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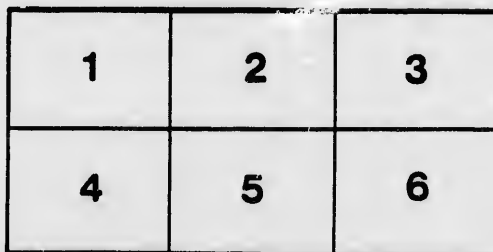
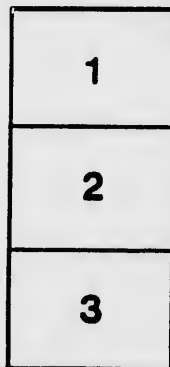
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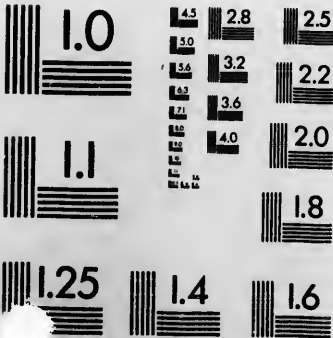
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
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
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Tried Recipes, collected and arranged by a
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1888.

“ We may live without poetry, music and art,
We may live without conscience, and live without heart,
We may live without friends, we may live without books,
But civilized man cannot live without cooks.”

The once celebrated President, DuPaty, of the French Assembly, remarked, nearly a hundred years ago, to the astronomer LaPlace, that he considered the discovery of a new planet to be far less important than that of a new pudding,—since we never could have puddings enough, while of planets there were more than we knew what to do with.

PREFACE.

The compilers of this little book commend the result of their labours to the public, in the hope that anyone buying a copy will find they get Scriptural value for their money : "Good measure, pressed down, and shaken together, and running over." Many of these recipes have never been published before, and some are more than a hundred years old. One object of this work has been to give young housekeepers practical and economical hints, which, if faithfully followed, will make of them, not only careful housekeepers, but clever cooks.



EDWARDS' Desiccated Soup.

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A dry preparation of Extract of Beef and Vegetables, a delicious, **Nourishing & Economical** Basin of Soup in a few minutes, a ground work for all Brown Soups. Keeps good any time and in all climates.

Highly recommended by the Medical profession.

DIRECTIONS FOR USE.

SOUP.—To three-quarters of a pint of Cold Water in a saucepan stir the contents of a packet, or about one ounce; boil for fifteen minutes, then flavour to taste. A few drops of Sauce may be added.

MULLAGATAWNY SOUP.—This can be made by adding a small teaspoonful of Curry Powder to a quart of Soup prepared as above.

TOMATO SOUP may be made by adding fresh Tomatoes to the plain Soup as above. When these are not in season, canned Tomatoes or Tomato Conserve may be used.

RISSOLES.—Put one ounce of EDWARDS' DESICCATED SOUP into a bowl, pour on it a quarter of a pint of Boiling Water, cover and keep warm for fifteen minutes, then add one ounce of bread crumbs and seasoning to taste. Mix all well together (and bind it with one well-beaten egg) into a thick paste. Form the mixture into six balls, dip them into egg and bread crumb, and fry them to a nice brown.

POTATO PASTRY.—Put two ounces of EDWARDS' DESICCATED SOUP into a bowl, pour on it half-a-pint of a boiling water, cover, and keep warm for 15 minutes; add two ounces of bread crumbs, mix well together, place it in a pie-dish, spread over it a thick layer of nicely mashed Potato. Bake in a moderate oven.

POTATO RISSOLES.—Form two ounces of the Soup into a thick paste by adding Boiling Water as directed above, omitting the bread crumbs; divide it into several portions, each of which place between layers of nicely mashed Potatoes, and bake or cook in pan with butter or lard until brown.

SAUSAGE ROLLS.—Prepare the Soup as in last recipe, and add bread crumbs; mix well together, divide into several portions, cover with pastry in the shape of sausage rolls, and bake.

GRAVIES.—Blend the Desiccated Soup in a cup or basin with a little tepid water, cover, and place by the fire a few minutes. Put it into a saucepan with the quantity of water necessary to make it of the proper consistency; boil about 10 minutes, stirring well.

SAUCES, and all Soups requiring a body, may be most advantageously thickened with these Soups; being far superior to flour for that purpose.

Where time is limited, these Soups may be made when convenient, and can be warmed up again when required, leaving the rich flavour unimpaired.

N. B.—In preparing Edwards' Desiccated Soup, be sure you boil it—stirring frequently—for not less than fifteen minutes; if the fire be low, it may take a few minutes longer.

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SOUPS.

Soups are an economical addition to a bill of fare, and material that is often considered useless, and consigned to the crematory of the kitchen stove or the refuse heap, might, with a little carefulness and knowledge, be utilized in the preparation of a tasty and nourishing soup. A bowl or earthen dish should be kept in every pantry, into which remnants of steak, or bones from cold meat, trimmings, gristle, drainings of gravy from dishes and gravy boats, can be collected. These, with the addition of a very little fresh meat, will make excellent stock, from which a variety of soups may be prepared by varying the flavoring ingredients. Remains of cold vegetables should also be saved, and will be found valuable additions to soup by being rubbed through a colander. The boilings of fresh meat, with the addition of bones or scraps to increase the strength, will form the foundation of all sorts of soups, gravies, etc.; this is what is commonly called "stock." Most soups require 4 to 6 hours gentle boiling, and almost all should be prepared the day before they are to be used, as by allowing the stock to become cold the fat collects on the top and can be easily separated.

BROWNING FOR STOCK.

2 oz. of powdered sugar and $\frac{1}{2}$ pint of water. Place the sugar in a saucepan over a slow fire until it begins to melt, keeping it stirred until it becomes black, then add the water, and let it dissolve. Cork closely, and use a little when required.

HARE SOUP.

Cut the hare up in joints, preserve all the blood, and put both together on the fire till warm through. Then add 3 quarts of cold water, one turnip, one carrot, half a piece of celery, 4 or 5 potatoes sliced raw, some sweet herbs, and let it stew slowly for 3 hours. Then take it off the fire. Cut off from the bones the best part of the meat. Strain the remainder, replacing the pieces of hare; add 2 finely sliced onions, and a small quantity of flour and butter. Put the whole on the fire for another half hour, adding $\frac{1}{2}$ pint of port wine 5 minutes before dishing it up. If necessary $\frac{1}{2}$ tablespoonful of Worcester sauce may be added.

JULIENNE SOUP.

Take a large carrot, a turnip, some celery, and one or two onions, cut them in slices and fry them brown, drain off the butter used in frying, and add a quart or two of stock. Let it simmer slowly for an hour or more, add a seasoning of salt and pepper. In summer, green peas, asparagus tops or French beans may be added.

OX-TAIL SOUP.

Take an ox-tail, separating it at the joints, wash and put it in a stewpan with a pint of water and a small piece of butter, stir it over a sharp fire till the juices are drawn; then add $\frac{1}{2}$ a carrot, the same of turnip, an onion, a little celery and parsley, five or six pepper corns, a lump of sugar, and a teaspoonful of salt. When the vegetables are tender take them out and pulp them through a sieve, after which rub all up with the gravy in the stewpan, incorporating with it two tablespoonfuls of flour, then add by degrees 2 pints and a half of boiling water. Finally boil up for a few minutes and add a little browning. It may be made clear by omitting the flour.

GREEN PEA SOUP.

1 quart of young green peas, a bunch of parsley, 2 young onions, a lump of sugar, a little salt, 2 quarts of stock. Boil the peas and other vegetables till quite tender, then rub through a sieve and pour the stock on to them. Let it get thoroughly hot but not boil; serve very hot. You may add a pint of young peas boiled and served whole in the tureen.

POTATO SOUP.

4 lbs. mealy potatoes boiled very dry, pepper and salt to taste, an onion or two, 2 quarts of stock. Mash the potatoes smoothly, and gradually add the boiling stock; pass it through a sieve, season, and simmer five minutes. The onion should be boiled in the stock. Some minced parsley served in the soup is an improvement.

MOCK TURTLE SOUP.

A knuckle of veal weighing 5 or 6 lbs., 2 cow heels, 2 large onions stuck with cloves, 1 bunch sweet herbs, 3 blades of mace, salt to taste, 12 pepper corns, 1 glass of sherry, 24 forcemeat balls, a little lemon juice, 4 qts. water.

Put all the ingredients except the forcemeat balls and lemon juice in an earthen jar, and stew for 6 hours. When cold skim off the fat, and strain, place it on the fire, cut up the meat into inch-and-a-half squares, and put it with the forcemeat balls and lemon juice into the soup, and serve. It can be flavored with anchovy or Harvey's sauce.

ARTICHOKE SOUP No. 1.

4 lbs. artichokes, $\frac{1}{2}$ head celery, 1 turnip, 1 onion, 2 oz. butter, 2 lumps sugar, pepper and salt to taste, 2 qts. white stock, 1 pt. milk boiling. Wash and pare the artichokes and cut into slices, add them with a pint of the stock to the other ingredients. When these have stewed down to a smooth pulp, add remain-

der of stock. Stir well, adding seasoning, and simmer for five minutes, and pass through a strainer. Pour back into the stewpan, boil 5 minutes, and add the boiling milk.

ARTICHOKE SOUP No. 2.

Boil 4 or 5 good artichokes in salt and water until tender. Then drain them and put in a stewpan with about $\frac{1}{2}$ a pint of good stock and $\frac{1}{2}$ a pint milk, add salt and pepper and a shake of cayenne pepper. If not quite rich enough, a teaspoonful of butter may be added. Give one good boil and serve. This quantity makes sufficient for 4 persons.

PEA SOUP.

1 onion, 1 carrot, a little celery, $\frac{3}{4}$ lb. split peas, a little mint shred fine, 1 tablespoonful of coarse brown sugar, salt and pepper to taste, 4 qts. water or liquor in which meat has been boiled. Pour water on vegetables, and when boiling add peas, seasoning and sugar. Boil four or five hours.

BROWN SOUP.

Get a good sized shank of beef, well cracked, and cover it entirely with cold water, into which beat the whole of an egg. Take the meat which has been cut off the shank and fry it in dripping until quite brown, and add it to the soup while boiling, put in also 1 large onion (not skinned), 1 large carrot, a little celery (if you have it), 2 oz. whole black pepper, 1 oz. whole allspice, boil slowly for 6 hours, strain through a towel, adding then, 1 glass sherry and salt to taste. Next day remove all grease before heating for use.

SOUP FOR LUNCHEON.

1 lb. lean beef minced. Put it into a stone jar, cover with cold water (about a pint will be sufficient), add a little salt, cover the jar and let it boil in a saucepan of boiling water one hour.

Stew 3 or 4 tomatoes in a saucepan with a scrap of onion and a teaspoonful of mushroom catsup, if you have it; when your beef tea has cooked an hour, add it to the contents of the saucepan, with a little more salt if required, give the whole five minutes boil, and serve in cups.

OYSTER SOUP.

1 pt. oysters, 1 qt. milk, $\frac{1}{2}$ tablespoonful butter, 1 large tablespoonful cornstarch, salt to taste, $\frac{1}{2}$ saltspoonful pepper. Put the milk on to boil in the double boiler. Place a colander over a pan. Put the oysters in a bowl and pour over them one cup water, then drain in colander, strain oyster liquor which has drained from colander through fine strainer. Put it on to boil, add oysters. Strain liquor into milk and put oysters where they will keep hot. Thicken milk with butter and flour, add salt and pepper to taste. Boil five minutes, and serve at once.

Oyster stew is made like oyster soup without the thickening.

TOMATO SOUP No. 1.

Five tomatoes peeled and stewed in a cup of water, add a cup of milk, and a minute or two before dishing stir in three soda biscuits rolled finely, and a small piece of butter; season with pepper and salt to taste.

TOMATO SOUP No. 2.

1 quart canned tomatoes, 1 tablespoonful butter, 1 pint hot water, 1 tablespoonful cornstarch, 1 teaspoonful salt, 1 tablespoonful chopped onion, 1 saltspoonful white pepper, 1 tablespoonful chopped parsley. Put the tomatoes, water, salt on to boil in a stewpan, put the butter in a small saucepan, and when it bubbles put in the onion and parsley. Fry five minutes, being careful not to burn it. Add the cornstarch, and when

well mixed stir it into the tomatoes. Let it simmer ten minutes. Strain and serve with toasted crackers.

Stock may be substituted for the water.

BARLEY BROTH.

Boil a neck of mutton in 3 or 4 qts. of water 5 hours, and if possible let stand till next day in order to remove the fat. Then add $\frac{1}{2}$ turnip, 2 carrots, 2 onions, a little celery or parsley finely minced. Boil $\frac{1}{2}$ teacup of barley for 3 hours in a little water in a double boiler, and add it to the stock with the vegetables. Season to taste.

GAME SOUP.

Take the remains of any partridge left over from dinner, pick off the meat, break up the bones and lay them in a saucepan with a carrot, turnip, blade of celery, an onion stuck with a clove or two, a few pepper corns, and some parsley, if you have it. Let it boil gently, in enough common stock to cover it all well, for several hours; pound the meat previously saved with any scraps that may have left the bones while boiling, moistening it with some of the soup, rub this through a sieve into the soup, which should be strained from the bones, vegetables, etc.; give it a boil up, thicken with a little butter rolled in flour, and serve with fried bread dice.

FISH.

Fish should be perfectly fresh and thoroughly cooked, or it will be very indigestible and sometimes poisonous.

It should be wiped with a cloth wet in cold salted water, and may be cooked in a variety of ways, but broiling and baking are the most wholesome methods.

For frying, fish should be wiped dry, and dipped in egg, then in bread crumbs. Then, having a deep frying pan on the fire, with plenty of very hot lard or dripping, plunge the fish into it and let it fry quickly, till a fine yellow brown colour. The grease may be removed by placing the fish on a sheet of white blotting paper.

For boiling fish, the water should be cold, and a little salt and vinegar added to it. It should boil very gently—time 8 minutes to the pound.

If to be broiled, rub the gridiron with a bit of suet when quite hot, have ready the fish seasoned and floured, and broil over a clear fire.

In garnishing fish with fried parsley, the latter must be washed and pickled, and thrown into fresh water. When the fat boils, throw the parsley into it and it will become green and crisp, and must be taken up with a slice. Lemon and horse-radish are also used for garnishing.

COD'S HEAD AND SHOULDERS.

Clean the fish thoroughly, and rub it with a little salt an hour or so before you dress it. Lay it in your fish kettle with cold water enough to cover it. Add salt in the proportion of 5 oz. to 1 gal. of water. Keep it covered with water. Boil slowly and keep it well skimmed. Drain and serve on a napkin. Have oyster sauce or melted butter.

SALMON (Boiled).

6 oz. salt to each gallon water ; sufficient water to cover fish. Scale and clean fish, simmer gently till the meat will separate easily from bone, serve with lobster, parsley or plain melted butter sauce.

SALMON (Pickled).

After the fish has been boiled and drained, add the following pickle : Take equal quantity of water in which the fish was boiled, and vinegar, add a few pepper corns, a little mace, a very little allspice, boil for a few minutes, and pour over the fish.

COD PIE.

Any remains cold cod, 12 oysters, sufficient melted butter to moisten it, mashed potatoes enough to fill up the dish ; flake fish from bone, lay it in a pie dish, add oysters and melted butter, cover with mashed potatoes, and bake a light brown.

SCALLOPED OYSTERS.

1 pt. oysters, one-third cup of melted butter, 1 cup cracker or stale bread crumbs moistened in the melted butter. Butter a shallow dish ; put in a layer of crumbs, then layer of oysters, season with salt and pepper. Put in another layer of oysters and seasoning, with thick layer of crumbs on top. Bake in hot oven 20 minutes.

LOBSTER PATTIES.

Minced lobster, 4 tablespoonfuls of béchamel (see sauces), 6 drops anchovy sauce, lemon juice, cayenne to taste. Line the patty pans with puff paste, or buy shells at confectioners. Take lobster, mince fine and add above ingredients, stir over fire five minutes and put in patty cases.

STUFFING FOR BAKED FISH:

1 cup cracker crumbs, 1 teaspoonful parsley, 1 salt-

spoonful salt, 1 teaspoonful pickles, 1 saltspoonful pepper, $\frac{1}{4}$ cup melted butter, 1 teaspoonful chopped onion.

This makes a dry crumbly stuffing. If a moist stuffing be desired use stale bread crumbs and moisten with one egg and the butter. The pickles should be chopped.

TO FRY TROUT.

Scale, clean and wash; dry them well, and roll in flour, or cover them with egg and bread crumbs or coarse oatmeal, then fry them of a fine colour, with fresh dripping. Serve with crimped parsley and cold butter.

Time five to eight minutes, according to size.

GATINEAU TROUT (Baked).

Make a stuffing of fine rolled bread crumbs, parsley or thyme, butter, salt and pepper. Have your fish carefully dried and cleaned, put in the stuffing and sew it up. Bake 20 minutes to half an hour, according to the size of your fish. Baste well with dripping, and serve with a garnish of parsley.

SALT FISH BALLS. (Mrs. Lincoln.)

1 cup raw salt fish, 1 pint potatoes, 1 teaspoonful butter, 1 egg well beaten, $\frac{1}{4}$ saltspoonful pepper, more salt if required. Wash the fish, pick in $\frac{1}{2}$ inch pieces, and free from bones. Pare the potatoes and cut in quarters. Put the potatoes and fish in a stewpan, and cover with boiling water. Boil 25 minutes or till the potatoes are soft. Drain off all the water. Mash and beat the fish and potatoes till light. Add the butter and pepper, and when slightly cooled the egg, and more salt if necessary. Shape in a tablespoon without much smoothing, slip into a frying basket, and fry in smoking hot lard one minute. Fry only five at a time as more will cool the fat. The lard should be hot enough to brown a piece of bread while you count 40. To prepare the night before,

omit the egg. Warm the fish and potato in a double boiler and add the egg. Keep the fish in a bowl of cold water while picking, and it will require no further soaking.

TO BROIL SALMON.

Cut slices an inch thick, and season with pepper and salt; lay each slice on half a sheet of white paper well buttered, twist the ends of the paper, and broil the slices over a slow fire six or eight minutes. Serve with raw pickles.

CREAMED SALT FISH.

Serve one cup of picked up fish in a rich cream sauce.

KEDGÉREE.

Take equal parts of cold fish (free from skin and bones), boiled rice, and some hard boiled eggs. Butter, the size of an egg. Chop the fish and eggs and mix with the rice, add the butter, season with salt, pepper, and a sprinkle of curry powder. Warm in a saucepan, and serve as hot as possible.

OYSTER PIE.

Have a rich paste baked on an oval or round dish with a high border. Cut out the flat part close to the rim after it has been baked, and place it in the bottom of a deep dish. Make a sauce with a pint of milk, a tablespoonful of flour, and one of butter; season with pepper and salt. When the sauce is well cooked put in a quart of oysters, and let them heat well through without boiling. Then pour them into the dish on the paste, and place the rim on top.

BAKED HERRINGS.

12 herrings, 12 cloves, 12 allspice, 2 small blades of mace, salt, and a dash of cayenne if liked, vinegar.

Separate the flesh from the back bone, take it out and take off

the heads, tails, and fins, sprinkle the insides with a little salt roll them up tight from the tail end upwards, and pack them closely in a pudding dish, put in the spice and vinegar, and water sufficient to cover them, using only one-third vinegar. Bake from 30 to 40 minutes in a moderate oven. To be eaten cold.

OYSTER KROMESKYS.

Parboil a dozen oysters in their own liquor, remove the beards, strain the liquor and cut up the oysters in dice; melt a piece of butter (about the size of a pigeon's egg) in a saucepan, stir in a tablespoonful of flour, add the oyster liquor, a little milk, minced oysters, salt and pepper to taste, a scrap of grated nutmeg and a teaspoonful of chopped parsley. Take the saucepan off the fire, stir in the yolk of an egg. Let the mixture get quite cold. Divide it into 12 pieces. Wrap each piece in a thin slice of bacon. Dip in egg and fry in hot lard. They are very good without the bacon.

HALIBUT RÉCHAUFFÉ.

Cut one onion into a saucepan, add $\frac{1}{2}$ a pint of water, a little mace and parsley. When thoroughly boiled, add one pint of milk or cream, 1 dessertspoonful of butter, one tablespoonful of flour, and strain all through a sieve. Take some halibut or other fish, remove the skin and bones, flake it, butter a dish, and put first a layer of fish, then some of the dressing, and so on, alternately, until the dish is full. Put grated breadcrumbs on the top, and bake from 30 to 40 minutes.

GRAVIES, SAUCES, PICKLES.

General Directions for making Gravies.

Any stock made from bones or meat, thickened with flour and flavoured with onion and sauces, this, with the addition of pepper and salt is called "made gravy."

GRAVY FOR JOINTS.

After the meat is taken out of the pan, pour off the fat; a small quantity of boiling water is put into the pan and thoroughly washed over its surface. If a thicker gravy is liked, a little flour may be dusted on the pan and browned before the water is put in.

DRAWN BUTTER.

1 pt. white stock or hot water, $\frac{1}{2}$ cup of butter (scant), 2 tablespoonfuls flour, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ saltspoonful pepper. Put half the butter in a saucepan, be careful not to let it become brown, when melted add the dry flour and mix well, add the hot water, a little at a time, and stir rapidly as it thickens. When perfectly smooth, add the remainder of butter in small pieces and stir till it is absorbed. Add salt and pepper.

WHITE SAUCE.

A good white sauce for vegetables can be made by using milk with a thickening of cornstarch and a teaspoonful of butter. It is more economical and is excellent with artichokes, or any vegetable requiring drawn butter.

SAUCE (For Baked or Boiled Fish).

$\frac{1}{2}$ cup of butter, 1 saltspoonful salt, yolks of 2 eggs, $\frac{1}{4}$ saltspoonful cayenne pepper, juice of $\frac{1}{2}$ lemon, $\frac{1}{2}$ cup of boiling

water. Rub the butter to a cream. Add the yolks, one at a time, and beat well; then add the lemon juice, salt and pepper. About five minutes before serving, add the boiling water, and stir until it thickens like boiled custard.

BÉCHAMEL SAUCE.

1 small bunch of parsley, 2 cloves, small bunch herbs, salt to taste, 2 pts. white stock, 1 pt. cream or milk, 1 tablespoonful of arrowroot.

HORSE-RADISH SAUCE.

1 oz. grated horse-radish, $\frac{1}{2}$ oz. salt, 1 tablespoonful made mustard, 3 dessertspoonfuls sugar, 3 dessertspoonfuls vinegar, and milk or cream enough to make it the consistency of thick cream.

ONION SAUCE (For Lamb or Mutton).

Boil 2 or 3 onions of good size till soft. Drain and rub them through a strainer, stir the onion pulp into half a pint of white sauce made with milk.

BREAD SAUCE (For Game).

$\frac{1}{2}$ pint of milk, $\frac{1}{2}$ cup of breadcrumbs, 1 teaspoonful chopped onion, 1 blade of mace, salt and pepper to taste, 1 teaspoonful of butter. Boil the milk with the bread, onion and mace, add the seasoning and butter. Beat a few minutes till smooth, serve hot.

MINT SAUCE.

Wash and pick over mint leaves, chop them with a sharp knife, and quickly, to preserve the color, put them into a sauce tureen with sufficient sugar to take off the acidity of the vinegar.

OYSTER SAUCE.

Take $\frac{1}{2}$ pint of oysters, remove the beards, and give them a boil up in a drawn butter sauce.

PARSLEY SAUCE.

Make a drawn butter sauce, according to directions given, wash, pick and chop fine plenty of parsley. Mix with melted butter, and boil a few minutes.

CAPER SAUCE.

Add whole capers and a portion of the vinegar they are preserved in to drawn butter.

MAYONNAISE.

Beat the yolk of an egg with an even saltspoonful of salt till very smooth, then incorporate with it a teaspoonful of thick made mustard. When these are quite smooth, add by degrees one, two or even three tablespoonfuls of the best salad oil, taking care to add it by degrees, and blend each portion before adding more. This ought to make a smooth mass so thick that a spoon would stand up in it. Dilute with vinegar to the consistency of thick cream. A little anchovy may be added if desired.

MAYONNAISE DRESSING (most delicious).

1 tablespoonful mustard, 1 tablespoonful sugar, 1-10 teaspoonful cayenne, 1 teaspoonful salt, the yolks of 3 uncooked eggs, juice of half a lemon, $\frac{1}{4}$ cup vinegar, 1 pint of fine salad oil, 1 cupful whipped cream. Beat the yolks and dry ingredients till very light and thick, setting the bowl in a pan of ice while beating, add the liquids in the following order: First the oil, gradually, if used (it may be left out and cream supplied instead), then the vinegar, lemon and cream, place on the ice for a few hours if there is time.

Half these proportions makes a good supply.

FORCEMEAT.

3 or 4 ozs. of suet, 2 ozs. of lean ham or bacon, a little grated lemon peel, a teaspoonful of minced parsley, a teaspoonful of sweet herbs, salt, pepper and a little mace, and 6 ozs of grated bread, 2 eggs. Mix all the ingredients finely, and rub them with the spice well into the breadcrumbs. Wet them with the 2 eggs (well beaten). When wanted for use make into balls, and fry in hot lard as a garnish. Or simply use the forcemeat as a stuffing for turkey or veal.

PICKLED PEACHES.

Take 14 lbs. of peaches ; in every one stick 2 cloves and 2 pieces of cinnamon. Dissolve 7 lbs. of sugar in a quart of water ; when boiling put in the peaches and cook until tender, put in jars ; to the syrup add one pint of vinegar, let it boil up and pour into the jars over the fruit.

GOVERNOR'S SAUCE.

Slice 1 peck green tomatoes, cover with salt and let stand all night. Drain off liquor, add 1 cup sugar, 1 cup grated horseradish, 1 tablespoonful ground cloves, 1 tablespoonful cinnamon, 1 tablespoonful allspice, 1 dessertspoonful red pepper, 1 dessertspoonful white pepper, 3 whole red peppers, 3 large onions chopped fine, cover with vinegar and simmer till soft.

CHOW-CHOW.

1 qt. small white onions, 1 qt. small cucumbers, 1 cauliflower, 6 green peppers, put these in a brine and let stand twenty-four hours, then scald in the same brine, 1 qt. vinegar, $\frac{1}{4}$ cup flour, $\frac{1}{2}$ cup sugar, 6 tablespoonfuls mustard, $\frac{1}{2}$ oz. turmeric powder. Boil this until well cooked, and pour over the pickles.

PLAIN STUFFING FOR FOWLS.

Take a pint of bread crumbs, a plentiful seasoning of salt and pepper, a tablespoonful of minced parsley or some sweet herbs. Take some good clarified dripping or butter. Melt and pour it on the breadcrumbs and other ingredients, and stuff your fowls.

MAITRE D'HOTEL BUTTER.

$\frac{1}{4}$ lb. of butter, 2 dessertspoonfuls of minced parsley, salt and pepper to taste, the juice of a lemon. Work these ingredients well together with a spoon. It can be poured either under or over the meat or fish it is to be served with.

SPICED CURRANTS.

5 lbs. currants, 4 lbs. brown sugar, 2 tablespoonfuls cloves, 2 tablespoonfuls cinnamon, 1 pint vinegar. Boil till thick.

TOMATO CATSUP (excellent).

2 gals. ripe tomatoes, teacup salt, boil for half an hour, put through a colander, put in $\frac{1}{2}$ dessertspoonful cloves ground, $\frac{1}{2}$ dessertspoonful allspice, $\frac{1}{2}$ dessertspoonful ground ginger, $\frac{1}{2}$ dessertspoonful pepper, $\frac{1}{2}$ dessertspoonful cayenne, a little garlic and onion chopped fine, let it boil down some time and strain through sieve.

CHILI SAUCE.

40 tomatoes, 4 green peppers, 8 large onions, 16 tablespoonfuls sugar, 8 tablespoonfuls salt, 1 tablespoonful ground cloves, 1 tablespoonful of cinnamon, 1 teaspoonful of ginger, 2 nutmegs. Prepare the tomatoes as for stewing, chop up the onions and peppers. Mix all together and boil till quite thick. Put up in small bottles and cork tightly.

MEATS AND POULTRY.

ROASTING.

As a general rule a quarter of an hour to each pound of meat is the proper allowance for roasting, adding a little for large joints and taking off for small ones. The meat to be cooked should be exposed at first to a quick heat, which immediately coagulates the albumen on and near the surface. Should the oven be very brisk, the meat may be covered with a piece of white paper to prevent scorching before the heat penetrates the joint. Remove the paper half an hour before the meat is done, and let it brown nicely. Beef should be garnished with scraped horse-radish and may have horse-radish sauce.

Mutton should be well basted in its own fat, and towards the last well dredged with flour. The shoulder, loin and neck being flat require less time than the saddle and leg joints.

Mutton is served with red currant jelly; with the shoulder some prefer onion sauce.

Venison and lamb require the full quarter of an hour per pound. Venison is served with jelly the same as mutton. Lamb always with mint sauce.

Veal should be thoroughly done in a hot oven and browned well, with a certain amount of coating from a dredging of flour or flour and breadcrumbs mixed. It should be well basted with lard or dripping. The fillet should be stuffed with forcemeat where the bone was taken out, and the flap skewered over it. A fillet, stuffed, of nine pounds, two hours and a half to roast. Garnish with slices of lemon.

Turkeys and fowls have their breasts stuffed with forcemeat, and require a made gravy, which can be obtained by boiling the necks; etc.

Bread sauce accompanies them, and sausages, ham or bacon, according to taste, should be served with them. Time, as near as possible, a quarter of an hour per pound.

Geese and ducks should be stuffed with sage and onions, boiled and chopped fine, then mixed with enough of either mashed potato or breadcrumbs to fill their bodies. They should be well basted, have a made gravy, also apple sauce. Time according to the rule.

BOILING.

Joints that are boiled require the quarter of an hour calculation. They should be put in boiling water and cooked very slowly.

Turkeys and fowls should have the breasts stuffed the same as for roasting.

Boiled beef is improved by the addition of vegetables put in while it is boiling, and served as a garnish to the dish.

Pickled pork is boiled like beef. If very salt it may be soaked for two or three hours before boiling. It requires double the time to cook. 25 minutes to the pound at least, very slow boiling. When under done it is very unwholesome. The skin should be taken off, and a sprinkling of fine dried crumbs put over the meat and lightly browned in the oven. The same rule as to time applies to ham and bacon.

Beef tongue, if salt, may be soaked before boiling. It requires 3 or 4 hours according to size. The skin is taken off before serving.

Beef tongue, rolled, is an economical method of using both fat and lean. When the tongue is boiled and skinned, lay it in a jar or round tin with the tip outside the root; a little of the liquor it is boiled in may be stiffened with gelatine and poured round. Put a small saucer or round piece of wood on the top of the tongue, and a heavy weight on that. Serve cold.

Leg of mutton may be boiled with turnips and served with caper sauce. Time, a little more than the rule for large legs. The liquor makes excellent stock.

TO CLARIFY BEEF DRIPPING.

Take the skimming of boiled shank of beef (there must be no vegetable in it if it is to be used for pastry) or beef dripping, put it in a saucepan, and melt it over the fire with some boiling water. When thoroughly melted, strain it through a sieve, or allow it to become cold, and then carefully scrape off the sediment from the under side of the cake of fat. It may be kept a length of time by wrapping the cakes in white paper and keeping in a cool place. Bacon fat should be kept by itself, and can be used for basting veal or poultry.

Mutton fat should be clarified and put away for soap making purposes.

All pieces of beef suet and trimmings of fat should be tried out in a frying pan, and the rendering added to your stock of dripping.

SPICED BEEF (Excellent).

Take a piece of ribs of beef of about 10 lbs. weight and rub it well with common salt. Make a brine with a $\frac{1}{4}$ lb. of salt, $\frac{1}{4}$ oz. of saltpetre, $\frac{3}{4}$ lb. sugar, 60 cloves, 60 allspice, as many black pepper corns. Crack the spice, put it on to boil for a few minutes in 2 pints of water, when cold pour it over the beef. Turn and rub it well every day for 3 weeks. When required for use, put the beef into a deep pan with the brine, a little water, and about 1 lb. of beef suet. Bake it or boil it very slowly until tender, let it get cold in the brine. If boiled it must be very, very slowly for 5 or 6 hours, adding sufficient water to the brine to cover the beef. Be sure and put in the suet and let it get cold in the liquid. Put into a round pan and put a weight on it for some hours before using. This recipe answers for brisket.

TO PICKLE HAMS OR PORK.

1 lb. coarse sugar, 1 pint of molasses, $\frac{1}{2}$ lb. bay salt, $\frac{1}{2}$ lb. saltpetre, 1 lb. common salt, 1 qt. of beer. Boil together and pour on hams boiling hot. $\frac{1}{2}$ an oz. ground pepper rubbed in each ham and set to drain a day or two.

BOILED FOWL.

Pluck, draw, and singe a nice plump fowl. Cut the feet off at the first joint and tie up the legs closely to the breast, cut off the head and neck, leaving sufficient skin to skewer back. Turn the wings under and skewer them to the sides. Tie in a cloth and put into hot water or, better still, put on a plate in a steamer and steam over boiling water. An hour for a large fowl, $\frac{3}{4}$ for one of less size, extra time must be allowed for old fowls. Boiled pickled pork, tongue or bacon are the usual accompaniments. Serve with white sauce, parsley and butter, or oyster or celery sauce. Pour a little of the sauce over the fowls after removing the skewers, and serve the rest in a tureen.

SPICED BEEF.

A round of 20 lbs. Rub over with 2 ozs. saltpetre and let it remain 24 hours. Then take: 2 ozs. coarse sugar, 1 oz. black pepper, 1 grated nutmeg, $\frac{1}{2}$ oz. ground allspice, $\frac{1}{2}$ oz. ground ginger, $\frac{1}{2}$ oz. ground mace, 2 cloves to every lb., pounded fine, 1 teaspoonful cayenne pepper, 1 lb. common salt. Rub the beef over with the above spices and let it remain 3 weeks, turning and rubbing every day. Then put it into a baking pan (deep), with $\frac{1}{2}$ a teacup of water, covering the top of the beef with shred suet, and putting in the brine and spices. Cover the pan with a paste of flour and water, and bake five hours. Or boil an equal length of time, very slowly, with plenty of suet and sufficient water added to the brine to cover the meat.

STEWED PIGEONS.

Lay some butter and white flour in the bottom of your stewpan, and let them brown well. Then lay in your birds (filled with chicken stuffing), and nearly cover them with water. Season with pepper and salt, a little parsley or onion chopped fine, if the flavor is liked. Let the giblets also be put in. Stew from one and a half to two hours.

STEWED KIDNEY WITH MACCARONI.

Cook 2 oz. of macaroni (broken into small pieces) in boiling water. Take 2 or 3 mutton kidneys, skin them, remove the fat, and cut into thin slices, season with salt, cayenne and minced herbs, fry on both sides in butter, then stew in half a pint of gravy flavored with tomatoes. Dish with a layer of macaroni over them, then the gravy poured over, add salt and pepper, some grated Parmesan cheese if liked, and brown.

SWEETBREADS FRIED.

Soak the sweetbreads 1 hour in salt and water, remove the pipes, parboil and roll in egg and breadcrumbs, and fry in hot lard.

SWEETBREADS STEWED.

Proceed as in the former recipe, make a white sauce, put in the sweetbreads and stew a few minutes and serve.

CROQUETTES OF CHICKEN OR VEAL.

Minced meat, 1 tablespoonful of cream, a little salt, a grate of nutmeg, some breadcrumbs. Put the minced meat in a pan with a little stock, the cream or milk, and flavor to taste with the spice. Mace in powder may be used instead of nutmeg. Thicken the mixture with flour enough to make a paste, and boil a few minutes. Then pour it out on a dish

and let it get cold. Divide it in pieces. Roll in fine bread crumbs, then in egg and again in crumbs. Fry in hot lard a light golden brown. Garnish with parsley. The lard should be hot enough to brown a piece of bread while you count 50.

CHICKEN FRICASSÉE.

Take any remains of cold boiled or steamed fowl or turkey, cut up and heat in a steamer, have ready a white sauce with plenty of chopped parsley in it. Arrange your meat upon a dish, pour the sauce, which should be thick, over it, and serve. Garnish with strips of bacon rolled.

CURRIED FOWL.

Take any remains of cold fowl, chop fine, and brown 2 onions in 2 oz. butter, add 1 teaspoonful flour, 1 dessertspoonful curry powder, 1 tablespoonful lemon juice, $\frac{1}{2}$ pint gravy, seasoning. Stew 20 minutes.

MINCE COLLOPS.

Mince very fine, 1 lb. beef, 1 onion, 2 oz. suet, add a little flour, pepper and salt. Stew half an hour, stirring frequently. Minced hare or venison makes good collops.

POULTRY.

ROAST TURKEY.

Choose a nice young turkey. If the legs are black and the spurs short, it is young, if old the legs will be pale and rough and the spurs long. Carefully pluck the bird, singe it, and wipe thoroughly with a cloth. Preserve the liver, gizzard and neck, which may be boiled down for gravy. Be very careful when removing the gall bag not to break it, as no washing will remove the bitter taste it imparts. Wash the bird well inside, wipe dry, and stuff with one of the forcemeat recipes given, or with sausage meat. Tie the legs close up to the breast, after breaking them off an inch below the knee joint. Roast in a good oven $\frac{1}{4}$ hour to each lb. Serve with cranberry sauce.

ROAST DUCK.

Choose a plump duck, with thick yellowish legs. Break off the head and neck, and pinions and legs, at first joint. Stuff the bird with the following stuffing: One large onion boiled till tender, add seasoning of pepper and salt, $\frac{1}{4}$ lb. breadcrumbs, 1 tablespoonful dried sage rubbed fine, and enough melted dripping to bind the mixture together. Roast the bird in a good oven and baste frequently. A few minutes before serving dredge lightly with flour, and send to the table very hot, served with a good brown gravy. Time, $\frac{1}{4}$ hour to each lb.

ROAST GOOSE.

Choose a goose with yellow legs, old birds have red legs. Roast the same as ducks; mashed potatoes may be added to the stuffing instead of breadcrumbs.

GAME.

ROAST PARTRIDGE.

Wipe the partridge inside and out, cut off the head, lay a strip of bacon on the breast and tie up the legs close to the breast, remove the string before serving. Lay the bird on a piece of bread $\frac{1}{2}$ inch thick, and roast from 25 to 30 minutes. Serve on the bread with bread sauce.

ROAST WILD DUCK.

Cut off the head, wipe and roast in a quick oven, baste plentifully with butter, and a few minutes before serving dredge with flour. To take off the fishy taste, baste for a few moments with hot water in which a little salt has been dissolved. Afterwards baste with butter or dripping. Cook from 25 to 35 minutes.

ROAST PIGEONS WITH SAVORY BREAD SAUCE.

Stuff the pigeons with ordinary forcemeat. Roast and serve round a pyramid of baked tomatoes, and send up the following sauce: Simmer 3 or 4 onions (small), or half a Portugal onion sliced, in half a pint of milk for an hour; avoid reducing the milk too much. Take out the onions, put in grated bread, a lump of butter, pepper, salt, a dessertspoonful of chopped parsley, one chili and one anchovy (washed and boned) shredded fine. Make it the consistency of bread sauce.

A BONED JELLIED TURKEY.

Having a turkey nicely dressed, take a sharp game carver, and commence at the back of the neck to pass it down next the bone, disengaging the flesh from the bone. Pass the knife around in this way, cutting off the wings at the joint, and dis-

joint the thigh and leg bones, drawing out the tendons and leaving the leg whole. Withdraw the carcass, and sew up the open parts with a needle and ordinary thread, except the neck. Have ready prepared, and cut in even pieces half an inch square, the half of a parboiled corned tongue, six lbs. of fresh pork (not too fat), cut also into half inch squares, and well seasoned with salt, and a little cayenne and white pepper mixed throughout. A fowl cut up may be added also, but it is not necessary. Fill the turkey pretty firmly, turn the skin of the neck back and sew tightly. Roll in a cloth, and tie at each end. Place in a pot of warm water and boil for two hours. When boiled, put on a dish, with another dish on top, and a weight, leaving the cloth on, and let it remain for some hours until quite cold. Take off the cloth and remove the fat and threads where it has been sewn. To jelly, take a small package of Cox's gelatine, dissolve in a half pint of boiling water, season with lemon, a spoonful of vinegar, and a little salt, and pour on a dish about the size of the turkey. When cold and very stiff, it can, by warming the dish with a hot cloth, be easily removed, and turned over the turkey so as to cover. Take another box of gelatine, and dissolve in a cup of cold water and two cups of boiling water and flavor the same as the other, pour in small quantities on plates, not very deep. Some may be colored amber, with a few drops of burnt sugar or catsup, and some with a few slices of raw beet placed on the plate and heated in the jelly. When the color is extracted the beet root can be taken out. When stiff, the jelly can be cut in any form, diamonds, etc., and some chopped fine, so as to decorate the dish as taste may suggest.

JUGGED HARE.

Hares, $\frac{1}{2}$ lb. bacon, 2 teaspoonfuls salt, 4 cloves (ground),
1 teaspoonful pepper, $\frac{1}{4}$ of a nutmeg grated, 4 teaspoonfuls

flour, $\frac{1}{2}$ pint ale, 2 teaspoonfuls chopped onion, $\frac{1}{2}$ pint water, 1 teaspoonful powdered savory. Cut the hare into small pieces, also the bacon into dice, rub the hare and bacon with the spice, and place all the ingredients in the stewpan; having saved the blood, chop up the liver and mix with it, add the ale and water. An old hare will take 3 hours, if young 2 will do. It is best cooked in a hot water saucepan. If you have not ale, a wineglass of brandy, or 2 of sherry or port, or 1 of vinegar will flavor it.

HOT POT.

Take any remains of cold pork (any other kind of meat may be used, but it is not so nice), cut meat from bones and put it into a deep pan. Put bones on to stew for 2 hours. Parboil some potatoes and onions, cut them into rather large pieces, and mix them in well with the pieces of lean meat, season well with pepper, salt and a little sage, and add the gravy made from the bones. Put a layer of parboiled potatoes on the top and brown in the oven. Serve in the same dish or pan with a napkin tied round it.

BEEF STEAK AND KIDNEY PUDDING.

Two pounds of round steak, and one beef kidney, seasoning to taste of pepper and salt. Suet crust (see pastry). Cut the steak into small pieces, and slice the kidney. Line the dish with crust, leaving a small piece of crust to overlap the edge, then cover the bottom with a portion of the steak and kidney, season with pepper and salt, then add another layer of steak, kidney, and seasoning until the dish is full. Put in sufficient water to come within two inches of the top of the basin. Moisten the edges of the crust with cold water, cover the pudding over, press the two crusts together, that the gravy may not escape, and turn up the overhanging paste. Steam from three to four hours. Serve in the basin with a napkin pinned round it.

CROQUETTES.

Make a very light pie paste with dripping, roll very thin, and cut in half moons. Chop either beef or mutton with a little summer savory, thyme or parsley, pepper and salt, lay some of it between 2 layers of paste. Egg and breadcrumb the paste, and fry in boiling dripping or lard for about ten minutes.

VEAL MOULD.

Boil 2 or 3 eggs hard, cut in slices crosswise, and put in bottom of and arrange round the sides of mould. Place in the mould, in alternate layers, thin slices of veal and ham. Put in some good stock made of beef bones, boiled shank or calf's head boiled well down. Set into the oven for $\frac{1}{2}$ an hour, when cool turn out of mould and garnish with parsley.

GULASCH (German Recipe).

A piece of the fillet of veal (or beef steak) is cut into lengths (with the grain) the width of a finger, and again in small pieces against the grain. To 2 lbs. of meat, $\frac{1}{4}$ lb. of fat bacon, $\frac{1}{2}$ lb. of onions, both cut up into small pieces and fried light brown, add the meat, and stew the whole together in a little stock over a clear fire, until the plentiful juices shall be reduced to a small remainder. Add a little salt, pepper and cayenne. Stir all well together and serve very hot. This is a favorite dish with gentlemen.

BEEF ROLL.

1 $\frac{1}{2}$ lb. round steak, 2 eggs, salt, pepper, summer savory, or sweet marjoram. Have the meat finely chopped, season with pepper, salt, and whichever herb is preferred. Beat the eggs thoroughly, and add to the beef, when well mixed roll it up closely, put into a dripping pan and bake nearly an hour. To be eaten cold, cut in thin slices like tongue.

Cold veal is excellent cooked in this manner with the addition of breadcrumbs.

BRAWN.

Take a pig's head and feet thoroughly washed and cleaned, soak in salt and water for an hour, then put on to boil with about a pound and a half of lean beef, cover it with water, and let it boil gently for some hours, until the bones will come out quite clean. Lift the meat into a hot pan and strain the liquid from the bones. Season it well with salt and pepper. Cut the meat into nice pieces and arrange it in a basin or mould, seasoning as you put it in till the basin is 3 parts full, then fill up with the liquid.

JOMBALAYAH (A Creole dish).

Take the remains of any cold meat with scraps of chicken or game, if you have any, mince it finely. Have ready some boiled Carolina rice, and some tomatoes, either canned or fresh ones. Stew the tomatoes in a saucepan till well cooked with a little minced onion, then add the rice and minced meat, and plenty of seasoning. Let these cook together a few minutes and serve on a hot dish, or put in a baking dish, cover with breadcrumbs, and brown in the oven. A large cup of tomatoes, the same of rice, and a cup and a half of minced meat makes a good sized dish.

DORMERS.

Chop cold beef very fine, and season it with pepper and salt, then add some onion chopped very fine and fried previously, also some rice boiled very dry. Mix all well together and make into small rounds, flour them, and fry till brown. Serve with nice hot gravy.

SAVORY TOAST.

Take the yolk of one egg, and beat it well, pour into it, stirring all the time, a dessertspoonful of Harvey or Worcester

sauce, a teaspoonful of anchovy sauce, a piece of butter the size of a walnut, a large tablespoonful of finely grated meat—fowl, duck or veal (fowl being the best), a dash of red pepper, salt and black pepper to taste, and a dash of nutmeg, mix it all well together until it becomes a paste. Have ready some very hot lightly done toast, spread the paste on it, and place it in the oven for a few minutes, when the paste is lightly browned it is done.

ROGNONS A LA BROCHETTE.

Cut some mutton kidneys, open down the centre, do not separate them ; peel, and pass a skewer across them to keep them open, pepper, salt, and dip them into melted butter, broil over a clear fire on both sides, doing the cut side first ; remove the skewers ; have ready a little butter mixed with some chopped parsley, salt, pepper, a little lemon juice and a dash of nutmeg, put a small piece of this *maitre d'hotel* butter in the hollow of each kidney, serve very hot.

VEGETABLES.

General Directions.

In order to boil vegetables of a good green color, take care that the water boils when they are put in. Make them boil very fast, do not cover but watch them, and if the water has not slackened you may be sure they are done when they begin to sink. All vegetables must be carefully cleaned from insects and well washed. Cauliflower should be soaked in salt and water, head downwards, for an hour before cooking.

Never take hot water from the tap for cooking purposes, as there is great danger of lead poisoning by so doing.

BROILED MUSHROOMS.

Wipe the mushrooms, cut off a portion of the stalk and peel the tops; broil them over a clear fire, turning them once, and place them on a very hot dish, put a small piece of butter on each mushroom, season with pepper, salt, and a little lemon juice.

TOMATOES.

Tomatoes may be stewed, and thickened with breadcrumbs, or scalloped like oysters.

TOMATOES ON TOAST.

Take large ripe tomatoes, core and fill the cavity with a forcemeat, bake in the oven and serve on toast.

TO BOIL SPANISH ONIONS.

Take one weighing 3 lbs., put it on to boil without peeling or trimming. Boil 3 hours, then strip and remove root and stalk. Three or four of the skins are enough of the covering to remove. Serve with white sauce.

BAKED SPANISH ONION.

Put onions in a pan in oven and bake 4 hours. It will blacken outside, which is of no consequence; when they begin to shrink try with a knitting needle, and if quite tender strip off the skin, add a little butter, pepper and salt on top and set into the oven again for a few minutes.

CAULIFLOWER.

The leaves should be green and fresh, and the heads creamy white.

Soak in cold salted water, top downwards, for one hour, to cleanse it thoroughly. Cook in boiling salted water fifteen or twenty minutes, or until tender. Serve in a shallow dish, and cover with a cream sauce.

SPANISH POTATOES.

Take some warm mashed potatoes, with a very little milk and butter mixed in. Have ready a small quantity of dried and finely rolled breadcrumbs, also in a separate dish a couple of eggs well beaten. Form the potato into balls, or an oval shape, with the hands, then dip them into the egg, and then in the breadcrumbs. Place them in a pot of boiling rendered beef suet, letting them remain until well browned. Then take out and place for a few moments on a sieve before serving.

POTATOES.

Raw potatoes which are to be fried should be thinly sliced, and soaked in cold water to draw out all the starch, that they may be crisp and not mealy.

Boiled potatoes. Select potatoes of uniform size. Wash and scrub with a brush. Pare and soak in cold water. Put them in boiling salted water. Cook half an hour or until soft. Drain off every drop of the water. Place the kettle on the back of the stove, keep hot until ready to serve.

SCALLOPED ONIONS.

Boil 2 or 3 large onions (Spanish are best) till tender, separate and put into a pudding dish a layer of onion, seasoned with pepper and salt, cover with breadcrumbs; add another layer of onions, seasoning and breadcrumbs. Put a few pieces of butter or suet dripping on top, and brown in the oven.

FRIED ARTICHOKEs.

Five or six artichokes, salt and water. Boil till tender and fry in the following batter:

$\frac{1}{4}$ lb. of flour, a little salt, yolk of one egg, milk to make a batter. Cut the artichokes in halves, dip in the batter and fry in hot lard till brown.

STEWED CELERY.

Put into boiling water (salted), and boil till tender. Serve with white sauce.

FRIED PARSNIPS.

Put parsnips in boiling water and cook till tender. Then split them into slices, dip in egg and breadcrumbs, and fry golden brown in hot lard.

PUDDINGS.

All boiled puddings should be put into boiling water, and never allowed to stop simmering or they will become heavy. They should be kept covered with the water. Steaming in a steamer over boiling water is preferable to boiling, but the same rule as to the water being kept at the boil applies to steaming. All moulds or basins should be buttered. Pudding cloths should be dipped in boiling water and dredged lightly with flour.

FOAMY SAUCE FOR PUDDINGS.

Whites of 2 eggs, 1 cup sugar, 1 cup boiling milk, juice of 1 lemon. Beat the whites of the eggs till foamy, but not dry; add the sugar, beat well; add the milk, and lemon juice.

PLUM PUDDING SAUCE.

Add to 4 ounces of melted butter or thick arrowroot, sugar to taste, a little nutmeg and lemon peel grated. Add 1 wine-glass of sherry, brandy or curacoa if liked.

PUDDING SAUCE.

A cup of sugar, and half a cup of butter, beaten together till very light, then add one egg, but do not beat much after the egg is in. Take off the teakettle cover, set the basin with the sauce in, and let it stand till as thick as cream, stirring occasionally. Add a glass of wine if approved.

EXCELLENT PLUM PUDDING.

8 eggs, one pint of milk or cream, one half pound of flour, and the same of breadcrumbs, one pound of chopped suet, one of currants, one of raisins, after they are stoned, one of

sugar, two ozs. candied orange peel and the same of citron. Grate a nutmeg and mix all well together. This quantity makes two puddings. Boil in buttered moulds or tied in a cloth. Time, five hours. Steaming is preferable to boiling if the puddings are in basins. They will keep for weeks in a dry place, and should then be steamed for two hours before they are required.

PLAIN PLUM PUDDING.

Well mix a large breakfastcupful of breadcrumbs, the same quantity of flour and finely chopped suet, 2 eggs, a cupful of sugar, a little ginger, grated nutmeg and candied peel, $\frac{1}{4}$ lb. currants, $\frac{1}{2}$ lb. of raisins, 2 tablespoonfuls of treacle made warm in a little milk. Boil it four hours.

PLAIN SUET PUDDING.

1 cup of suet, 2 cups of flour, 1 cup of milk, a little salt, and a teaspoonful of baking powder. Boil or steam 2 hours.

The baking powder may be omitted and 2 eggs used if desired. Serve with jam or syrup.

BREAD AND SUET PUDDING.

$\frac{1}{2}$ a lb. of chopped suet; $\frac{1}{2}$ a lb. of bread crumbs, the juice and grated rind of a lemon, $\frac{1}{4}$ lb. of sugar, 2 eggs, mix well together with a little milk, and boil or steam 2 hours. Any sweet sauce.

BOILED APPLE PUDDING.

Make a suet paste according to the recipe given, butter a basin, line it with paste, pare, core and cut into slices, apples enough to fill your basin, add sugar, the grated rind and juice of a lemon, or nutmeg (cinnamon if you prefer it). Cover with crust; pinch the edges together. Flour the cloth, place it over the pudding and tie down, put it in a steamer or in fast boiling

water and boil or steam at least 2 hours, more if the pudding be large. Turn out of the basin and serve quickly with or without sauce.

Blueberries, black currants or any fresh fruit, makes a delicious boiled pudding. The former are improved by the addition of lemon juice.

CHOCOLATE PUDDING.

1 stick cooking chocolate, $1\frac{1}{2}$ pint breadcrumbs, 1 small cup sugar, 2 eggs, 1 pint milk. Grate the chocolate and stir into the breadcrumbs, with the sugar. beat the eggs well, add the milk, and stir all the ingredients well together. Pour into a mould and steam for $\frac{3}{4}$ to 1 hour. Serve with sauce as follows :

SAUCE.

Into $\frac{1}{2}$ a pint of boiling water stir 1 dessertspoonful (or more if desired) of grated chocolate, and 1 teaspoonful (heaping) of cornstarch (previously mixed with cold water) ; when cooked, add a large wineglass of port wine. This pudding should be eaten hot.

CHOCOLATE PUDDING NO. 2.

Heat together 4 ozs. of butter and one $\frac{1}{2}$ pint of milk, when it boils stir in 4 ozs. of grated chocolate and the same of crumbled lady's fingers or sponge cake. Stir till it is thick, then let it cool. When nearly cold stir in 3 ozs. of sugar and a teaspoonful of vanilla, and then the yolks of 3 eggs, and lastly the whites beaten to a froth, pour the mixture into a plain, buttered mould, cover with buttered paper, and steam 2 hours. Serve with a sauce flavored with vanilla.

LEMON PUDDING.

Juice and rind of two lemons, $\frac{1}{2}$ lb. of breadcrumbs, $\frac{1}{2}$ lb. sugar, 5 ounces butter, yolks of 5 eggs and whites of 2. Boil or steam in a mould for 2 hours and a half.

CARROT PUDDING.

1 cup currants, 1 cup of raisins, 1 cup of breadcrumbs, 1 cup of flour, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup grated carrot, $\frac{1}{2}$ cup grated potato, 2 teaspoonfuls baking powder. Boil or steam 3 hours.

HARD TIMES PUDDING.

1 cup suet, 1 $\frac{1}{2}$ cup flour (sifted), 1 cup treacle, 1 cup milk, 1 $\frac{1}{2}$ teaspoonful baking powder, ginger and nutmeg to taste.

Mix the baking powder in the flour, then add the suet, lastly the treacle, milk and flavoring. Steam two hours and a half.

FIG PUDDING.

$\frac{1}{2}$ lb. figs, $\frac{1}{2}$ lb. breadcrumbs, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. suet, 3 eggs. Chop suet and figs, mix well together with the breadcrumbs, beat the eggs thoroughly, add the sugar, stir them into the figs, suet and breadcrumbs, pour into a mould and steam for two hours.

PRUNE PUDDING.

Make a small mould of lemon jelly. Boil large selected prunes till tender, keeping skins unbroken. Drain and place in glass dish. Break up the jelly all about them so that it will have the appearance of being made together. Pile whipped cream over prunes and jelly.

CABINET PUDDING.

5 oz. breadcrumbs, 4 eggs, 1 pint sweet milk, sugar and currants, raisins. Scald the milk, pour over the breadcrumbs, let it stand until you beat the eggs, add a little sugar and some currants. Line a well buttered pudding dish with stoned raisins, pour the pudding in, and steam one hour. Serve with sauce.

COTTAGE PUDDING.

1 cup of powdered sugar, 1 cup of sweet milk, 1 tablespoonful of butter, 2 eggs beaten light, yolks and whites separately. About 3 cups of flour, 2 teaspoonfuls baking powder (mix in flour). Rub the butter into the sugar, add beaten yolks, the milk, then the whites. Bake in a buttered mould. When you can bring out the testing-straw clean from the middle of the loaf, turn it out upon a dish. Serve with foamy sauce.

ICED PUDDING.

1 pint cream, 2 glasses sherry, as many crystallized fruits as you like. Whip cream well, add sugar and wine, then freeze.

WALNUT OR FILBERT ICED PUDDING.

Make the cream given above. Pound walnuts or filberts after removing the skins, to a paste, add a little cream and 4 oz. sugar. Make a little thick custard flavored with lemon or vanilla, and put to it the nut paste. Freeze; line a plain mould with the frozen plain cream, and fill in the centre with the frozen nut cream. Cover tight. Pack in ice for 3 hours.

PRINCE ALBERT PUDDING.

$\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. raisins stoned, $\frac{1}{4}$ lb. sugar, 2 eggs, $\frac{1}{4}$ lb. flour. Beat the butter and sugar to a cream, add the raisins, and stir in the flour very lightly. Line your buttered mould with strips of candied lemon peel, and steam one hour and a half. Serve with sauce.

MADEIRA PUDDING.

3 ozs. of flour, 2 ozs. of butter, 2 ozs. of sugar, $\frac{1}{2}$ pint of milk, 1 egg, 1 teaspoonful of baking powder in the flour. Beat the butter and sugar to a cream, add the beaten egg, then the

flour and milk. Flavor to your taste, and bake in small buttered cups or moulds 20 minutes.

Turn out, garnish with apple jelly, and serve either with or without sauce.

DELICATE PUDDING.

1 cup of sugar, 1 cup of milk, 1 egg, 1 cup of raisins, butter the size of an egg, 1 large teaspoonful baking powder. Flour to make the consistency of cake. Steam 1 hour. Any sauce preferred.

SPONGE PUDDING.

1 pint of milk, 2 ozs. of butter, 2 ozs. of sugar, 2 $\frac{1}{2}$ ozs. of flour, 2 eggs, whites and yolks beaten separately. Flavor with vanilla or grated lemon peel.

Put the milk on the fire with the sugar and butter, let it come to a boil. Have a little of the milk reserved to mix the flour into a smooth paste, then stir in gradually the boiling milk, and again set over the fire, stirring until it is a thick smooth paste. Set off till a little cooled, and then add the eggs, whites last. Pour into a dish and bake 20 minutes, setting the pudding dish in a pan of hot water.

BACHELOR'S PUDDING.

4 ozs. of grated bread, 4 ozs. of currants, 4 ozs. of apples, 2 ozs. of sugar, 2 eggs. A few drops of essence of lemon and a little nutmeg. Mince the apple, add the currants, breadcrumbs and sugar, whisk the eggs and beat with the other ingredients, adding a spoonful of milk if not moist enough. When all is thoroughly mixed, put the pudding in a buttered basin, tie over with a cloth and steam or boil 3 hours. Sauce.

SALEM PUDDING.

1 cup of suet chopped fine, 1 cup of molasses, 1 cup of milk, $3\frac{1}{2}$ cups of flour, 1 cup of raisins (stoned), 1 cup of currants, 2 teaspoonfuls of baking powder, salt to taste. Steam 3 hours. Sauce.

TAPIOCA AND PINEAPPLE PUDDING.

Cut a little pineapple (say some slices left over) into small pieces, and put in the bottom of your pudding dish. Have some tapioca soaked and boiled, and pour over the pine apple. Eat with cream and sugar.

TAPIOCA ROUGE.

Soak 4 tablespoonfuls of tapioca, and boil until thick and clear. Stir into this while boiling a cup of red currant jelly, when thoroughly blended put into a mould, to be eaten cold with cream.

DELHI PUDDING.

4 large apples, suet, 2 large tablespoonfuls sugar, 6 ozs. currants, flour, lemon peel, nutmeg. Core and cut the apples into slices, put them into a saucepan with the sugar, a little nutmeg, and a teaspoonful of finely chopped or grated lemon peel. Stir them over the fire until soft. Make some suet paste, roll it out to a proper thickness, spread the apples over the paste, sprinkle over the currants, roll the pudding up, closing the ends properly, and steam or boil for two hours.

SNOWDON PUDDING.

Mix together a cupful each of chopped suet, breadcrumbs and sifted sugar; add two eggs and the grated rind and juice of a lemon, if not moist enough a wineglass of milk. Steam in a mould (which may be lined with raisins) 4 hours. Serve with any sauce you like.

CHANCELLOR'S PUDDING.

Butter a mould and line it with stoned raisins, cherries or any dried fruit over the bottom and sides. Fill it nearly full with layers of sponge cake and maccaroons. Pour over all a good custard, flavored with vanilla. This should be cold when poured in. Steam an hour and a quarter, and serve with sauce.

BAKED INDIAN PUDDING.

1 quart milk heated, 7 tablespoonfuls Indian meal, $\frac{1}{2}$ cup molasses and $\frac{1}{2}$ cup sugar, butter size of an egg, and 2 eggs. Beat well together with some raisins and a little cinnamon, then pour heated milk into it, set into oven until it bubbles, stirring occasionally. Take it out and beat every lump out, adding 1 pint cold milk; put in pudding dish, and bake 1 hour in a rather slow oven.

DELMONICO PUDDING.

1 pint of milk, 2 tablespoonfuls cornstarch, 2 eggs, 2 tablespoonfuls white sugar. Beat the whites and yolks of the eggs separately, add the sugar to the yolks, mix the cornstarch with a little of the milk cold, and put the rest on to boil; when almost boiling add the eggs, sugar and cornstarch, let it boil 3 minutes, put into the oven in a well buttered dish and bake a light brown. Beat the whites to a stiff froth, add two tablespoonfuls of sugar, put on to the pudding and return to the oven to brown. This pudding is excellent cold.

MYSTERIOUS PUDDING.

2 eggs, their weight in flour, butter and moist sugar. Beat the whites and yolks separately. Mix these ingredients well together; the butter and sugar first, then the yolks, the whites

last. Then add a small teaspoonful of carbonate of soda or baking powder, and a large dessertspoonful of orange marmalade. Pour the mixture into a buttered mould or basin, which it will about two-thirds fill as it rises quickly. Steam over *boiling* water for an hour and a quarter. *Everything* depends on the cooking. Serve with pudding sauce or a custard.

FIG MOULD.

2 lbs. of figs, 1 large cup sugar, 1½ pint of water, ¼ small box of gelatine, 1 coffee cup sherry. Stew the figs and sugar in the water for 1 hour, add the gelatine and sherry, pour into a mould. Should be eaten cold with cream, plain or whipped.

MOULD OF APPLE JELLY.

Peel and cut up 1 lb. finely flavored apples (weighed after they are peeled), put them in a pan with 3 oz. of sugar, ¼ a pint of water, and the grated rind and juice of one lemon. When cooked to a pulp, pass through a strainer and stir in 1 ounce of gelatine dissolved in a gill of water. Color half the apple with cochineal, and fill a mould with alternate rows of colored and uncolored apple; when cold turn out and serve with half a pint of cream whipped solid.

TO WHIP CREAM.

If in perfect condition cream will whip as solid as white of egg, and leave no liquid in the bowl, cream for whipping should be 24 hours old in warm weather and 36 in cold; it should also be thoroughly chilled; if the day be warm set it on ice while whipping. Put in the whip and do not lift the froth off as it rises, it is quite unnecessary if the bowl you use is large enough. As you see it thicken, which will be after steady beating for five or six minutes, keep on just as you would for white of egg. If it is slow in whipping leave the beater in the bowl and set it on the ice until very cold again.

ORANGE CHARLOTTE.

$\frac{1}{3}$ box gelatine, $\frac{1}{3}$ cup cold water, $\frac{1}{3}$ cup boiling water, 1 cup sugar, juice of 1 lemon, 1 cup orange juice and pulp, whites of 3 eggs. Line a mould or bowl with lady's fingers or slices of orange. Soak gelatine in cold water till soft, pour on boiling water, add sugar and lemon juice. Strain and add the orange juice and pulp with a little grated rind. Cool in a pan of ice water. Beat whites of eggs stiff, and when orange jelly begins to harden beat it till light, and add beaten whites, and beat together till stiff enough to drop. This can be made with apple pulp instead of orange.

VELVET CREAM.

$\frac{1}{4}$ box gelatine, $\frac{1}{4}$ cup cold water, 1 pt. cream, $\frac{1}{3}$ cup sugar, 1 teaspoonful vanilla. Soak gelatine in cold water till soft, chill cream on ice, and whip till you have 3 pts. froth. Boil any remainder (or if there should be none, use a cup of milk) with the sugar, and add to it when boiling the soaked gelatine. Stir till dissolved, strain into granite pan, add the vanilla and wine if liked, or flavour with 2 tablespoonfuls melted chocolate. Place the pan to cool, stir occasionally, and when cold and thick stir in whipped cream lightly, when nearly stiff enough to drop pour into an oiled mould. Red bananas may be sliced and the mould lined with them for variety.

GINGER CREAM.

Make a custard with $\frac{1}{2}$ cup milk, 1 oz. sugar, and yolks of 3 eggs. Stir in a double boiler till thick, let it cool, add $\frac{1}{3}$ cup syrup from preserved ginger, and 2 oz. ginger cut up, add $\frac{3}{4}$ oz. gelatine melted in as little water as possible. Last of all half a pint of cream whipped solid, mix gently and pour into mould and set on ice.

CHARLOTTE RUSSE.

1 oz. isinglass to a quart of good cream, sweeten to taste, juice of two lemons, very little sherry to flavor. Whisk all together in a cold place until quite thick, put it into a shape and turn out just before serving. Dissolve the isinglass in a little water, and let it be cold before putting it amongst the cream. Stick your shape round with lady's fingers before putting in the whisked cream.

CHARLOTTE RUSSE.

Dissolve $\frac{1}{2}$ box gelatine in a coffee cup of new milk. Set on back part of stove, when all dissolved add coffee cup of sugar, 1 pint cream, 1 dessertspoonful vanilla, set away to cool; before it gets too stiff, add whites of seven eggs beaten to a stiff froth. Line the dish with sponge cakes and heap up with the cream.

COFFEE JELLY.

1 pint strong coffee, 1 cup sugar, $\frac{1}{2}$ box gelatine soaked in a cup of water, boil up once and strain into a mould. Serve with whipped cream.

ICE CREAM.

To 1 qt. milk, the yolks of 2 eggs, 1 cup of sugar, 1 dessertspoonful of arrowroot, scald till it thickens, then cool, add 1 pint whipped cream and the whites of the eggs beaten to a stiff froth. Flavor to taste, color with cochineal. It requires to be very sweet and strong of the flavoring, as it loses much of the strength by freezing.

STONE CREAM.

1 oz. isinglass, 1 pint milk or cream, greengage or other jam. Put a thick layer of greengage or any other jam into the

bottom of a glass dish, boil the isinglass in the milk, sweeten to taste, pour it over the jam, and when quite cold it will be solid and a delicious dish.

TAPIOCA CREAM.

2 tablespoonfuls tapioca, 1 quart milk, 4 eggs, sugar, and a little salt. Soak the tapioca in a little water for two hours, put the milk to boil, stir in the tapioca, sugar and a little salt, when nearly boiling stir in the yolks of the eggs, when as thick as boiled custard remove from the fire, have the whites of the eggs beaten to a stiff froth, stir into the hot custard, flavor with vanilla. To be eaten cold. A teaspoonful of cornstarch can be added if the custard is not thick enough.

CALF'S FEET JELLY.

2 calf's feet, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ pint sherry, 1 glass brandy, 2 eggs, $\frac{1}{2}$ oz. isinglass, 2 lemons. To 1 quart of stock obtained from the 2 calf's feet, add the sugar, sherry, brandy, shells and whites of the eggs, rind and juice of the lemons, and the isinglass. Stir all well together before placing the pan on the fire, simmer the mixture gently $\frac{1}{4}$ of an hour, but do not stir it after it begins to warm. Throw in small teacup of cold water, boil for 5 minutes longer, cover the saucepan and let it stand half an hour by the fire. Dip the jelly bag into hot water, ring it quite dry, tie it close to the fire to prevent the jelly setting before it has run through. If the isinglass is added only when the mixture begins to boil, the jelly will be found clearer and firmer.

LEMON SPONGE.

1 oz. gelatine, 4 eggs, 2 lemons, 2 cups sugar, 1 cup cold water, 2 cups boiling water. Soak the gelatine in the cold water, and pour the boiling water on to it, beat the whites of the eggs with the sugar and the juice of the lemons ; when the gel-

atine is cooled, beat all well together; the gelatine can be whipped until frothy before adding the eggs and sugar, pour into a mould slightly oiled with olive oil.

For the custard take one pint of milk, the yolks of the 4 eggs, sugar to taste.

FROZEN CREAM.

1 cocoanut grated, mix with it an ounce of sugar; melt in a very little water $\frac{3}{4}$ of an ounce of gelatine, whip the whites of 3 eggs, mix them with the yolks in $\frac{1}{2}$ a pint of milk, stir over the fire until the custard thickens, sweeten with six tablespoonfuls of sugar. Stir the gelatine with a full $\frac{1}{2}$ pint of grated cocoanut and the cocoanut milk into the custard. Then stir $\frac{1}{2}$ a pint of cream whipped solid into the custard; when the latter is cold, but before it sets, add a little vanilla, mould and set on ice.

POTATO FLOUR CREAM.

1 pt. of milk, 2 tablespoonfuls of sifted sugar, 3 eggs, 1 tablespoonful of potato flour, a little rose or orange water. Put half the milk with the sugar on the fire, stir the rest of the milk into the yolks of the eggs and the flour, pour it into the boiling milk, and let it boil up two or three times, stirring continually. Take it off the fire, stir in lightly the whites of the eggs whipped to a stiff froth, add the flavoring, and put in a glass dish, ornament with little pieces of red currant jelly. This is an elegant and delicious dish.

BURNT CREAM.

From one quart of milk take enough to blend thoroughly $\frac{3}{4}$ of a cup of flour, let the remainder of the milk come to a boil, and then pour it on the flour, stirring it well, when smooth turn it back into the saucepan, and let it boil until it thickens.

Meantime in another pot (an iron one is best) let one cup brown sugar melt and brown, letting it burn according to taste, into this pour the boiling milk and flour, and let all boil well up together. Then pour into a mould. When cold serve with cream, or with whipped cream round it.

GINGER WATER ICE.

6 oz. preserved ginger, 8 or 10 lemons, whites of 4 eggs, sugar, water. Free the ginger from fibre, pound it, pare the lemons very thinly, put the peel of three into a jug with $1\frac{1}{4}$ lb. of white sugar, squeeze and strain the juice from the lemons, add 2 quarts of boiling water, and when cold stir in the ginger and some meringue paste made with the whites of the eggs. Freeze it.

LEMON WATER ICE.

6 cups of water, juice of 6 lemons, 3 cups of sugar, whites of 5 eggs, well beaten with some of the sugar. Beat well together and freeze.

TRIFLE.

$\frac{1}{4}$ lb. maccaroons, $\frac{1}{4}$ lb. ratafias, 2 doz. lady's fingers, $\frac{1}{2}$ pot of strawberry jam, 1 pint of custard, whites of the eggs, $1\frac{1}{2}$ oz. pounded sugar, $\frac{1}{2}$ pint of sherry, 6 sponge cakes, one oz. almonds, spread the jam on 12 biscuits, press the other twelve on them, line a large round glass dish with them and pour over the sherry. Let them soak two hours, arrange the maccaroons and ratafias over them, and the sponge cakes thickly stuck with blanched and sliced almonds. Pour over the custard and add a whip made of the whites of the eggs and the sugar.

CRANBERRY SHAPE.

Boil some cranberries in water till reduced to a pulp. Take a plain mould or basin, cut a slice of bread a $\frac{1}{4}$ of an inch thick and evenly butter it, lay it in the bottom of your mould, cut strips of buttered bread like lady's fingers and arrange them closely round the sides of the mould. Then mash your stewed cranberries through a colander into the mould till full, cover with a slice of buttered bread, butter side down, when thoroughly cold it should turn out quite solid. Serve with a garnish of whipped cream, or with plain cream. A quart of cranberries is sufficient for a pint mould.

PINEAPPLE ICE.

1 pineapple grated, the juice of 2 oranges, 1 qt. of water, 1 lb. of sugar, $\frac{1}{4}$ box of gelatine, essence of vanilla. Freeze.

SWEET OMELET (Macaroon).

Pound 2 or 3 macaroons, and beat them into the whisked yolks and whites of 3 eggs, add sugar to taste and a little almond flavoring. Make the omelet as in the preceding recipe, sprinkle with sugar, and serve.

APPLE FRITTERS.

Peel and cut apples into slices without dividing them, and stamp out the core with a cutter. Then put into the following batter: Beat whites and yolks of 2 eggs separately, put $\frac{1}{2}$ lb. flour into a basin, melt and stir into the flour $\frac{1}{2}$ oz. butter, add a little salt, the yolks of the eggs, and enough warm milk to make it firm enough to drop from the spoon. Rub out the lumps and add whites of the eggs. Fry in boiling lard, and when nicely browned lay them on a piece of blotting paper to

absorb the greasy moisture. The flavor of the fritters is much improved by soaking the pieces of apple in a little wine mixed with sugar and lemon juice an hour before cooking.

PANCAKES.

To make four or five pancakes, take 2 eggs, beat whites and yolks separately. Put yolks into a basin with $\frac{1}{8}$ saltspoon salt, and 2 oz. flour and a little warm milk, beat well, and add the remainder of the milk and whites of eggs. The batter should be the consistency of thick cream. Have the frying pan very hot, put in a small piece of butter and fry a light brown. Roll and serve with powdered sugar and a cut lemon. Send quickly to table.

BEIGNET SOUFFLÉ.

Put 1 pint of milk in a saucepan with a few grains of salt, and a piece of butter the size of an egg, 2 ozs. of sugar, some grated lemon peel, and 3 ozs. of flour wet with a little of the milk when cold and stirred in when it boils, to form a thick paste. Then add the lightly beaten yolks and whites of 2 eggs. Let it stand 2 or 3 hours, and then fry in pieces the size of a walnut dropped into hot lard. Serve with powdered sugar over, and sliced lemon.

CHEESE FRITTERS.

2 tablespoonfuls grated cheese, 1 teaspoonful flour, a little cayenne and salt, whites of 2 eggs. Whisk the whites of the eggs to a froth, mix the ingredients all well together and drop into boiling lard, a teaspoonful to each fritter.

POTATOES A LA PROVENCALE.

Mash and pass through a sieve 2 lbs. potatoes, season with salt and pepper. Grate 2 oz. of Gruyère, or any good cheese, pound with enough butter to make a paste ; add a gill of milk and a teaspoonful of chopped parsley. Put into a dish, add the potato, mix well, mould into a pyramid and brown slightly in the oven. A dash of cayenne may be added.

TOASTED CHEESE OR WELSH RABBIT.

Cut bread into slices $\frac{1}{2}$ inch thick ; pare off the crust, toast slightly and spread with butter. Melt on a plate or over steam some good rich cheese, add a small quantity of mixed mustard, season with pepper. When well melted, spread over the top of the toast and put in oven for 2 minutes and serve immediately.

TOMATOES AND MACARONI (Neapolitan).

Take $\frac{1}{4}$ lb. of macaroni and boil in salted water till tender, cut in nice lengths and put in a dish with a piece of butter. Have ready some stewed tomato and pour it boiling hot on the macaroni, and serve with a plate of grated cheese. A good Lenten dish.

PASTRY.

In all sorts of pastry it must be remembered that the handling is of the greatest importance, and that however correct the proportions may be, the paste cannot succeed unless it is lightly handled. The temperature of the oven is also most important. It should be hot enough to bake the paste without burning it. If put into a slow oven it will become sodden and not rise. It is a good plan to put a bit of paste in the oven and try it, to as-

certain the degree of heat. If it puffs up and becomes light and flaky, the cook may be sure of success.

Suet should be well chopped and free from skin ; it should be dredged with flour to keep it from getting into lumps.

Clarified beef dripping if free from any burnt flavor, such as the skimmings of the water in which a beef shank has been boiled, and which is principally suet and marrow, makes very good plain paste either alone or with butter.

Paste should be made in a cool place, and is better if put on ice for a time before it is used. In winter it may be kept in a cold place and used as required.

TO MAKE PUFF PASTE.

It should be made in a cool place, and in warm weather with iced water. Weigh one pound of sifted flour, and one lb. of butter, or half butter and half lard, and about $\frac{1}{2}$ a pint of water.

Put the flour on the board or in a bowl, and mix it into a smooth paste with the water, using a knife to mix it with ; do not have it too moist. Roll out to the thickness of about an inch. Divide the butter into 4 or 6 pieces. Take a piece of butter, break it into bits and spread evenly over your paste, dredge a little flour over it, fold it into four, and roll out again. Repeat the rolling and buttering till all is in ; a little flour dredged over the board and rolling pin will keep them from getting sticky. Handle the paste as lightly as possible, and roll lightly. Paste is better for standing two or three hours on the ice or in a very cold place before being used. Bake in a quick oven. Much depends on the baking.

PLAIN CRUST FOR FAMILY USE.

To every lb. of flour allow 6 oz. of clarified beef dripping, and 2 of butter, about $\frac{1}{2}$ a pint of water. Divide the butter

and dripping into 4 pieces, mix your flour with water and then roll four times, putting in a piece of dripping or butter at each time. If this paste is made with really good dripping and lightly handled, it will be found very good, for meat pies especially.

SUET CRUST.

To every lb. of flour, 6 ozs. of beef suet finely minced, $\frac{1}{2}$ a pint of water; see that the suet is free from bits of skin and strings; rub it well into the flour; work the whole to a smooth paste with the water, roll out and it is ready for use. If required richer, put $\frac{1}{2}$ a lb. of suet to the same quantity of flour. This paste is excellent for boiled apple or beefsteak puddings.

CRUST FOR RAISED PORK PIES.

To $4\frac{1}{2}$ lbs. of flour, put $1\frac{1}{2}$ lb. of lard and butter, melt this over the fire in 1 pint of boiling milk. While hot mix the flour into a stiff paste with the yolks of 4 eggs and the milk, work the whole well till the paste is perfectly smooth. Then, when nearly cold, take a lump of paste according to the size of the pie you wish to make, mould it to the shape of a sugar loaf. Flatten the sides with the palms of your hands; press the knuckles of the left hand into the top of the lump, and with the right work the edges up the back of the hand, which is shifted round and round till the paste forms a round case with upright sides and flat bottom. Avoid pressing it into holes or thin places. Fill it with pork cut into small pieces and highly seasoned with pepper and salt. There should be a fair distribution of fat and lean. Cover with a circle of paste, egg the edges, and ornament to taste, making a hole in the centre. Bake from 2 to 3 hours or more if large, in a well heated oven.

When the pies are baked and cool, pour in some good stock that will jelly through a funnel. Brush the pies over with yolk of egg.

APPLE TART.

Pare, core, and quarter the apples, and fill a pie dish ; put over them a tablespoonful of sugar, a little grated lemon peel, cloves or nutmeg as preferred, add a spoonful or two of water, cover with crust and bake, or stew your apples first, then cover with paste and bake. With the latter method your paste is more certain to be light.

MINCE PIES.

Mince pies are made in small patty pans, which are lined with puff paste, filled with mince meat, and then covered with more paste and baked a delicate brown.

PRUNE PIE.

Line a dish with a strip of puff paste round the sides, put in prunes stewed and stoned and flavored with the juice of a lemon. Cover with the whites of 2 eggs and 2 tablespoonfuls of sugar beaten to a stiff froth, and lightly browned in the oven.

DELICIOUS LEMON PIES.

2 lemons, juice and grated peel, $2\frac{1}{2}$ cups of sugar, 3 tablespoonfuls of cornstarch, 2 cups of boiling water, 2 eggs, and butter the size of an egg. Wet the cornstarch with a very little cold water, and pour to it the boiling water, stir well, and boil thick, add the lemons and sugar as well as the butter to the hot cornstarch. Cool a little and add the yolks of the eggs well beaten. Stir the mixture well and put it in your plates which should be ready lined with paste. Bake in a quick oven till the

paste is done. Have your whites well whisked with half a cup of white sugar, and put it over the pies. This quantity makes 2 pies. The icing should be lightly browned in the oven.

MINCE PIE MEAT.

Boil a neat's tongue tender, peel, and chop it fine. To 1 lb. tongue put 2 lbs. suet chopped very fine, mix them together, put in 2 lbs. currants, 1 lb. raisins stoned and chopped, mace, cloves and cinnamon pounded, 1 nutmeg, 6 good apples chopped fine, the peel of a large lemon grated, $\frac{1}{2}$ lb. sugar, a little salt, $\frac{1}{4}$ pint of sack or sack and brandy mixed, $\frac{1}{4}$ lb. of candied fruit chopped; when you make your pies put the squeeze of a lemon in each, a bit of candied fruit in each will also improve.

N.B.—The above recipe was given to my mother by Lady Nelson and Bronté, wife of the hero of Trafalgar.

L. A. H.

MINCEMEAT WITH MEAT.

2 lbs. raisins, 1 small nutmeg, 3 lbs. currants, $\frac{1}{2}$ pint of brandy, $1\frac{1}{2}$ lb. lean beef, 2 q's. apples, 3 lbs. beef suet, 2 lemons, rind and juice, 2 lbs. moist sugar, $\frac{1}{2}$ lb. mixed candied peel. Stone and cut the raisins, wash and pick currants free from stalks and dirt, chop the suet and meat very fine. Grate the nutmeg and mince the apples, lemon rind and mixed peel. Mix all well together, adding brandy when all ingredients are well blended. Press into a jar, carefully excluding the air, and keep for a fortnight before using.

MINCE MEAT.

Take three pounds of suet, finely chopped and sifted, two pounds of currants, three pounds of raisins, and one pound of apples all chopped very small, three pounds of moist sugar,

three-quarters of a pint of red and white wine, mixed, a glass of brandy, the peel of two small lemons, the juice of one, two ounces of candied peel, cut. Mix all together with a quarter of an ounce of cinnamon, a quarter of an ounce of mace, and one small nutmeg, all finely powdered. Keep it in a close covered jar, and if kept a twelvemonth, it may require the addition of a little more wine. Cider may be substituted for the wine, and more lemon juice added if desired.

FRIARS EGGS.

1 cup lean cooked ham chopped fine, six hard boiled eggs. Cook one third of a cup stale breadcrumbs in one third of a cup of milk to a smooth paste. Mix it with the ham, add half a teaspoonful made mustard, half a saltspoon of cayenne, and one raw egg. Mix well, remove the shells from eggs and cover with mixture. Fry in hot fat till brown. Drain and serve hot or cold for lunch parties or picnics. Cut them into halves lengthwise, and arrange each half on a bed of parsley.

TO PICKLE EGGS FOR WINTER USE.

$\frac{1}{4}$ lb. lime, 2 lbs. salt, 1 pail of water. Pour the water on the lime and let it stand an hour or two, then add the salt, pack the eggs in a stone jar, and pour the pickle over them.

OMELETTE.

4 eggs, 1 cup milk, pepper, salt, 1 teaspoonful butter, 1 table-spoonful flour. Beat the whites and yolks of the eggs separately. Put the milk on to boil, blend the flour with a very little milk, then having seasoned the boiling milk with pepper and salt, pour it on the blended flour, and return all to boil for 2 or 3 minutes; take off the fire and cool a little before adding

the eggs, yolks first, then the whites, pour into a buttered pan to bake for about 20 minutes. This is excellent with cold meat and may have any addition liked, such as minced ham, tomato sauce or a little finely minced parsley.

CURRIED EGGS.

6 hard boiled eggs, 2 teaspoonfuls of curry powder, 1 pint of stock. Mix the curry powder with a little of the stock, add the rest, and stew till reduced half. Thicken with flour and butter; slice the eggs, put them into the gravy, let it simmer five minutes, and serve very hot.

BAKED EGGS.

Butter a dish with $\frac{1}{2}$ an oz. of butter, make it hot, break your eggs into a saucer first, then slide them on to your hot dish, sprinkle with pepper and salt, put another $\frac{1}{4}$ oz. of butter over them. Set the dish in the oven and let it remain till the whites become set, but not hard. Serve immediately, setting the hot dish on to a cool one. 3 minutes will cook them. Garnish with parsley.

PLAIN OMELET.

Beat up 3 or 4 eggs with one dessertspoonful of minced parsley, and pepper and salt to taste. Put a piece of butter the size of an egg into a frying pan, as soon as it is melted, pour in the omelet mixture, and holding the handle of the pan with one hand, stir the omelet with the other by means of a spoon. The moment it begins to set cease stirring, but keep on shaking the pan for a minute or so; then with a long knife double up the omelet and keep shaking the pan till the under side has become a golden color. Turn over on a hot dish and serve.

The omelet may be varied in flavor by adding a little minced onion, or a tablespoonful of tomato.

BREAD.

Have some flour sifted into your mixing dish, take $1\frac{1}{2}$ pint of warm water, put into it a small tablespoonful of salt and some mashed potato (if you have it). Make a hole in your flour, stir in gently the water, potatoes and salt, and lastly $\frac{1}{2}$ a cake of compressed yeast which has been dissolved in a very little lukewarm water, beat the sponge well for a few minutes, then cover and set in a warm place until morning, when add a $\frac{1}{2}$ pint of warm water and sufficient flour to make a soft dough, let it rise until noon, or until light and spongy. Make into loaves, and set to rise in the baking pan for an hour before putting in the oven. Care must be taken not to knead in too much flour, only enough to keep from sticking to the board while moulding the loaves. The bread will require to bake about 1 hour.

JEAN'S BREAD.

$1\frac{1}{2}$ cup of boiling water, $1\frac{1}{2}$ cup of milk, $1\frac{1}{2}$ cup yeast, butter the size of an egg, a little salt and sugar. Beat these ingredients well together, adding the yeast last, knead in flour sufficient to make a soft dough, let it stand all night, and in the morning make into three loaves. Let it rise two or three hours, and bake in a moderate oven about an hour.

GRAHAM BREAD.

1 pint milk, scalded and cooled, 2 tablespoonfuls sugar, 1 teaspoonful salt, $\frac{1}{4}$ of compressed yeast cake, 2 cups white flour, and 3 cups sifted Graham flour. Mix in the order given into a dough; let it rise till light, then knead and shape it into loaves; let it rise again, and bake. Always sift Graham flour, using a coarse sieve.

RICH BROWN BREAD.

4 cups of cornmeal, 2 cups Graham or other flour, 3 cups sweet milk, 2 cups sour milk, 1 cup molasses, 1 teaspoonful salt, 2 heaping teaspoonfuls soda. Mix well together, and pour into a three quart basin, and steam steadily for two hours and a half.

MILK BREAD.

1 pint milk scalded and cool, 1 tablespoonful butter melted in the hot milk, 1 tablespoonful sugar, 1 teaspoonful salt, $\frac{1}{2}$ cup yeast, 6 or 7 cups flour. Measure the milk after scalding and put it in the mixing bowl, add butter, sugar and salt; when cool add yeast, then stir in flour, adding it gradually after the first five cups are in, that it may not be too stiff, use just enough to knead it, knead till smooth and elastic. Cover, let it rise till light, cut it down, divide into four parts; shape into loaves or biscuits. Let it rise again in the pans. Bake forty or fifty minutes.

WATER BREAD.

1 tablespoonful butter, 1 tablespoonful sugar, 1 teaspoonful salt, $\frac{1}{2}$ yeast cake, 1 pint water, about 2 quarts flour.

Put butter, sugar and salt in the mixing bowl, add one-fourth cup boiling water to dissolve them; then add enough more lukewarm water to make a pint in all, half a cup yeast and three and a half or four cups of flour, enough to make a batter that will drop, not pour from a spoon. Give it a vigorous beating; cover and let it rise over night. This soft mixture is called a sponge. In the morning add flour enough to make it stiff enough to knead. Knead half an hour. Cover, let it rise in bowl till noon, or till light and spongy; then shape it into rolls and loaves, bake as usual.

SALLY LUNN.

1 quart flour, butter size of an egg, 3 tablespoonfuls sugar, 2 eggs, 3 teaspoonfuls baking powder, a little salt, 2 cups milk. Mix sugar, baking powder and flour together, add milk, then eggs, stir well and bake in square pans.

CREAM GEMS.

1 cup sweet cream, 1 cup flour, 2 eggs, 1 teaspoonful baking powder.

POTATO SCONES.

Mash eight boiled potatoes while they are hot, mix with two ounces of sugar, dissolve half a yeast cake in half a pint of warm milk; beat together, then mix with flour enough to make a soft dough, let it rise; flour a board and roll out half an inch thick; cut into squares, and bake.

POTATO ROLLS.

Take 4 large potatoes, boil, until quite soft, in a small saucepan of water, then mash them well in this water. Take 2 large cups of flour and three tablespoonfuls of yeast, or a small half yeast cake, and a little salt; knead all to a thick batter about 3 o'clock, and at 9 knead in a little more flour, and set in a warm place until morning. First thing in the morning knead into the dough $\frac{1}{2}$ cup of sugar, and a little shortening, together with a very little more flour, let it rise a couple of hours, then make into rolls, allowing an hour for them to rise after they are in the pans. Keep the dough nice and spongy, not too stiff with flour. When nearly baked wash over with a little milk to make them a nice brown.

LIGHT BUNS.

1 lb. flour sifted, 2 oz. butter, 2 oz. loaf sugar, $\frac{1}{4}$ lb. currants or raisins, $\frac{1}{2}$ pint cold new milk, 1 egg, $\frac{1}{2}$ teaspoonful tartaric acid, $\frac{1}{2}$ teaspoonful soda. Rub the tartaric acid, soda and flour all together, work the butter into the flour, add the sugar, currants and some caraway seeds if liked. Mix well, pour in the milk and egg well beaten, mix quickly, and set the buns on baking tins with a fork, bake about 20 minutes; can be baked as one cake, it will then take $1\frac{1}{2}$ hour.

POTATO YEAST.

Grate 6 large potatoes, add 1 cup of sugar and half a cup of salt, pour in boiling water and stir well, let it simmer until quite thick, when lukewarm add one cup and a half of potato yeast, or nearly a cup of hop yeast, if these are not to be had, a cake of Fleischman's.

REGINA BUNS.

2 oz. white sugar, 1 egg, $1\frac{1}{2}$ oz. ground rice, 2 oz. butter, $1\frac{1}{2}$ oz. currants, a few thin slices of candied peel, flour. Whisk the egg, stir in the sugar, beat them well together, beat the butter to a cream, put into it the rice, currants, candied peel, egg and sugar, and as much flour as will make it consistent enough to roll into 7 or 8 balls, put these on a buttered tin, and bake from $\frac{1}{2}$ to $\frac{3}{4}$ of an hour. The oven should be brisk, and they should not stand, or they will become heavy.

TABLE OF PROPORTIONS.

1 scant measure of liquid to 3 full measures of flour for bread, $\frac{1}{2}$ cup of yeast, or $\frac{1}{4}$ of compressed yeast cake to one

pint of liquid, 1 even teaspoonful of soda and 2 full teaspoonfuls of cream tartar to 1 quart of flour, 1 teaspoonful of salt to 1 quart of soup stock, 1 saltspoonful of white pepper to 1 quart of soup stock.

TABLE OF WEIGHTS AND MEASURES.

4 tablespoonfuls of liquid	= 1 wine glass or $\frac{1}{2}$ gill or $\frac{1}{4}$ cup.
2 gills	= 1 cup or $\frac{1}{2}$ pint.
4 cups of liquid	= 1 quart.
4 cups of flour	= 1 pound or 1 quart.
$\frac{1}{2}$ cup of butter	= $\frac{1}{4}$ pound.
2 cups of granulated sugar	= 1 pound.
1 round tablespoonful of butter	= 1 ounce.
Butter the size of an egg	= 2 ounces or $\frac{1}{4}$ cup.
1 flask of olive oil	= $1\frac{1}{3}$ cup or 20 tablespoonfuls.

GENERAL DIRECTIONS.

Before proceeding to make your cake, ascertain just what things you require, and weigh your quantities ready. Put the baking powder into the flour, and have the eggs broken and the whites and yolks beaten separately. The butter and sugar are generally beaten together till creamy, for all cakes.

Fruit should be prepared by stoning the raisins (after boiling water has been poured over them) and weighing them after they are stoned. Currants should be washed, picked over, and carefully dried, candied peel cut into strips, and flour sifted. For fruit cakes mix the proper quantities of fruit and spice with the flour in a large basin, before proceeding to beat your butter and sugar, which can be done either with a spoon (wooden) or your hand. Fruit cakes require a slow oven and long cooking. By using a clean straw you can ascertain when they are done by the straw coming out clean and dry. Cake pans should be lined with buttered paper.

PLAIN FROSTING.

Beat the white of one egg very stiff, then add one scant cup of powdered sugar, flavor with vanilla. Beat all together five minutes.

GOLDEN FROSTING.

Beat the yolks of eggs and stir in powdered sugar till stiff enough to spread, not to run. Flavor with vanilla.

RICH FRUIT CAKE.

1 lb. sugar, 1 lb. butter, 1 lb. flour, 2 lbs. of currants, 2 lbs. of raisins, 1 lb. of sliced citron peel, 10 eggs, 1 lb. blanched almonds, $\frac{1}{2}$ cup of molasses, 1 wineglass of brandy, 1 teaspoonful ground cloves, 2 of allspice, 2 of cinnamon, 2 of nutmeg.

Wash and pick the currants, stone the raisins, and mix them with the spices into the flour in a separate dish: Beat the butter and sugar to a cream, add the eggs well beaten separately, then the dry ingredients by degrees, alternately with the molasses and spirit. Bake in a slow oven from 2 to 3 hours or more, according to the size of your cakes. The pans should be lined with buttered paper, and a sheet of white paper kept ready to cover them should they brown too quickly. When a straw will come out clean they are done.

PLAIN FRUIT CAKE.

4 eggs, 2 cups of sugar, 1 cup of butter, $\frac{1}{3}$ cup of milk, $2\frac{1}{2}$ cups of raisins, stoned, 4 cups of flour, $2\frac{1}{2}$ teaspoonfuls baking powder. Bake in a slow oven, till a straw will come out clean and dry. Will keep well.

FRUIT CAKE.

Two teaspoonfuls of Cook's Friend baking powder, one and a half pound flour, one and a half pound raisins, one pound currants, half pound candied peel, one pound sugar (moist), one pound butter, ten eggs and spice to taste. Beat the sugar and butter to a cream, then break in two eggs at a time and beat well until the eggs are in; have the currants, spice, flour and peel ready mixed in a bowl and stir in, after the eggs are thoroughly beaten, into the butter and sugar, pour in well buttered pans, and bake in not too quick an oven. This quantity makes two good sized cakes. It is a good plan to line the tins with coarse paste and then with buttered paper.

SPICE CAKE.

One pound flour, three quarters pound sugar, half pound butter, four eggs, one cup sour milk, one wineglass brandy, half teaspoonful each nutmeg, mace, cloves and cinnamon.

CHOCOLATE CAKE.

1 cup of butter, 2 cups of sugar, 1 cup of milk, 4 eggs beaten separately, 2 teaspoonfuls of baking powder mixed in the flour, about 3 cups of flour or enough to make a batter. Beat well and bake in layers. Put chocolate mixture between and over the cakes. Half these proportions makes a good sized cake.

CHOCOLATE MIXTURE.

5 tablespoonfuls of grated chocolate with enough milk to rub it smooth, 1 cup of sugar, 1 egg well beaten, stir over the fire till mixed. Flavor with vanilla.

SAVOY SPONGE CAKE.

A $\frac{1}{2}$ lb. of finely sifted sugar, beaten with the yolks of 4 eggs until it forms a thick batter, then stir in $\frac{1}{4}$ of a lb. of finely sifted flour, then the whites of the eggs beaten to a stiff froth. Lightly butter a cake tin lined with paper. Pour in the batter and bake in a moderately quick oven. It should be flavored with the grated peel and juice of half a lemon.

QUEEN CAKES.

Beat 3 eggs with 2 tablespoonfuls of milk, stir in gradually 6 ozs. of white sugar, add $\frac{1}{4}$ of a lb. of flour, a pinch of cinnamon, and 2 ozs. of butter warmed, lastly 2 ozs. of currants. Beat till the batter is light. Bake in patty pans, buttered.

LEMON CAKE.

A pound of sifted flour, $\frac{3}{4}$ lb. of sugar, 10 ozs. of butter, juice and grated peel of a lemon, 5 or 6 eggs, beaten separately. Beat the butter and sugar to a cream, add the yolks of the eggs well beaten, then the whites, and the flour by degrees, with a teaspoonful (heaping) of baking powder mixed in it, lastly the juice and rind of the lemon. Beat well and bake in tins lined with buttered paper. It should be a golden color when baked, and very light. Bake in a moderately hot oven, cover with a sheet of white paper if likely to brown too much. Test with a straw.

DOMINOES OR FANCY CAKES.

1 lb. flour, $\frac{3}{4}$ lb. sugar, $\frac{1}{2}$ lb. butter, 6 eggs, juice and grated rind of a lemon, 2 teaspoonfuls of baking powder. Beat the

butter until creamy, add the sugar, then beat in the eggs, whites and yolks separately, add the rind and juice of the lemon, put the baking powder into the flour, which should be sifted, when all are well beaten together the batter is ready for use. Line some jelly cake tins with buttered paper, spread a layer of the mixture just as for jelly cake but not much thicker, as when baked the layers should not be more than the third of an inch thick. Bake slowly and when done remove from the oven, but leave undisturbed until cold. If the sheets are large cut them exactly in half, spread them thinly with some stiff marmalade or jelly, any rich flavor with some tartness will do, lay one half on the other, and press closely and neatly together; have ready a bowl of icing, dust the top of the cake with flour, and brush off again, as it is only to absorb the grease. Flavor the icing with vanilla and lay it on the top of the cake, let it run over it, aiding with a knife dipped in water (shaking off the drops however). The icing needs to be very nicely done, and must not be thicker than a twenty-five cent piece. Now color the icing in the bowl pink with a little cochineal, add a drop or two of extract of lemon or bitter almond, either of which will agree with the vanilla in the white icing; then ice another sheet of cake in the same way, a third may be done with chocolate icing. The beauty of these cakes will depend on the way they are cut. You may choose to make them tablets an inch wide, and three inches long, or in lozenge shape, but in either case the cutting must be exact. The best way to have it so is to mark the lines very lightly with the point of a penknife on the icing, using a measure. Trim off the edge of the cake with a sharp knife, so that it is neat all round, no excess of marmalade oozing out, or tears of icing running down. Then warm a sharp carving knife (supposing the cake is on a board), and cut through the lines you have marked, without hesitation, so that there may be no crumbs or rough-

ness which slow, over careful cutting causes. When cut up you should have, if neatly done, an assortment of very delicious and ornamental cakes.

CORNSTARCH CAKES.

7 eggs, 1 lb. white sugar, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ cup cream, 1 teaspoonful of soda, 2 of cream of tartar, 1 package cornstarch, mix the butter and sugar to a cream, add the yolks, then the whites, and lastly the cornstarch and milk or cream, and flavoring.

OATMEAL CRACKERS.

3 cups oatmeal, $1\frac{1}{2}$ cup of flour, 1 cup sugar, 1 cup butter, 3 teaspoonfuls baking powder, milk enough to roll them out.

SUGAR COOKIES.

1 cup butter, 1 cup sugar, 3 eggs, 3 cups sifted flour, 2 teaspoonfuls baking powder. Rub the butter into the flour reserving some of the flour to roll out the cookies, then add sugar, eggs, etc., and roll thin, and cut out.

SUGAR COOKIES No. 2.

1 cup of butter, 1 cup sugar, 2 eggs beaten, and the cup filled up with milk, 2 teaspoonfuls baking powder, 3 cups flour, roll out thin.

SHORT BREAD, A DUMFRIESSHIRE RECEIPT.

1 lb. flour, $\frac{1}{2}$ lb. butter, $\frac{1}{4}$ lb. citron peel, cut small, $\frac{1}{2}$ lb. sugar, some caraway comfits. Wash the butter if salt, and

melt it over the fire, but *do not let it boil*. Mix the sugar and fruit well with the flour, then work it up with the butter till it is smooth and compacted, divide it into four or five pieces, and roll out each piece into an oblong cake half an inch thick, having previously floured the paste board well; prick the top with a steel fork, and strew some orange and citron peel cut thin and some large caraway comfits upon the cakes, press with the roller. Pinch round the edges, put the cake in floured tins, and bake for 20 minutes.

BEIGNES (Old French Recipe).

1 doz. eggs, $1\frac{1}{2}$ lb. sugar (white), $\frac{3}{4}$ lb. of butter, 1 wine-glass brandy, 1 small teaspoonful soda, some fresh milk. Beat the butter to a cream, add the sugar, then the eggs, whites and yolks beaten separately, the whites to a very stiff froth, pour half a cup of boiling water over the soda, then fill up the cup with milk. Flour enough to make into a paste not too stiff, let it rise for three hours, then shape and drop into boiling lard. Self-raising flour can be used. Delicious. Will keep any time.

DOUGHNUTS.

4 eggs, 2 cups sugar, 1 cup milk, 1 cup butter, 4 cups flour, 3 teaspoonfuls baking powder. Beat the sugar and butter to a cream, add the yolks, put the baking powder into the flour, and sift it, adding milk and flour alternately, then lastly the whites, knead in the last of the flour, shape, and throw into boiling lard until brown.

DOUGHNUTS No. 3.

2 eggs, 1 cup of sugar, $1\frac{1}{2}$ cup sweet milk, 3 teaspoonfuls baking powder, 2 tablespoonfuls melted butter, 5 cups of

flour. Mix the ingredients well together, make the dough as soft as can be handled. Take a small portion at a time, roll $\frac{1}{2}$ of an inch thick, and cut with a ring cutter, fry in deep hot fat, drain on paper.

JELLY CAKE.

3 eggs, the whites beaten to a stiff froth, 1 cup of white sugar, 3 tablespoonfuls warm water added to the sugar to make a syrup, and stirred with the yolks of the eggs, then the whites poured over and well beaten together with one cup of flour and 2 teaspoonfuls of baking powder.

LOTTIE'S LITTLE CAKES.

$\frac{1}{2}$ lb. butter, 1 lb. flour, $\frac{1}{2}$ lb. sugar, 2 eggs, $\frac{1}{2}$ teaspoonful soda, some nutmeg and cinnamon. Rub the butter into the flour, add a little cinnamon and nutmeg and the sugar. Mix all together with the eggs well beaten, roll thin, and cut into small cakes; beat up another egg and wash over the tops of the cakes, and strew some finely chopped almonds mixed with some sugar over them, and bake.

SINZER CAKE.

$\frac{1}{4}$ lb. sweet grated almonds, $\frac{1}{4}$ lb. flour, $\frac{1}{4}$ lb. sugar, a little less than $\frac{1}{4}$ lb. butter, the yolks of two raw eggs, and the yolks of 3 hard boiled eggs chopped very fine, the grated peel of one lemon, and 2 tablespoonfuls of rum or arrac. Mix all these to a soft dough, roll out pretty thin, and make a little border round, then spread with any kind of jam, and bake. This is a delicious cake.

JAMS.

ORANGE MARMALADE (Old Scotch receipt).

To each dozen of bitter oranges put two lemons. Weigh the fruit, and to each pound allow one pound and a half of loaf sugar. Boil the oranges an hour and ten minutes, then pour off the water, and put them into fresh boiling water in which let them boil half an hour more, then cut the oranges into quarters. With a silver spoon scrape out the pulp from each quarter, putting the seeds and tough centre skin into a little of the water in which the oranges were last boiled, save some of this water also for your syrup. Have the skins cut into nice equal strips. Boil the lemons in a little water until tender, cut the skins into strips with your oranges, and measure the water, adding enough of that in which the oranges were last boiled to allow a quart to every six pounds of sugar, put it on to boil; when your syrup is ready, put in the chips, pulp and the washings of the seeds. Let all boil for fifteen minutes, skim and pot it up.

TO PRESERVE APPLES.

Pare, core and quarter 6 lbs. apples, 4 lbs. loaf sugar, put a layer of each alternately with $\frac{1}{2}$ lb. best whole white ginger, bruised into a jar, let it remain 43 hours. Infuse for half that time, in a little boiling water, 2 oz. bruised white ginger, strain and boil liquor with the apples, till they look clear, about an hour. Before serving remove the whole ginger.

QUINCE JAM.

Pare, core and weigh quinces, put them into a close kettle with water enough to cover, spread cores and peelings over top

and simmer till fruit is tender. Take out quinces, strain syrup, and add 1 lb. sugar to each lb. fruit. To every 6 lbs. sugar allow 1 quart liquid in which quinces have been boiled. Put in fruit and boil till clear.

PINEAPPLE PRESERVE.

Pare the pineapples and cut them in slices about $\frac{1}{4}$ of an inch thick. Cut out the eyes from the outside edge, take the core out as it is very hard. Cut the slices into neat small squares, or pointed pieces. If preferred, the pineapple can be grated.

To every pound of prepared fruit allow one pound of white sugar. Have a good sized crock or basin, put a layer of sugar at the bottom, then a layer of fruit, and so on until the fruit and sugar are all in, put it away in a cool place and let it stand 12 or 15 hours, when it will be ready for boiling. Put it on a clear hot fire, and let it boil smartly for half an hour, when the fruit and syrup should be clear. If there should be any scum take it off carefully, and dish the preserve into small jars.

The eyes and cores of the pineapples, if they weigh a pound or so, should be put into an enamelled pan with a pint of water, and boiled and strained, when the juice can be added to the fruit when first put on the fire, it makes more syrup.

SWEET ORANGE MARMALADE.

Take 12 sweet oranges and 8 lemons and double their weight of sugar, cut the rind of the fruit into quarters and peel it off. If the marmalade be not wanted very stiff, take off some of the spongy white skin inside the rind. Cut the chips as thin as possible, and about half an inch long, and divide into small bits the pulp, removing carefully the seeds, which may be

steeped in part of the water which is to make the marmalade and which must be in the proportion of a quart to a pound of fruit. Put the chips and pulp into an earthen dish, and pour the water boiling over them; let them remain for 12 or 14 hours, and then turn the whole into the preserving pan, and boil until the chips are perfectly tender; then add by degrees the sugar, and boil until it jellies. The water in which the seeds have been steeped, and which must be taken from the quantity apportioned to the whole of the marmalade, should be poured into a hair sieve, and the seeds well worked in it with the back of a spoon. A strong, clear jelly will be obtained by this means, which must be washed off them by pouring their own liquor through the sieve in small quantities over them. This must be added to the fruit when it is first set on the fire.

RHUBARB JAM.

Peel and cut into lengths 7 lbs. of rhubarb, the peel and juice of 4 oranges, sprinkle over all 5 pounds of sugar, let it stand some hours, then boil slowly 1 hour or more.

RHUBARB JAM.

Take well matured rhubarb, peel it and cut into 2 inch lengths, weigh it and put into a jar. Allow weight for weight of sugar, sprinkle some of the sugar over the rhubarb, and let it stand all night, 2 ozs. of bruised ginger to every 4 lbs. of fruit, soak the ginger in a very little boiling water, and use this water to make the syrup with the juice from the rhubarb after standing over night. Let the syrup boil to a good thickness and pour it over the rhubarb in the jar, letting it stand over night again. Then boil all together until the fruit becomes clear and transparent. The ginger must be tied in a muslin bag.

GREEN TOMATO MARMALADE.

To a lb. of green tomatoes, 1 lb. of sugar. Make a syrup first, allowing 1 qt. of water to every six pounds of sugar, the grated rind and juice of 2 lemons, and 2 oz. of bruised ginger (tied in a muslin bag). Slice the tomatoes very thin, but do not peel them, put them into the syrup when it cools, boil very gently from 1 to 2 hours, until clear and thick.

TO CAN STRAWBERRIES.

Hull the strawberries, then weigh them, and allow $\frac{1}{2}$ a pound of sugar to each pound of fruit. Put the berries into a basin or crock, and cover them with a small portion (from half a pound to a pound, according to the quantity of fruit) of the sugar which has been weighed, let them stand all night. In the morning put them into the preserving pan, let them heat well through, then add the remainder of the sugar, and boil gently for 20 minutes, do not stir much as it breaks the fruit. When it begins to fall, it is done; remove from the fire. Have the self-sealing jars heated by putting them into the plate-warmer, or close to the oven, take them out one at a time, fill quickly to the brim with the boiling fruit, and screw down. Set them on one side until cold, then tighten the screw, and put away. This applies to all canned fruit.

TO CAN CHERRIES.

Stone and weigh the fruit, allow $\frac{1}{2}$ a pound of sugar to each pound of fruit; put some of the sugar over it and let stand all night, then put into the preserving pan, let it heat gently and boil for ten minutes, until the cherries are tender, then add the sugar and boil for fifteen minutes, remove from the fire and fill into the jars quickly.

PLUMS (Canned).

Weigh the fruit, allowing $\frac{1}{2}$ a pound of sugar to each pound of fruit, put the fruit into the preserving pan, with a pint of water to every 6 pounds of fruit; let it boil for ten or fifteen minutes until the skins are tender, then add the sugar and boil for fifteen or 20 minutes more, fill into the heated jars and screw down.

Gooseberries are done in the same manner as plums, also black currants.

PEACHES.

Peaches may be canned either whole or in halves. Peel the fruit very carefully, weigh it, allow $\frac{1}{2}$ a pound of sugar to each pound of fruit. Make a syrup with a pint of water to every three pounds of sugar. A little more water may be added if the peaches are not juicy, as the syrup requires to cover the fruit, that it may cook evenly. Let it simmer gently until a straw will run through the peaches. Put the fruit into the hot jars, fill with syrup and screw down.

APPLE JELLY.

Choose large crab apples, or tart apples with a good color, wipe (and if very large quarter them), put them on to boil with plenty of water to cover them, let them cook until reduced to pulp, strain through the jelly bag. To every pint of juice allow a pound of sugar, put on the fire again and boil for ten or fifteen minutes until it jellies, which you can tell by putting a little on to a saucer to cool.

RED CURRANT JELLY.

Pick over the currants, and put them on the fire with a *very* little water, boil from ten to fifteen minutes, stirring them well

to mash the currants, when thoroughly cooked put them into a jelly bag, and set it near the fire to keep warm while the juice is running through. To each pint of juice allow one pound of sugar, put it on the fire, and let it boil for a few minutes until it jellies.

TO CAN TOMATOES.

Skin the tomatoes, and put them on to boil with a small cup of salt to each peck of tomatoes, let them boil until all the hard pieces are thoroughly cooked, then fill into self-sealing jars and screw down. When cold tighten the screw before putting away.

CANDY.

General Directions.

FONDANT.

(Catherine Owen).

Use best granulated or loaf sugar. Take a pint of sugar and set it to boil with a small cup of water, stirring only to mix. Boil ten minutes, then dip a fork in it, taking care not to stir the syrup after it has boiled, lift out the fork, and if a long silk like hair hangs from it, take up a little in a spoon and drop into a cup of ice-water. If it forms a soft ball in bottom of the cup, remove it quickly from the fire and set to cool on ice if possible.

This testing process must be quickly done, as candy passes rapidly from one degree to another, and while you are trying the heat of the fondant the saucepan is cooking it more. The candy must not be stirred while cooking nor shaken after it is removed from the fire, or it will granulate.

When cool enough to bear your finger in it, stir with a spoon till thick enough to work it like bread dough. If boiled rather beyond right time it may be crumbly, but if worked quickly and pressed hard between the hands, it will soon come smooth.

If your sugar refuses to harden into a thick paste, put it back into the saucepan with 2 tablespoonfuls hot water, watch closely and try in ice-water till it is a little firmer than before.

When the candy is cool, if it looks smooth as jelly it will be perfect, if there is a thin coating on top, skim this off before beating. If boiled too long it will "granulate," and this is

the greatest difficulty to contend with in candy-making; the only thing to be done is to boil it over again with the addition of a cup of boiling water. If beaten before it is cool enough, your candy will be "grained" or rough.

The following recipes are for coloring candy :

YELLOW COLORING.

Ten cents worth of Spanish saffron, boiled in $\frac{1}{2}$ pint water till reduced one-half, then strain through muslin, squeezing hard. One or two drops will give sufficient color.

PINK COLORING.

Get weighed by a druggist, 1 ounce cochineal powdered, 1 ounce cream of tartar, 2 drachms of alum, half a pint of water.

GREEN COLORING.

Juice of spinach or beet leaves.

BROWN COLORING.

Powdered chocolate.

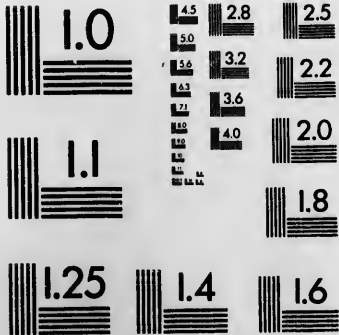
ORANGE CREAMS.

Grate rind from one orange, add a speck of tartaric acid, 2 large tablespoonfuls of powdered or confectioners' sugar, and enough orange juice to mix into a smooth paste. Roll this mixture into small balls, flatten them a little and drop on a sugared plate. These are the insides. Take a piece of the boiled white paste, or fondant as it is called, size of an egg, put it in a cup and set in a pan of boiling water on the range. Lay a sheet of oiled or greased paper on your right hand and the orange balls on your left, with a fork mash the fondant till it is like thick cream. Keep stirring or it will go back to clear syrup. Take care no water splashes into it. When



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creamy, bring it saucepan and all to the table, drop in one orange ball, take it quickly out with a fork, shake slightly, and turn it neatly on the greased paper.

CREAM WALNUTS OR ALMONDS.

Melt a piece of fondant by stirring in a cup of boiling water, flavor with vanilla and stir till like a cream, drop half walnuts or almonds, take out on end of a fork and drop on oiled paper.

If the candy thickens too much, return to fire and stir till liquid again. When the nuts are all dipped once, give them a second coat of candy. The flavoring and coloring may be changed.

GRILLED ALMOND DROPS.

Blanche a cup of almonds and dry thoroughly. Boil a cup of sugar and a quarter cup of water till it "hairs," then throw in almonds, stirring occasionally till they are slightly brown. Remove from fire and stir them till the syrup has turned back to sugar and clings irregularly to the nuts.

ENGLISH ALMOND ROCK.

Boil 1 or 2 lbs. of brown sugar till it snaps in water, flavor slightly with lemon juice. Have ready 1 lb. of almonds rubbed dry but not blanched, slightly warm them and pour as many into the candy as it will take, then pour into oiled pans. It should be two inches thick and the almonds all the way through. Cut it into bars before it is cold with a strong knife well oiled.

BUTTER SCOTCH.

1 lb. sugar, $\frac{1}{2}$ lb. butter, 1 teacupful and a half of water, 2 teaspoonfuls of vinegar, 2 teaspoonfuls of molasses. Boil for one hour, then pour on to buttered plates.

CHOCOLATE CARAMELS.

$\frac{1}{4}$ lb. butter, $\frac{1}{4}$ lb. Baker's chocolate, $1\frac{1}{2}$ lb. white sugar, 1 cup of milk, vanilla to flavor. Melt the butter first, then pour on the other ingredients. *Stir continually*, boil 20 minutes, pour on to oiled tins, and mark into squares when almost cold.

COCOANUT CHOCOLATE CARAMELS.

$\frac{1}{2}$ cup molasses, 1 cup sugar, a small piece of butter, $\frac{1}{2}$ cup milk, vanilla flavoring, $\frac{1}{4}$ cake Baker's chocolate. Put the milk and chocolate on the fire and dissolve thoroughly, then add the molasses and sugar, and, when nearly cooked, the butter, boil until it hardens well when dropped into cold water. Remove from the fire and stir in desiccated cocoanut until quite thick, flavor with vanilla, and drop from the end of a spoon on to oiled paper in small cakes leaving them quite rough on the top.

CREAM CARAMELS (outside).

$\frac{1}{2}$ lb. Baker's chocolate, 2 lbs. light brown sugar, 1 tablespoonful butter, 1 cup cream, 2 teaspoonfuls vanilla, put all together on the fire and boil until it hardens well, not allowing it to sugar.

CREAM CARAMELS (inside).

3 cups white sugar, 1 cup of cream, juice and grated rind of one lemon. Cook until it is the consistency of thick paste. Butter a dish and pour in half of your chocolate mixture, let it cool, then add the cream, and, when nearly cold, the remainder of the chocolate. While the first layer hardens, the cream and remainder of the chocolate mixture must be kept hot by setting your saucepan into boiling water.

Clever Cooking

EVERTON TOFFY.

1 lb. brown sugar, $\frac{1}{2}$ lb. butter, $\frac{1}{4}$ lb. treacle. Boil it on a good fire, stirring in one direction all the time. When it begins to thicken try it in cold water and if perfectly crisp the toffy is done, pour on to buttered tins and put in a cool place.

NOUGAT.

One cup blanched almonds, two cups powdered sugar. Chop the almonds very fine, put the sugar over the fire without any water, stir it constantly until it is melted; then stir in your chopped almonds, and spread very thin on buttered tins to cool. It requires care and patience to stir the sugar until it is melted; if left too long it will turn to sugar again. When well made it is an excellent candy.

COCOANUT CREAM.

Three cups white sugar, cup milk, one cup desiccated cocoanut, flavor with vanilla.

Soak the cocoanut in a spoonful of the milk, put the remainder on to boil with the sugar, when it candies, which you can tell by dropping into cold water, stir in the cocoanut and let boil for a minute; add vanilla to taste, and, if you like, cochineal sufficient to color it pink. Care must be taken to stir always one way when boiling, take off the fire, and stir in the opposite direction until almost cold, pour on to oiled plates, cut into bars when cold.

MAPLE CREAM.

Two cups scraped maple sugar, one cup cream, butternuts. Take the meat out of the nuts and break into pieces, boil the cream and sugar until it candies, stirring always one way, then put in the nuts, take off the fire, and stir in the opposite direc-

tion until nearly cold, pour on to buttered plates and cut into squares when cold. Walnuts can be substituted for butter-nuts if preferred.

NUT CARAMELS.

Three cups dark brown sugar, one cup cream, one dessert-spoon vanilla. Boil the sugar and cream for twenty-five minutes, stirring constantly, just before taking off the fire add vanilla. Fill a buttered dish with any kind of nuts chopped fine, pour the candy over them.

FIG CANDY.

One cup of sugar, one-third cup of water, one-quarter tea-spoonful cream of tartar, one lb. figs. Cook until it hardens well when dropped into cold water, but do *not stir while boiling*, chop the figs, lay them on a buttered dish and pour the candy over them.

CANDIED ORANGE AND LEMON PEEL.

(Catherine Owen).

Throw the peels into salt and water, let them remain from 9 days to 3 weeks. All the pulp must be removed from the peels, but the white part must remain untouched, as the thicker the peel the better for this purpose, thin skinned oranges being of no use for candying. Wash them when you take them out of the salt and water, and put them on the fire in cold water, and let them boil until perfectly tender, but not mushy. While they are boiling change the water until it no longer tastes salt. Lemon peels may take from 3 to 4 hours boiling, orange peels less. Care must be taken to see that the lemon peel is perfectly tender, as if the least underdone it will harden when it goes into the syrup and become like chips, instead of a rich sweetmeat. Drain the peels, make a weak syrup of a pint of water to each pound of sugar; let it boil five minutes,

then throw in the peels ; they must boil gently in this until clear, and the syrup has become thick, almost boiled away in fact, then make another syrup with half a pint of water to two pounds of sugar ; let it boil until clear and till there is a short hair from the fork. Put in the peels (which must have been drained from the first syrup) ; take from the fire, stir them round until the syrup looks whitish, lift each piece out, and lay it on a dish freely sprinkled with granulated sugar. Orange peels must not be put in the same jar of salt and water with lemon peels, nor must they be candied together or their distinctive flavors will be lost.

SALADS.

POLISH SALAD.

Cold meat of any kind chopped, 1 lettuce, boiled beet root, a little onion, 3 hard boiled eggs, pickled gherkins, 2 or 3 pickled sardellen, all these chopped fine and well mixed together with a salad dressing of oil, vinegar, pepper and salt. Reserve some chopped eggs, yolks and whites separate, beet-root and gherkin and ornament the salad as follows. Make a mound of the mixture, and put alternate rows or patterns of the reserved ingredients, and stick a sprig of parsley at the top.

GOOD POTATO SALAD.

Good not too mealy small potatoes are boiled in their skins. When sufficiently boiled remove the skins immediately and cut in thin slices into a salad bowl. Keep them warm till the following sauce is made. 2 dessertspoonfuls of olive oil, 4 of vinegar, 2 of milk, pepper, salt and a little onion minced very small. Cover the bowl and shake it well with half of the sauce, then cover with the sauce remaining.

CHICKEN SALAD.

Boil or roast a chicken. When cold, take the meat from the bones and cut into small pieces. Wash 2 heads of celery and cut the white parts up into small pieces also, add a few capers, cover with one of the mayonnaise dressings given, and mix well. The dressing should not be put on till a few minutes before the salad is served. Beetroot chopped fine may be mixed with the salad, or with celery only, and put round the edge of the dish. Garnish with celery tops.

LOBSTER SALAD.

Take a medium sized lobster, separate the body from the tail, break off the great claws and crack them at the joints without injuring the meat ; split the tail in halves. Take a tin of canned lobster, some nice heads of lettuce, some fresh radishes, and 6 eggs hard boiled. Take the outer lettuce leaves (reserving the more delicate leaves for decoration), cut them up finely and mix with the tinned lobster, arrange on a dish in a mound with a border of the reserved lettuce. Take the eggs, peel and cut in halves, remove the yolks carefully from some of the halves and put a small red radish into the cup. Pour a mayonnaise over the salad and arrange the back and claws of your lobster over it ; the claws at the ends and the other parts according to taste. Arrange the eggs and radishes round the dish amongst the salad leaves.

If tastefully arranged you will have a lovely supper dish.

GREEN BUTTER.

4 anchovies, 2 ozs. butter, 4 ozs. parsley. Wash the anchovies well, and pound them in a mortar, boil the parsley (having removed all stalks) till tender, and squeeze the water well out, then chop the parsley very fine, and rub it through a sieve with the anchovies and 2 ozs. fresh butter, or salt butter well washed. Serve on very thin toast, done in the oven until quite dry and crisp.

OYSTER TOAST.

Bruise one small anchovy very fine in a mortar, then take 20 oysters chopped very fine. Put both into a small saucepan with a teacup or more of milk or cream (if milk add a morsel of butter), heat it over the fire and keep stirring it all the time. When it comes to the boil spread it on hot buttered toast and serve.

SALAD SANDWICH.

Cut neat slices of stale bread, butter them evenly and not too thickly with butter which has been carefully mixed with mustard flour ; on this lay a lettuce leaf, then a slice of rather underdone roast beef, then one of tomato, and cover with another slice of bread and butter. Press firmly together and cut into neat shape. Chicken may be substituted for the beef omitting the mustard and putting a little mayonnaise on the lettuce.

TOMATO SANDWICH.

Cut thin slices of brown bread and butter and put between them slices of tomato lightly dressed with oil and lemon juice.

BEEF SANDWICH.

Grill a piece of sirloin or tender loin steak, slice it thin, season and put while still hot between slices of bread and butter. Press between 2 plates and trim when cold.

SYRUPS & CORDIALS.

LEMON SYRUP.

Take 6 pounds of white sugar, add three pints of water and let it boil for twenty minutes, then pour into the syrup while boiling, the juice of three dozen lemons, and the grated peel of six (tied in a muslin bag). Let it boil for five minutes, then remove from the fire and bottle it. When cold cork it down tight to keep for use. This syrup is ready for lemonade, ices, jellies, etc., without any trouble.

GINGER LIQUEUR.

Take 1 lb. of raisins, the rind of one lemon, 3 quarters of an ounce of bruised ginger. Steep these ingredients in a quart of best rye whiskey, then strain it. Make a syrup of 1 lb. loaf sugar and $\frac{1}{2}$ pint water and add to liqueur.

GRAPE WINE.

1 gallon grapes, 1 gallon water. Bruise grapes and let stand a week without stirring. Pour off liquid and strain through a jelly bag. To every gallon of wine add 3 lbs. sugar. Put it into a crock or cask, but do not cork till it has done hissing. The contents of the jelly bag can be emptied into a preserving kettle and scalded over the fire with a quart of water, then strained and added to the liquid.

RASPBERRY VINEGAR.

1 large pail of raspberries, $\frac{1}{2}$ gal. of malt vinegar, sugar. Put the raspberries into a crock, pour over them the vinegar, and let them stand for 12 hours, then strain through a sieve,

or muslin bag, to each pint of juice put 1 lb. sugar, and let it boil for 2 or 3 minutes then bottle.

CURRANT CORDIAL.

1 peck currants, boil and strain, then add 7 lbs. of loaf sugar and $\frac{1}{2}$ lb. of root ginger. Boil for 20 minutes and strain, then add 1 gallon of malt whiskey.

GINGER WINE.

To make ten gallons. An excellent *old* Scotch recipe.

Take a well seasoned cask, put into it three gallons of whiskey, take 3 dozen lemons, pare off the rind of all of them, and put it into a large jug, pour boiling water over them and keep them covered up for 12 hours, then strain off all the liquor, and add more boiling water to extract all the flavor of the lemon skins, put this into the cask with the squeezed juice of the lemons, taking care to keep back the seeds and pulp.

Take then 16 pounds of coarse raw sugar and put it into a pan with a gallon of water, let it come to the boil, then put it into a vessel to cool and subside. Take then 16 ounces of rough ginger, beat it, but do not break it much, boil it in water repeatedly, till all the substance is out of it, and as much liquor produced as fills the cask. The liquor the sugar is boiled into must not be added until quite cold, nor the ginger water either. Stir the whole well for three days occasionally with a stick, then bung it up, and allow it to remain a month or six weeks, if the weather be cold, before bottling it.

If wished to be perfectly fine and pure, $\frac{1}{2}$ an oz. of isinglass dissolved in a little of the wine should be added, and the crane ought always to be put into the cask where the wine is, as the less the cask is moved the less sediment there will be.

INVALID COOKERY.

CHICKEN BROTH.

An old fowl will make a more nutritious broth than a young chicken. Skin, cut it up and break the bones with a mallet. Cover well with cold water and boil slowly for three hours. Salt to taste. A little rice or tapioca may be boiled with it, if desired.

OYSTER BROTH.

Cut into small pieces a pint of oysters ; put them into half a pint of cold water, and let them simmer gently for ten minutes over a slow fire. Skim, strain, add salt and pepper.

PEPTONIZED MILK.

Stir up five grains of pancreatic extract, and fifteen of bicarbonate of soda, in a gill of water; mix thoroughly and add a pint of fresh milk. Put in a bottle or a covered jug, and let it stand where it will keep warm for an hour. Then put on ice until required for use, or boil for two or three minutes to stop further digestive action. Milk so prepared will have a faintly bitter flavor ; it may be sweetened to taste, or used in punch, gruels, etc., like ordinary milk.

BOILED FLOUR GRUEL.

Moisten a pint of flour with a couple of teaspoonfuls of cold water, make it into a ball and tie it up tightly in a strong cloth. Slightly dampen the cloth, sprinkle it with flour and boil it hard for ten hours. Then take off the cloth, and let the ball dry in a slow oven for ten hours more. Grate two teaspoonfuls of flour from the dry ball, mix it with cold water to a smooth paste and stir it into half a pint of boiling milk. Simmer about three minutes and sweeten. This is considered especially good for children while teething.

OATMEAL GRUEL.

Boil a tablespoonful of oatmeal in a pint of water for three quarters of an hour, then put it through a strainer. If too thick, reduce with boiling water to the desired consistency. Season with salt.

MILK AND ALBUMEN.

Put into a clean quart bottle a pint of milk, the whites of two eggs, and a small pinch of salt. Cork, and shake hard for five minutes.

ARROWROOT.

Mix a teaspoonful of Bermuda arrowroot with four of cold milk. Stir it slowly into half a pint of boiling milk, and let it simmer for five minutes. It must be stirred all the time, to prevent lumps and keep it from burning. Add half a teaspoonful of sugar, a pinch of salt, and one of cinnamon, if desired. In place of the cinnamon, half a teaspoonful of brandy may be used, or a dozen large raisins may be boiled in the milk. If the raisins are preferred, they should be stoned, and the sugar may be omitted.

Cornstarch or rice flour gruel is made in the same way.

BARLEY WATER.

Wash two ounces of pearl barley in cold water. Then boil for three minutes and throw both waters away. Add two quarts of boiling water and boil till reduced to one quart, or about two hours, stirring frequently. Strain, add the juice of a lemon and sweeten. For infants omit the lemon.

The foregoing recipes are from Miss Weeks' "Text Book of Nursing."

FLAXSEED LEMONADE.

Into a pint of hot water put two tablespoonfuls of sugar and three of whole flaxseed. Steep for an hour, then strain, add the juice of a lemon, and set on ice until required.

CHOCOLATE.

Scrape fine an ounce of Baker's chocolate, add two tablespoonfuls of sugar and one tablespoonful of hot water; stir over a hot fire for a minute or two until it is smooth and perfectly dissolved, then pour into it a pint of boiling milk, mix thoroughly and serve at once. If allowed to boil after the chocolate is added to the milk, it becomes oily, and loses flavor. Broma is made in the same way.

KOUMYSS.

(Miss Weeks.)

Dissolve a third of a cake of compressed yeast (Fleischmann's), or its equivalent of fluid yeast, in a little warm—*not hot*—water. Take a quart of milk fresh from the cow, or warmed to about blood heat, and add to it a tablespoonful of sugar and the dissolved yeast. Put the mixture in beer bottles with patent stoppers, fill to the neck, and let them stand for twelve hours where you would put bread to rise, that is, at a temperature of 68° or 70°. Then put the bottles on ice, upside down, until wanted.

BEEF TEA No. 1.

Take a pound of juicy beef, round steak is best, remove all the fat and cut into small pieces, put into an earthen crock, or double boiler, and add a pint of cold water, cover it closely and let it soak one hour, then gently simmer for two hours, or until all the juice is extracted from the meat, strain and add pepper and salt to taste. The crock should be set into a pan of water to boil.

BEEF TEA No. 2.

Mince finely some lean, juicy meat, from which all the fat

has been removed, put it into a wide mouthed bottle or jar, just cover with cold water and cork tightly, set the jar into a kettle of cold water, let it heat slowly and boil for three hours.

PORT WINE JELLY FOR INVALIDS.

2 ozs. white gum Arabic, 1 oz. best isinglass, $\frac{1}{2}$ oz. sugar candy, 1 pint water, 1 pint of boiling water. Dissolve the isinglass in a little cold water, add it with the gum (which should be in clear lumps) and the sugar to the boiling water, a little bit of stick cinnamon if liked, and port wine sufficient to flavor. Take out the cinnamon when you pour it into your mould to cool.

JELLIED CHICKEN.

Take a fowl, cut it up in joints, and put it in a saucepan with enough water to cover it, a pinch of mace, a teaspoonful of salt and a little pepper; let it stew till the meat will leave the bones. Then take the meat out, remove the bones and arrange the meat nicely in a mould. Season the liquid with a little more salt and pepper, if necessary, and dissolve in it $\frac{1}{4}$ ounce of gelatine. Pour over the chicken.

BEEF JELLY.

To 1 lb. lean beef add $\frac{1}{2}$ a pint of water and the knuckle end of leg of mutton, put in a stewpan and simmer gently for 2 hours. No meat is required on the knuckle of mutton it is only to cause the liquid to jelly. Clear through a jelly bag and let it stand in a cool place, it will then keep for four or five days.

BLACKBERRY CORDIAL.

To two quarts of ripe blackberries, add the following ingredients. One pound loaf sugar, one half ounce each of nutmegs, cinnamon, cloves and allspice. Boil all together

for fifteen minutes, and when cold strain and add a pint of good brandy. From a teaspoonful to a wineglass according to the age of the patient.

THE RECTOR'S RECIPE FOR CHICKEN BROTH.

(As made by himself.)

Take one fowl, cut it up and put it on in a saucepan with an onion stuck with cloves (this may be omitted if not approved), a teaspoonful of salt and a little sugar. Cover it with water and simmer all day. Strain off the liquid and let it stand till cold, remove the fat and use either cold as jelly or hot as broth.

MISCELLANEOUS HINTS.

To chop suet, cut into small pieces and remove the membrane. Sprinkle with flour, and chop in a cold place to prevent its becoming soft and sticky.

To stone raisins, pour boiling water over them, and let them stand in it five minutes. Drain and rub each raisin between the thumb and finger till the seeds come out clean.

HARD SOAP (without boiling).

Take a tin of Gillett's lye (made in Toronto) and five lbs. of clean grease. Melt the lye in $2\frac{1}{2}$ pints of water in an iron saucepan or kettle. Melt the grease in a large pan. Let them both cool till the grease is at a temperature of 120° and the lye at 80° which you can ascertain by plunging in a small thermometer. Then pour the lye into the grease and stir from one to five minutes but not more. Set in a warm place, cover and let it stand till next day.

TO PRESERVE PARSLEY GREEN THROUGH THE WINTER.

Gather fresh parsley, wash well and drop into boiling water which has been slightly salted. When it has boiled for two or three minutes, drain it on a sieve near the fire, and dry it as quickly as possible. Store it away in bottles, and when wanted for use pour over it a little warm water and soak it 5 minutes.

FRIED BACON (To Garnish).

Cut some thin slices of streaky bacon, cut off the rind, put them in a frying pan on the fire, and turn often; then roll

up each slice and garnish your dish. Or they may be rolled up, tied with a thread and put in the oven till cooked. Remove the thread before using.

FRIED BREADCRUMBS.

Put the breadcrumbs in a baking tin with a piece of butter, place it in the oven and stir the breadcrumbs occasionally till they have absorbed all the butter, and are of a golden color.

STUFFED TOMATOES.

Peel or skin your tomatoes, cut them in halves, take out the hard centre, and put them in a dish that will stand the fire and in which you have put a little butter or salad oil; make a mixture of breadcrumbs, chopped ham, parsley, marjoram, thyme, a little minced onion, pepper and salt. The breadcrumbs in the proportion of 2 to 1 of ham. The other things according to the taste of the cook. Strew this mixture over the tomatoes so as to cover them; a little more salad oil, or butter (oiled), put on the top, and a few minutes baking will produce a most toothsome dish.

TO PREVENT MOTH IN CARPETS.

Sweep the carpet clean, and then with a broom brush it over with spirits of turpentine and water, $\frac{1}{2}$ a pint to 3 pints of water. Turpentine can be bought cheaper from the painter than at a chemist's.

TO REMOVE GREASE FROM CARPETS.

Make a paste of equal parts of Fuller's earth and powdered magnesia with a little hot water, spread on the stain and leave till quite dry, then brush off.

TO DESTROY INSECTS—ANTS.

Turpentine on a sponge wiped over the parts where the ants are numerous will prevent their coming.

BLACK BEETLES.

Cucumber parings put on the floor where they appear are said to be an effectual preventive. Ground borax mixed with a little white sugar will destroy them, and, if kept under the papers of cupboard shelves, and renewed from time to time, prevent their reappearance.

FURS.

May be successfully protected from moth, by first beating and shaking well; then sewing up in newspapers and then in brown cotton or old sheets. They seem to have a horror of printers' ink.

INDEX.

SOUPS.	PAGE	GRAVIES, SAUCES, PICKLES	PAGE
General Directions.....	5	General Directions.....	16
Browning for Soup.....	5	Joints, Gravy for.....	16
Hare ".....	6	Drawn Butter.....	16
Julienne ".....	6	White Sauce.....	16
Ox-tail ".....	6	Fish ".....	16
Green Pea ".....	7	Béchamel ".....	17
Potato ".....	7	Horse Radish Sauce.....	17
Mock Turtle ".....	7	Onion Sauce.....	17
Artichoke " No. 1.....	7	Bread " (for Game).....	17
" " No. 2.....	8	Mint ".....	17
Pea ".....	8	Oyster ".....	18
Brown ".....	8	Parsley ".....	18
Luncheon ".....	8	Caper ".....	18
Oyster ".....	9	Mayonaise 1 & 2.....	18
Tomato " No. 1.....	9	Force meat.....	19
" " No. 2.....	9	Plain Stuffing for Fowls.....	20
Barley Broth.....	10	Brawn.....	32
Game Soup.....	10	Jombalayah.....	32
		Dormers.....	32
		Savory toast.....	32
FISH.		Rognons à la Brochette.....	33
General Directions.....	11	Pickled Peaches.....	19
Cod's Head & Shoulders.....	11	Governor's Sauce.....	19
Salmon (boiled).....	12	Chow Chow.....	19
Salmon (pickled).....	12	Maitre d'Hotel Butter.....	20
Cod pie.....	12	Spiced Currants.....	20
Scolloped Oysters.....	12	Tomato Catsup.....	20
Lobsters Patties.....	12	Chili Sauce.....	20
Stuffing for Baked Fish.....	12		
To fry Trout.....	13	MEATS & POULTRY.	
Gatineau Trout (baked).....	13	General Directions.....	21
Salt Fish Balls.....	13	Spiced Beef 1 & 2.....	23
Preserved Salt Fish.....	14	To Pickle Pork.....	24
Kedgée.....	14	To Clarify Dripping.....	23
Oyster Pie.....	14	Boiled Fowls.....	24
Baked Herrings.....	14	Stewed Pigeons.....	25
To broil Salmon.....	14	Stewed Kidney with Maccaroni	25
Kromeskys.....	15	Sweet breads 2.....	25
Halibut Rechauffe.....	15		

	PAGE		PAGE
Croquettes, Chicken or Veal ..	25	Fig Pudding	40
Fricasse	26	Prune "	40
Fowl (curried)	26	Cabinet "	40
Mince Collops	26	Cottage "	41
Roast Turkey	27	Prince Albert "	41
" Duck	27	Madeira "	41
" Goose	27	Ice "	41
" Partridge	28	Walnut Iced "	41
" Wild Duck	28	Delicate "	42
" Pigeons	28	Sponge "	42
Turkey boned & jellied	28	Bachelor's "	42
Hare jugged	29	Salem "	43
Hot-Pot	30	Tapioca & Pine Apple Pudding	43
Beef Steak & Kidney Pudding	30	Tapioca Rouge	43
Croquettes (Beef)	31	Delhi Pudding	43
Veal Mould	31	Snowdon "	43
Gulash	31	Chancellor's "	44
Beef Roll	31	Baked Indian Pudding	44
		Delmonico "	44
		Mysterious "	44
VEGETABLES.			
General Directions	34	CREAMS AND JELLIES.	
Boiled Mushrooms	34	Fig Mould	45
Tomatoes	34	Mould Apple Jelly	45
Tomatoes on Toast	34	To Whip Cream	45
To boil Spanish Onions	34	Orange Charlotte	46
Baked " "	35	Velvet Cream	46
Cauliflower	35	Ginger Cream	46
Spanish Potatoes	35	Charlotte Russe	47
Potatoes	35	do do No. 2	47
Scalloped Onions	36	Coffee Jelly	47
Fried Artichokes	36	Ice Cream	47
Stewed Celery	36	Stone do	44
Fried Parsnips	36	Tapioca Cream	48
		Calf's Foot Jelly	48
PUDDINGS.			
Directions	37	Lemon Sponge	48
Foamy Sauce for Puddings	37	Frozen Cream	49
Excellent Plum Pudding	37	Potatoe Flour Cream	49
Plum Pudding Sauce	37	Burnt Cream	49
Pudding Sauce	37	Ginger Wine Ice	50
Plain Plum Pudding	38	Lemon Water Ice	50
" Suet Pudding	38	Trifle	50
Bread & Suet "	38	Cranberry Shape	51
Boiled Apple "	38	Pine Apple Ice	51
Chocolate "	39	Sweet Omelet	51
Chocolate " No. 2	39	Apple Fritters	51
Lemon "	39	Pancakes	52
Carrot "	40	Briquet Soufflé	52
Hard Times "	40	Cheese Fritters	25

PAGE	PAGE	PAGE
40	Potatoes a La Provencale.....	53
40	Welsh Rarebit.....	53
40	Tomato and Macaroni.....	53
41	PASTRY.	
41	Puff Paste.....	54
41	Plain Crust.....	54
41	Suet do.....	55
42	Crust for Raised Fies.....	55
42	Apple Tart.....	56
42	Mince Pies.....	56
43	Prune Pie.....	56
43	Delicious Lemon Pie.....	56
43	Mince Pie Meat.....	57
43	Mincemeat with Meat.....	57
44	Mincemeat without Meat.....	57
44	EGGS.	
44	Friars Eggs.....	58
44	To Pickle Eggs.....	58
45	Omelet.....	58
45	Baked Eggs.....	59
45	Curried Eggs.....	59
46	Plain Omelet.....	59
46	BREAD.	
46	Jean's Bread.....	60
46	Graham Bread.....	60
47	Rich Brown Bread.....	61
47	Milk do.....	61
47	Water do.....	61
47	Sally Lunn.....	62
48	Cream Gems.....	62
48	Potato Scone.....	62
48	Potato Rolls.....	62
49	Light Buns.....	63
49	Potato Yeast.....	63
49	Regina Buns.....	63
50	CAKES.	
50	Table of Proportions.....	63
50	do Weights and Measure..	64
51	General Direction.....	64
51	Plain Frosting.....	65
51	Golden do.....	65
51	Rich Fruit Cake.....	65
52	Plain Fruit Cake.....	66
52	Fr Cake.....	66
52	Spice Cake.....	66
52	Chocolate Cake.....	66
52	do Icing.....	66
52	Savoy Sponge Cake.....	67
52	Queen Cake.....	67
52	Lemon Cake.....	67
52	Dominoes.....	67
52	Corn Starch Cakes.....	69
52	Oat Meal Crackers.....	69
52	Sugar Cookies, 1 and 2.....	69
52	Short Bread.....	69
52	Beignes.....	70
52	Dough nuts 3.....	70
52	J lly Cake.....	71
52	Lottie's Cake.....	71
52	Tiger Cake.....	71
52	JAMS.	
52	Orange Marmalade 2.....	72
52	Preserved Apples.....	72
52	Quince Jam.....	72
52	Pine Apple.....	73
52	Sweet Orange Marmalade.....	73
52	Rhubarb 2.....	74
52	Green Tomato Jam.....	75
52	To can Strawberries.....	75
52	do Cherries.....	75
52	do Plums.....	76
52	do Peaches.....	76
52	Apple Jelly.....	76
52	Red Currant Jelly.....	76
52	To can Tomatoes.....	77
52	CANDY.	
52	General Directions.....	78
52	Fondant.....	78
52	Yellow Coloring.....	79
52	Pink ".....	79
52	Green ".....	79
52	Brown ".....	79
52	Orange Creams.....	79
52	Cream Walnuts or Almonds..	80
52	Grilled Almond drops.....	80
52	English Almond Rocks.....	80
52	Butter Scotch.....	80
52	Chocolate Caramels.....	81
52	Cocoanut Chocolate Caramels.	81
52	Cream Caramels (outside)	81
52	do do (inside)	81

	PAGE		PAGE
Everton Tolly.....	82	Oyster Broth.....	90
Nougat.....	82	Peptonized Milk.....	90
Cocoanut Cream.....	82	Boiled Flour Gruel.....	90
Maple Cream.....	82	Oatmeal ".....	91
Nut Caramels.....	83	Milk & Albumen.....	91
Fig Candy.....	83	Arrowroot.....	91
Candied Orange Peel..	83	Barley Water.....	91
Candied Lemon Peel.....	83	Flaxseed Lemonade.....	91
SALADS.			
Polish Salad.....	85	Chocolate.....	92
Potato ".....	85	Koumyss.....	92
Chicken ".....	85	Beef Tea.....	92
Lobster ".....	86	Port Wine Jelly.....	93
Green Butter.....	86	Jellied Chicken.....	93
Oyster Toast.....	86	Beef Jelly.....	93
Salad Sandwich.....	87	Blackberry Cordial.....	93
Tomato ".....	87	The Rector's Receipt for Chick-	
Beef ".....	87	en Broth (as made by himself)	94
SYRUPS & CORDIALS.			
Lemon Syrup.....	87	MISCELLANEOUS.	
Ginger Liquer.....	87	To preserve parsley green	
Grape Wine.....	88	through the winter.....	95
Ginger ".....	88	Hard Soap.....	95
Raspberry Vinegar.....	88	Micellaneous Hints.....	95
Currant Cordial.....	88	Fried Bacon to Garnish.....	95
INVALID COOKERY.			
Chicken Broth.....	90	Fried Bread Crumbs.....	96
		Stuffed Tomatoes.....	96
		To destroy Insects.....	96, 97
		To prevent moths in Carpets..	96
		To remove grease from Carpets	96

AGE
90
90
90
91
91
91
91
91
92
92
92
93
93
93
93
94

95
95
95
95
96
96
97
96
96

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