUDINET'S HAIR PROMOTER** cleanses the SCALP and removes DANDRUFF. It also prevents the hair from falling out and promotes a healthy growth.

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and juice of a lemon: pour in the dish and bake; when done, pour
white, beaten, over the top, and brown.

CHARLES' PUDDING.

One cup of sugar, one tablespoonful of melted butter and one
sweet milk, one egg, one and one-half teaspoonfuls of Baking
Powder; mix with one pint of flour; bake one-half hour
and eat hot with sweet sauce.

FOAM SAUCE.

One cup pulverised sugar, two eggs; heat sugar and yolks to-
gether in a bowl; set in boiling water; stir until hot; then add
whites beaten stiff. Put a small piece of butter and tablespoonful
of brandy in a dish; pour over them the sugar and eggs just before
serving.

PUDDING SAUCE.

One cup sugar, two eggs; heat 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.

Two thirds cup of sugar, six teaspoonfuls of butter, one egg,
beat all together until creamy; add two tablespoonfuls of brandy and
put over kettle of boiling water until it thickens. Add a little
to make less rich.

PUDDING SAUCE.

One tablespoon flour, butter size of an egg, one-half pint of sugar,
grated peel and juice of one or two lemons, to suit taste; mix flour and
butter together, then add sugar and lemon; then put into one-half
pint of boiling water, boil until it thickens, cool a little, then add well
beaten egg.

WINE SAUCE.

Brown one cup of sugar and a piece of butter the size of an egg
in a saucepan; pour two-thirds of a teacupful of boiling water over
the mixture.

SWAN PUDDING.

Mrs. Nash.

Half box Cox's Gelatine dissolved in one pint of warm water,
when cool add three-quarters pound sugar and the whites of two eggs
and juice of two lemons; heat all together with an egg-beater until
stiff; put it in the dish in which it is to be served, and set on
in a cool place. To be eaten with soft custard.

BOILED FARINA PUDDING.

Mrs. L. F. Knox.

One quart milk, four tablespoonfuls of farina and the
sugar; a little salt; heat before it is done; set in the water and
well beaten; boil fifteen minutes; put in a mold to be served;
the whites of the two eggs and mix with milk for sauce
with the custard.

APPLE TAPIOCA.

Mrs. O. Alden.

Take half a peck of apples, soak in a pint of cold water in the back part of the stove where it will drain, occasionally shaking the water from them, then add four apples cut in small pieces, and twenty pounds of sugar, stir all together and bake from three quarters to one hour, or until the apples are thoroughly cooked. Eat with cream.

STRAINED CUSTARD.

Miss Knox.

Four eggs, four heaping teaspoonsful powdered sugar, one quart cream milk; beat the yolks and one of the whites together with sugar until very light; then add the milk, grate a little nutmeg on the top; steam in a tin dish not larger than the mixture (if steamed in an earthen dish it will take longer); beat the other three whites with three tablespoonsful of powdered sugar until very light; flavor with half a teaspoonful of Strong's Essence Lemon; when steamed in steamerspread this on the top; put it in the oven to brown; if the oven is hot it will brown in two or three minutes. Steam is closely that it does not burn.

CHOCOLATE BLANC-MANGE.

Miss Vincent.

One quart of milk, four heaping teaspoonsful cornstarch, vanilla and sugar to taste; make it over boiling water to prevent curdling; stir cornstarch in the milk until smooth, then add vanilla. For dressing, cream, sweetened with pulverized sugar. Serve with Strong's Essence Vanilla.

RIEN MERINGUE PUDDING.

Mrs. Woodruff.

Half a cup of soft boiled rice, one cup of sugar, one quart of milk, yolks of three eggs, part of the grated rind of a lemon; bake in a pudding dish set in a pan of water, until of the consistency of thick boiled custard. Make the meringue of the whites of three eggs beaten to a froth; three tablespoonsful of fine sugar, and a little lemon juice; spread on top of the pudding when nearly finished brown.

THE QUEEN OF PUDDINGS.

Mrs. Hira.

One pint of bread crumbs, one quart of milk, one heaping of sugar, the yolks of four eggs, the grated rind of one lemon; beat the yolks, sugar and lemon together, and stir in the crumbs; add a little brown sugar. When the pudding is done, beat the whites of three eggs with four tablespoonsful of sugar to a stiff froth, spread evenly over the top of the pudding, and bake in the water of the eggs. Set in the oven long enough to brown.

CHOCOLATE MERINGUE PUDDING.

Mrs. Hira.

One pint of bread crumbs, one quart of milk, one heaping of sugar, the yolks of four eggs, the grated rind of one lemon; beat the yolks, sugar and lemon together, and stir in the crumbs; add a little brown sugar. When the pudding is done, beat the whites of three eggs with four tablespoonsful of sugar to a stiff froth, spread evenly over the top of the pudding, and bake in the water of the eggs. Set in the oven long enough to brown.

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NEW YORK, N. Y.

THE ART OF COOKING MADE EASY.

amount, one-quarter of a pound of brown sugar, four eggs, beaten; one-half teaspoonful of salt. Boil four hours. This will make a pudding for four persons.

ENGLISH PLUM PUDDING.

Mrs. Strong.

One pound beef suet, chopped fine; one pound brown sugar, one pound fine bread crumbs, one cup of flour, one pound of raisins, seeded; one cup of currants, well washed and dried; a quarter of a pound of almond peel; spice to taste. Mix all together dry, and then break in eggs, two at a time, after beating very well, until your pudding is just moist, not wet, use your hands to rub in the eggs, this will require about nine eggs. Boil five hours; you may add a wine glass of brandy.

DATE PUDDING.

One-half lb. of dates, one-quarter lb. of suet, five oz. of "B" sugar, half lb. of graham bread crumbs, a little nutmeg, a little salt; mix all the ingredients with two well beaten eggs, put into a pudding mould, and boil two and a-half hours. Serve with brandy sauce.

MARMALADE PUDDING.

One cup of suet, 1 cup of sugar, 1½ cups of bread crumbs, 1 cup of raisins, 1 teaspoonful of salt, 2 tablespoonfuls marmalade, 2 eggs, (the whites and yolks beaten separate). Brandy sauce or wine, just as you please.

CHEAP AND QUICK DESSERT.

Mrs. Starbuck.

One pint of milk, nine tablespoonfuls of flour, a pinch of salt, and three eggs beaten up very light; bake in small patty pans and eat with hot wine sauce.

SPONGE PUDDING.

Mrs. Brown.

Six eggs, 2 ounces butter, 2 ounces flour, 2 ounces sugar, 1 pint of sweet milk; boil the milk, mix the flour with a little of the milk, as you would cornstarch; boil it up together and pour it into the butter and sugar. Do not put the yolks of the eggs in until then, then beat the whole thoroughly just before putting it into the oven. Beat the whites to a stiff froth, and mix as you would with the milk, stirring it well as possible. Set the pudding dish in a pan of water in the oven, and bake fifteen minutes. Eat with wine sauce.

EYE'S PUDDING.

Mrs. Hensley.

One cup of suet, one cup of flour, six ounces of brown sugar, one-half pound of raisins, seeded; one cup of currants, well washed and dried; a quarter of a pound of almond peel; spice to taste. Mix all together dry, and then break in eggs, two at a time, after beating very well, until your pudding is just moist, not wet, use your hands to rub in the eggs, this will require about nine eggs. Boil five hours; you may add a wine glass of brandy.

MARK'S THE PUDDING.

One cup of suet, one cup of flour, six ounces of brown sugar, one-half pound of raisins, seeded; one cup of currants, well washed and dried; a quarter of a pound of almond peel; spice to taste. Mix all together dry, and then break in eggs, two at a time, after beating very well, until your pudding is just moist, not wet, use your hands to rub in the eggs, this will require about nine eggs. Boil five hours; you may add a wine glass of brandy.

THE ART OF COOKING MADE EASY.

sugar and a little flour; add hot water and whip to the top
in the white of the egg just before serving.

HOMINY PUDDING.

One cup of boiled hominy, $1\frac{1}{2}$ pints of milk; 2 eggs, 2
spoonsful of butter, three-fourths of a cup of sugar, 1 teaspoon
Strong's Baking Powder; bake in buttered pudding
twenty minutes.

GRAHAM PUDDING.

One cup sour milk, one cup molasses, one cup raisins, two
Graham flour, one egg, one teaspoon soda, one teaspoon salt.

TAPIOCA CREAM.

Three tablespoons tapioca, soaked in a teacup of water
night; add one quart of milk; stir together and boil 20
Beat the yolks of three eggs and one cup sugar thoroughly
the milk; flavor with Strong's Essence Vanilla. Beat
whites very stiff, put in the bottom of the dish and pour
over it. Serve cold.

BATTER PUDDING.

Allow one pint of cold milk, four tablespoonsful flour,
and a little salt. Stir the flour smooth in a part of the milk,
add the eggs and remainder of the milk. When well
together pour into a buttered dish and bake half an hour.

SUET PUDDING.

Mrs. Cook.

One large cup of bread crumbs, one cup of sugar, one small
cup of butter, one cup sweet milk, two eggs, one teaspoonful cinnamon,
one of cloves, one cup raisins, one and a-half teaspoons of
Baking Powder in the bread crumbs. Steam three hours.

BATTER-PUDDING (VERY SIMPLE).

One pint of flour, two teaspoons of Strong's Baking
Powder, a little salt and milk; butter cups, and put in a
spoonful of fruit in each, and then a large spoonful of the
which must not be too stiff. Steam twenty minutes.

BAKED BATTER PUDDING.

Six eggs, one heaping tablespoonful of flour, one tablespoonful
of butter, one pint of milk; beat yolks of eggs first, and
together, add the milk, then the whites of the eggs
Put in steam as taken from the oven with bread steam.

APPLE PUDDING.

Two eggs, one pint of milk, one heaping
tablespoonful of butter; one and a-half
teaspoons of Strong's Baking Powder; fill two-cup
pudding cups with
apples and sugar. You will

THE ART OF COOKING MADE EASY.

Beat two and one-half cups sugar, whites of five eggs (well beaten). Let it stand until cold and commences to jelly; then beat in the yolks of eggs.

SAUCE FOR SNOW PUDDING.

One quart rich milk, the yolks of five eggs, with two ounces sugar added; add one-half cup sugar, and flavor with Strong's Essence Vanilla, as for stirred sugar.

CREAM TAPIOCA PUDDING.

Soak three tablespoonsful of tapioca in water overnight; put the mixture into a quart of boiling milk, and boil three-quarters of an hour; beat the yolks of four eggs into a cup of sugar, add three tablespoonsful of prepared custard; stir in and boil ten minutes longer, pour into a pudding dish; beat the whites of four eggs to a stiff froth, stir in three tablespoonsful of sugar, put this over the top and sprinkle with custard, and brown for five minutes.

TAPIOCA PUDDING.

One cup tapioca, soaked two hours on the back of the stove in one quart of water. Butter a pudding dish well, and line the bottom with pared and cored apples, season the tapioca with a spoonful of sugar, a very little cinnamon, or nutmeg, and salt; pour it over the apples, and bake until the apples are thoroughly done. Heat with cream and cream.

CHOCOLATE PUDDING.

Make a corn starch pudding with a quart of milk, three tablespoonsful of corn starch, and three tablespoonsful of sugar. When done remove about half, and flavor to taste, and then to that remaining in the kettle add an egg beaten very light, and two ounces of melted chocolate. Put in a mold, alternating the dark and light, and serve with whipped cream or boiled custard.

DELICIOUS PUDDING.

Bake a common sponge cake in fat-bottomed pudding dish; when ready for use cut in six or eight pieces; split, and spread with butter and return them to the dish. Make a custard with four eggs, one quart of milk, flavor and sweeten to taste, pour over the cake and bake one-half hour. The milk will swell and fill the custard.

FIG PUDDING.

One-fourth pound figs chopped fine, one-half pound bread-crumbs, one-fourth pound sugar (brown), one fourth pound nutmeg, one-half pound candied lemon peel and citron, one pint and five eighths milk thoroughly, put into a mold, and bake in steam one hour.

FLORENTINE PUDDING.

One quart of milk, one cup sugar, and five eggs to a half cup of flour, one-half cup of nutmeg, and a little salt.

ROSADERM

Acts Like Magic.

Cures chapped hands, sore lips, roughness of the skin, makes complexion, whitens the skin, indispensable after shaving, fully perfumed, not sticky or greasy. Large bottles 25 cents.

COUGHS! COUGHS!

CASE'S SYRUP TARRAGO CURE

Cures all affections of the throat, lungs and chest, whether bronchitis, whooping cough, croup, hoarseness, influenza, croup, etc., in the chest, cough, cold, etc. This valuable preparation is expectorant, allays and breaks all irritation of the throat, giving instant relief to every pain, and imparts strength to affected parts. Cures every time. Price 25c. and 50c. per bottle. Refuse all substitutes.

CORNS! CORNS!

Case's Corn Cure Removes All kinds of Hard and Soft Corns, Warts, etc., Without Pain or Inflammation.

It is a safe, easy and efficient remedy, and when used according to directions it will not only destroy the corn, but prevent its return, and will never be repeated. Full directions with each bottle. Price 25 cents.

Bloxam's Electric Hair Restorer

Restores the hair to its natural color and growth, and prevents its falling out. It is a safe and efficient remedy, and when used according to directions it will not only restore the hair, but prevent its falling out, and will never be repeated. Full directions with each bottle. Price 25 cents.

THE ART OF COOKING MADE EASY

ORANGE CUSTARD FOR CAKES.

Mrs. Galata.

Grate and juice of one orange, one small cup of powdered sugar, one small piece of butter, one egg, one-half cup of cold water, and one cup of flour. Cook until of the consistency of soft custard.

CHOCOLATE CUSTARD FOR CAKE.

Mrs. Galata.

Grate one-half cake chocolate, one-half cup of sweet milk, yolk of one egg, one teaspoonful of vanilla, sweeten to taste. Cook until of the consistency of soft custard.

CREAM FOR CREAM CAKE.

Boil one pint of milk, three eggs, one cup of sugar, one small cup of flour, the last three ingredients to be well beaten together and added to the boiling milk when taken from the stove. Add a little piece of butter and flavoring to taste.

KIRKWOOD SPONGE CAKE.

Mrs. Wellington.

Six eggs, beat two minutes, three cups sugar, beaten into the whites, beat one minute, two cups sifted flour, with three small teaspoons of baking powder, beat one minute, grate and add to the whites of one lemon, beat one minute, one cup cold water, beat one minute, add two more cups of flour and pinch of salt, beat all together one minute. Bake in quite a warm oven. It should always be baked by two persons, one to beat constantly, and the other to observe the time.

CHOCOLATE DRESSING FOR CAKE.

One cake and a-half chocolate, five tablespoons sweet milk, four cups colored sugar, beat soft and thick, when cold add whites of two eggs and sugar to thicken.

SPONGE CAKE (EAST).

Mrs. Woodruff.

Two cups of fine sugar, two cups of flour, two teaspoonfuls of baking powder, seven eggs and one lemon. Put the sugar, flour, baking powder and grated rind of lemon together. Break in the eggs, beat thoroughly for a minute or two, add the lemon juice and bake forty minutes in a quick oven.

MILWAUKEE CAKE.

Mrs. Stone.

One cup of fine sugar, one cup of flour, one teaspoonful of baking powder, seven eggs and one lemon. Put the sugar, flour, baking powder and grated rind of lemon together. Break in the eggs, beat thoroughly for a minute or two, add the lemon juice and bake forty minutes in a quick oven.

THE ART OF COOKING MADE EASY.

water, and heat. It will become thin and clear, and ready to thicken. When it becomes quite thick remove from the fire while it becomes cool, till thick enough to spread over the cake. This will frost several ordinary-sized cakes.

CHOCOLATE FROSTING.

Mrs. O. H. Wheeler.

Whites of two eggs, one and a-half cups of fine sugar, one cup of grated chocolate, two teaspoons of vanilla, spread thickly between layers and on the top of the cake. Best when freshly made. It should be made like any frosting.

NUT CAKE.

Two cups sugar, one cup butter, three cups flour, one cup water, four eggs, three teaspoons of Strong's Baking Powder, one and a-half cups kernels of hickory or white nut.

WHITE SPONGE CAKE.

Two tumblers pulverized sugar, one and a-half tumblers flour, one teaspoonful cream tartar, whites of ten eggs beaten stiff, then add the flour and sugar and beat as little as possible. Bake in a slow oven.

CAKE.

One cup sugar, one tablespoon butter, one egg, half one and one-half cups flour, two teaspoons Strong's Baking Powder.

GENTLEMAN'S FAVORITE.

One-half cup of butter, two cups of sugar, beaten to a seven eggs, beaten separately, two tablespoonfuls of vanilla, one cup of flour, two teaspoonfuls of Strong's Baking Powder. Bake in jolly-cake pans in a quick oven. Jelly, one cup of sugar, three whole apples, and one lemon. Stir well and pour over the cake. Eat it cool before putting on the table.

BLACK FRUIT CAKE.

Mrs. O. H. Wheeler.

Two cups sugar, one cup butter, three cups flour, one cup water, four eggs, three teaspoons of Strong's Baking Powder, one and a-half cups kernels of hickory or white nut, nutmeg, cloves and cinnamon. Cut into thin slices. This kind are better if soaked in brandy over night.

FRUIT CAKE.

Mrs. O. H. Wheeler.

Two cups sugar, one cup butter, three cups flour, one cup water, four eggs, three teaspoons of Strong's Baking Powder, one and a-half cups kernels of hickory or white nut, nutmeg, cloves and cinnamon. Cut into thin slices. This kind are better if soaked in brandy over night.

THE ART OF COOKING MADE EASY.

FROSTING FOR CAKE.

Ella Gold.

One cup frosting sugar, two tablespoons of water, boiled together, take it off the stove and stir in the white of one egg, beaten to a stiff froth, stir all together well, then frost your cake with it, and you will never want a nicer frosting than this.

ICE CREAM ICING FOR WHITE CAKE.

Mrs. P. B. Ayer.

Two cups pulverized sugar boiled to a thick syrup, add three teaspoons Strong's Essence Vanilla, when cold, add the whites of two eggs well beaten, and flavored with two teaspoons citric acid.

SPONGE CAKE.

Mrs. W. Arthur.

Four eggs, two cups sugar, two cups flour, one-half cup cold water, three teaspoons Strong's Baking Powder, beat the eggs separately.

CUP CAKE.

Mrs. W. Arthur.

One cup butter, two cups sugar, three cups flour, four eggs, one cup milk, three teaspoons Strong's Baking Powder.

GERMAN LADIES' FINGERS.

Helena Smith.

Beat the yolks of five eggs with half a pound of sugar for fifteen minutes, add half a pound of blanched almonds, cut fine, the grated rind of one lemon, mix well, add half a pound of flour very gradually, roll out the strips and cut into strips the length and size of the forefinger, bake in a moderate oven.

RICE CAKE.

Helena Smith.

One cup of white sugar, one of rice flour, five eggs, one teaspoonful of any essence preferred, beat all together for twenty minutes; bake half an hour in a moderate oven.

PUFF CAKE.

Mrs. Sam. McMaster.

One cup of sugar, one of flour, three eggs, three teaspoons water, two of Strong's Baking Powder, a pinch of salt, bake in sponge cake pans.

THE PASTE FOR ABOVE.

One cup of milk, one teaspoon of corn starch, one egg, a pinch of salt, cook like boiled custard, split each cake open with a knife and fill the space with the paste, taking care not to let any appear on the surface; they may be made extra nice by icing with frosting.

CHOCOLATE CAKE.

Mrs. J. D. Child.

One cup of sugar, one cup of milk, two cups of flour, one egg, one teaspoon of salt, one egg, two teaspoons of

THE BEST OF THINGS MADE EAST.

EMULSION

Cod Liver Oil

AND THE

Hypophosphites of Lime and Soda.

Represents in a convenient form, one of the Most Efficient and Popular Remedies in cases of a pulmonary character, with tendency to hemorrhage, Loss of Appetite, Cough, and especially when attended with Emaciation, and in Rheumatic and Strumous Diseases.

GUARANTEED NOT TO SEPARATE NOR SPOIL IN ANY CLIMATE.

In cases of consumption and all pulmonary diseases, with cough, debility, and the whole train of toxic symptoms, the benefits of this remedy are most manifest.

Cod Liver Oil in natural form alone cannot be very well tolerated, the stomach being apt to derange the digestive organs, and give rise to eructations, and is apt to derange the digestive organs, and give vomiting and diarrhea, and so forth. It is the object of our preparation that, although the patient stands in the greatest need of it, the remedy has often to be discontinued.

Recognizing this fact, we have succeeded in putting it in a form that the most susceptible stomach will tolerate it. It makes a

PALATABLE AS CREAM.

Put up in 50c. and \$1.00 Bottles.

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We guarantee that "the D & L" MENTHOL PLASTERS will do just what we claim for them—*that is, relieve pain quicker than any other Patent Plaster you buy and find that it is not so ripresented, return the plaster to us and will refund the money.*

"The D & L" Menthol Plaster allays nervous excitement and leads to sleep, and will cure headache. Has no equal in its speed and power in neuralgia pain. In intercostal neuralgia, headache, toothache, and even over the pit of the stomach for gascolic. It always acts like a charm.

Cures lumbago, sciatica, cricks, the "aches" of domestic labor and rheumatism. Each plaster is an absolute cure. *Price, 25c.*

DAVIS & LAWRENCE CO., (Limited) Montreal, Canada.



Strong's Baking Powder. Icing—Whites of two eggs, one cup of sugar, one-half cup chocolate.

LAYER CAKE.

Allie Andrus.

One cup of sugar, one piece of butter the size of an egg, half a cup of milk, two eggs, two cups flour, two teaspoonfuls Strong's Baking Powder, bake as for jelly cake.

MRS. WRIGHT'S FRIED CAKES.

Two cups of sugar, two cups of sour milk, two eggs, one heaping spoonful soda, five tablespoonfuls of melted butter.

FRIED CAKES.

One and a-half cups of sugar, one cup of sweet milk, half cup butter, two eggs, one heaping teaspoonful of Strong's Baking Powder. Mix soft.

APPLE CAKE.

The grated rind and juice of one lemon, one sour apple, pared and grated, and one cup of sugar; boil all together for five minutes, making a jelly, which is to be spread between the layers of the following cake: One cup sugar, piece of butter the size of an egg, one cup flour, one teaspoonful of Strong's Baking Powder. Bake in layers.

BREAKFAST COFFEE CAKE.

Three cups bread sponge, one-half cup butter, a little sugar and one egg; roll thin as Baking Powder Biscuit, cut with a cake cutter, sprinkle over a little sugar, cinnamon, and little bits of butter.

BREAD CAKE.

Two cups light dough, one and a half cups of sugar, one of butter, half cup of milk, two eggs, large teaspoonful Strong's Baking Powder, grated nutmeg. If too thin, stir in a little more flour, having added a little more baking powder to it.

DELICATE CAKE.

Two cups sugar, one of sweet milk, three-quarters cup of butter, three cups flour, three teaspoonfuls of Strong's Baking Powder, whites of eight eggs, also citron.

CORN STARCH CAKE.

Whites of four eggs, one cup of milk, running over, half cup butter, two cups sugar, one and a-half cups flour and one of corn-starch, two teaspoonfuls of Strong's Baking Powder. This makes two loaves.

HARD GINGERBREAD.

To one quart flour allow one pint of molasses, in which has been dissolved one dessertspoonful of soda; flavor with nothing but ginger; do not handle too much, and roll and cut in any shape desired.

They who never think, always talk.

THE ART OF COOKING MADE EASY.

GINGER DROPS.

One cup lard, one cup molasses, one cup brown sugar, three eggs, tablespoonful ginger, one tablespoonful soda dissolved in a cup of boiling water, five cups of flour; drop in tablespoonfuls on buttered paper in pans.

CREAM SPONGE CAKE.

Mrs. A. W. G.

One cup of white sugar, one cup of flour, two teaspoonfuls of Strong's Baking Powder mixed into the flour; beat two eggs in a cup, and fill it up with thick, sweet cream; flavor to taste with Strong's Essence of Lemon or Vanilla.

JONES' CAKE.

Mrs. Leach.

One cup of butter, three cups of brown sugar, one cup of milk, four cups of flour, four eggs, one teaspoonful of cloves, one teaspoonful of cinnamon, one of allspice, a little nutmeg, two teaspoonfuls of Strong's Baking Powder, one and one-half pounds of raisins, seeded, one pound of currants, half a glass of brandy.

MRS. HAWLEY'S CHOCOLATE CAKE.

Two-thirds of a cup of butter, two cups of sugar, one cup of sweet milk, three eggs, three cups of flour, three teaspoonfuls of Strong's Baking Powder.

CHOCOLATE FOR CAKE.

One cup of grated chocolate, one egg, one cup of powdered sugar, two-thirds of a cup of sweet milk; stir all together, and when the cake is cold set the preparation on the stove and let it boil about five minutes till it thickens; put on the cake hot.

WHITE CAKE.

Mrs. Furnum.

Two and a-half cups flour, one and a half cups sugar, one cup sweet milk, whites of three eggs, four tablespoonfuls butter, two teaspoonfuls of Strong's Baking Powder.

CREAM CAKE.

Mrs. Nash.

Two cups of sugar, one butter, one sweet milk, three and a-half cups flour, four eggs, three teaspoonfuls Strong's Baking Powder, Strong's Extract of Lemon; bake as jelly cake, and serve between them when cold the following mixture: Half a pint of milk, two small teaspoonfuls corn starch, one egg, one teaspoonful Strong's Essence of Vanilla, half cup sugar; beat the egg to boiling and stir in the corn starch with a little milk; take out a little and mix gradually with the beaten egg and return to the rest of the custard and boil, stirring constantly, till quite thick; let it cool before using, and garnish with cream. The icing also mixes with Strong's Essence of Vanilla.

The taste of the mixture is better than the usual.

CUP CAKE.

Miss Eddy.

Two coffee-cups sugar, one cup butter, one coffee-cup sweet milk, three and a-half cups flour, four eggs, three teaspoonfuls Strong's Baking Powder; flavor with Strong's Essence of Lemon.

COLD WATER CAKE.

(Same.)

Two cups brown sugar, one cup butter, one cup cold water, three and a-half cups flour, one teaspoonful cloves and cinnamon; three teaspoonfuls of Strong's Baking Powder, three eggs, yolks and whites beaten separately, one cup raisins.

LAMOUNTAIN CAKE.

Miss Eddy.

One pound sugar, half pound butter, six eggs, one cup sweet milk, one pound flour, three teaspoonfuls Strong's Baking Powder, bake in layers and put icing between.

UNION CAKE.

Mrs. Tyler.

One cup butter, two cups powdered sugar, one cup sweet milk, three cups sifted flour, half cup cornstarch, four eggs, two teaspoonfuls Strong's Extract of Lemon, two teaspoonfuls Strong's Baking Powder.

CUP CAKE.

Miss Knox.

One cup of butter, two cups of sugar, three cups of flour, four eggs, one cup of sweet milk, three teaspoonfuls of Strong's Baking Powder.

FRUIT CAKE.

Two pounds butter, two pounds of dark-brown sugar; beat it to a cream with your hand; then break into a bowl 20 eggs (don't beat these first, but put six or eight in at a time and beat until smooth with your hand), and so on until you have them all in; have ready beforehand two pounds sifted flour; put that in gradually, mixing all the time; five pounds raisins, five pounds currants, two ounces lemon peel, two ounces orange peel, spice to suit your taste, half cup black syrup; you must not stop beating till all ingredients are in.

COCONUT CAKE.

One cup butter, three cups sugar, one cup milk, whites of six eggs, five cups flour, one grated coconut and the milk, three teaspoonfuls Strong's Baking Powder. Bake in loaf.

JONES' CAKE.

Two cups sugar, one cup butter, one-third cup milk, half a cup of eggs, and a-half cups flour, two teaspoonfuls Strong's Baking Powder.

...sweet milk,
Strong's
Lemon.

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cinnamon;
three eggs.

...cup sweet
Baking

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two tea-
spoonfuls

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Strong's

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Strong's

"Indigenous Bitters"

*The most economic and at the same time
the most effectual stomachic,
and aid to digestion.*

The INDIGENOUS BITTERS owe their popularity to the most important qualities which any medicinal preparations could have: an efficacy at all times certain, the absence of any dangerous ingredient and a moderate price.

The INDIGENOUS BITTERS consist of a combination in exact proportions of a large number of roots and barks, highly valuable, on account of their medicinal virtues, as tonics, stomachics, digestives and carminatives.

HEADACHE, DIZZINESS, NAUSEA and GENERAL LANGUOR, are most frequently the result of derangement of the stomach, and in such cases the INDIGENOUS BITTERS never fail to afford prompt relief, and most frequently even a perfect cure.

The INDIGENOUS BITTERS are sold in retail, in all respectable Drug Stores in the Dominion, in 25 cts. boxes only, containing sufficient quantity to make three or four half pint bottles.

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DRUGGIST,

1538 & 1540 ST. CATHERINE STREET,

MONTREAL.

FRIED CAKES.

One cup sugar, one cup sweet milk, batter size of egg, two teaspoonfuls of Strong's Baking Powder, one teaspoonful salt, one egg.

FRIED CAKE:

One cup sugar, one cup sour milk, one cup sour cream, two level teaspoonfuls soda, two eggs, salt and spice.

SPANISH BUNS.

One cup brown sugar, one cup molasses, one cup melted butter, one cup water, four eggs (reserve the whites of two for frosting), three teaspoonfuls of ground cinnamon, a little nutmeg, flour to make a stiff batter, in which put four teaspoonfuls of Strong's Baking Powder. Last, add a large cupful of chopped raisins.

FROSTING FOR ABOVE.

One cup brown sugar, whites of two eggs; flavor to taste; brown slightly in hot oven.

SNOW CAKE.

One cup sugar, one and a-half cups flour, two teaspoonfuls Strong's Baking Powder. Sift all together through a sieve; add the whites of ten eggs, beaten stiff; flavor and bake in quick oven.

WHITE CAKE.

One cup butter, two cups sugar, two and a-half cups flour, half cup sweet milk, whites of eight eggs, two teaspoons Strong's Baking Powder.

NUT CAKE.

One cup sugar, half cup butter, two eggs, half cup sweet milk, one and a half cups flour, two teaspoons Strong's Baking Powder, one large cup chopped walnuts. Frost when baked, mark in squares and put half a nut in each square.

FRIED CAKES.

One cup sugar, one cup sweet milk, three tablespoons of butter, three teaspoons Strong's Baking Powder, two eggs, one quart flour; flavor with mace or cinnamon.

WHITE FRUIT CAKE.

Two cups sugar, one cup butter, one cup milk, four cups flour, two teaspoons Strong's Baking Powder, two cups raisins, half a cup citron, sliced fine.

MARTHA WASHINGTON CAKE.

One cup sugar, two tablespoons butter, two teaspoons Strong's Baking Powder, one cup sweet milk, two cups flour, one egg; bake in three layers.

CUSTARD FOR FILLING.

One egg, one-half pint milk, one teaspoon corn starch, table-spoon of flour, two tablespoons sugar; scald the milk, beat the egg, sugar, flour and corn starch together, add the milk, boil until thick, flavor, and when cold spread between the layers.

Both oil and truth will get uppermost at last.

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WHITE MOUNTAIN CAKE.

One cup sugar, half cup butter, half cup sweet milk, half cup corn starch, one cup flour, whites of six eggs, a little Strong's Essence Vanilla, two teaspoons Strong's Baking Powder. Bake in layers.

FROSTING FOR ABOVE.

Whites of five eggs, twenty tablespoons pulverized sugar, beaten very light, a little Strong's Essence Vanilla; spread between layers and outside of cake.

CHEAP AND GOOD CAKE.

One cup sugar, quarter cup butter, three-quarters cup cold water, one and three-quarter cups flour, whites of two eggs, one teaspoonful Strong's Essence Lemon, one good teaspoonful of Strong's Baking Powder.

SPICE CAKE.

One cup butter, two cups molasses, one cup milk, three cups flour, four eggs, two tablespoonfuls of allspice, two teaspoons of Strong's Baking Powder.

BOSTON MADELENES.

One and a-half cups fine sugar, half a cup of butter (small), stirred to a cream with the hand; three-quarters cup milk (small), one and a half cups flour, half a cup corn starch, two teaspoonfuls of Strong's Baking Powder. Mix the flour, corn starch and baking powder; then sift four times; yolks of eight eggs, beaten light; to be baked in small tins; icing made of yolks of eggs.

MOUNTAIN CAKE.

Half cup sugar, half cup butter, one cup milk, two and a-quarter cups flour, three teaspoonfuls Strong's Baking Powder, two eggs, a little nutmeg.

WHITE CAKE.

One cup sugar, half cup milk, one and a-half cups flour, whites of three eggs, beaten stiff, two tablespoons butter, two teaspoons of Strong's Baking Powder. Cream the sugar and butter with the hand.

WALNUT CAKE (Very good).

One cup of butter, two cups of sugar, half cup sweet milk, two and a-half cups of flour, one cup of chopped raisins, one cup of nuts, four eggs, half a large spoonful of cinnamon, half that amount of allspice, half a nutmeg, a little cloves, and two slices of citron, cut very fine; beat the whites and yolks of the eggs separately; three teaspoons of Strong's Baking Powder. The above will make two small loaves. It is rather much for one.

ICE CREAM CAKE.

One cup of sugar, two tablespoons of butter, one and a-half cups of flour, half cup of milk, one heaping teaspoon Strong's Baking Powder, whites of three eggs.

FILLING.

Half cup of sour cream, whipped until stiff; add half a cup sugar; flavor; whip all together and spread between the layers; on the same day you put the filling in.

They who win may laugh.

THE ART OF COOKING MADE EASY.

SPONGE CAKE (Easy and good).

One cup of sugar, one cup of flour, three eggs, one teaspoonful of Strong's Baking Powder, one teaspoonful of salt, and water, favor to taste. Take two sheets of paper, one for the bottom of the tin; mix the sugar and flour in one; mix the water and salt in the other and toss flour and water together five or six times, and so on, six or seven times; then mix the large enough to hold all the ingredients; when they are very light toss in the flour and sugar and beat by briskly; then add the water and flavoring; bake in butter tin. This recipe, baked in a tin as large as a cooking-pot, and spread with jelly as soon as taken from the oven and rolled up at once and then wrapped in a clean napkin, will make as nice a rolled jelly-cake as I have ever seen.

COCONUT CAKE.

Two cups of sugar, three cups of flour, three eggs (leaving out the whites of two), one cup of sweet milk, two tablespoonfuls of butter, and two teaspoonfuls of Strong's Baking Powder. Bake as jelly

cake. — Whites of two eggs and sugar, well beaten; spread over the cake, and sprinkle coconuts over it. Reserve the largest amount for the top of the cake.

CHOCOLATE CAKE.

Hattie Street.

Two cups fine sugar, three eggs beaten separately, half a cup of butter, three cups of sifted flour, three teaspoonfuls of Strong's Baking Powder (mixed in the flour dry), one cup of milk; bake in layers, thick enough to cut when a day old.

FILLING.

One cup of rich milk, one egg, or the yolks of two; make into a custard, and flavor with Strong's Essence Vanilla; beat the whites of the eggs to a stiff froth, take two cups of sugar and two tablespoonfuls of boiling water; boil the sugar and water for a few minutes; then pour on to the white of eggs, beating all the time. A few drops of Strong's Essence Vanilla and grated chocolate to taste; spread on top of cakes. This will make two large or three small cakes.

CREAM CAKE.

Mattie Nevitt.

Two eggs, one cup of sugar, one cup of cream, two cups of flour, two teaspoonfuls of Strong's Baking Powder.

GINGERBREAD.

Miss L. Stagg.

One cup of butter, one cup of sugar, one cup of molasses, five and one-half cups of flour, six eggs, one cup of buttermilk, ginger and cinnamon essences to taste, and two teaspoonfuls of Strong's Baking Powder.

Beater to go to bed with, and to rise in debt.

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THE ART OF COOKING MADE EASY.

Carbo-Peptide Wafers

"The best thing for indigestion I have ever used in my practice," said a prominent physician. They are compressed two-grain tablets, or wafers of Homoeopathic indicated remedies, combined with Pepsin for Dyspepsia, Indigestion, Waterbrash, Heartburn, Nausea, Morning Sickness, and for over indulgence in rich food and alcoholic stimulants, etc.

100 Doses, with Directions, 50 Cents.

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CURES WHEN OTHERS FAIL

A harmless homoeopathic fluid remedy for all diseases of the throat and lungs proceeding from colds, including Coughs, Bronchitis, Inflammation of the Lungs, Croup, tickling in the throat, etc.

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SOLD WHOLESALE AND RETAIL BY

W. T. STRONG, Dundas St., London, Ont.

JELLY CAKE.

A piece of butter the size of an egg, three-quarters cup sugar, three-quarters cup milk, two teaspoonfuls Strong's Baking Powder, three eggs, bake in a quick oven.

FRUIT CAKE.

Half pound butter, one pound brown sugar, one pound currants, one pound raisins, two ounces pearl, half cup milk, half teaspoonful soda, one teaspoonful spice, three eggs.

CHOCOLATE CAKE.

Mrs. Wandless.

Take six eggs (whites only), two cups sugar, two cups flour (no more), two teaspoonfuls Strong's Baking Powder, half cup butter, one cup corn starch, one cup sweet milk; bake in layers or shallow loaf.

FILLING FOR CHOCOLATE CAKE.

Whites of two eggs, one and a half cups pulverised sugar, eight tablespoonfuls of grated chocolate.

SPANISH SHORT CAKE.

Three eggs, half cup butter, one cup sugar, two-thirds cup sweet milk, a little cinnamon, two cups flour, one teaspoonful of Strong's Baking Powder; stir flour in; do not knead it; the eggs, butter and sugar beaten together until very light, bake in shallow tins; when done spread a thin frosting over the top; make this of the white of one egg, sugar and a teaspoonful of cinnamon, set in the oven to brown.

SCOTCH SHORT CAKE.

Take one-half pound of slightly salted butter, and one pound flour; then mix flour and butter with hands; then add four ounces of loaf sugar, and work all into a smooth ball; then roll out until it is an inch thick; prick over with a fork, and pinch round the edges, and bake for half an hour in oven, and with a moderate fire, in a round or square pan, according to taste.

RIBBON CAKE.

Two cups of sugar, half a cup of butter, three eggs, three-fourths cup of milk, flour to make the proper consistency, and a teaspoonful Strong's Baking Powder; take out one-third, and add to it a cup of raisins, one of currants, citron, spice, and tablespoonful of molasses; bake in layers, and put together with jelly, while warm, having the fruit-cake in the middle.

HICKORY NUT CAKE.

One and a-half cups sugar, whites of four eggs, three-quarters cup sweet milk, two cups flour, half cup butter, one cup hickory nuts, two teaspoons Strong's Baking Powder; bake in square tin.

SEED CAKE.

One quart flour, quarter pound eight (or small cup), one teaspoonful allspice, one teaspoonful ginger, one cup butter, half cup milk, half cup yeast; work up to a good dough; and seeds or currants; let stand to rise; bake an hour.

ROCK CAKE.

One cup sugar, two tablespoonfuls butter, two eggs, two cups flour, two cups currants, two teaspoonfuls Strong's Baking Powder; drop from a spoon in small cakes.

PLAINER ROCK CAKE.

One cup sugar, half cup milk, one cup currants, one egg, one teaspoonful lard, one teaspoonful butter, one teaspoonful Strong's Baking Powder; mix very stiff and drop on a greased bake-pan.

CHOCOLATE CAKE.

Make a layer cake, but not a rich one. For custard, take half cup milk, yolk of one egg, one teaspoonful corn starch; sweeten and flavor to taste; make as for boiled custard and put between the layers. For the icing: White of one egg beaten with nine teaspoonfuls pulverized sugar, and grate in chocolate enough to darken; sometimes we put it over the tea kettle and stir until it boils.

CORN STARCH CAKE.

One cup white sugar, half cup butter, one cup milk, one cup corn starch, one and a-half cups flour, three eggs, one and a-half teaspoonfuls Strong's Baking Powder; flavor with Strong's Essence Lemon.

FOREST CITY CAKE.

Three-quarters cup of sugar, half cup boiling water, two cups flour, two eggs, one teaspoonful Strong's Baking Powder.

MACAROONS.

One-half pound of almonds blanched, one-half pound of loaf sugar, whites of eggs, one by one. Pound the almonds in a mortar, occasionally put in a little rose water to moisten; add sugar; beat the eggs until they are very stiff, then add enough of the mixture to make a paste. Take a little flour in your hands and mold into small cakes; bake a few minutes in a moderately hot oven; the top of the oven should be the hottest.

RICE FLOUR CAKE.

Mrs. Howe.

Ten eggs, one pound of sugar, one pound of rice flour; flavor with Strong's Essence Lemon; beat the eggs and sugar half an hour; then add the flour.

GOLD CAKE.

One cup sugar, half cup butter, half a cup cold water, one and a-half cups sifted flour, two teaspoonfuls of Strong's Baking Powder; the yoke of four eggs.

SILVER CAKE.

Same as Gold Cake, using the whites of the eggs instead of the yolks.

RAISIN CAKE.

Three cups of flour, one and a-half of sugar, half of molasses, half of milk, half pound raisins, half cup butter, one egg, three teaspoons, three teaspoonfuls Strong's Baking Powder, or with milk and soda; bake in small pans.

HERMITS.

One and a-half cups of sugar, one of butter, one of raisins, three eggs, one teaspoonful of soda dissolved in table-spoonful of sour milk; cut as cookies as soft as you can handle.

VELVET SPONGE.

Two cups of sugar, six eggs, leaving out the whites of three, one cup boiling water, two and a-half of flour, one tablespoonful of Strong's Baking Powder; beat the yolks a little, add sugar and beat fifteen minutes, add three beaten whites and cup of boiling water just before the flour; bake as Layer Cake.

DRAWING.

One pint sweet cream beaten to a froth, sweetened and flavored to taste, one pound almonds blanched and chopped fine, spread this between the layers thickly and on top. The queen of cakes.

CAKE WITHOUT EGGS.

One and a-half cups of sugar, half of butter, three of flour, three teaspoonfuls of Strong's Baking Powder, one cup chopped raisins (well floured) and added the last thing before putting into the oven; spices to taste.

COOKIES.

Two cups sugar, one cup butter, one cup milk, three eggs, flour enough to make a soft dough; two teaspoonfuls Strong's Baking Powder; roll thin, sift over with sugar and bake.

COCONUT CAKE.

One cup of butter, two cups of sugar, two cups grated unpeared cocconut, two eggs, flour enough to make a stiff batter, one teaspoonful of soda, drop on buttered paper in pans.

DOUGHNUTS.

Ada King.

One cup sugar, two eggs, two tablespoonfuls of melted butter, two-thirds cup of milk, two even teaspoonfuls of cream of tartar, one even teaspoon of soda, flour enough to roll, salt and nutmeg.

FRIED CAKES.

Mrs. S. McMaster.

Three eggs, two and one-half cups sweet milk, two cups sugar, three teaspoonfuls of Strong's Baking Powder; spices to taste; roll out and cut in shapes, and fry in boiling lard; while hot dip in fine sugar.

SOFT GINGER CAKE.

Mrs. W. A. Oarson.

Two cups of molasses, one and one-half cups of milk, three tablepoons of butter, one cup of milk, two teaspoons of Strong's Baking Powder, two cups flour.

SPICE CAKE.

Mrs. Cook.

One and one-half cups of sugar, half cup butter, two cups of raisins chopped, three eggs, half a nutmeg, one teaspoon cinnamon.

Those who think more, guess those who tell.

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THE ART OF COOKING MADE EASY.

CONSUMPTION PREVENTED.

A Lady Gains Twenty-six Pounds of Flesh in a Few Weeks.

MR. JOHN TURNER, Pittsroy Harbor, says: "My cousin, Miss Prittle, of Ottawa, has been troubled with a severe Cough for over a year. She was losing flesh daily, and sinking into a gradual decline which her physicians (three of whom had attended her at different times) said it would lead to consumption. The fact that two of her sisters had died of that disease helped to confirm the opinion of her medical advisers. About this time she paid me a visit, and the first two or three nights of her stay she did not sleep a moment owing to her continuous cough. Having cured myself of a severe cough with 'Pectoria,' I persuaded her to try it; she did so, using four bottles with such excellent results that she gained twenty-six pounds of flesh in a few weeks, and went home completely cured. This was over a year ago. Miss Prittle has since been married, and continues to enjoy splendid health."

DEAR SIR.—For a Cough, Cold, or any Bronchial affection, "Pectoria" is my opinion is just the thing. I have used it in my family for Coughs and Colds for the past four years with the most unvaried success, and to-day my opinion of it is that I continue to think still more of that which I began to think well of.

Yours truly,

GEO. WEIR,

Manager Ontario Bank, Whittier.

MR. DAVIS, of Davis Bros., Jewellers, Toronto, says:—"I do not think there is any preparation for Coughs and Colds equal to "Pectoria."

MR. FRED. VANCO, Gent's Furnishings, Toronto, says:—"Whenever I have a Cough or Cold, I invest immediately in a bottle of "Pectoria." It is the best 25 cents worth of Cough Medicine I ever used."

MR. JOHN HILL, of Whittier, says:—"My son, aged twelve, was in all appearance dying of Consumption. Doctor's Medicine did him no good. We got "Pectoria" for him and it cured him."

Pectoria is sold everywhere, at 25c. for single bottle; 5 bottles for \$1.25.

DYER'S

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For Rendering the Skin
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SOLD BY ALL DRUGGISTS.

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Montreal

one of cloves, two of Strong's Baking Powder, two of flour; mix rather stiff; bake in loaf tins in moderate oven.

LOAF CAKE.

Mrs. John Thomas.

One cup sugar, one-half cup butter, one egg, one cup sweet milk, one pint flour, one cup raisins, two teaspoonfuls Strong's Baking Powder.

OATMEAL COOKIES.

One pound brown sugar, one pound butter, three pounds flour, one pound oatmeal, one pint molasses, two teaspoonfuls of soda, one tablespoon ginger; mix butter and sugar together; add molasses and ginger; dissolve the soda in two teaspoonfuls of water; add the meal and flour; mix well; roll thin and bake.

COOKIES.

Mrs. M. J. Leach.

Two cups of sugar, one of butter, one of sweet milk, three eggs, two teaspoonfuls of Strong's Baking Powder, nutmeg.

HICKORY-NUT COOKIES.

One cup of butter, two cups sugar, four cups flour, one-half cup of sour milk, one cup of chopped nuts, and one small teaspoonful of soda, three eggs; dip in sugar.

CREAM CAKE (Very nice).

One cup white sugar, two-thirds cup milk, two cups flour, one egg, butter half the size of an egg, two-teaspoonfuls Strong's Baking Powder; flavor with Strong's Essence Lemon.

FILLING.

Half cup milk—boiled; stir in yolk of one egg, two teaspoonfuls sugar, half teaspoonful of corn starch, mixed with a little milk; flavor with Strong's Essence Lemon.

GELATINE FROSEING.

Dissolve a tablespoonful of gelatine in half cup of boiling water, and strain; thicken with powdered sugar, and flavor.

1, 2, 3, 4, CAKE.

One cup butter, two cups sugar, three cups flour, four eggs; add a little more flour; roll out very thin on sugar; cut any shape, and bake quickly.

SPICE CAKE.

One egg, half cup of sugar, half cup of molasses, one cup sour milk, half cup of butter, one teaspoon of soda, two and a-half cups of flour, one cup of fruit, one teaspoon of spice.

COCOA-NUT JUMBLES.

One pound of cocoa-nut grated, three-fourths of a pound of sugar, three eggs, large iron spoonful of flour; drop on buttered pans.

DROP COOKIES.

Four and a-half cups of flour, two and a-half of sugar, one of milk, one of shortening (half butter and lard), three eggs, two teaspoonfuls of soda, one of salt; mix rather stiff; drop on buttered pans.

THE ART OF COOKING MADE EASY.

spoonful Strong's Baking Powder, a very little nutmeg, and a few caraway seeds; rub the sugar and shortening to a cream, beat the eggs till very light, and stir thoroughly, after adding the other ingredients; drop on buttered tins, and bake quickly.

COFFEE CAKE.

One cup of butter, two and a half cups brown sugar, one cup cold coffee, very strong, four eggs; two and a half cups flour, one nutmeg, one tablespoonful of every kind of spice, two teaspoonfuls soda, one large cup raisins.

FROSTING.

One and a quarter cups granulated sugar, one quarter cup water—boil until it strings, then beat in the whites of two eggs.

LEMON CREAM CAKE.

Take three eggs, two cups of sugar, one tablespoonful of melted butter, one and one-fourth cups of milk, three teaspoonfuls of Strong's Baking Powder, enough flour to thicken; bake in jelly cake pans.

LEMON CREAM FOR CAKE.

Two lemons grated, rind and all, one-quarter pound of butter, one-half pound of sugar, six eggs; beat the eggs very light; beat the butter, sugar and lemon; stir in the eggs slowly; let the mixture boil a few minutes, stirring constantly; when cold, spread on the cakes as you would jelly.

PLAIN COOKIES.

Half cup butter, one cup sugar, one cup milk, one teaspoonful caraway seed, one teaspoonful Strong's Baking Powder. Mix and roll thin, and bake in a quick oven.

COOKIES.

One cup sugar, two cups molasses, one cup shortening, two teaspoonfuls soda, dissolved in hot water; then fill cup with cold; two eggs, one tablespoonful ginger, flour enough to roll. Roll thin, and bake in a moderate oven.

GINGER SNAPS.

Four cups sugar, two cups molasses, three tablespoonfuls ground ginger, two teaspoonfuls ground cloves, the same of cinnamon, quarter teaspoonful of cayenne pepper, one glass of brandy, four tablespoonfuls of lard, and the same of butter, two eggs.

SUGAR SNAPS.

One cup butter, three eggs, two cups sugar, one teaspoon soda, one tablespoon ginger; flour to roll.

GINGER COOKIES.

One and a half cups of molasses, half a cup of sugar, one cup of shortening, two-thirds of a cup of hot water, two teaspoonfuls of one teaspoon ginger, a little salt; mix very soft and let stand in a cool place until cold, which prevents them getting too stiff.

One and children will always be picking.

AUNTIE'S COOKIES.

One egg, two cups of sugar, one cup of butter, two teaspoons of Strong's Baking Powder, flour to roll; caraway seeds, if liked.

ROCKS (Very nice).

Two eggs, one cup sugar, one cup of butter, nutmeg, two handfuls of currants, two teaspoons of Strong's Baking Powder, flour to thicken; roll pieces to about the size of an egg and press down with a fork. Bake.

GINGER NUTS.

Mrs. Grant.

Into seven cup soft sifted flour rub one cup shortening and one cup of sugar; add one cup molasses, one egg, one tablespoon ginger; three teaspoonfuls Strong's Baking Powder; a little salt must be added. Roll thin and cut in cakes. Bake in rather a quick oven.

ONE EGG CAKE.

One cup of white sugar, a piece of butter the size of an egg; mix well together; add one egg, a cup of milk, two cups of flour (sifted), and two teaspoonfuls of Strong's Baking Powder; bake in jelly tins.

LEMON FILLING FOR ABOVE.

While your cake is baking grate a whole lemon; put it in a small saucepan with one cup of sugar; let it boil a few minutes; add to this a beaten egg; let cool, and spread between your layers.

SOFT GINGERBREAD.

Mrs. De Freest.

One good cup molasses, half cup butter, half cup sour cream, two eggs, two cups flour, salt and ginger to taste, one tablespoonful saleratus.

SUPERIOR GINGERBREAD.

One cup of brown sugar, one cup of butter, one cup of sour milk, one cup of molasses, four cups of sifted flour, one tablespoonful of ginger, two teaspoonfuls soda dissolved in a little water, two eggs, two cups of raisins, spice to taste; put soda in last, when your cake is well mixed.

SCOTCH SHORT CAKE.

Four pounds flour, two and one-half pounds butter, one and one-fourth pounds sugar, one wine glass rose water, one-half pound caraway comfits, one pound citron; rub the butter and sugar to a cream, add the rose water, then the flour; roll out to rather less than one-half an inch in thickness, and strew the comfits and citron on the top; pass the rolling pin over them, and then cut into squares and diamonds with a paste jigger; good for three months.

DRIED APPLE CAKE.

Prepare by washing and soaking over night, two teacupfuls of dried apples, squeeze dry and chop fine, and simmer two hours in two cupfuls of New Orleans molasses, and when nearly cold, add to the cake. Make as follows:—One cupful of sugar, one-half cupful of butter, four cups of flour, two eggs, one dessertspoonful of sour milk, spice with cinnamon.

Observation is the best teacher.

THE ART OF COOKING MADE EASY.

DELICATE CAKE.

Whites of six eggs, one and a-half cups sugar, two and a-half cups flour, one-half cup butter, one-half cup milk, two teaspoons of baking powder; flavor to taste.

GINGER COOKIES.

Two cups boiled molasses, one cup sugar, one cup egg, two tablespoons vinegar, two teaspoons soda, a little salt, one tablespoon ginger; boil the molasses three or four minutes; then add the sugar and the beaten egg, vinegar, soda, &c.; flour to roll very thin.

ANGEL CAKE.

To the whites of eleven eggs beaten stiff on a platter, add one cup and a-half of granulated sugar, sifted once. Take one cup of flour with teaspoon of cream of tartar, and sift four times, return to the sieve and gradually add it to the cake; mix lemon, vanilla ratafia and pineapple flavoring in equal quantities, and add a teaspoonful of the mixture. Be sure to use a pan with tube up the centre, and do not grease it. Bake forty minutes; when baked, invert the pan on two cups, and let it stand until cool.

COMPOUND CAKE.

One-half pound flour, one-half pound butter, three pounds eggs, one-half pound currants, one-half pound raisins, one pint of sour milk, one nutmeg, one-half teaspoon soda, beat sugar and eggs together; then add butter and fruit last.

BRIDE'S CAKE.

One and a-half pound butter; one and three-quarters pound sugar; two pounds of eggs, well beaten; four pounds of raisins, seeded and chopped; five pounds of currants, well washed; one pound of citron, cut fine; one pound of almonds, blanched and chopped fine; two pounds of sifted flour; two nutmegs, and the same bulk of mace; half pint of alcohol, in which one-half teaspoon of essence of lemon has been put. Weigh your butter, and cut in pieces; soften but do not melt. Stir to a cream, then add the sugar and work until white. Beat the yolks of eggs and put them to the sugar and butter. Beat whites to a stiff froth, and put in. Sift your flour over the fruit; mix well; then add to the other ingredients. Last of all put in the citron and nuts. This makes a three story cake. This cake would cost in a confectioner's \$12.00. You can make it for \$3.00. Lower story 1 ft. in diameter.

HONEY CAKE.

Take one large cup of sour cream; half large cup of sugar; two large cups flour; half teaspoon soda; half teacup full of honey. First mix the cream and sugar. Add the flour by degrees, then the honey. Mix well; add the soda and beat a little longer. Bake for one-half hour. To be eaten warm.

COOKIES.

Four eggs; half cup of butter; one cup of sugar; two teaspoons of baking powder, and enough flour to make a stiff paste. Roll out thin and bake in a brick oven.

WALNUT CAKE.

One cup of sugar; half cup butter; half cup sweet milk; two scant cups flour; two teaspoonfuls W. T. Strong's Baking Pow.

They who never think, always talk.

doz; half cup raisins; half cup walnut meat; the whites of four eggs, using the yolks for the icing. Do not mix the raisins in the cake, but put half the batter in the tin and then sprinkle the raisins over it and pour on the rest of the batter and it will bake more nicely.

CARAMEL CUSTARD.

One quart of milk, one cup of white sugar, one of brown sugar two tablespoons of corn starch, four eggs, two teaspoons of Strong's Essence Vanilla; put the milk and white sugar on the fire in a farina kettle; beat the eggs without separating in a large bowl; wet the corn starch with a little cold water; put the brown sugar in a pan and set over the fire; stir until thoroughly scorched, but not burned; turn the scalding milk on the eggs, pour the mixture back into the kettle, and set on the fire; stir in the corn starch, when thickened stir in the scorched sugar, and remove from the fire; then add the vanilla; the scorched sugar will fall into the custard in strings, but these will disappear with vigorous stirring; after taking from the fire turn into custard glasses, and serve cold with whipped cream.

ICE CREAM.

One quart of milk, two tablespoons of cornstarch, two cups of pulverized sugar; cook until a thin custard; beat the whites of two eggs very light; stir into the custard while hot; strain and set away to cool; then whip a pint of cream; flavor this altogether and freeze.

COFFEE JELLY.

One box gelatine, soaked in a pint of cold water; add a pint of boiling water and a cup of sugar, and a pint of good-made coffee; set in a cold place to stiffen.

ITALIAN CREAM.

Mrs. Vincent.

One quart cream, four wine glasses sherry wine, one-half pound sugar, juice of one lemon, one ounce of Cox's gelatine. Add enough boiling water to dissolve, and let it boil up briskly a few minutes; to cream add sugar, then wine, then gelatine, adding lemon juice last; stir thoroughly, and set in moulds.

CHARLOTTE RUSSE.

Mrs. Woodruff.

One quart of cream, one ounce of Cox's gelatine dissolved in half pint of milk, sugar, three eggs. When the gelatine has soaked an hour in the milk, warm enough to dissolve it; add the eggs and sugar. When the mixture begins to thicken, add flavoring and the cream, which should be thoroughly whipped.

BLANC-MANGE.

Mrs. Stowe.

To two quarts of milk, add two sheets of isinglass, a small handful of Irish moss; the moss to be cooked in a pint of milk by itself until thoroughly dissolved; then strain through a bag. Let it all cook together for a few minutes; add sugar to taste; one teaspoonful of Strong's Essence Vanilla; strain through a bag again into moulds to cool.

APPLE SNOW.

Take eight medium-sized apples and prepare as for sauce; run through a sieve, let stand till cold; sweeten; one pint rich cream, whipped to a froth, sweetened and flavored to taste. Whip the apples into the cream and set on the ice till very cold.

Strive to learn from all things.

ICE CREAM.

Two quarts good cream, one pint milk, fourteen ounces white sugar, two eggs; beat the eggs and sugar together as for cake, before mixing with the cream; flavor to taste; place the can in the freezer, and put in alternate layers of pounded ice and salt—use plenty of salt, to make the cream freeze quickly. Stir constantly and rapidly as it begins to freeze, that it may be perfectly smooth, and slower as it stiffens. As the ice melts draw off the water and fill up with fresh layers.

CHARLOTTE RUSSE.

Line the inside of a plain round mould with Savoy biscuits, cutting and placing them at the bottom to form a rosette, standing them upright and close together; fill with any flavored cream, but omitting the fruits; place the mould on ice; let it remain till ready to serve; turn over on a dish and remove the mould.

APPLE FLOAT.

One cup of pulverized sugar, one cup of cream beaten to a stiff froth, five eggs beaten light, one lemon, four large apples grated, three tablespoonfuls of gelatine dissolved in warm water. Fill one quart bowl.

COFFEE CUSTARD.

One-half pint rich cream, one-half cup cold coffee, four eggs; sugar to taste.

LEMON CUSTARD.

Four eggs (leave out the white of one), one cup of sugar, one cup of cold water, one grated lemon, a small piece of butter, one tablespoonful of corn starch; bake as custard; after it is baked cover it with the beaten white and pulverized sugar; return to the oven, bake a light brown.

SPANISH CHARLOTTE.

Place crumbs of stale cake or riced crackers on the bottom of a pudding-dish; and put a layer of any kind of jelly or fruit over them. Continue them alternately until the dish is nearly full, making the crumbs form the top. Pour a custard over it, and bake. Serve with sauce.

VELVET CREAM.

Two tablespoonfuls of strawberry jelly, two tablespoonfuls of currant jelly, two tablespoonfuls of pulverized sugar, whites of two eggs-beaten stiff; then whip the cream; fill a wine glass one-half full of the whipped cream; and fill the glass with the above mixture beaten to a cream.

LEMON ICE.

1. One quart of water, juice of four lemons, one pound of sugar; strain the mixture, and just before freezing add the beaten whites of two eggs.

2. One-half pint lemon juice, one-half pint of water, one pint of strong syrup. The rind of the lemon should be rasped off before squeezing, with lump sugar, which is to be added to the juice, mix the whole together, strain, after standing an hour, and freeze. Whip up with a little sugar the whites of two or three eggs, and add.

Better lose a supper than have a hundred doctors.

ice is beginning to set, work this in with the spatula, which will much improve the consistency and taste. Orange ice the same.

APPLE SNOW.

Prepare eight medium-sized apples as for sauce; after it is cold break the white of one egg in a dish; turn your apple sauce over it and whip with a fork thirty minutes. Care should be taken that each blemish be carefully cut away in preparing the apples, as the whiteness of the snow depends mainly on this.

VELVET BLANC MANGE.

Two cups of sweet cream, one-half ounce gelatine, soaked in a very little cold water one hour; one-half cup white powdered sugar, one teaspoonful Strong's Extract of Bitter Almonds. Heat the cream to boiling, stir in the gelatine and sugar, and as soon as they are dissolved take from the fire, beat ten minutes until very light; flavor by degrees, mixing it well. Put into moulds, wet with clear water.

FLOATING ISLAND.

One quart of milk, five eggs, and five tablespoonfuls of sugar; scald the milk, then add the beaten yolks, first stirring into them a little of the scalded milk, to prevent curdling; stir constantly until of the right consistency; when cool, flavor; let it get very cold, and before serving beat up the whites of the eggs to a stiff froth, and stir into them a little fine sugar and two tablespoonfuls of currant jelly; dip this on the custard.

ALMOND CUSTARD.

One pint of new milk, one cup pulverized sugar, one-quarter pound of almonds blanched and pounded, two teaspoonfuls rose water, the yolks of four eggs; stir this over a slow fire until it is of the consistency of cream; then remove it quickly, and put it into a dish. Beat the whites with a little sugar added to a froth, and lay on top.

PRUNE WHIP.

Sweeten and stew three-quarters of a pound of prunes; when perfectly cold rub through a sieve or colander; add the whites of four eggs, beaten stiff; stir light; put in a dish and bake twenty minutes; served with whipped cream.

SNOW CUSTARD (Nice).

One-half box of gelatine; pour over it a pint of boiling water; stir until all is dissolved; add two cups of sugar and the juice of two lemons; when nearly cold add the whites of three eggs; beat all thirty minutes; pour into a dish to harden.

SAUCE FOR THE ABOVE.

Take the yolks of the eggs, one pint of milk; sweeten to taste; bring to a boil; when nearly cool add a little salt and Strong's Essence Vanilla.

WINE JELLY.

Miss Knox.

Take one box of Cox's gelatine and soak it in a pint of cold water for two hours; to this add a pint and a-half of boiling water, stirring

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of the mixture; to this add three tablespoonfuls of brandy and one tablespoonful of Strong's Extract of Lemon, and fill the measure with boiling water; mix this with the other, stirring until the sugar is dissolved; then pour it into moulds wet with cold water; set it away to cool. To remove it nicely from the moulds, dip it in hot water for one second.

SPONGE CREAM.

One pint fresh milk, two tablespoonfuls of Cox's gelatine, three tablespoonfuls sugar, three eggs; put gelatine into cold milk, let it stand awhile; put on stove and bring to boiling point; add sugar and yolks of eggs which have been well beaten together; remove from fire, stir in the whites which have been beaten stiff, then beat for fifteen minutes; add a little salt and flavoring, turn into moulds wet first in cold water.

LEMON ICE CREAM.

Squeeze any quantity of lemons desired; make the juice thick with sugar; stir it into cream, allowing nearly three quarts to a dozen lemons, and freeze.

LEMON ICE.

One gallon of water and four pounds of sugar, well boiled and skimmed; when cold, add the juice of a dozen lemons, and the sliced rind of eight, and let infuse an hour; strain into the freezer without pressing, and stir in lightly the well-beaten whites of twelve eggs.

ORANGE ICE.

Boil a cup and a half of sugar in a quart of water, skimming when necessary; when cold add juice of half a dozen oranges; steep the rinds in a little water, and strain into the rest; add the rind, and juice of a lemon, and strain into the freezer and freeze like ice cream.

EXTRA NICE DESSERT DISH.

Make a sponge cake, consisting of three eggs, one cup white sugar, one cup flour, two teaspoonfuls Strong's Baking Powder, and three tablespoonfuls boiling water; this will make three cakes on round tins, sufficient for a dessert for eight; then make a boiled custard, consisting of one quart of milk, two large eggs, and three tablespoonfuls of white sugar; pour it over the cake; take one-half pint of thick cream and whip it to a stiff froth; sweeten and season to suit the taste, and spread it smoothly over the whole; let it cool thoroughly by setting it on ice or otherwise.

STRAWBERRY ICE CREAM.

One quart of cream, one pint of strained strawberry juice, one pint of sugar; mix the sugar and juice together, then stir in the cream.

FLOATING ISLAND.

Beat the yolks of three eggs until very light; sweeten and flavor to taste; stir into a quart of boiling milk; cook till it thickens; when cool, pour into a low glass dish; whip the whites of the eggs to a stiff froth; sweeten, and pour over a dish of boiling water to cook; take a tablespoon and drop the whites on top of the cream, far enough apart so that the "little white islands" will not touch each

Feasting makes no friendship.

other; by dropping little specks of bright jelly on each island will be produced a pleasing effect; also by filling wine glasses and arranging around the stand adds to the appearance of the table.

SPANISH CREAM.

Take half a box of gelatine, let it stand in a pint of milk one hour, then put one quart of milk to boil, beat the whites of six eggs to a stiff froth, leave them in a deep bowl, beat the yolks with sugar to taste; when the milk boils stir in the yolks, sugar, milk, and gelatine; after it boils the second time take it off and pour immediately over whites in the bowl; flavor to taste.

ORANGE JELLY.

Mrs. Wellington.

Take one box of Cox's gelatine, pour on it one pint of cold water, after standing ten minutes add one pint boiling water, stirring frequently; put on the stove to simmer slowly until thoroughly dissolved; take ten medium sized oranges and two lemons, squeeze out the juice and pulp, strain it, and add one quart of granulated sugar; mix all the gelatine, and turn into moulds to stiffen.

WINE JELLY.

Miss Eddy.

One box of gelatine in one pint of cold water; let it stand ten minutes; pour on one pint of boiling water and let it dissolve; add the juice and rind of three lemons, one pint grape wine, and sugar; let it boil five minutes; steam twice.

LEMON JELLY.

Mrs. Galusha.

Soak a box of gelatine one hour in a pint of water; add the juice of five lemons and grated rind of one; two pounds sugar; pour on one quart of boiling water; strain, and let it stand overnight.

ORANGE JELLY.

Juice of half-dozen oranges, two lemons, one pound sugar, one box gelatine; dissolve the gelatine in one pint of cold water; when dissolved add the other ingredients to it with one quart of boiling water; boil twenty minutes.

SNOW CUSTARD.

Dissolve one-half of a package of gelatine in a cup of cold water; add one and one half cups of sugar, one cup boiling water, juice of one lemon, whites of four beaten eggs; beat together till light, put into a deep dish and serve with a custard made of one pint of milk, yolks of four eggs and the grated rind of a lemon; boil till thick.

CHARLOTTE RUSSE.

Two tablespoons gelatine soaked in a little cold water two hours; two coffee-cups rich cream; one teacup milk. Whip the cream stiff in a large bowl or dish; set on ice; boil the milk and pour gradually over the gelatine until dissolved, then strain; when nearly cold add the whipped cream, a spoonful at a time; sweeten with pulverized

THE ART OF COOKING MADE EASY.

sugar, and flavor with Strong's Essence Vanilla; line a dish with lady fingers or sponge cake; pour in the cream and set in a cool place to harden.

SPANISH CREAM.

Make a soft custard of one quart of milk, yolks of six eggs, six table-spoons sugar; put one box gelatine dissolved in one-half pint water over the fire; add the custard; flavor with Strong's Essence Vanilla; strain into moulds; set in cool place.

RUSSE CREAM.

One-half box gelatine, soaked in a little water one half hour; one quart milk, one-cup sugar, four eggs; mix sugar, milk, yolks of eggs and gelatine together; put in a pan set in a kettle of water, and boil twenty minutes; beat the whites of the eggs stiff and stir into custard, after taking off the fire; flavor with Strong's Essence Vanilla and pour into moulds; serve with sugar and cream or custard.

WHIPPED CREAM.

To one quart cream whipped very thick, add powdered sugar to taste; then one tumbler of wine; make just before ready for use.

SNOW JELLY.

One-half box of gelatine covered with cold water; let it stand while mixing; two cups sugar, juice two lemons, whites of three eggs beaten stiff; add to gelatine one pint boiling water, the sugar and eggs; beat thoroughly and strain into moulds; make a custard of one pint milk, three eggs' yolks; turn over the jelly just before serving.

WINE JELLY.

One-half box Cox's gelatine, soaked in one-half pint cold water one hour; add one pint boiling water, two cups sugar, two lemons, grated; two-thirds pint sherry wine; let all come to a boil, then strain into moulds and set in a cool place to harden.

LEMON JELLY.

One-half box Cox's gelatine, soaked in one-half pint cold water one hour; add one pint boiling water, and one and one-half cups sugar, three lemons, grated; stand on stove until boiling; strain into a mould and set in a cool place.

CHARLOTTE RUSSE.

Beat the yolks of four eggs, and stir them into one pint of scalding milk; boil like custard and set away to cool; pour a large cup of warm water over a half box of gelatine; set it on the stove, but do not let it get hot; beat the whites of the eggs very light, and add enough pulverized sugar to make stiff; then whip one pint of good cream and stir into the custard; then the whites flavored with Strong's Essence Vanilla; then the gelatine well dissolved; mix thoroughly and set away to cool (about two hours). Line your dish with either sponge cake or lady fingers, and fill with the mixture. Let it stand five or six hours.

LEMON SPONGE.

Take two ounces of gelatine, the peel of one lemon, and one cupful of cold water. Set it by the fire until nearly boiling, then remove it to cool. Beat the white of three eggs to a froth, add one teaspoonful of fine sugar; then add the strained lemon and gelatine by degrees, beating all the time with a fork.

No one knows what's in a pie till the lid is off.

DRINKS.

SHAM CHAMPAGNE.

Purely Temperance Drink.

Tartaric acid, one ounce; one good sized lemon, ginger root, one ounce; white sugar, one and one-half pounds; water, two and one-half gallons; yeast, one gill. Slice the lemon and bruise the ginger; mix all, except the yeast; boil the water and pour it upon them, and let it stand until cooled to blood heat; then add the yeast and let it stand in the sun through the day; at night, bottle, tying the corks, and in two days it will be fit to use. Be sure and not drink over three or four bottles at one time.

CREAM NECTAR.

A Cooling Summer Drink.

Two ounces tartaric acid, one and one-half pounds white sugar dissolved in a pint and a-half of boiling water; put it on the stove for twenty minutes; when cold, beat the white of one egg and stir in; flavor to taste—lemon is the best.

CREAM SODA.

Without a Fountain.

Coffee sugar, four pounds; water, three pints; nutmeg grated, three in number; whites of ten eggs, well beaten; gum arabic, one ounce; oil of lemon, twenty drops, or extract equal to that amount. By using oils of other fruits you can make as many flavors from this as you desire or prefer. Mix all and place over a gentle fire, and stir well about thirty minutes; remove from the fire, strain, and divide into two parts; into one-half, put super-carbonate of soda, eight ounces; and into the other half, put six ounces tartaric acid; shake well, and when cold they are ready for use by pouring three or four spoons from both parts into separate glasses, which are one-third full of water; stir each and pour together, and you have as nice a glass of cream soda as was ever drank, which can also be drank at your leisure, as the gum and egg hold the gas.

GINGER CORDIAL—(Splendid).

To six pounds of white currants add one gallon of whiskey, six ounces ground ginger, two lemons, and two ounces bitter almonds; let it stand in a stone jar for ten days, stirring every morning; then strain through a jelly bag until quite clear; add five pounds of loaf sugar; when dissolved it is ready to bottle.

CURRANT WINE.

To every gallon of juice add one of water and seven pounds of sugar; let it remain in vessels securely covered three weeks, skimming every other day; then jug and seal up.

RASPBERRY SHRUB.

Mrs. De Forest's.

Five quarts raspberries, with enough vinegar to cover; let them stand twenty-four hours; strain, and take a pint of juice to a pound of sugar; boil ten minutes; cool, and bottle for use.

Bad habits gather imperceptibly.

THE ART OF COOKING MADE EASY:

BLACKBERRY CORDIAL.

Wash and squeeze the berries; add to one pint of juice one pound of white sugar, one-half ounce of powdered cinnamon, one-fourth ounce of mace, two teaspoonfuls of oil; boil together for one-fourth of an hour; strain the syrup, and to each pint add a glass of French brandy. Two or three doses of a teaspoonful or less will check any slight diarrhoea. When the attack is violent give a teaspoonful after each discharge, until the complaint is in subjection. It will arrest dysentery if given in season, and is a pleasant and safe remedy.

CURRANT WINE.

Strain the currants, which should be perfectly ripe; to each quart of juice put two quarts of water and three pounds of sugar; stir the whole well together, and let it stand twenty-four hours without stirring; then skim, and set in a cool place where it will ferment slowly; let it remain three or four days, and if at the end of that time it has ceased fermenting add one quart of French brandy to every fifteen gallons of the liquor, and close up the barrel tight; when it becomes clear it is fit to bottle, and will be good in the course of six months.

SUBSTITUTE FOR CREAM IN COFFEE.

Beat an egg to a froth; add to it a piece of butter the size of a walnut, and turn the coffee on it gradually from the boiling pot into the one from the table, in which it should be previously put. It is difficult to distinguish the taste from fresh cream.

COFFEE FOR FIFTY CUPS.

Two quarts of coffee, four eggs, shell and all; mix this with two quarts of cold water, and pour on ten quarts of boiling water. Let this boil for five minutes. Take off and pour in one cup of water to settle it.

CHOCOLATE.

Melt four ounces of chocolate in a sauce-pan, with enough cold water to prevent burning. Let it simmer gently a few minutes. When it comes to a boil add one quart of boiling milk and one gill of cream. Let it boil gently five minutes.

BLACK CURRANT CORDIAL.

Five quarts black currants, two ounces ginger root, one ounce cloves, two ounces stick cinnamon, two ounces allspice, four nutmegs, one teaspoon cayenne pepper. Bruise the currants, the ginger root and cinnamon; add all the other spices except pepper. Put into a thin muslin bag; put the pepper in another bag; pour over all one-half gallon whiskey. Let it stand 48 hours; stirring occasionally; strain this off, and put over the currants another half gallon of whiskey; stir thoroughly, and strain into the other whiskey; add to this liquor, four pounds granulated sugar. If too strong, dilute with a little water, then bottle.

BOUILLON.

Two pounds lean beef, chopped fine; pour over it one quart cold water; put it in a porcelain kettle, cover tight, and let it simmer four hours. Strain off the tea and let it cool; beat the white of one egg and add to the tea; put it on the stove and stir it until it comes to a boil; let it boil until it becomes perfectly clear, skimming; then strain through a fine napkin; season with salt to taste.

Better have some of a pudding than none of a pie.

THE ART OF COOKING MADE EASY.

RASPBERRY VINEGAR.

Put the berries with vinegar; let them stand 24 hours. Strain them through a sieve; add one pound white sugar to one pint of juice; boil one-half hour, then bottle. If possible, use half red berries; they give a rich flavor, and the black ones the color.

PICKLES.

SLICED

Three pounds of apples, pared, sliced, sugar, one quart of vinegar, one ounce of stick cinnamon, one ounce of cloves; boil the sugar, vinegar, and spices together in the apples when boiling, and let them remain until tender, take them out, put into a jar; boil down the syrup until it is thick, and pour it over.

SPICED CURRANTS.

Four quarts currants (ripe), three and one-half pounds brown sugar, one pint vinegar, one tablespoonful allspice, one tablespoonful cloves, and a little nutmeg; boil an hour, stirring occasionally. Gooseberries and cherries may be spiced in the same manner.

SPICED CHERRIES.

Four pounds of cherries, two pounds of sugar, one teaspoonful of cinnamon, one of cloves; heat one pint of vinegar; pour on hot, three days in succession.

SPICED GRAPES.

1. Eight quarts of seeded grapes, two ounces of ground cloves, two of cinnamon, three and one-half pounds of sugar; boil two hours.

2. Boil and strain through a celerander, to remove the skins and seeds, six pounds of grapes, and add to the grapes three pounds of sugar, one pint of vinegar, two teaspoonfuls of cinnamon, one each of cloves and mace; boil one hour.

SPICED FRUIT.

Three pounds of sugar to one pint of good vinegar, a teaspoonful of broken cinnamon, one teaspoonful of cloves (whole), a very little mace; this will spice about one peck of peaches; put all in a kettle and simmer slowly fifteen or twenty minutes; the fruit should be pared; when done put in small jars and cover with egg papers.

SPICED PEACHES:

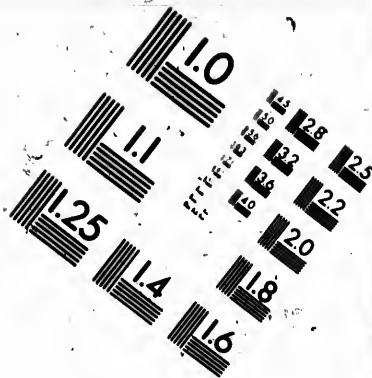
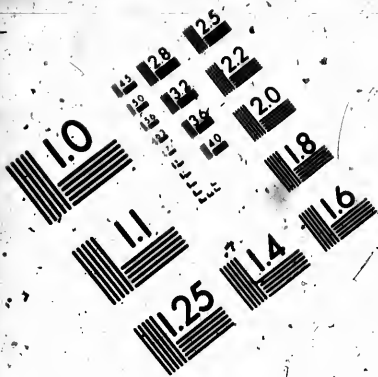
Parse, and if very large, halve one peck fine Crawford peaches; to one pint vinegar allow three pounds white sugar, and of this make a rich syrup; drop into the syrup a small handful of broken cinnamon, a very little cloves and mace, and a few pieces of ginger root; when boiling add as many peaches as the syrup will cover, and let them simmer about ten minutes; then take out carefully with a spoon, put into jars, then cook more peaches in the same syrup; when all are cooked, make fresh syrup and pour over them in the jars.

It is never too late to learn.

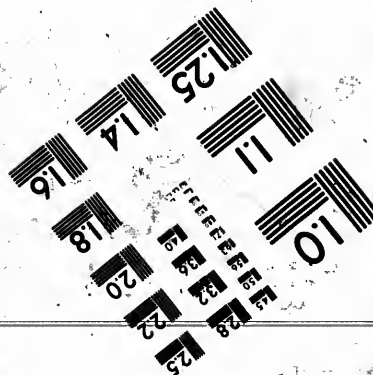
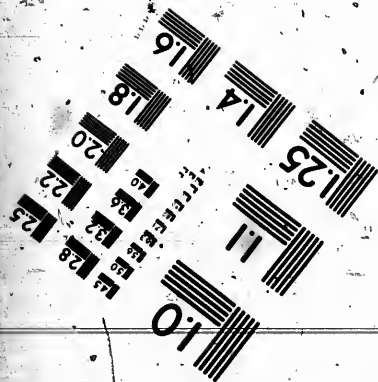
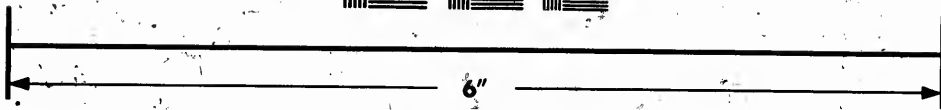
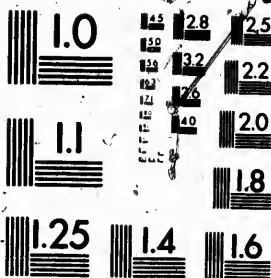








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SPICED PEARS OR PEACHES.

Ten pounds of fruit, five pound's of sugar, one-half pint of vinegar; mace, cinnamon and cloves, tied in a bag: boil the pears until clear; then scald thoroughly in the syrup; boil it down and pour over the pears.

SPICED PLUMS.

One peck of plums, seven pounds of sugar, spice to taste; let boil down thick; before taking from the fire add one pint vinegar.

PICKLED CHERRIES.

Take nice, large, ripe cherries; remove the stones; take a large, glass jar and fill two-thirds full of cherries, and fill up with best vinegar; keep it well covered; no boiling or spice is necessary, as the cherry flavor will be retained, and the cherries will not shrivel.

PICKLED PEACHES.

One gallon of vinegar, four pounds of brown sugar; take cling-stone peaches, rub them with a flannel, stick two or three cloves in each; put them into a glass or earthen vessel, and pour the liquor on them boiling hot; cover them, and let them stand a week or ten days; then pour off the liquor and boil it as before, after which, return it boiling to the peaches, which should be covered closely. Let the vinegar and sugar, in the first place, just come to a boil.

SWEET PICKLED PEACHES.

Select ripe, but firm fruit, free from blemishes; peel them carefully; allow a pound of sugar to a pint of good older vinegar; place cloves and cinnamon in a bag, and boil in the vinegar; when the vinegar has come to a boil, drop in the peaches (a few at a time), and let them remain till done through, but not soft or broken; then remove them carefully with a skimmer, and place them in jars; repeat this process till all are done; then fill up the jars with the remaining vinegar, and seal while warm. In the same manner may be made sweet pickled pears, plums, crab-apples, and cherries.

PICKLED PLUMS.

Wash the plums clean and put into jars, and for two quarts of plums make a rich syrup of two pounds of sugar, one pint of vinegar, with spice; put the plums in jars, and pour over them the hot syrup.

PICKLED CANTALOUPE.

Select those of rough rind and quite ripe; take out the seeds, pare, and cut them in small square pieces, and cover with good elder vinegar; let them stand 24 hours; then pour off part of the vinegar; to every quart of the remainder add three pounds of sugar, and put them upon the stove and simmer slowly until a fork will go through them easily, and they look clear; then add one ounce of ground cloves.

PICKLED PEACHES.

Mrs. Bardeell.

Seven pounds of fruit to four pounds of sugar; one quart vinegar; spice according to taste.

Who has enough spice may season his meat as he likes.

SWEET APPLE PICKLE.

Seven pounds sweet apples, three and a-half pounds sugar, one quart vinegar, two ounces stick cinnamon; quarter and core the apples (but do not peel them) before weighing; put two whole cloves in each quarter, and let the whole be on the stove for half a day, slowly boiling. Can well hot.

PICKLED CABBAGE.

Take the outside leaves off a red cabbage, cut in thin slices, place in a jar, pour boiling spiced vinegar over it; when cold, cover tightly; in ten days it will be fit for use.

TOMATO CHOW-CHOW.

One-half bushel of green tomatoes, one dozen onions, one-half dozen green peppers, all chopped fine; sprinkle over the mass one pint of salt; let it stand over night, then drain off the brine; cover with good vinegar, let cook one hour slowly, then drain and pack in jars; take two pounds of sugar, two tablespoonfuls of cinnamon, one of allspice, one of cloves, one of pepper, one-half cup of ground mustard, one pint of grated horse-radish, and vinegar enough to mix them; when boiling hot pour over the mass packed in a jar, and cover tight; then it is ready for use and will keep for years.

CHOPPED TOMATOES.

To one gallon of tomatoes, chopped fine, take one teacup of salt; sprinkle, and let stand over night; drain through a colander, then add one tablespoonful of ground cloves, one of allspice, two of cinnamon, three of ground mustard, two of black pepper, four of green pepper, chopped fine, one head of cabbage; cover with cold vinegar; three or four onions, if liked.

PICKLES.

One and a-half gallons vinegar, four ounces of bruised ginger, two ounces allspice, one and a-half ounces pepper, two ounces turmeric, one ounce garlic, one pound ground mustard, one and a-half pounds shallots, half pound bay salt, half pound common salt; boil quarter of an hour all but shallots and garlic, only boil those three minutes; when done put into jar to cool, and then add vegetables.

CHILI SAUCE.

Thirty ripe tomatoes, ten onions (small), six green peppers, sixteen tablespoonfuls sugar, five tablespoonfuls salt, one pint vinegar; peel tomatoes, chop onions; boil one and a-half hours.

GRAPE CATSUP.

Five pounds grapes, one pint of vinegar; boil the grapes in the vinegar until well boiled, then strain; add two pounds of brown sugar, one tablespoonful of ground cloves, and one each of ground cinnamon, ground allspice, and ground black pepper; simmer all together for an hour.

GOOSEBERRY CATSUP.

Five pounds of berries, two and a-half pounds of sugar; boil down until as thick as apple butter; add cinnamon and cloves, two, a pinch of salt, one pint of vinegar; strain through a cloth, add cloves and berries.

OHILI SAUCE.

Take five large onions, eight green peppers, chop fine; thirty ripe tomatoes, cut them; five tablespoonfuls sugar, three of salt, eight cups vinegar, and boil together two and a-half hours, and bottle for use.

GREEN TOMATO SAUCE.

One peck of green tomatoes, washed, and sliced very thin; sprinkle with salt, and allow them to drain twenty-four hours; in the morning press out all the water, and put into a preserving kettle in layers, with a mixture as follows:—Six or seven onions, cut in slices, quarter of a pound of mustard—mixed—quarter of a pound of mustard seed, tablespoonful of cloves, nearly two tablespoonfuls black pepper, nearly two tablespoonfuls of allspice, and a tablespoonful of ginger; cover with vinegar, and boil very slowly until the tomatoes look clear.

MANGOES.

Take small nutmeg or musk melons, peel them, cut out a slice and remove the pulp and seed; take three heads of cauliflower, one peck of small cucumbers, one quart of small onions, one quart of nasturtiums, one quart of small green tomatoes, one quart of green beans, one pint of radish pods, six or eight carrots cut in rings, and a half pint of mustard seed; cut the cauliflower into bunches leaving a small head on each; put the vegetables into a large jar, pour over them a brine made of two gallons of boiling water and a half pint of salt and a lump of alum the size of a walnut; leave them in the brine two or three days, then wash clear in water, drain, and fill each melon, adding a teaspoon of mustard seed; adjust the piece taken out and tie a cord around; place them in a jar, and if any of the ingredients remain fill the space with them; take six quarts of good older vinegar, three-fourths of a pound of mustard seed, two ounces of allspice, a half ounce of mace, two or three roots of ginger, two or three red peppers, and one tablespoon of pulverized alum; boil well together, and pour while boiling hot over the pickles.

FRENCH PICKLES.

Take one peck of green tomatoes sliced, and six large onions sliced; throw over them a teacup of salt and let them stand twenty-four hours; drain, and boil in two quarts of water and one quart of vinegar twenty minutes, then drain again and take four quarts of vinegar, two pounds of brown sugar, a half pound of white mustard seed, two tablespoons of ground allspice, the same of cloves, cinnamon, ginger, and mustard, and a half teaspoon of cayenne pepper; put all together with the tomatoes and onions and boil fifteen or twenty minutes, or until the tomato looks clear. Very fine.

HIGHLAND PICKLES.

Chop fine equal quantities of green tomatoes, cucumbers, onions, and a few green peppers, and when mixed sprinkle with salt; let them stand a day, then pour the water off and pour on boiling vinegar, with mustard and spice.

Some are wise, some are otherwise.

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 teaspoons of cinnamon, and two teaspoons 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.

CREAM DRESSING.

Take a large tablespoonful of sweet cream, and whip to a stiff froth, add two tablespoonfuls of fine sugar, and nearly a-half a cup of vinegar; beat and use for cabbage dressing.

HORSE RADISH.

Mix together thoroughly one small tablespoonful of butter, or if preferred olive oil, and one of mixed mustard; two of horse radish; one of vinegar; and a dessertspoonful of vinegar and a little salt.

PICCALILI.

Mrs. Tyler.

To a half-bushel green tomatoes chopped, add teacup salt, and let them stand over night; in the morning draw through a colander, and add six green peppers and six onions chopped fine, one cup grated horse-radish, one cup English mustard seed, one cup sugar, one tablespoonful ground cloves, one tablespoonful black pepper, two of cinnamon, one-half of allspice; mix thoroughly together and add cider vinegar enough to nearly cover them; boil from a-half to one hour, or until the tomatoes are tender; put in small jars, cover with a cloth wet in vinegar and cover tight. It is excellent.

PICKLED PLUMS.

Mrs. Baldwin.

Three-quarters pound sugar to one pound fruit; one quart vinegar; spice to taste.

PICKLED CHERRIES.

Mrs. De Forest.

Seven pounds cherries, four of sugar, one pint vinegar, one ounce cinnamon (whole), half ounces cloves; cook all together slowly a-half hour; cool and put in jars for use.

PICKLED PEACHES.

Mrs. Baldwin.

Seven pounds of fruit to four pounds of sugar; one quart vinegar; spice according to taste.

PICKLED CUCUMBERS.

Mrs. Hudson.

Make a pickle of coarse salt strong enough to bear an egg (on potato), pour it boiling hot upon the pickles and let them stand a week or ten days; take them out and lay them in cold water several hours; take them out and wipe them dry and put in jars, throw in with them one or two heads of garlic in a hundred gallons.

Better do a thing than what is done.

also a little alum and some peppers; boil vinegar and pour over them hot.

No. 2.

Take small cucumbers, put them in a large stone jar; to a four-gallon jar full put enough water to cover; one quart salt, and alum the size of a walnut; turn off the brine and scald every day, putting it on boiling hot, for nine days; then wash and soak overnight if too salt, put into jars or bottles; add whole cinnamon, cloves, mace, allspice, and peppers (green peppers preferred); scald the vinegar and pour on hot.

CUCUMBER CATSUP.

Three dozen large cucumbers, three white onions; grate all to a pulp, drain through a sieve several hours; add salt, pepper, and good vinegar; seal in bottles.

CHOW CHOW,

Mrs. Hudson.

Four quarts green tomatoes after they are chopped, two quarts green peppers, one quart white silver-skinned onions, half ounce white mustard, the same of brown, one tablespoonful of different spices, one teacup salt; mix all together and let it stand overnight; in the morning squeeze it out; boil enough vinegar to cover them; then can up.

CANNED CORN.

Mrs. M.

Cut the corn off the cob; cook it in plenty of water; to twenty-one quarts of the uncooked corn, add three and one-half ounces of tartaric acid, dissolved in hot water; put the acid in while the corn is cooking; boil from seven to ten minutes; can in tin; when you prepare the corn for the table, pour off the sour water, and cover it with fresh cold water; and to a quart add a small teaspoonful of soda, and let it stand a few moments before cooking; when cooking put in a tablespoonful of sugar (if it should look yellow while cooking, pour back a little of the sour water).

TOMATO CATSUP.

Mrs. M.

Half a bushel of tomatoes; peel, stew, and strain them, then add one tablespoonful of ginger; one tablespoonful of cloves; two tablespoonfuls of cinnamon; half a teaspoonful of red pepper; two-thirds of a teacupful of salt; one teaspoonful of mustard; one pint of vinegar; a few onions; simmer slowly three or four hours.

ENGLISH PICKLES.

One peck of green tomatoes, half peck of small white onions, half peck of cucumbers, quarter peck of stringed beans, four cauliflower. Put vegetables into jar with layers of salt and let stand twenty-four hours. Drain well, put in kettle and cover with vinegar, and cook until tender. Skim out the vegetables, and add to the vinegar one ounce of cloves, one ounce of cinnamon, quarter pound black pepper, three-quarters pound white mustard seed. Steep all in the vinegar, then strain. Put back your pickles, add half cup grated horse-radish, one ounce turmeric, one pound Coleman's ground mustard. Stir the mustard and turmeric in cold vinegar until quite smooth, then add to your pickles, and let all cook up well. These can either be bottled or kept in a jar.

Oysters are best in months that have an "R" in them.

PRESERVES, ETC.

PLUM PRESERVES.

Wash and prick the plums and lay in a stone jar; allow a pound of sugar to a pound of fruit; make a rich syrup, and pour while hot over the plums, and cover closely; drain off, and boil the syrup for four successive days, and put all together in the kettle and boil for half an hour.

APPLE JELLY.

Mrs. N. P. Inglehart.

Take juicy apples (Ramboes, if possible); take the stem and top off, and wash them nicely, then cut up into quarters had put cold water upon them, just enough to cover them; boil them soft, afterward strain them through a jelly bag; then take two pints at a time with two pounds of crushed sugar; boil twenty minutes, then do the same with the other juice; to be economical, pare and core the apples; don't strain so close but that you can, by adding a little more water, use the apples for sauce or pies.

GELATINE.

Mrs. J. H. Mead.

Take a good packet of gelatine, the juice and rinds of three lemons, soak for one hour in a pint of cold water; then add three pints of boiling water, two pounds of white sugar, one pint of wine; strain into moulds and set out to cool.

TO PRESERVE QUINCES.

Mrs. W. Arthurs.

Pare, core and quarter a peck of quinces, then weigh them; put the parings, cores and seeds into a preserving kettle, cover them with water, and boil slowly for twenty minutes; then strain them, put the water back, and put in the quinces, a few at a time, and simmer them gently until tender, say five to ten minutes; lay them on a dish; when all are done add the sugar and a little warm water; let them boil for a few minutes, until clear, then put in all the quinces, and boil them without stirring until they become a clear garnet, which will be about one hour; have ready two lemons sliced thin and seed taken out; put them in a few minutes before taking off the fire.

GRAPE JAM.

Mrs. S. W. Cheever.

Take your grapes, separate the skin from the pulp, keeping them in separate dishes; put the pulps in your preserving kettle with a teacup of water; when thoroughly heated run them through a strainer to separate the seeds; then put your skins with them, and weigh; to each pound of fruit put three-fourths of a pound of sugar, add merely water enough to keep from burning; cook slowly for fourths of an hour. This is a delicious jam, and worth the trouble.

To frighten a fowl is not the way to catch it.

BLACKBERRY JAM.

M. A. T.

To each pound of fruit add three-fourths of a pound of sugar; mash each separately; then put together and boil from one-half to three-fourths of an hour.

SIBERIAN CRAB JELLY.

Mrs. W. Arthur.

Boil a peck of crabs for two hours in as much water as will cover them, then put them into a jelly bag and allow to drain (do not squeeze them); to each pint of syrup put one pound of loaf sugar, and boil for half an hour; select the reddest crabs you can find, and the jelly will be a beautiful color.

APPLES FOR PRESENT USE.

Mrs. Joseph Sautter.

Take about twenty nice snow or other cooking apples and wipe them clean, and place them in a preserving kettle with water enough to about half cover them; then add two cups of sugar, half a cup of vinegar, and a dessertspoonful ground cinnamon; cover them down tightly, and let them simmer over a slow fire until the apples become soft; use them cold.

RASPBERRY JAM.

To five or six pounds of fine red raspberries (not too ripe) add an equal quantity of the finest quality of white sugar; mash the whole well in a preserving kettle; add about one quart of currant juice (a little less will do), and boil gently until it jellies upon a cold plate; then put into small jars, cover with brandied paper, and tie a thick white paper over them; keep in a dark, dry and cool place.

QUINCE JAM.

Mrs. P. B. Ayer.

Boil your fruit in as little water as possible, until soft enough to break easily; pour off all the water and rub with a spoon until entirely smooth; to one pound of the quince add ten ounces of brown sugar, and boil twenty minutes, stirring often.

GREEN GAGE PLUMS.

After stemming and washing the fruit, fill the jars full, placing them in a boiler of cold water, just enough not to have the water boil over the top of the jars into the fruit; after boiling one-half hour, or until the fruit begins to be tender, lift out the jars, and turn off the juice that may accumulate into a porcelain kettle, add sufficient sugar to make a rich syrup; when it boils fill up the jars, let them stand in the boiling water ten or fifteen minutes longer; then lift out, one at a time, and seal. All kinds of plums are nice put up in the same manner.

GRAPES.

Stew, wash and weigh the fruit; for preserves add one pound of sugar to a pound of fruit; for canning, one-half pound of sugar to a pound of fruit, and remove the pulp; put the skins and pulp into separate dishes, cook the pulp and strain through a sieve; then add

Little sticks blanch a fire, great ones put it out.

THE ART OF COOKING MADE EASY.

the skins and sugar. For canning cook fifteen minutes; for preserving, a little longer.

TO CAN PEACHES.

Pare and halve the peaches; pack them in tin cans as close as they can possibly be put; make a syrup of six pounds of sugar to one gallon of cold water; let this stand until well dissolved; then pour the cold syrup over the peaches until the cans are even full, after which solder perfectly tight, place the cans in a boiler, cover well with cold water, set it on the fire, and let the water boil five minutes; then take the cans out and turn them upside down; one gallon of syrup will do one dozen cans.

RICH CANNED PEACHES.

Pare and stone peaches, about enough for two jars at a time; if many are pared they will become dark colored standing; rinse in cold water, then cook in a rich syrup of sugar and water about fifteen or twenty minutes, or until they are clear; put into your jars all that are not broken; fill up with the hot syrup, about as thick as ordinary molasses, and seal. Same syrup will do to cook two or three more jars. After the syrup becomes dark this, with the broken peaches, can be used for marmalade or peach batter. Same rule can be used for pears, plums, and all light fruit that you desire rich.

CANNED PEACHES.

Peel and quarter choice peaches—to peel, place in a wire basket, dip into boiling water a moment, and then into cold water, and strip off the skins—have a porcelain kettle with boiling water, and another with syrup made with granulated sugar; drop the peaches into boiling water (some previously boil the pits in the water for their flavor) and let them cook until tender, and then lift out carefully into a can, pouring over them all the syrup the can will hold, and seal immediately. Cook only enough peaches to fill one can at a time. Plums are canned in the same manner.

STRAWBERRIES.

Procure fresh, large strawberries, when in their prime, but not so ripe as to be very soft; hull and weigh them; take an equal weight of sugar, make a syrup, and, when boiling hot, put in the berries. A small quantity should be done at once. If crowded they will become mashed. Let them boil about twenty minutes or half an hour; turn into tumblers or small jars; and seal with egg paper while hot.

CANNED STRAWBERRIES.

Fill glass jars with fresh strawberries, sprinkled with sugar, allowing a little over one-quarter of a pound of sugar to one pound of berries; set the jars in a boiler, with a little hay laid on the bottom to prevent the jars from breaking, filled with cold water within an inch or two of the top of the jars; let them boil fifteen minutes; then move back, and wrap the hand in a towel, and lift out the jars; fill the jars to the top before sealing, using more jars for the purpose.

Do as you ought, come what may.

CREAMATED APPLES.

Choose apples that will cook nicely, that is, will cook without breaking into pieces; pare and core them whole; make a syrup with a pound of sugar and a pint of water; put in the apples and boil gently until about three-fourths done; skim them out, and place them for a few minutes in a quick oven; boil down the syrup, and when the apples are taken from the oven and are still hot, fill the centre with marmalade, and roll each apple in the syrup, put them on a dish in the form of a dome, or as you may desire, and pour over them a meringue of eggs and sugar, and set into the oven to brown.

QUINCE PRESERVES.

Pare, core, and quarter the fruit; boil in clear water enough to cover until they are tender; make a syrup with two pounds of sugar and a pint of water; when boiling hot, add the quinces: allow three-quarters of a pound of sugar to a pound of fruit; use parings and cores for jelly.

PINE APPLE JAM.

Mrs. P. B. Ayer.

Grate your pine-apple; to one pound of the apple add three-fourths of a pound of loaf sugar; boil ten minutes.

ORANGE MARMALADE.

Mrs. J. Young Scammon.

One dozen Seville oranges, one dozen common oranges, one dozen lemons; boil the oranges and lemons (whole) in water for five hours; scoop out the inside, removing the seeds; cut the peel into thin slices with a knife, and add to every pound of pulp and peel a pint of water and two pounds of sugar; boil twenty minutes.

ORANGE MARMALADE.

Mrs. Wm. Bracket.

Take seven oranges and five lemons; boil in water two or three hours; throw away the water, and open the oranges and lemons, taking out the seeds and preserving all the pulp and juice possible; cut the rind in small strips or chop them, but cutting in strips is better; weigh it all when this is done; then put three pounds of sugar to two of the pulp, and boil slowly till clear.

ANOTHER GOOD ORANGE MARMALADE.

Six oranges, three lemons; cut very fine and put to soak in two quarts of water for 36 hours, boil two hours, then add four and one-half pounds sugar, and boil until the syrup will jelly.

APPLE SAUCE.

Pare, halve, and quarter a sufficient quantity of nice, stewing apples; put them into a baking dish and cover thickly with sugar; bits of lemon peel may be added if liked; put a plate over the dish and set it into a pan, having a little hot water in the bottom, and place in a hot oven; bake until the pieces are clear and tender.

STEWED CRANBERRIES.

Look them over carefully; wash and put them over the fire; more than cover with water; cover the saucepan, and stew until the

A cracked plate may last as long as a sound one.

skins are tender, adding more water if necessary; add one pound of sugar to a pound of berries. Let them simmer ten or twelve minutes; then set away in a bowl or wide-mouthed crock.

CANNED PINEAPPLE.

Pare and chop very fine the pineapple, and one pound of sugar to each of fruit, and stir it thoroughly; let stand over night. The next morning stir again, and put into jars, sealing tight, without heating. Delicious.

CURRANT JELLY.

Put the fruit on and scald thoroughly; strain and for one pint juice allow one pound sugar; when juice boils, stir in sugar; boil until dissolved. Pour into glasses.

HOUSEHOLD RECIPES.

CLEANING SILVER.

Never put a particle of soap about your silver if you would have it retain its original lustre. When it wants polish, take a piece of soft leather and whiting, and rub hard. The proprietor of one of the oldest silver establishments in the city of Philadelphia says that housekeepers ruin their silver in soapuds, as it makes it look like pewter.

STOVE POLISH.

Stove lustre, when mixed with turpentine and applied in the usual manner, is blacker, more glossy, and more durable than when mixed with any other liquid. The turpentine prevents rust, and when put on an old rusty stove will make it look as well as new.

TO EXTRACT INK.

To extract ink from cotton, silk and woollen goods, saturate the spot with spirits of turpentine and let it remain several hours; then rub it between the hands. It will crumble away without injuring either the color or texture of the article.

TO TAKE INK OUT OF LINEN.

Dip the spotted part in pure tallow, melted; then wash out the tallow and the ink will disappear.

FOR BLEACHING COTTON CLOTH.

One pound chloride of lime, dissolved and strained; put in two or three pails of water; thoroughly wet the cloth and leave in overnight; then rinse well in two waters. This will also take out mildew, and is equally good for brown cotton or white that has become yellow from any cause, and will not injure the fabric.

TO REMOVE TAR.

Rub well with clean lard afterwards wash with soap and warm water. Apply this to either hands or clothing.

All is not gold that glitters.

JAVELLE WATER FOR MILDEW STAINS.

One pound of chloride of lime, two of washing soda, two gallons of soft water; pour one gallon of boiling water to the ingredients to dissolve them, adding the cold water when dissolved.

FOR A CAKED BREAST.*A Highland Remedy.*

Bake large potatoes, put two or more in a woollen stocking; crush them soft and apply to the breast as hot as can be borne; repeat constantly till relieved.

TO CURE A STING OF A WASP OR BEE.

Mix common earth with water to about the consistency of mud. Apply at once.

AN INDIAN REMEDY FOR A CAKED BREAST OR SWOLLEN GLANDS.

Gather mullein leaves, saturate in hot water, and apply to the skin very hot; cover with flannel and keep repeating till cured.

CURE FOR CORNS.

The strongest acetic acid, applied night and morning, will cure hard and soft corns in a week.

TO MEND CHINA.

Take a very thick solution of gum arabic in water, and stir into it plaster of Paris until the mixture becomes of a proper consistency. Apply it with a brush to the fractured edges of the china, and stick them together. In three days the articles cannot be broken in the same place.

PATENT SOAP.

Five pounds of hard soap, one quart lye, one-fourth ounces pearl-ash; place on the fire and stir well until the soap is dissolved; add one-half pint spirits of turpentine, one gill spirits hartshorn, and stir well. It is then fit for use. The finest muslin may be put to soak in this suds, and if left for a time will become beautifully white. A small portion of soap put into a little hot water, and a flannel cloth, will save hard labor and a brush in cleaning paint. One who has tried it thinks it very valuable.

IRONING.

To keep starch from sticking to irons, rub the irons with a little piece of wax or sperm-oil, or rub them or fine salt.

GREASE ERASER.

Benzine, alcohol, ether, equal parts; mix; apply with a sponge (padding the spot); put a piece of blotting paper on each side and iron with a hot flat iron.

TO PREVENT RED ANTS.

Put one pint of tar in an earthen vessel; pour on it two quarts of boiling hot water, and place in your closet.

Deeds are better than words.

CLEANING MARBLE.

Dissolve a large lump of Spanish whiting in water which has previously dissolved a teaspoonful of washing soda; take only sufficient water to moisten the whiting, and it will become a paste; with a flannel cloth rub the marble well, leaving it on for awhile, repeating the process two or three times, if necessary.

TO PREVENT COLORS FROM FADING.

Dissolve one ounce of sugar of lead in one bucket of water. Put the dress into water and let it stay about half an hour; then wring it out and let it dry before washing. Hay water cleanses and stiffens brown or buff linen. One large spoon of beef's gall to two buckets of suds, improves calicoes and prevents their fading. Make starch for black calicoes of coffee water, to prevent any whitish appearance. Glue is good for stiffening calicoes, Never let your calicoes freeze when drying.

To prevent calico from fading while washing, infuse three gills of salt into four quarts of water; put the calico in while hot and leave it till cold. In this way the colors are rendered permanent, and will not fade by subsequent washings.

BRAN WATER.

This is excellent for washing a delicate material without fading it; if not too much soiled, the article can be cleansed without soap. Prepare it by boiling bran in a bag, in the proportion of one quart to a gallon of water. Let it cool, and add another gallon of water. This will answer for soap and starch.

TO WASH SWISS MUSLIN.

Dissolve one teaspoonful of gum Arabic in a half pint of water, and add it to your starch when boiling. Wash the Swiss, put it through the starch, and clap it till dry enough to iron. It will look as well as new.

CLEAR STARCHING.

Many persons clear starch their clothes. That is, after starching and drying, they rinse quickly through cold water. This does not remove the stiffness of the starch, but makes them glossier and more pliable.

STARCH POLISH.

Take equal parts of white wax and spermaceti; melt them together and run into thin cakes on plates. A piece of this the size of a cent, added to a quart of prepared starch, gives a lustre to the clothes and prevents them from sticking.

TO REMOVE STARCH OR RUST FROM FLAT-IRONS.

Have a piece of yellow beeswax tied in a coarse cloth. When the iron is almost hot enough to use, but not quite, rub it quickly with the beeswax, and then with a clean, coarse cloth. This will remove it entirely.

TO REMOVE FRUIT STAINS FROM ANY WHITE GOODS.

Take chloride of lime and rub on the spots; wash out with clear water as soon as the stain disappears, to prevent the lime from set-

New House sweep clean.

ing the fabric. This is infallible. For grass stains rub fresh lard on the spots before washing, and let them lie a little while that the lard may penetrate the cloth.

TO REMOVE IRON RUST AND INK FROM WHITE GOODS.

Hold the cloth over a vessel of boiling water, place on the spot two or three crystals of oxalic acid, and pour on boiling water.

TO VENTILATE APPLES.

Bore holes in barrel heads to allow the moisture to pass off.

TO PRESERVE STOVE-PIPES.

Rub them well while warm (not hot) with linseed oil, before putting them away in the spring.

TO PREVENT FLIES FROM INJURING PICTURE FRAMES.

Boll three or four onions in one pint of water; brush the frames over with the liquid and no fly will touch them. It will not injure the frames.

TO RESTORE GILT FRAMES.

Take one ounce of cooking soda and beat it thoroughly with the whites of three eggs; brush out the dust with a feather duster, then dip a small paint brush into the mixture and rub it all over the gilding into every tiny crevice, and it will render it fresh and bright.

Salt, sprinkled upon the carpet before sweeping, will make it look bright and clean. This will also prevent moths.

SEALING-WAX FOR FRUIT JARS.

Take eight ounces of resin, one pound of beeswax; melt the resin, then add the beeswax.

TO KILL COCKROACHES.

Mix equal parts of red lead, Indian meal and molasses to a paste; put it on iron plates and set it where they congregata.

TO PREVENT BEDBUGS FROM REMAINING EITHER IN THE HOUSE OR BEDSTEAD.

Take two tablespoons of lard and one ounce of quokaliver; beat the white of an egg, then stir them all together. With a small brush or stick put this mixture in every crack or crevice where the vermin can hide; do this after cleaning house and you will never be troubled with vermin. If you have them already, use corrosive sublimate first. Take off your rings while applying this preparation, as it injures gold.

TO PRESERVE EGGS.

Mrs. G. Wyllie.

One pint salt, two pints fresh lime, three gallons water; mix well and put in eggs without cracking the shell; they must be kept covered with the brine.

What is done well enough is done quick enough.

BRINE FOR PRESERVING EGGS.

One coffee-cup of lime, half coffee-cup salt, dissolved in sufficient soft water to cover twenty-five dozen eggs; pack with the small ends down, and keep in a cool place. Eggs packed in this way will keep seven or eight months. If the shell of the egg becomes rough, the brine is too strong of lime, which will harden the yolks.

POLISH FOR ZINC OR TIN.

Mrs. Thos. A. Hill.

To three pints of water, add one ounce of nitric acid, two ounces of emery, and eight ounces of pumice stone; shake well together. Any druggist will fill it for fifteen cents.

FURNITURE POLISH.

No. 1. Shellac varnish, linseed oil, and spirits of wine, equal parts. No. 2. Linseed oil, alcohol, equal parts. No. 3. Linseed oil, five ounces; turpentine, two ounces; oil of vitriol, one-half ounce.

CLEANING WHITE PAINT.

Mrs. C. Bedford.

Water of ammonia used in sufficient quantity to soften the water, and ordinary hard soap, will make the paint look white and clean with half the effort of any other method I have ever tried. Care should be taken not to have too much ammonia, or the paint will be injured.

HARD SOAP.

Mrs. A. Mary Odell.

Six pounds of clean grease, six pounds of sal soda, three pounds of limestone; slack the lime and put into four gallons of soft water; add the sal soda, and when dissolved let it settle. Pour off the water into an iron kettle, and add the grease (melted) and boil. If the soap does not come after boiling a few minutes, add more soft water till it is of the consistency of honey. Wet a tub and pour the hot soap into it. When cold, cut into pieces and lay it away to dry. Always make soap in an iron kettle.

WASHING FLUID.

Mrs. A. P. Inglehart.

Nine tablespoons of unslaked lime, two pounds of sal soda, four quarts water; let this, simmer half an hour, then bottle up. Take a small teacup to a boiler of water.

WASHING FLUID.

Mrs. A. W. D.

One pound sal soda, one pound potash, each dissolved in one gallon of water (separately); then mix together and bottle.

EXCELLENT FAMILY SOAP.

Mrs. F. Knapp.

Ingredients.—One box of lye, five pounds of grease, one pound of resin, one and a-half gallons of soft water; make in an iron pot.

A sooty chimney costs many a headstuck.

When the water boils, put in the lye; when this is dissolved, add the grease; stir till all is melted; then add one pound of resin gradually and boil for an hour and a-half; keep stirring with a stick, and add hot water to keep up the original quantity; pour into wet tins, and let it stand for twenty-four hours; cut into bars and keep in a dry warm place for a month.

TO MAKE GOOD STARCH.

Mrs. D.

Mix the starch with cold water, add boiling water until it thickens, then add dessertspoon of sugar, and a small piece of butter. Makes a stiff and glossy finish equal to laundry.

AN EXCELLENT HARD SOAP.

Mrs. Kate Johnson.

Pour twelve quarts soft boiling water on two and one-half pounds of unslacked lime; dissolve five pounds sal soda in twelve quarts of soft hot water; then mix and let them remain from twelve to twenty-four hours. Pour off all the clear fluid, being careful not to allow any of the sediment to run off; boil three and one-half pounds clean grease and three or four ounces of resin in the above lye till the grease disappears; pour into a box and let it stand a day to stiffen and then cut in bars. It is as well to put the lime in all the water and add soda. After pouring off the fluid, add two or three gallons of water, and let it stand with the lime and soda dregs a day or two. This makes an excellent washing fluid to boil or soak the clothes in, with one pint in a boiler of water.

HARD SOAP.

Miss Warnock.

Six pounds washing soda, three pounds lime, four gallons and a-half soft water, stir well and let it come to a boil, let stand over night, and pour off the clean liquid, being careful not to let any of the sediment in. Be sure you have four gallons of clear liquid; add to this two pounds resin and six pounds grease, boil till (by trying a little on a plate) it will harden, pour into a tub to cool, and cut into bars.

RECIPES FOR COLORING.

BLUE.

A splendid blue may be produced by the following process:— For each pound of wool or cloth take two and a-half ounces of alum and one ounce and a-half of cream of tartar. Boil these together in a copper or brass kettle for about an hour; now take sufficient warm water to cover the cloth or wool, and color it to the shade you wish with the liquid blue; put the whole into the copper pot and boil it a short time, taking care to keep it stirred; remove the cloth and rinse it in clear, cold water, and hang it up to dry.

A young man loves meat that an old man dislikes.

PURPLE.

For every pound of wool, silk or cotton, take four ounces of cudbear, pour a sufficient quantity of boiling water, let it stand a few minutes to get a deep purple color; then immerse the wool or yarn into the dye; when sufficiently dyed put it on the fire and boil briskly for a quarter of an hour; then dissolve in a separate vessel two ounces of salt of tartar, in a sufficient quantity of rain water to cover the cloth, then take it out and place it by the fire to dry.

BLACK.

ON WOOL, SILK OR COTTON.—For every pound of cloth it will require one ounce of extract of logwood and half an ounce of blue vitriol. Prepare an iron kettle with a sufficient quantity of water to admit the yarn or cloth to be worked in the dye without being crowded—bring the water to a scalding heat—then put in the yarn or cloth a few minutes—when it is thoroughly wet, take it out and drain it—in the next place add the blue vitriol, and when dissolved, and the water skimmed carefully, put in the material to be colored and let it remain half an hour at a scalding heat, airing it occasionally—then take it out and rinse it in soft water—the vitriol water may now be emptied into a separate vessel, and the extract of logwood dissolved in a sufficient quantity of water, brought to a scalding heat and skimmed—put in the cloth, keeping the dye at the same temperature, and let it remain half an hour, airing it frequently—then take it out and drain it—add the vitriol water to the dye, and put it in again, and let it remain fifteen minutes, airing as before—cleanse it well.

PINK.

For every three pounds of yarn or cloth, take three and a-half quarts of water, or enough to cover the articles you wish to color, two ounces of cochineal and half an ounce of cream tartar—steep the cochineal in warm water two hours, or until the strength is entirely extracted, and add the cream of tartar—then wet the cloth in clear water—wring it out and put it in the dye—bring it to a scalding heat, let it remain a few moments and it will be finished. If a light color is wanted use less cochineal; if a dark one, more; the shade depending upon the quantity of cochineal used.

A cheaper, yet handsome pink, may be obtained by substituting niwood for madder, in the recipe for madder red.

COLORING COTTON CARPET-RAGS.

Mrs. S. I. Parker.

BLUE.—For five pounds of cloth take five ounces of copperas, with two pails of water, in a tin or copper boiler; set it over the fire till the copperas is dissolved, and it begins to heat, then put in the cloth, stirring it frequently till it boils, one-half or three-fourths of an hour; then remove the cloth where it can drain; pour away the copperas water and take two ounces of prussiate of potash in about two pails of water in the same vessel; when it is well dissolved and hot, put in the cloth from the copperas water, stirring it thoroughly till it boils one-half an hour, then remove the cloth; add (with care and caution on account of the spattering which ensues) one

Winter beds out what summer has laid up.

tablespoon of oil of vitriol, and stir it well in the dye; replace the cloth stirring it briskly till it has boiled one-half an hour; should be well rinsed and washed in clear water to prevent the dye from making it tender after coloring.

YELLOW.—For five pounds of cloth dissolve one-half pound sugar of lead in a tub of warm water and twelve ounces of bichromate of potash in another tub of cold water; soak, rinse, and wring the cloth in the lead water first, then in the other, and return from the other, till the right shade of color is obtained.

ORANGE.—Dip the yellow-colored cloth into strong lime water, if it should not turn, boil it; rinse all well.

GREEN.—Put your blue cloth in the yellow dye in the same manner as for coloring yellow; old calico will take a dark shade of blue or green in the same dye with the white cloth.

CRIMSON.

Use one pound of lac dye, together with two ounces of madder compound, to every two pounds of cloth or yarn; soak the lac dye over night in a brass or copper kettle, then add the compound and stir; then the cloth, and bring your dye slowly to a scalding heat; vary the time as you wish the color—if dark let it remain some hours; if not, one hour; rinse it in soft spring water, without soap.

MADDER RED.

Take one pound of madder for every two pounds of yarn or cloth; soak the madder in a brass or copper kettle one night in warm water, enough to cover the yarn you wish to color; next morning put in two ounces of madder compound for every pound of madder which you have soaked—then wet your yarn or cloth with clean water and wring it out—afterwards put it in the dye—now place the kettle over the fire, and bring it slowly to a scalding heat, which will take about half an hour—keep it at this heat half an hour if light red is wanted, and longer if a dark one, the color depending upon the time it remains in the dye. When the color is made, rinse the cloth immediately in cold water, and it will then be finished.

SCARLET.

VERY SUPERIOR.—Three ounces of cochineal, three ounces of cream of tartar, and four ounces of solution of tin; powder the cochineal and rub through a bag into blood warm water sufficient to cover the yarn, when it is a little warm put in the cream of tartar and simmer; then add the solution of tin—your yarn must be wet with clean water—steep it in the dye till the yarn is properly dyed. Dry your yarn before you wash it. This will color three pounds.

SCARLET RED.

Take soft water sufficient to cover the cloth or yarn you wish to color, bring it to a boiling heat in a copper or brass kettle, then add one ounce and a-half of cream of tartar for every pound of cloth; now boil a minute or two, and then add two ounces of powdered lac, and three ounces of madder compound (the lac and compound must be previously mixed in a glass or earthen bowl), broil five minutes; now wet the yarn in warm water, and wring it, and put in the dye; boil the whole nearly an hour; take the yarn or cloth out and rinse it in clean, cold water.

On St Valentine's Day a good goose should lay.

DOVE AND SLATE COLORS—ALL SHADES.

Are made by boiling in an iron vessel a teacupful of black tea with a teaspoonful of coppers, and sufficient water. Dilute this till you get the shade required.

GREEN.

For every pound of yarn or cloth add three and a-half ounces of alum and one pound of fustic; steep to get the strength, but not to boil; soak the cloth until it acquires a good yellow color; then throw out the chips and add the indigo compound slowly, until you have the desired shade of green.

BROWN.

For each pound of wool take a quarter pound of alum and two ounces of cream of tartar, and boil for half an hour. Take half a pound of red powder, quarter pound of fustic and two ounces of log-wood. Soak these a night in sufficient warm water to cover the wool; take the wool out of the alum water and boil with the woods for about half an hour. If a dark brown is wanted, add about a tablespoonful of coppers.

YELLOW.

One pound of wool or cloth, three-quarters of a pound of fustic, quarter pound of alum; put all into an earthen vessel and pour on sufficient hot water to cover the wool and keep it warm all night; give it half an hour's boil in a brass kettle and then rinse in cold water. A much deeper and richer yellow may be made by using turmeric powder instead of fustic, and proceeding in the same manner.

TO DYE A FINE WINE COLOR:

One pound of wool, half pound red powder, one ounce of madder compound. Soak the powder in warm water all night, mix the madder compound with about half a pint of water (in a glass), and add it to the rest; rinse the wool in warm water and put in the dye; boil about half an hour, take out the wool and rinse in cold water. A color almost as fine may be had by using quarter pound of alum, and boiling in the same way.

TO DYE A SALMON COLOR.

One pound of wool—a quarter of a pound of anatto, and a-quarter of a pound of soap. Take water sufficient to cover the wool, in which dissolve the anatto and soap; rinse the wool in warm water, put into the anatto mixture, and boil about half an hour. The shade may be made lighter or deeper, according to the quantity of anatto used.

LILAC.

Is made by boiling the cloth or wool for a short time in cudbear.

MAGENTA.

To a quart of boiling soft water in a basin, add a teaspoonful of the dye; then insert the ribbon or silk, which keep moving until it is the color required; afterwards rinse through cold water. Before dyeing, soak the articles in hot water.

For dyeing wool, proceed in the same manner; about one ounce will be sufficient for a pound of yarn or cloth, increasing the quantity if a deeper shade is required.

Fire that is kept closest burns best of all.

POISONS.

Poisons may be classified under two distinct heads:—Mineral and Vegetable. Mineral poisons are irritating and corrosive in their action. They produce a metallic taste in the mouth; burning pains in the throat, stomach and bowels; and, often, violent retching and bloody vomiting, purging, cramps, cold sweats, and great depression. Vegetable poisons are chiefly narcotics, and many of them are as virulent as any mineral in the mineral kingdom. They cause giddiness, drowsiness, stupor, insensibility or delirium, and oppressed breathing.

GENERAL DIRECTIONS.

First and instantly dilute the poison with large draughts of warm water, either clear, or, if the particular poison is known, containing the proper antidote. This will usually cause vomiting, which is to be desired. If vomiting does not soon occur, excite it. Protect, as much as possible, the lining membrane of the stomach and bowels from contact with the poison by large and frequent doses of sweet oil, mullage or gum arabic, flax seed tea, milk, &c. Melted cosmoline, vaseline, butter, or lard, will serve for this purpose. Keep up the temperature by means of warm blankets, hot bottles, &c., and if there are marked evidences of sinking, such as a failure of the pulse, or very feeble, gasping respiration, give a little stimulus, preferably by injection into the bowels. In the case of an adult, a tablespoonful of brandy, whikey, or gin, with an equal quantity of water, may be administered in this manner, every five or ten minutes, until reaction sets in—that is, until the face regains its color, the pulse becomes stronger, and the breathing natural. A general antidote for all cases of poisoning, where the nature of the poison is unknown, is a mixture of carbonate of magnesia, powdered charcoal, and hydrated sesquioxide of iron, equal parts, in water.

MINERAL POISONS.

Acids—*Muriatic* (spirit of salt), *nitric* (aqua fortis), *sulphuric* (oil of vitriol), *oxalic*, *nitro-muriatic*, &c. Nitric and sulphuric acids are sometimes used for the removal of warts; oxalic acid is often employed for taking out iron or ink stains; muriatic and nitro-muriatic acids are frequently prescribed medicinally. As soon as a poisonous dose has been swallowed, do not give emetic, but seek for something which will neutralise the acid. Powdered chalk, whiting, magnesia, or lime scraped from a wall and stirred in water, may be given in any of these cases. For sulphuric or muriatic acid, also administer soap suds, sweet milk, common soap out into small pieces, baking or washing soda, or saleratus, giving these latter in small quantities at a time, so as not to produce dangerous distention of the stomach, from the evolution of gas. In the case of sulphuric acid, water must not be used freely at first, as least not unless it contains some antidote, as the heat produced when this acid and water are mixed, is sufficient of itself to cause serious damage. Give dose of ipecacuanum if in much pain.

It is never too late to learn.

Ammonia, and other Alkalies (Caustic Potash, Soda or Lime).—Antidotes: Promote vomiting by large draughts of warm water. Give vinegar or diluted lemon juice; the whites of eggs, beaten up with water, gruel, or demulcent drinks of flaxseed or slippery elm; or a weak solution of tartaric acid; to be followed immediately with sweet oil or mucilage of gum arabic. Also give an injection of boiled starch. Pains may be relieved with laudanum, in doses of ten to fifteen drops, as the paroxysms occur.

Antimony (Butter of Antimony, Tartar Emetic), Chromium, Copper, Iodine, Mercury, Zinc—their compounds and preparations; Cantharides, Colchicum, Flatterium and Croton, Savin and Tansy Oils. The antidotes are milk, tea tannic acid. Give whites of eggs (half dozen or more, raw) or flour, mixed with water. Promote vomiting with warm water containing baking soda, or cause it with mustard (a tablespoonful, stirred to a cream with water). Give strong tea or coffee, stimulants, if needed, laudanum (20 drops) if much pain; demulcent drinks of flaxseed or slippery elm.

Arsenic, Ratsbane, Paris Green, and all arsenical preparations used as rat poisons.—Give the whites of five or six eggs, beaten in half a pint of water; or, flour and water, barley water, flaxseed tea, or magnesia. Also administer an emetic of five grains of sulphate of copper (blue vitriol), or fifteen grains of sulphate of zinc (white vitriol), ipecac, or mustard and water. After the vomiting, give hydrated sesquioxide of iron in tablespoonful doses, every fifteen minutes until danger is passed.

Or, mix a teaspoonful of calcined magnesia with a cup of water, add three teaspoonfuls of tincture of iron, mix well, and give the whole of it. Follow with olive oil, or whites of eggs (raw) and mucilaginous drinks. Laudanum (20 drops) if much pain.

Carbolic Acid, Creosote, Resorcin.—Promote vomiting with warm water containing baking soda, or cause it with mustard (a tablespoonful stirred to a cream with water). Give whites of egg, beaten up with water, or olive oil (a cupful); stimulants (whisky, etc.) freely; warmth and friction to the extremities.

Calomel (Mercury).—See Corrosive Sublimate, and follow same treatment.

Chloral, Chloroform, Ether.—Cold water should be sprinkled over the face and applied to the head. If breathing is suspended, treat the patient as directed for 'Artificial Respiration.' The use of electricity is recommended.

Codali.—(Much used as a fly poison.) Treat as for Arsenic.

Corrosive Sublimate (Bed-bug poison).—The whites of three or four eggs, beaten in water, should be given without delay. If eggs are not at hand, flour or thin starch gruel, mucilage or gum arabic, or milk, will answer. An emetic should be taken immediately after the antidote has been administered.

Iodine.—(Used for external application). If it has been swallowed, give a paste of starch, or flour, and water.

Better have some of a pudding than none of a pie.

Lead, Salts of (Sugar of Lead, Lead Paint).—After an emetic, administer as much Epsom salt, or Glauber's salt, as the patient can drink. Then give large quantities of milk and whites of eggs.

Muriates of Tin and Zinc.—These poisons are sometimes found in canned goods—fruits, vegetables, fish, and meats. They cause nausea, vomiting, sudden failure of the vital forces, and sometimes cramps and convulsions. Milk, the whites of eggs, strong tea, or tincture of peruvian bark, should be given. After the violent symptoms have subsided the patient should drink freely of flaxseed tea or barley water.

Prussic Acid.—Liquor of ammonia, in doses of ten drops to a tablespoonful of water, should be given every fifteen minutes, until the patient is out of danger. Also apply smelling-salts to the nose, dash cold water in the face, and give stimulants.

Verdigris.—Give sugar, milk, and whites of eggs in large quantities, then strong tea, but no acids of any kind.

VEGETABLE POISONS.

Aconite, Digitalis, Lobelia, Tobacco, Veratrum (album and viride)—their alkaloids, salts and preparations.—Give emetic of mustard (a tablespoonful, stirred to a cream with water), followed by large draughts of warm water. Give strong tea or coffee, with powdered charcoal; stimulants (whisky, etc.), freely, warmth to the extremities; keep the patient in a horizontal position; use artificial respiration persistently.

Alcohol, Benzoin, Benzol, Camphor, Carbon bisulphide, Chloral, Chloroform, Ether, Hydrocyanic Acid, its compounds and preparations.—If necessary, give an emetic of mustard (a tablespoonful, stirred to a cream with water). Let patient have plenty of fresh air; maintain a horizontal position. Keep the body warm, but try to rouse the patient by ammonia to nostrils, cold douches to the head, friction and mustard plasters to limbs, etc. Use artificial respiration. Bromide of Potash; in doses of fifteen to thirty grains every two or three hours, will also be found useful.

Cocaine is the alkaloid of the coca plant of South American origin. It is generally employed in the form of muriate of cocaine, and principally used as a local anæsthetic. It should only be used under the direction of a physician. It may occasion dangerous effects even in doses usually deemed safe. When it has been taken internally, the proper antidote is a powerful emetic, followed by stimulants—such as liquor and spirits of ammonia—administered internally. When it has been used to a dangerous extent externally, give whisky or brandy and ammonia.

Hemlock (the plant, *Conium*).—See Laudanum, etc.

Jamstown or Jimson Weed (Stramonium).—See Laudanum, etc.

Oil of Bitter Almonds contains Hydrocyanic (Prussic) acid, and is therefore highly poisonous. See Prussic Acid, under the head of Mineral Poisons, this deadly drug being usually obtained from mineral sources.

No one knows what's in a pie till the lid is off.

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Laudanum, Opium, Paregoric, Morphia, Belladonna, Hyoscyamus, Scutellaria, Stramonium, and Conium, and their preparations.—An emetic of mustard and water, twenty grains of sulphate of zinc (white vitriol), or thirty grains of powdered ipecaca, should be given. Strong coffee, brandy, or whiskey should then be administered in large quantities, and the patient walked around the room. Slipping, pinching, dashing cold water in the face, and even whipping may be necessary to keep the patient awake.

Nightshade (Belladonna).—See Laudanum, etc.

Strychnine (Nux Vomica) and Cascarya Indica.—Give an emetic, of a solution of sulphate of zinc (white vitriol), or a strong infusion of tobacco; or inject into the bowels bromide of potassium, 30 grains, and the extract of coca, one-half ounce. Give powdered charcoal, iodide of starch, or tannin. To relieve spasms let patient inhale pure chloroform, or give chloral hydrate (25 grains) or potassium bromide ($\frac{1}{2}$ dram). Lose no time.

Oxalic Acid and its soluble salts.—Give chalk or whiting (a tablespoonful), or even air-slacked lime (a teaspoonful in fine powder) mixed with two tablespoonfuls of vinegar (do not give soda or potash to neutralise the acid). Promote vomiting by large draughts of water, or cause it with mustard (a tablespoonful stirred to a cream with water). Give olive oil and mucilaginous drinks; stimulants (whisky, etc.), and warmth to extremities.

Barium and its Salts, Lead and its Salts.—Give Epsom salts ($\frac{1}{2}$ oz.) or Glauber's salt (1 oz.) dissolved in a tumbler of water. Promote vomiting by warm water, or cause it with mustard (a tablespoonful stirred to a cream with water). Give milk, demulcent drinks of flaxseed or slippery elm, and laudanum (20 drops) if much pain.

Silver Nitrate (Lunar Caustic).—Give common salt (a tablespoonful dissolved in a tumbler of warm water); then an emetic of mustard (a tablespoonful, stirred to a cream with water), followed by large draughts of warm water. Later, give gruel, arrowroot, or demulcent drinks of flaxseed or slippery elm.

Phosphorous Compounds (Rat Paste, Matches, etc.)—Give an emetic of Mustard (a tablespoonful stirred to a cream with water, or better, of blue vitriol, 3 grains every 5 minutes, until vomiting occurs. Give a teaspoonful of old thick oil or spirits of turpentine; also, Epsom salt ($\frac{1}{2}$ oz. in a tumbler of water). Do not give oil, except the turpentine. Give large quantities of warm water, containing calcined magnesia, chalk or whiting.

Toadstools (Fungus Mushrooms) and other poisonous plants and seeds, such as are liable to be picked up and eaten by children.—Empty the stomach at once by any emetic you have at hand; give a dose of castor-oil or olive-oil; and, if needed, give stimulants.

Tobacco.—Give brandy or whiskey. If these Meads, which counteract the narcotic and depressing effects of this poison, are rejected by the stomach, administer by injection. Also give sub-

Time and tide wait for no man.

nitrate of bismuth, and pepsine, five grains each, to allay nausea. In giving an antidote, never wait for it to dissolve. Just stir it up in any mild fluid at hand, except oil, and let it be swallowed immediately.

*Poisoning by swallowing powdered Cantharides (Spanish Flies).—*Used for blistering and also as a medicine to be taken internally. When a poisonous dose has been swallowed give immediately large draughts of sweet oil, sugar and water, milk, or flannel tea, and call a physician.

Poisoning by the common Poison Vine (Ivy or Oak), Sassafras, and other poisonous plants, causes red blotches and burning on the skin, with great itching and burning. When the skin is not seriously affected it may be bathed freely with spirits of wine or extract of the alder or witch hazel; but, in severe cases, the liquor of the sub-acetate of lead—one part to three parts of rose-water—should be applied every hour or two, allowing the solution to dry on the skin. It is also recommended to apply cloths soaked in a solution of soda—a tablespoonful of soda to a teacupful of hot water; also, to dust with magnesia or ordinary toilet powder. Persons working where ivy grows may sometimes prevent its poisonous effects by anointing the hands and face with olive oil.

Poisoned Meats.—Tainted meats, and the flesh of diseased animals when used for food, produce the same symptoms as irritant poisons. Drink freely of warm water until vomiting occurs, and take a full dose of Strong's Cathartic Pills. The patient's strength must be sustained by stimulants. Place over the bowels a mustard poultice, or hot flannel sprinkled with turpentine. If the pain is severe, take fifteen to twenty-five drops of laudanum, every hour, until relieved.

Potash and other Alkalies.—The powerful caustic effects produced, on the skin, by Potash, Quick-lime, and Caustic Ammonia, may be relieved by applying lemon juice or weak vinegar.

May good digestion wait on appetite.

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T he doctors themselves have pronounced it the best,
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This pure, scientific Food makes sick and plethoric babies well and happy, and so thoroughly nourishes little ones living upon it that they rarely have a sick day. It is not a medicine, but a food which makes medicine needless. Twenty thousand physicians throughout the world are endorsed by all users. One hundred and fifty cents for \$1.00 is true of Lactated Food alone.

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Mr. Isaac Waterman, Imperia O. Co., Peoria, says:— Nasal Balm gave me most perfect satisfaction of any medicine I ever used for cold in the head. I found it easy to use, quick in giving relief and effect a complete cure in a few hours.

D. DeBrecht, Mayor of Brockville, and President of the Ontario Creamery Association, says:— Nasal Balm beats the world for catarrh and cold in the head. In my own case it effected relief from the first application.

Mr. A. W. Mallory, a Mallory town, Ont., says:— My daughter suffered for years from a most distressing and annoying catarrh. Her case was under the treatment of eminent physicians in the United States and Canada. Two months use of Nasal Balm has had more beneficial effect than all former treatments combined.

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