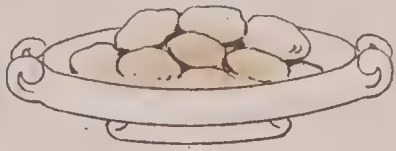




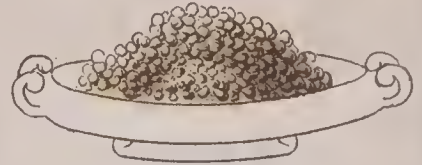
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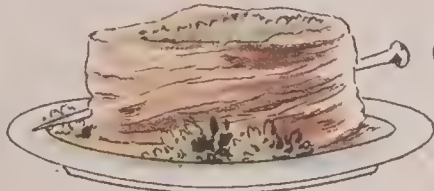
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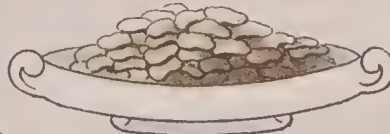
Cauliflower.



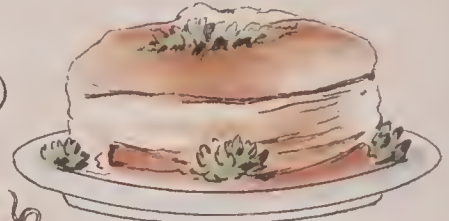
Green Peas.



Fillet of Veal.



Lima Beans.



Boiled Beef.



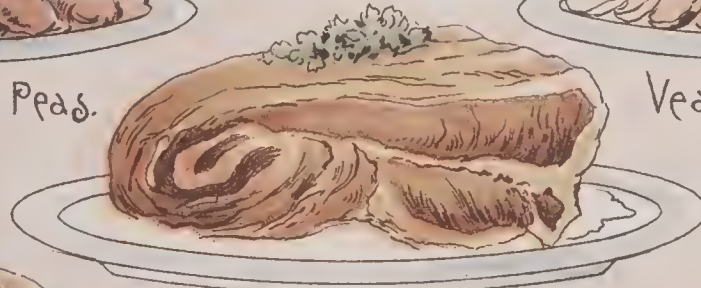
Roast Pig.



Cutlets & Peas.



Veal Cutlets.



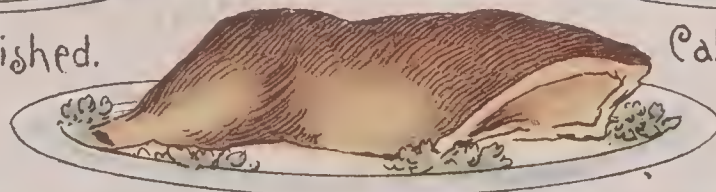
Sirloin of Beef.



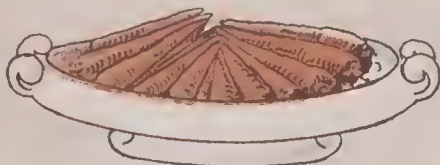
Ham Garnished.



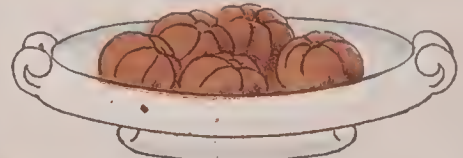
Calf's Head.



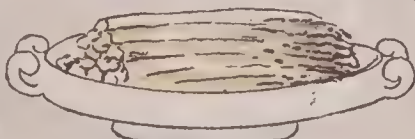
Haunch of Mutton.



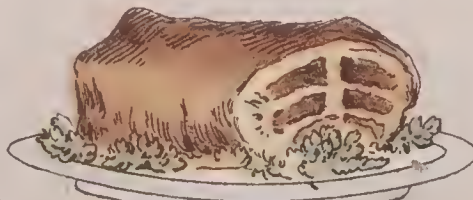
Carrots.



Tomatoes.



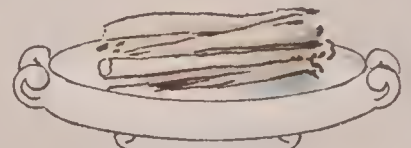
Asparagus.



Saddle of Mutton.



Sausages.



Sea Kale.

# Ladies' Home

# Cook Book

A Complete Cook Book ❁ ❁  
and Manual of Household Duties

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Well tried Recipes compiled from famous sources

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“Though we eat little flesh and drink no wine,  
Yet, let's be merry: we'll have tea and toast:  
Custards for supper, and an endless host  
Of syllabubs and jellies and mince pies,  
And other such lady-like luxuries.”

---

; : COMPILED BY : :

**JULIA MacNAIR WRIGHT, et al**

Author of “THE COMPLETE HOME”

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TOGETHER WITH

**BILLS OF FARE FOR ALL SEASONS**

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BY

**MARION HARLAND**

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MANUFACTURERS' BOOK CO.,

PHILADELPHIA, PA.

APR 20 1896

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## FORE WORD.

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THE subject of eating has called forth many remarks both witty and wise. Popular sayings have sometimes a world of philosophy and information hidden in them,—their choicer part—as the pearl in the oyster.

“A man is as what he eats”—is one of these sayings, and science rises up to explain that gross, ill-prepared, excessive food, makes the brutal, vicious human, just as limited, watery stale diet gives us an anæmic human, dull of brain and inclined to low vices.

The question “What is man?” has been answered—“A cooking animal.” Man only of animals cooks his food, and the higher the scale of civilization, the more elaborate, dainty and scientific is the cooking. Fable tells us that Prometheus stole fire from heaven to enable man to cook his food, and so lifted him nearer to the jealous gods. Only “civilized and enlightened” peoples have cookbooks. The mission of the cookbook is no despicable one, it may have a large share in upbuilding the health, the fortunes, the morals, and consequently the happiness of households. Health depends largely upon clean, digestible, well prepared, agreeable food. The carefully edited cookbook tells us how to secure this, but it does more, it directs us how to gain from all food stuffs their full dietic values.

Nearly half the family expenses are for food and fuel. The book that tells us how to avoid waste, how to get the best, most appetizing, and most nourishing food for the least money; how to prepare this food in the nicest way, and with the least possible cost as to fuel, has certainly a mission, that well executed will tell happily upon the family bank account.

The well-fed family, especially when that family is not “eating up its margins,” is usually the cheery, comfortable, amiable family; and any physician can speedily expound the close connection between good morals and good digestion. It is Taine who remarks that he who is placidly digesting a well cooked dinner, is incapable of a bad action. He is certainly likely to be in an optimistic frame of mind.

“Serenely full, the epicure can say,  
Fate cannot harm me, I have dined to-day.”

The present book, of tested recipes, has been compiled by competent housewives. It is a book for the household with recipes suited to the family table, offering diet suggestions for the healthy, the invalid, the aged, the infant, the regular home meals and the more elaborate dinner, lunch, tea or party *menu*. The home-mother can find upon its pages directions for preparing food for all: the purchase money will be as the "open sesame" in the Arabian Tale, the covers will open as the door in the cave, and lavish treasures will presently appear.

There is nothing herein to tempt to coarse gluttony, or to incite appetite for alcoholic stimulants. All the recipes are strictly within temperance lines, such as will meet the approbation of the careful mothers of the land. The recipes can be offered with confidence as tried and proved, the compilers can say:

"I sing the sweets I know, the charms I feel  
My morning incense and my evening meal."

Some one has suggested that the fabled nectar and ambrosia of the gods, were merely mythic names for coffee and salads! Here we have the very best ways for making ready coffee and salads, cakes and confections, with plain honest roast, boiled, broiled and stewed, to suit the household requirements for each meal in the year. If it is true, as a farmer's wife said lately, that the boys could be kept on the farm "if their meals had a pleasing variety, and they were given desert at least three times a week," this book will find part of its mission in keeping our boys on the farm. Try it.

J. Mc. N. W.

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HOW TO START ONE'S OWN BUSINESS  
 COOKING BOOKS  
 THE ART OF COOKING  
 THE ART OF BAKING  
 THE ART OF PRESERVING  
 THE ART OF CANNING  
 THE ART OF PICKLING  
 THE ART OF DRESSING  
 THE ART OF CARVING  
 THE ART OF SERVING  
 THE ART OF CLEANING  
 THE ART OF MENDING  
 THE ART OF REPAIRING  
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 THE ART OF UNPACKING  
 THE ART OF STORING  
 THE ART OF DISPLAYING

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## CARVING.

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EVERY one should learn to carve, and to do it well and gracefully.

When you attempt to carve do the best you can every time. Never allow yourself to be careless about it, even should the only spectators be your wife and children. A firm steady hand, a cool collected manner, and confidence in one's ability will help greatly. One must learn first of all to carve neatly, without scattering crumbs or splashing gravy over the cloth or platter; also to cut straight, uniform slices.

In carving, your knife should not be too heavy, but of a sufficient size, and keen edge. In using it, no great personal strength is required, as constant practice will render it an easy task to carve the most difficult articles; more depending on address than force.

The dish should be sufficiently near to enable the carver to reach it without rising, and the seat should be elevated so as to give command over the joint.

Steel knives and forks should on no account be used in helping fish, as these are liable to impart a *very* disagreeable flavor. A fish-trowel of silver or plated silver is the proper article to use.

When serving fowls, or meat, accompanied with stuffing, the guests should be asked if they would have a portion, as it is not every one to whom the flavor of stuffing is agreeable; in filling their plates, avoid heaping one thing upon another, as it makes a bad appearance.

The carver should acquaint himself with the choicest parts and morsels; and to give each guest an equal share of those *tidbits* should be his maxim.

Do not appear to make hard work of your carving, nor scowl or contort your mouth if a difficult spot be touched. Work slowly and skillfully, and thus avoid the danger of landing the joint in your neighbor's lap.

An essential aid to easy carving, and one often overlooked, is that the platter be large enough to hold not merely the joint or fowl while whole, but also the several portions as they are detached.

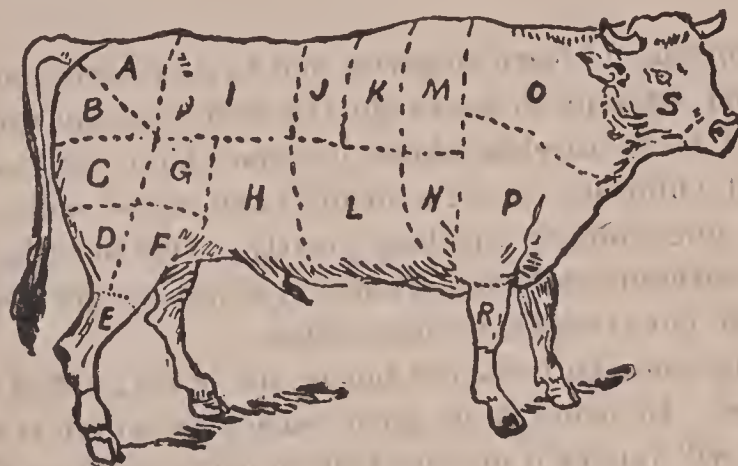
To preserve the temper and cutting qualities of a fine steel carving knife, do not allow it to come in contact with intense heat. A carving



knife should be used for no other purpose than to carve, never for cutting bread, vegetables or anything in the kitchen.

A fine whetstone should be kept for sharpening, and the knife cleaned carefully to avoid dulling its edge, all of which is quite essential to successful carving.

In connection with the subject of carving, more information will be gained by observing those who carve well and by a little practice, than by any written directions.



BEEF.

#### HIND QUARTER.

- A. Rump, used for corned beef, stews and steaks.
- B. Aitch-bone, used for stews, pot roasts, and boiling pieces.
- C. Round or buttock, used for steaks, pot roasts, and is a splendid boiling piece.
- D. Mouse round, used for stewing and boiling.
- E. Shin, used for soups and hashes.
- F. Thick flank, cut with under fat, makes a nice boiling piece, good for stews, corned and pressed beef.
- G. Veiny piece, used for dried and corned beef.
- H. Thin flank, used for corned beef and boiling pieces.
- I. Choice roasts, porterhouse and sirloin steaks.

#### FORE QUARTER.

- J. Five ribs, called the fore-rib, is considered the best piece for roasting and also makes the finest steaks.
- K. Four ribs, called the middle ribs, used for roasting.
- L. Brisket, used for corned beef, stews, soups and spiced beef.
- M. Chuck rib, used for second quality of roasts and steaks.

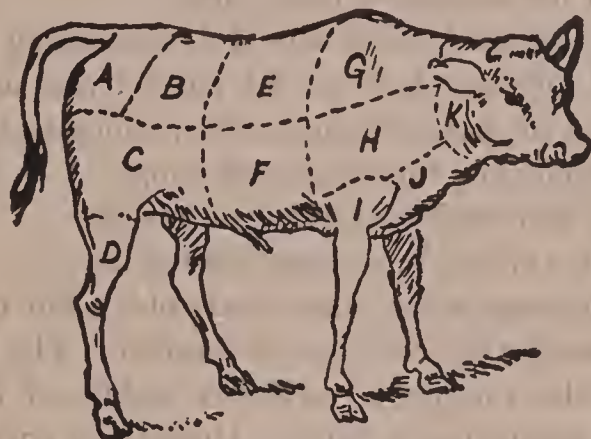
N. Shoulder piece, used for stews, soups, pot roasts, mince meat and hashes.

O. P. Neck or sticking pieces, used for soups, stocks, mince meat, bologna sausage, etc.

R. Shin or shank, used generally for soups and stewing.

S. Cheek.

The tongue is used fresh, salted or pickled. The tail is used for soup. The heart is often stuffed and roasted. The liver is usually fried, and the kidneys make a very nice dish stewed.



### VEAL.

#### HIND QUARTER.

- A. Loin, chump end, used for chops and roasts.
- B. Loin, the choicest cuts used for roasts and chops.
- C. Fillet, used for roasts and cutlets.
- D. The hind-knuckle or hock, used for stews, potpies, etc.

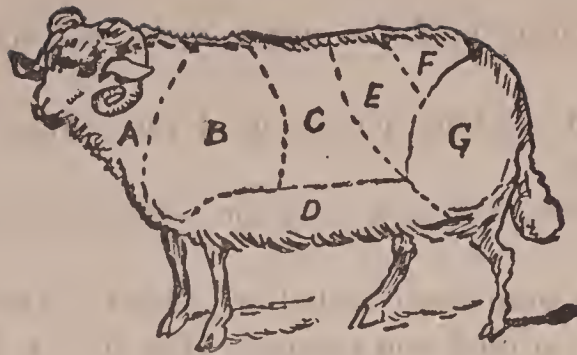
#### FORE QUARTER.

- E. Best rib cuts.
- F. Breast, best end for chops, roasting and stews.
- G. K. Neck, scrag-end used for stews, broth, etc.
- H. Blade-bone, used for pot roasts and baked dishes.
- I. Fore-knuckle, used for soups and stews.
- J. Breast, brisket-end used for baking, stews and potpies.

In veal the hind quarter is divided in loin and leg, and the fore quarter into breast, neck and shoulder.

The best veal is from calves a month to six weeks old. Younger than that it is not wholesome, whereas when about a month old the character of the meat changes from the use of grass and strong food.

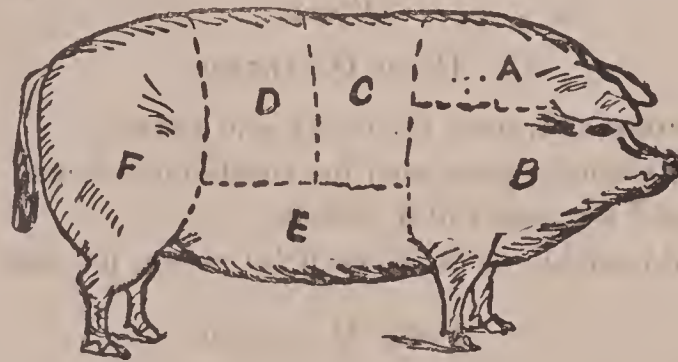
## CARVING.



MUTTON.

- A. Neck, used for stews and meat pies.
- B. Shoulder, used for boiling, baked dishes, filling and roasting.
- C. Rack, used for French chops, rib chops ; also used for choice stews.
- D. Breast, used for baked dishes, stews, chops and cheap roasts.
- E. Loin, best end used for roasts and chops.
- F. Loin, rump end used for roasts and chops.
- G. Leg, used for chops, roasts and for boiling.

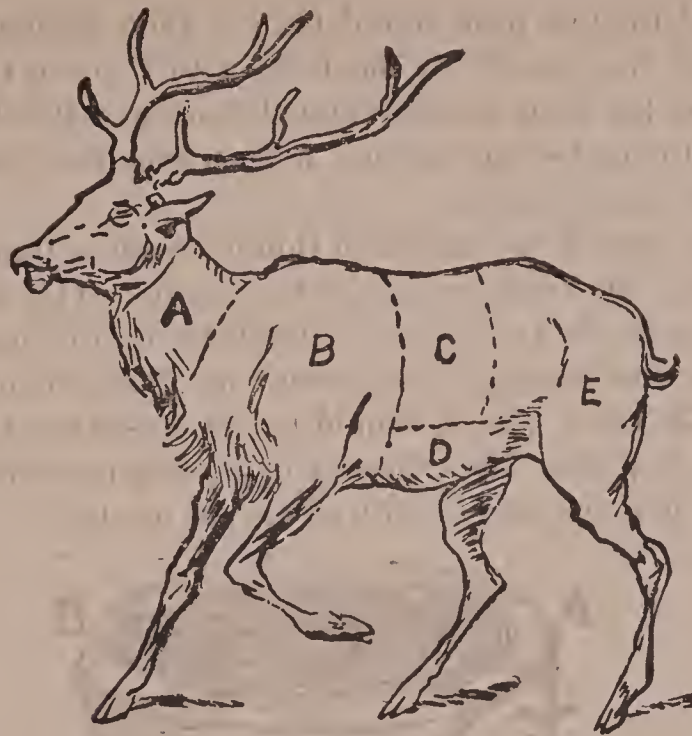
Mutton is best when about three years old. For mutton roasts, choose the shoulder, the saddle or the loin or haunch. The leg should be boiled. Of the head only the tongue is used. A saddle of mutton is the middle portion before the quartering is done. Almost any part will do for broth.



PORK.

- A. Neck meat, used for chops and roasts.
  - B. Shoulder, used for smoked shoulder, pickling and is good for boiling whether fresh or corned.
  - C. Fore loin or ribs, used for roasts and chops.
  - D. Hind loin, used for the choicest roasts and chops.
  - E. Brisket and flank, used for pickling in salt, and smoked bacon.
  - F. Leg, used for smoked hams, roasts, and corned pork.
- The lower half of C and D are the spareribs.

The head is used for head cheese, etc., the jowl is nice for smoking, the cheek is used for pickling in salt. The feet are usually used for souse and jelly.



VENISON.

- A. Neck or scrag, used for soups.
- B. Shoulder, used for roasting, it may be boned and stuffed.
- C. Fore-loin, used for steaks and roasts.
- D. Breast, used for stewing and baking dishes.
- E. Loin or haunch, used for stews, steaks, and roasts. The ribs cut close may be used for soups. This part is also used for smoked venison and for pickling.

The flesh of the doe when about four years old is the sweetest and best of venison. The buck venison is in season from June to October, and the doe from October to December. Neither should be killed at any other time and no meat requires so much care in killing, preserving and dressing as venison.



SIRLOIN OF BEEF.

This choice roasting piece should be cut with one good firm stroke from end to end of the joint, at the upper part in thin, long, even slices in

the direction of the line from G and H to E, then disengage it from the bone by a horizontal cut exactly to the bone A to H using the tip of the knife. When the bone has been removed and the sirloin rolled before it is cooked, it is laid upon the platter on one end, and an even thin slice is carved across the grain of the upper surface.

Roast ribs should be carved in thin even slices from the thick end toward the thin in the same manner as the sirloin. This can be more neatly and easily done if the knife is run along between the meat and the rib and end bones first, thus leaving it free from bone to be cut into slices.

Tongue. To carve this, it should be cut crosswise, as the middle is the best; cut it in *very thin* slices thereby improving its delicacy and making it more tempting as is the case of all well carved meats.

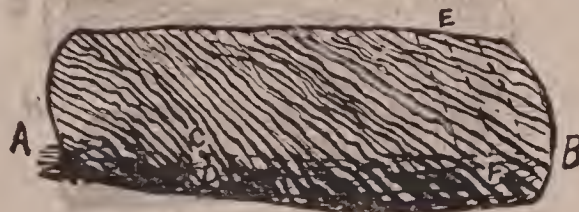


FILLET OF VEAL.

A fillet of veal is one of the prime roasts and is taken from the leg above the knuckle. To prepare for roasting the bone should be taken out and the cavity filled with a force meat or stuffing and the opening tightly secured together with skewers or tied with tape.

To carve it cut even thin slices from the whole of the upper part, or top, as shown by the cut from A to B, thus giving some of the dressing with each slice of meat.

Veal is very unwholesome unless thoroughly cooked, and when roasted should be a rich brown color. Cut lemon adds to the flavor.



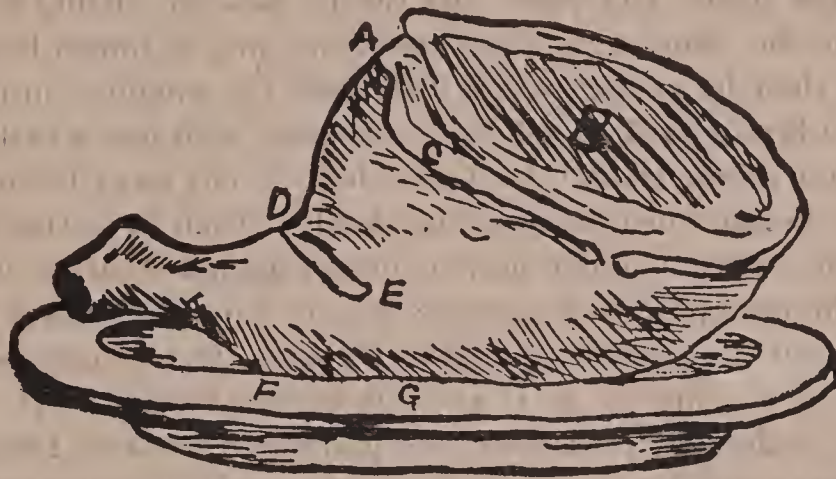
BREAST OF VEAL.

A breast of veal is quite similar to a fore-quarter of lamb after the shoulder has been taken off. First separate it in two parts—it rightly con-

sists of two—the rib bones and the gristly brisket. This is done by cutting in the direction of the lines A and B, shown by cut. Divide the gristly part in the direction of C and D, to serve to those who prefer it. This part of a breast of veal stewed is particularly tender and inviting. The ribs are to be separated in the direction of E and F.

The carver should ask the guests whether they have a preference for the brisket or ribs; and if there be a sweetbread served with the dish, as is frequently with this roast of veal, each person should receive a piece.

Though veal and lamb contain less nutrition than beef and mutton, in proportion to their weight, they are often preferred to these meats on account of their delicacy of texture and flavor. A whole breast of veal weighs from nine to twelve pounds.

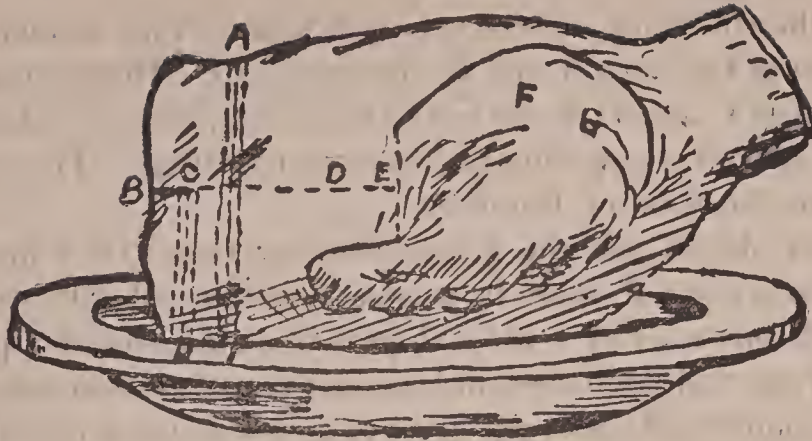


LEG OF MUTTON.

Sheep from three to six years old furnish the best and most nutritious mutton; at this age the animal is in its prime, and the flesh is firm, full of rich juices, and dark colored. When mutton is two years old, the meat is flabby, pale and savorless.

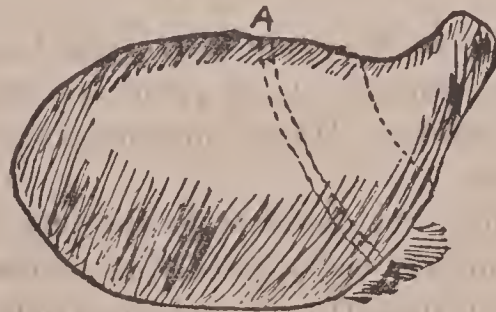
In carving a leg, turn the knuckle to the left, plant the fork firmly on the side of the joint, and begin by cutting across near the middle to the bone in the direction from D to E, and slices may be taken from either side.

Some very good cuts are taken from the broad end from C to B, and the fat on this ridge is very much liked by many. The most delicious part is obtained by cutting to the bone at G; the cutting should be continued in a semicircle in the direction of F to obtain the cramp-bone. The meat is always drier near the knuckle, but the most finely grained part is obtained from the under side, which should be carved lengthwise.



FORE QUARTER OF LAMB.

In carving a fore quarter of lamb, the shoulder should first be separated from the breast and ribs; this can be done by cutting with a sharp knife through the skin in the direction of the line, as shown by the letters E F G, and then by raising with a little force the shoulder, into which the fork should be firmly fixed, it will easily separate with just a little more cutting with knife; care should be taken not to cut away too much of the meat from the breast when dividing the shoulder from it, as that would mar its appearance. The shoulder may be placed upon a separate dish for convenience. The next process is to divide the ribs from the brisket by cutting through the meat in the line from B to D; then the ribs may be carved in the direction of the line A to I, and the brisket from C to H. As many persons have a decided preference for particular parts of fore quarter of lamb, it is always well for the carver to ascertain which part is preferred before serving.



HAM.

To carve a ham the most economically, begin at the knuckle end and cut thin slices toward the upper part.

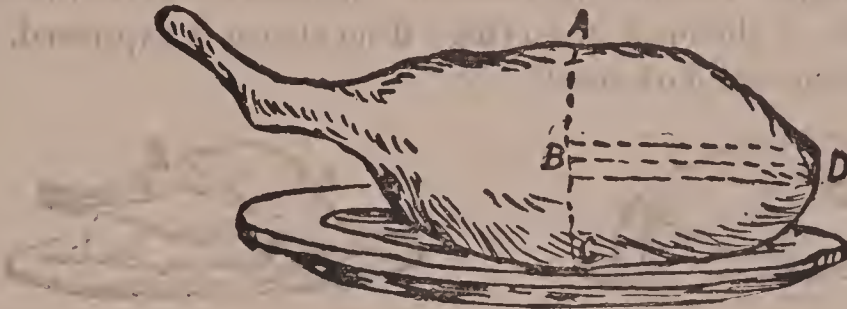
To reach the choicer portion of the ham, the knife, which must be very sharp and thin, should be carried quite down to the bone through the thick fat in the direction of the line, from A to B. The slices should be even and thin, cutting both lean and fat together, always cutting down to the bone.

Remove the skin after the ham is cooked and send to the table with dots of dry pepper or dry mustard on the top and plenty of fresh parsley around the dish. This will improve the appearance and make the ham more inviting.

#### RIBS OF PORK.

To carve a sparerib of pork, slice off the fleshy parts; then disjoint and separate the bones.

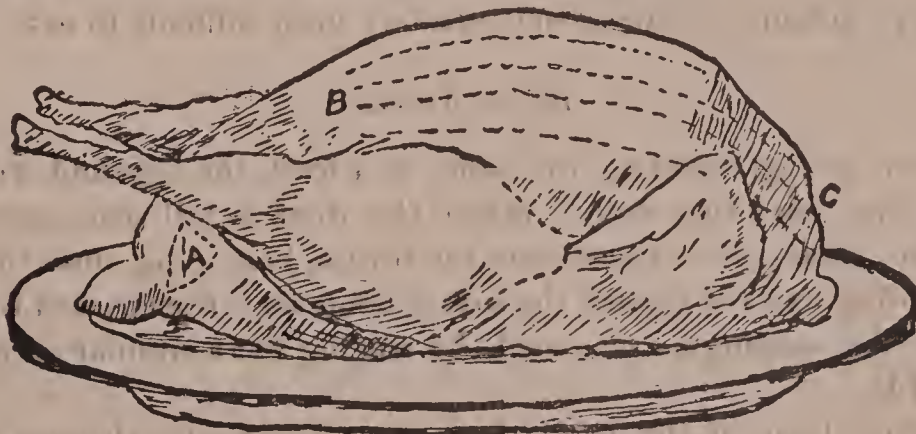
A leg of pork may be carved in the same manner as ham.



HAUNCH OF VENISON.

A haunch of venison is the *prime* joint, and is carved very similar to almost any roasted or boiled leg. First cut it crosswise down to the bone, following the line from A to C; then turn the platter with the knuckle farthest from you, put in the point of the knife and cut down as far as you can in the directions shown by the dotted lines from B to D; cut this slice from either side as desired. Slices of venison should be cut thin and served with gravy if guests please it. The fat is very apt to get cool soon, and become hard and disagreeable to the palate; it should, therefore, be served on a waiter dish, if possible.

A haunch of mutton is carved in the same way.

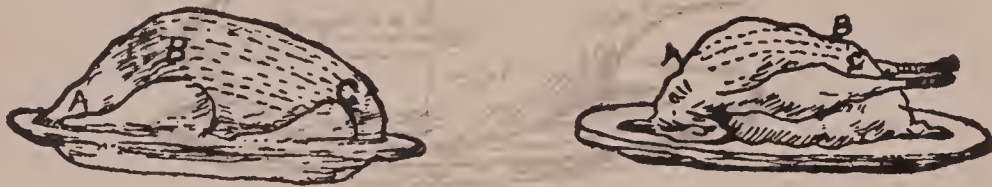


TURKEY.

A turkey having been relieved from strings and skewers used in trussing



should be placed on the table with the head or neck at the carver's right hand. Insert the fork firmly in the lower part of the breast, and do not remove it until through carving. B, in the cut, shows where the fork goes into the turkey, then sever the wings and legs on both sides cutting neatly through the joint next to the body, letting these parts lie on the platter. The breast should be sliced evenly by cutting downward and from B to C, laying the slices neatly on one side of the platter. Serve with the meat a portion of dressing obtained by dipping out of the opening as shown by A in the above drawing. Consult the tastes of the guests as to the dressing and the different parts of the meat in serving; if no choice is expressed, serve a portion of both light and dark meat.



#### ROAST GOOSE.

In carving a goose, first separate the leg from the body by putting the fork into the small end of the limb, pressing it closely to the body, then passing the knife under at B, and turning the leg back as you cut through the joint. In taking off the wing, insert the fork in the small end of the pinion, and press it close to the body; put the knife in at C, and divide the joint. When the legs and wings are off, the breast may be carved in long, even slices. The back and lower side-bones, as well as the two lower side-bones by the wing, may be cut off; but the best pieces of the goose are the breast and thighs. Serve a little of the dressing from the inside by making a circular slice at letter A. A goose should never be over a year old; a tough goose is very difficult to carve, and certainly most difficult to eat.

#### ROAST DUCK.

Carve a young duckling the same as a fowl, the legs and wings being taken off first on either side. When the duck is full size, carve it like a goose; first cutting it in slices from the breast, beginning close to the wing and proceeding upward toward the breast-bone, as is represented by the lines A and B. An opening may be made by cutting out a circular slice as shown by lines at C.

Some are fond of the feet; these should be neatly skinned and never removed. Wild duck is carved like a tame duck, the breast being the choicest part.



## FOWLS.

Poultry should be young, plump and fat; the meat is not savory if old and tough. This is especially true of ducks and geese. In the opinion of many persons to let poultry hang a day or two to make it "high," improves the flavor.

First insert the knife between the leg and the body, and cut to the bone; then turn the leg back with the fork, and if the fowl is tender the joint will give away easily. The wing is broken off the same way, only dividing the joint with the knife, in the direction from A to C. The four quarters having been removed in this way, take off the merry-thought and the neck-bones; these last are to be removed by putting the knife in at D and B, pressing it hard, when they will break off from the part that sticks to the breast. To separate the breast from the body of the fowl, cut through the tender ribs close to the breast, quite down to the tail. Now turn the fowl over, back upwards; put the knife into the bone midway between the neck and the rump, and on raising the lower end it will separate readily. Turn now the rump from you, and take off very neatly the two side-bones and the fowl is carved. In separating the thigh from the drum-stick, the knife must be inserted exactly at the joint, for if not accurately hit, some difficulty will be experienced to get them apart; this is easily acquired by practice. There is no difference in carving roast and boiled fowls if full grown; but in very young fowls, the breast is usually served whole; the wings and breast are considered the best part, but in young ones the legs are the most juicy. In the case of a capon or large fowl, slices may be cut off at the breast, the same as carving a pheasant.

## PARTRIDGE.

Roast partridge is cut up in the same way as a fowl. The prime parts of this bird are the wings, breast and merry-thought. When the bird is small, the two latter parts are not divided. The wing is considered the best, and the tip of it is deemed the most delicate morsel of the whole. Partridges are cleaned and dressed in the same manner as a pheasant, but the custom of tucking the legs into each other should be avoided, as it makes troublesome carving.



PHEASANT.

Place your fork in the centre of the breast of the bird and cut deep slices to the bone at B and C, then take off the leg in the line from E and F and the wing at A, serving both sides the same. In taking off the wings, be careful not to cut too near the neck; if you do you will hit upon the neck-bone, from which the wing must be separated. Pass the knife through the line D, and under the merry-thought toward the neck, which will detach it. Cut the other parts as in a fowl. The breast, wings, and merry-thought of a pheasant are the most highly prized, although the legs are considered very finely flavored.

## PIGEONS.

A good way to carve these birds is to insert the knife at B, and cut both ways to A and C, when each portion may be divided into two pieces, then served. Pigeons, if not too large, may be cut in halves, either across or down the middle, cutting them into two equal parts; if young and small they may be served entirely whole. Tame pigeons should be cooked as soon as possible after they are killed, as they quickly lose their flavor. On the contrary wild pigeons should hang a day or two in a cool place before they are dressed. —A nice garnish for dishes of small birds such as squabs, woodcock, quails, and pigeons, is oranges cut in halves. Small birds are either served whole or split down the back, making two pieces.



MACKEREL.

The mackerel is one of the most beautiful of fish, being known by their silvery whiteness. To carve a baked mackerel, first remove the head and tail by cutting downward, then split them down the back, so as to serve each person a part of each side piece. The roe should be divided in small pieces and served with each piece of fish. Other whole fish may be carved in the same manner. The fish is laid upon a little sauce, on a hot dish, and garnished with parsley.

## BOILED SALMON.

This fish is seldom sent to the table whole, being *too* large for any ordinary sized family; the middle cut is considered the choicest to boil. To carve it, first run the knife down and along the upper side of the fish from A to B, then again on the lower side from C to D. Serve the thick part, cutting it lengthwise in slices in the direction of the line from A to B, and the thin part breadthwise, or in the direction from E to F. A slice of the thick with one of the thin, where lies the fat, should be served to each guest. Care should be taken when carving not to break the flakes of the fish, as that impairs its appearance. The flesh of the salmon is rich and delicious in flavor. Salmon is in season from the first of February to the end of August.

# SOUPS.

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THE most important point in making nutritious and palatable soups is to have the best of materials. Fresh lean uncooked meat with the cracked bones, makes the best base for soups.

A porcelain lined or granite iron kettle is best as the meat juices are acid and will act upon a metallic kettle and give the soup a bitter taste.

The pot must not be uncovered more frequently than is necessary for skimming, so a close cover should be used to keep in the steam and prevent evaporation.

Allow a little less than a quart of water to a pound of meat and a teaspoonful of salt which should not be added, till the soup is done as it hardens the water.

Do not boil soup as the albumen on the surface of the meat immediately coagulates and prevents the gelatine and fat from dissolving and being drawn out in the water.

The meat should always be put in the required amount of *cold* water and allowed to simmer slowly for several hours in order that the juices of the meat may be thoroughly drawn out.

Thickened soups require nearly double the seasoning used for thin soups.

The best seasoning is that which is made up of the smallest quantities from each of many spices, and care should be taken that no one seasoning predominates.

If making a rich soup that requires catsup let it be added immediately before the soup is taken from the fire.

Soup may be colored yellow with grated carrots; red with tomato juice; green with the juice of powdered spinach, parsley, or the green leaves of celery; and brown with carefully scorched flour kept ready for the purpose.

Poached eggs are an excellent addition to some soups, one for each person. They may be poached in water or dropped into the boiling soup, or two or three eggs well beaten and added just before pouring into the tureen makes a nice thickening.

Stock should never be left in the kettle in which it was cooked, but turned into an earthen dish or shallow pan. Let stand uncovered to cool when all fat should be removed.

#### SOUP STOCK.

Cut five pounds of clear beef from the lower part of the round. Let it come to a boil slowly in five quarts of cold water; skim carefully and set where it will keep just at the boiling point for eight or ten hours. Strain and set away to cool. In the morning skim off all the fat and turn the soup into the kettle. Then add one onion, one stalk of celery, two leaves of sage, two sprigs of parsley, two bay leaves and six whole cloves. Boil gently from ten to twenty minutes, salt and pepper to taste. After straining through a fine sieve, this is ready for serving as a clear soup, or for the foundation of all kinds of clear soups.

#### CROUTONS.

Have the depth of an inch of boiling fat in a frying pan. Drop into it enough slices of stale bread, cut up into half-inch squares, to cover the surface of the fat. When browned, remove with a skimmer and drain; add to the hot soup and serve.

Another method is:

Take very thin slices of bread, well buttered; cut them up into squares three fourths of an inch thick, place them buttered side up, in a baking pan, and brown in a quick oven.

#### NOODLES.

Beat one egg, add a pinch of salt, and flour enough to make a *very stiff* dough; roll out thin, like pie crust, dredge with flour to keep from sticking. Let it remain on the bread board to dry for an hour or more; then roll it up in a tight scroll like a sheet of music. Begin at the end and slice it into strips as thin as straws. After all are cut, mix them lightly together and to prevent them sticking, keep them floured a little until you are ready to drop them into your soup. Do not boil *too long* or they will go to pieces.

#### EGG DUMPLINGS.

Add two well beaten eggs to half a pint of milk, and as much wheat flour as will make a smooth thick batter. Drop a teaspoonful at a time into boiling soup.

## EGG BALLS.

Boil four eggs ; put into cold water ; mash yolks with yolk of one raw egg, and one teaspoonful of flour, pepper, salt and parsley ; make into balls and boil two minutes.

## FORCE MEAT BALLS.

Mix a handful of fine bread crumbs and the yolks of four hard boiled eggs and one cupful of cooked veal cut fine ; rub smooth with a tablespoonful of milk ; season with salt and pepper, and bind together with a half teaspoonful of flour and two beaten eggs. Make it into balls the size of a nutmeg, and drop into the soup about twenty minutes before taking it up.

## CONSOMMÉ.

Two pounds of lean beef, two pounds of veal, one onion, one bay leaf, stalk of celery, sprig of parsley, small-sized carrot, two quarts of cold water, two teaspoonfuls of butter. The under part of the round of beef and the knuckle of veal are the best for this soup. Cut all the meat into pieces about an inch square. Put the butter in the soup kettle and let it brown ; add to it the meat and stir over the fire about five minutes, or until the meat is nicely browned. Now cover the kettle and let simmer for thirty minutes. Now add the water and let simmer for four hours. Now add the vegetables and bay leaf and simmer one hour longer, strain through a sieve, and put in a cold place to cool. When cold, remove the fat and it is ready to use.

## BOUILLON.

To three pounds of raw meat chopped fine, add three quarts of cold water. Let it barely warm for the first hour, then increase the heat, and let it gently simmer for six hours, stirring it occasionally. Turn it into an earthen vessel, salt to taste and cover till cool. Skim off all the fat, squeeze the meat hard as you remove it from the liquid ; return the liquid to the fire and boil rapidly for a few moments. Strain, serve either hot or cold.

## CLEAR VEGETABLE SOUP.

Two quarts of stock, one quart of boiling water, one small carrot, one turnip, one sweet potato, one white potato, one ear of corn, one cupful of peas, one cupful of beans, one tomato, one tablespoonful of rice or barley. Put the water into a soup kettle, cut the vegetables into pieces of uniform size, otherwise the smaller ones will dissolve and impair the transparency of the soup. Put the carrot and turnip on to boil ; after they have boiled one

hour, add all the other vegetables and rice, and boil until tender. Now add the stock, and salt and pepper to taste. Let it boil and serve.

#### SPRING VEGETABLE SOUP.

One onion, half-pint green peas, two shredded lettuces, a small bunch of parsley, two ounces butter, the yolks of three eggs, one pint of water, one and a half quarts of soup stock. Put in a stew-pan the onion, lettuce, parsley, and butter, with one pint of water, and let them simmer till tender. Season with pepper and salt. When done strain off the vegetables, put two-thirds of the liquor with the stock. Beat up the yolks of the eggs with the other third, toss it over the fire, and at the moment of serving add this with the vegetables to the strained-off soup.

#### CLAM SOUP. No. 1.

Wash clams, and place in just sufficient water for the soup; let boil, and soon as they clear from the shell, take out and place in a jar for pickling; throw into the broth a pint each, of sweet milk and rolled cracker; add a little salt, boil five minutes, and just before taking from the fire, add one ounce of butter, beaten with two eggs. Serve, and let each person season to taste.

#### CLAM SOUP. No. 2.

Put your clams into a pot of boiling water to make them open easily; take them from the shells and carefully save the liquor. Mix three quarts of water with the liquor of a quart of opened clams, and put it into a large pot with a knuckle of veal, the bone of which should be chopped in four places. When it has simmered four hours, put in a large bunch of sweet herbs, a grated nutmeg, a teaspoonful of mace and a tablespoonful of whole pepper, but no salt, as that of the liquor will be sufficient. Stew slowly an hour longer, then strain it. When you have returned the liquor to the pot, add a quarter of a pound of butter divided in four, and each bit rolled in flour. Then put in the clams (having cut them in pieces), and let them boil fifteen minutes. Send to table with toasted bread cut in dice. This soup will be greatly improved by the addition of small force meat balls. Oyster soup may also be made in this manner.

#### CORN SOUP.

With a fork, cut the grains from nine ears of corn. Throw the cobs into a kettle, cover with two quarts of water, boil ten minutes and strain. Add the grains to the water and return to the fire. Then add a pint of new



milk. Thicken with a tablespoonful of good butter rubbed up with two tablespoonfuls of flour; season and serve.

#### CARROT SOUP.

Scrape and wash half a dozen large carrots, peel off the red outside (which is the only part that should be used for this soup), put it in a gallon stewpan, with one head of celery and an onion cut into thin pieces; take two quarts of beef, or if you have any cold roast beef bones, or liquor in which beef or mutton has been boiled, you may make very good broth for this soup. When you have put the broth to the roots cover the stewpan close, and set on a slow fire for two hours and a half, when the carrots will be soft enough (some cooks put in a teacupful of bread crumbs). Boil for two or three minutes, rub it through a hair sieve with a wooden spoon and add as much broth as will make it the proper thickness; this is almost as thick as pea soup. Put it into a clean stewpan, make it hot, season with a little salt, and send it up on a plate as a side dish, with a little toasted bread cut into pieces.

#### VEAL SOUP (Excellent.)

Put a knuckle of veal into three quarts of cold water, with a small quantity of salt, and one small tablespoonful of uncooked rice. Let it simmer four hours, when the liquor should be reduced to half; remove from the fire. Into the tureen put the yolk of one egg, and stir well into it a teacupful of cream, or, in hot weather, new milk; add a piece of butter the size of a hickory-nut; on this strain the soup, boiling hot, stirring all the time. Just at the last, beat it well for a minute.

#### SPAGHETTI SOUP.

Break a quarter of a pound of spaghetti into pieces an inch long, and boil it twenty minutes in clear water. Melt one quart of stock, bring it to boiling point, add the spaghetti, and let it simmer five minutes; and serve. If desired a pint of hot milk and a teaspoonful of Parmesan cheese, may be added.

#### TURTLE SOUP FROM BEANS.

Soak one quart of black beans over night. Next morning boil them in four quarts of water. Then dip the beans out of the pot and press them through a colander. Return them to the water in which they were boiled. Put some thyme, one bay leaf, and sprig of parsley in a thin bag and boil ten minutes in the mixture. Add a tablespoonful of butter, four hard-boiled yolks of eggs quartered, a few force meat balls, and salt and pepper; serve.

This approaches so near in flavor to the real turtle soup that few are able to distinguish the difference.

#### CREAM OF CELERY.

Three roots of celery, one quart of milk, one quart of stock, one small onion, one tablespoonful of butter, and two tablespoonfuls of flour. Cut the celery into small pieces, cover with stock and boil thirty minutes, then press it through a colander. Put the milk on to boil, then add the water and celery that was pressed through the colander, also the onion. Rub the butter and flour together and stir into the boiling soup. Season and stir until it thickens.

#### PHILADELPHIA PEPPER POT.

Wash one pound of plain tripe and one pound of honeycomb tripe in cold water. Put it in a kettle, cover it with cold water and boil eight hours; this should be cooked the day before you want the soup. Wipe one knuckle of veal with a damp towel, put it in a soup kettle, cover with three quarts of water, place it on the fire, and bring slowly to a simmer, carefully skimming off the scum. Simmer gently for three hours, then strain and return soup to the kettle. Add a bunch of pot-herbs, sprig of parsley, one bay leaf, and two potatoes cut into dice to the soup. Cut the tripe into pieces one inch square, and the meat from the knuckle into small pieces; add these also to the soup; place it on the fire and when at boiling point season with salt and cayenne. Rub the butter and flour together and stir into the boiling soup, and then small dumplings made as follows: Chop one-quarter-pound of suet fine, measure it, and take double the quantity of flour, one-quarter of teaspoonful of salt, mix well together, moisten with ice water (about a quarter of a cup). Form into dumplings about the size of a marble, throw into the soup, simmer for fifteen minutes and serve.

#### OX-TAIL SOUP.

Cut two ox-tails into small pieces, wash them, and put them in a stew-pan with two tablespoonfuls of butter. Stir until they turn brown, then skim them out and put them into a stew kettle with two small onions, four cloves, one carrot, one turnip, one bay leaf, and two quarts of cold water or stock. Skim well, and let simmer gently for three hours or until the tails are tender. Strain the soup, add salt and pepper, and serve.

#### PORTABLE SOUP.

Put on, in four gallons of water, ten pounds of a shin of beef, free from fat and skin, six pounds of a knuckle of veal, and two fowls; break the

bones and cut the meat into small pieces; season with one ounce of whole pepper, quarter of an ounce of Jamaica pepper, and the same of mace; cover the pot very closely, and let it simmer twelve or fourteen hours, and then strain it. The following day take off the fat and clear the jelly from any sediment adhering to it; boil it gently without covering the sauce-pan, and stir it frequently till it is thick and rosy when it is done enough. Pour it into broad tin pans, and put in a cool oven. When it will take the impression of a knife, score it in equal squares. Stand it in a south window or near a stove. When dry, break it at the scores. Wrap it in paper, and put it in tin canisters. There should always be a large supply of this soup, as with it and catsup no one will ever be at a loss for dressed dishes and soups.

#### GREEN PEA SOUP.

Soak two cups of dried green peas over night. Boil till very soft, mash through colander. Just before the meal put on a quart of milk to boil, put in the mashed peas with butter, pepper and salt. Croutons may be added.

#### CREAM OF ASPARAGUS SOUP.

One bunch of asparagus, one quart of milk, two even tablespoonfuls of flour, one tablespoonful of butter, salt and pepper to taste. Boil the asparagus gently three-quarters of an hour. Take it from the water and cut off the tops. Put the milk on to boil in a farina boiler. Press the asparagus stalks through a colander, add them to the milk. Rub the butter and flour together until smooth, add to the boiling milk and stir *constantly* until it thickens. Now add the asparagus tops, salt and pepper, and serve. Canned asparagus may be used when you cannot get the fresh. One quart can will be sufficient. This soup may be varied by using one pint of veal or white stock, and one pint of milk instead of the one quart of milk.

#### CREAM OF POTATO SOUP.

Six good sized potatoes boiled and pressed through a sieve. Rub one tablespoonful of butter and one tablespoonful of flour together and stir into one quart of boiling milk until it thickens. Now pour this over the potatoes, stir until smooth and serve immediately. This soup cannot stand or be warmed over.

#### TOMATO SOUP WITHOUT MEAT.

One can tomatoes, one pint hot water, salt, pepper and a lump of cut sugar, four cloves, one tablespoonful of butter, one tablespoonful of chopped onions, one tablespoonful of chopped parsley. Fry the parsley and onion a

few minutes in the butter before adding them. Strain all through a colander before sending to table.

#### TOMATO SOUP WITH MILK.

One quart can, or about the same quantity of ripe tomatoes, put in a soup pot with a pint of water. Let it boil about twenty minutes, strain, return to the fire, and season with pepper, salt, a little butter, and a teaspoonful of sugar; add a pint of rich milk, and let it boil about twenty minutes longer. Stir in a pinch of soda just before serving. Excellent.

#### CHICKEN CREAM SOUP.

An old chicken for soup is much the best. Cut it up into quarters, put it into a soup kettle with an onion; add three quarts of cold water. Bring slowly to a gentle boil, and keep this up until the meat drops from the bones; then add half a cup of rice. Season with salt, pepper, and a bunch of chopped parsley. Cook slowly until the rice is tender, then the meat should be taken out and two cups of rich milk added. The chicken could be fried in a spoonful of butter and a gravy made, reserving some of the white part of the meat, chopping it and adding it to the soup.

#### PLAIN ECONOMICAL SOUP.

Take a cold roast beef bone, pieces of beef-steak, the rack of a cold fowl, put into a pot with three quarts of water, two carrots, three turnips, one onion, six cloves, and pepper and salt. Simmer four hours; then strain it through a colander, mashing the vegetables so that they will all pass through. Skim off the fat and return to the pot. Thicken with one tablespoonful of flour and serve.

#### GREEN TURTLE SOUP.

One turtle, two onions, a bunch of sweet herbs, ten cloves, parsley, two bay leaves, juice of one lemon, five quarts of water. After removing the entrails, cut up the coarser parts of the turtle meat and bones. Add four quarts of water, and stew four hours with the herbs, parsley, cloves, bay leaves, onions, pepper and salt. Stew very slowly, but do not let it cease boiling during this time. Now strain the soup, and add the finer parts of the turtle and the green fat, which has been simmered one hour in two quarts of water. Thicken with brown flour; return to the soup-pot, and simmer gently for an hour longer. If there are eggs in the turtle, boil them in a separate vessel for four hours, and throw into the soup before taking up. If not, put in force-meat balls; then the juice of the lemon; beat up

at once and pour out. Some cooks add the finer meat before straining, boiling all together five hours; then strain, thicken, and put in the green fat, cut into lumps an inch long. This makes a handsomer soup than if the meat is left in. Green turtle can now be purchased preserved in air-tight cans.

*Force-Meat Balls for the Above.*—Six tablespoonfuls of turtle-meat chopped very fine. Rub to a paste, with the yolk of two hard-boiled eggs and a tablespoonful of butter. Season with cayenne, mace, and half a teaspoonful of white sugar and a pinch of salt. Bind all with a well-beaten egg; shape into small balls; dip in egg, then powdered cracker; fry in butter, and drop into the soup when it is served.

#### CRAB SOUP.

Cut two dozen crabs in small pieces and boil in three quarts of milk. Add a little cayenne, nutmeg, and powdered mace. Thicken with butter mixed in flour. Crumble into the soup the yolks of six hard-boiled eggs just before taking from the fire. Pour into a tureen and strew on the top the heart of a fresh lettuce cut in small pieces.

#### FRENCH SOUP.

Clean nicely a sheep's head and put it in four quarts of boiling water, which reduce to two quarts; add one small cup of pearl barley, six large onions cut up fine, one sliced carrot, one sliced turnip, a few cloves, a bunch of sweet herbs, pepper, salt and a little catsup of any kind. Cook one hour longer after adding all ingredients. Strain all off, cut the head into the soup and serve very hot.

#### OYSTER SOUP.

Fifty oysters, one pint of cold water, one pint of milk, one tablespoonful of butter, one tablespoonful of flour. Drain the oysters in a colander, pour over them the water and allow it to drain into the liquor. Let it boil and skim it before adding the milk. Rub the butter and flour together and add them to the soup when it boils. Stir until it boils again when you add the oysters. Season to taste and serve at once. The oysters should not boil as it makes them tough and destroys their flavor. But be sure that the oysters are heated through as few things are more objectionable than a cold oyster in a hot soup.

#### CREAM OF SALSIFY SOUP.

Scrape one dozen roots of salsify and throw immediately into cold water to prevent them from turning dark. Cut into thin slices, and put

into one quart of cold water. Simmer quietly for a half hour, then add a pint and a half of milk thickened with two tablespoonfuls of flour rubbed to a paste with two of butter. Salt and pepper to taste.

#### BEEF SOUP.

Boil five beets. Let get cold and grate them. Add one pint of stock and one pint of heated milk. Thicken with a tablespoonful of flour rubbed to a smooth paste with one tablespoonful of butter. Season with salt and pepper.

#### CURRY SOUP.

Season two quarts of strong veal broth with two small onions, a bunch of parsley chopped very fine, a tablespoonful of curry powder, salt and pepper. A little before serving add the juice of a lemon, a teacupful of boiling cream, and a teacupful of boiled rice. Always boil cream before putting it in soup or gravy.

#### GIBLET SOUP.

Take the giblets from two or three chickens, and if there are remains of roast chickens, use these; one onion, two slices of carrot, one of turnip, two stalks of celery, two quarts of water, one of stock, two large tablespoonfuls of butter, two of flour, salt, and pepper. Put the giblets on to boil in the two quarts of water and boil gently until reduced to one quart (it will take about two hours); then take out the giblets. Cut all the hard, tough parts from the gizzards, and put hearts, livers, and gizzards together and chop rather coarse; return them to the liquor in which they were boiled, and add the quart of stock. Have the vegetables cut fine, and fry them in the butter until they are very tender (about fifteen minutes), but be careful they do not burn; then add the dry flour to them and stir until the flour browns; turn this mixture into the soup, and season with pepper and salt; cook gently one-half hour and serve with toasted bread. If the chicken bones are used, put them on to boil in three quarts of water, and boil the giblets with them. When you take out the giblets, strain the stock through a sieve and return to the pot; then proceed as before.

#### SOUTHERN GUMBO SOUP.

Cut up one chicken, and fry it to a light brown, also two slices of bacon; pour on them three quarts of boiling water; add one onion and some sweet herbs tied in a bag; simmer them gently three hours and a half; strain off the liquor, take off the fat, and then cut the ham and chicken

into small pieces and put into the liquor; add half of a teacupful of rice. Boil all half an hour, and just before serving add a dozen chopped oysters with their juice.

#### POT AU FEU.

Take a good-sized beef-bone with plenty of meat on it, and place it in a pot on the back of the range, covering the beef with three or four quarts of cold water; cover tightly, and allow to simmer slowly five hours. The next day, before heating, remove the cake of grease from the top, and add a large onion stuck full of whole cloves, tomatoes, or any other vegetables which one may fancy. Rice may be added, or vermicelli for a change. Just before serving, burn a little brown sugar and stir through it. This gives a peculiar flavor and rich color to the soup.

#### SALMON SOUP.

One pound of fresh salmon, or one can of salmon, one pint of milk one pint of veal stock, one tablespoonful of butter, one tablespoonful of flour, salt and pepper to taste. Wash the salmon, put it in a saucepan, cover it with boiling water and simmer gently for twenty minutes; take from the water, remove the skin and bones and mash the flesh in a colander. Put the milk and stock on to boil. Rub the butter and flour together, add them to the stock and milk when boiling, stirring constantly until it thickens. Now add the salmon, let it come to a boil, and serve.

#### ONION SOUP.

One large or three small onions, two tablespoonfuls of butter, two quarts of stock, salt and pepper. Peel and chop the onion into dice. Put the butter in a frying-pan; when hot, add the onions and stir until a nice brown. Put the stock on to boil; when it boils, skim the onions out of the butter and add them to the stock, let them simmer for thirty minutes, add salt and pepper, and it is ready to serve.

# FISH.

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SELECT fish which have the eyes clear, the gills red, the scales bright and the flesh firm.

They should be scaled and cleaned as soon as they come from market ; wash quickly, then sprinkle salt on the inside and put them in a *cold* place until wanted.

Fish should always be well-cooked, being both unpalatable and unwholesome when underdone. The method of cooking which retains most nourishment is broiling, baking is the next, and boiling poorest of all.

## CODFISH A LA MODE.

Mix two cupfuls of mashed potatoes, one cup of codfish, one-half cup of butter, two cups of milk or cream, two well beaten eggs, and pepper and salt. Bake twenty-five minutes ; serve in the same dish, placed on a small platter, covered with a napkin.

## SCALLOPED FISH.

Pick any cold fresh fish into small pieces, removing all the bones. Take one pint of milk, a piece of butter the size of an egg, a sprig of parsley minced fine, and a small quarter of a teaspoonful of mustard. Then stir in two tablespoonfuls of flour. Grease a baking-dish with butter, put first a layer of the minced fish, then a layer of the dressing, until the dish is full. Spread a layer of bread crumbs on the top and bake until nicely browned.

## SALMON CROQUETTES.

One can of salmon, one cup of milk, two tablespoonfuls of butter, one tablespoonful of flour, three eggs, one pint of crumbs, pepper and salt. Chop the salmon fine, let the milk come to a boil, and stir in the flour and butter, salmon, and seasoning. Stir in one well beaten egg after it boils one minute, and remove from the fire. When cold make into croquettes, dip in beaten egg, roll in crumbs and fry.



## SCRAMBLED CODFISH.

Pour two eggs beaten in one cup of milk and half a cup of picked codfish into a buttered pan. Stir briskly and cook to the consistency of scrambled eggs.

## BAKED CHLD.

Make a dressing of one cup of stale bread crumbs, one tablespoonful of melted butter, one tablespoonful of chopped parsley, salt and pepper, and mix this up with the beaten yolk of an egg. Stuff the body of the fish and sew it up with soft yarn. Pour over it some water and butter and bake as you would a fowl. Bake fifteen minutes to every pound of fish, basting every ten minutes. Garnish with slices of lemon or water cresses.

## BROILED SHAD. NO. 1.

Split, wash and dry the shad. Season it with salt and pepper. Lay the shad upon a *hot well greased* gridiron the flesh side down. Cover with dripping pan and broil it for about twenty minutes or more according to the thickness. Butter it well and serve on hot platter. Covering it while broiling gives a more delicious flavor.

## BROILED SHAD. NO. 2.

Split the shad down the back. Wash it and dry immediately. Lay on a thick piece of brown paper, pepper and salt. Place on the rack in the oven; have a pan with a little water underneath to keep the fish from getting too dry. To tell when done, pierce it with a fork. If the flesh be flaky it is done. Spread with butter.

## SHAD ROE.

Drop into boiling water, cook gently for twenty minutes and drain. Lay the roe upon a buttered tin plate. Dredge with salt and pepper and spread butter over it; then dredge quickly with flour and cook in oven for half an hour, basting frequently with salt, pepper, butter, flour and water.

## HALBUT STEAK A LA FLAMANDE.

Wipe dry a steak an inch and a half thick. Butter a roasting pan, sprinkle it with chopped onion, pepper, and salt, put the fish on top of this, brush it over with the yolk of an egg; salt and pepper. Pour over it a teaspoonful of lemon juice and a teaspoonful of butter cut in small pieces; bake in a moderate oven thirty minutes. Serve with Béchamel sauce and garnish with parsley and slices of lemon.

## FRIED HALIBUT.

Wash and dry nice firm slices from this delicate looking fish and remove the skin with a sharp knife. Dip in beaten egg, then in bread crumbs after having salted and peppered the fish, and put them in a frying pan half full of hot boiling lard, to which a little butter has been added to make the fish brown nicely ; turn and brown both sides.

## FRIED EELS.

Cut the eels in pieces two inches long. Wash and wipe them dry ; roll them in flour or cracker dust and fry as other fish. Brown them all over and be sure they are thoroughly done. Eels are sometimes dipped in batter and fried or into egg and bread crumbs.

## BAKED TURBOT.

Boil five or six pounds of haddock or cod. Take out the bones and pick fish very fine. Boil one quart of milk, one-quarter of an onion, and a piece of parsley together. Stir in one-half cup of flour, mixed with one cup of milk and the yolks of two eggs (a little more flour may be needed). Season with one-half teaspoonful white pepper, same quantity thyme, one-half cupful butter, and plenty of salt. Butter a baking dish, put in first a layer of sauce, then one of fish and so on, finishing with sauce on top ; sprinkle over it cracker-crumbs and a light grating of cheese. Bake for an hour in a moderate oven.

## FRIED FROGS.

Skin the hind legs and throw them into boiling water for five minutes. Then put them in cold water until cold. Wipe dry and season with salt and pepper, dredge with flour and fry a nice brown. Serve with cream sauce and garnish the dish with parsley.

## PICKLED HERRING.

Scale and clean well fifty fresh herring—cut heads and tails off. Place in four small crocks, in layers, with the backs up. Sprinkle each layer with salt and pepper and two cloves to a herring. When full, place a plate over the top and fill with good cider vinegar. Put in a moderate oven and cook four hours. Set away in cool dark place. These will be ready for use in a week and will keep several months.

## SALMON WITH CAPER SAUCE.

Lay two slices of salmon in a baking dish, place pieces of butter over it, a half teaspoonful of chopped parsley, one finely chopped onion and salt

and pepper to taste. Put in the oven and baste it frequently; when done, take it out and drain for a minute or two; lay it in a dish, pour caper sauce over it and serve. Salmon dressed in this way, with tomato sauce, is very nice.

#### MAYONNAISE FISH.

Take a pound or two of cold boiled fish (halibut, cod or rock) cut into pieces, not chop, and cover with a mayonnaise dressing. Beat the mixture until light, and just before pouring it over the fish, stir in lightly the frothed white of a raw egg. Serve the fish in a glass dish, with half the dressing stirred in with it. Spread the remainder over the top, and lay lettuce leaves (from the core of the head of lettuce) around the edges, to be eaten with it.

#### FRIED SMELTS.

To clean them, make a slight opening at the gills, then draw them between the thumb and finger, beginning at the tail. This will press out all the insides. Wash and wipe them. Now sprinkle them with salt; dip them first in beaten eggs, and then in bread-crumbs, and fry in boiling fat. Garnish with slices of lemon, and serve with sauce Tartare.

#### BROILED WHITE-FISH.

Wash and drain the fish; sprinkle with pepper and lay with the inside down upon the gridiron, and broil over fresh bright coals. When a nice brown turn for a moment on the other side, then take up and spread with butter. This is a very nice way of broiling all kinds of fish, fresh or salted. A little smoke under the fish adds to its flavor. This may be made by putting two or three cobs under the gridiron.

# SHELLFISH.

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## OYSTERS SERVED ON ICE.

Use a perfectly clear block of ice weighing ten to fifteen pounds. Put the ice in a pan, heat a flatiron or a brick and melt a space in the centre of the ice-block, leaving a wall one and a half to two inches thick. Tip the block on one side and carefully empty all the water out and fill the cavity with freshly opened oysters garnished with slices of lemon. Lay one or two folded napkins on a large platter to prevent the block from slipping, cover the dish with parsley or smilax with pinks or nasturtiums mixed so that only the ice is visible. This is not expensive and does away with the unsightly shells in which raw oysters are usually served.

## OYSTER STEW.

Mix a half pint of hot water with the liquor from two quarts of oysters. Let it boil up once before putting in the oysters. Wash the oysters by letting cold water run over them in a colander. Add to the liquor and when they curl or "ruffle" add the salt and pepper and two tablespoonfuls of butter. The instant it is melted and well stirred in put in a pint of boiling milk and take from the fire. Serve with cream or oyster crackers. If you prefer thickening, use two tablespoonfuls of cracker crumbs, or a tablespoonful of flour rubbed up into the butter.

## BROILED OYSTERS.

Wipe twenty-five fat oysters dry with a towel, season with salt and pepper on both sides. Have your gridiron hot, as soon as the oysters brown on one side turn and brown on the other. Throw them in a brown sauce, made from one pint of the liquor, one tablespoonful of flour and one tablespoonful of butter. As soon as the liquor boils skim off the scum. Brown the butter well in a frying pan, add the flour and brown carefully, then add the liquor and stir until it boils. Now throw the oysters in the hot sauce and serve.

## SHELLFISH.

## FRIED OYSTERS.

Drain fine large oysters in a colander and wipe dry. Season with salt and pepper on both sides. Add a tablespoonful of boiling water or the oyster liquor and a pinch of salt to a well beaten egg. Dip the oyster into the egg and bread crumbs rolled fine, pressing it lightly with the hand. Fry them to a delicate brown in enough lard or oil to cover them, take out with a skimmer and drain on a soft piece of brown paper, and serve crisp and hot on a heated dish.

## SCALLOPED OYSTERS.

Butter a baking dish; put a half inch layer of bread crumbs on the bottom, then a layer of oysters, dot this over with pieces of butter, salt and pepper, then a layer of crumbs and so on until the dish is full, the top layer to be crumbs dotted with butter. Beat up an egg in a half cup of milk, and a half cup of the oyster liquor, and pour over all. Bake half an hour, or until a nice brown. Serve in the baking-dish or they can be prepared and served in the oyster shells.

## OYSTER FRITTERS.

Make a batter of one coffee cup of milk, one cup of oyster juice, one heaping teaspoonful of baking powder, two well-beaten eggs, a little salt, and flour enough to make batter like griddle cakes. Dip the oysters singly in this batter and fry in hot lard.

## OYSTER MACARONI.

Boil macaroni in a cloth to keep it straight. Put a layer in a dish seasoned with butter, salt and pepper, then a layer of oysters; alternate until the dish is full. Mix some grated bread with a beaten egg, spread over the top and bake.

## OYSTER PATTIES.

Make puff paste in this way: To every pound of flour add three-quarters of a pound of butter, the yolk of one egg; use ice-cold water; chop half the butter in the flour, then stir in the egg; work all into a dough; roll out thin; spread on some of the butter, fold closely (butter side in) and roll again; do this until the butter is all used up; keep the paste in a cold place while you prepare the oysters. Set the oysters on the stove in a saucepan, with liquid enough to cover them; as soon as they come to a boil skim them; stir in a little butter and pepper; also, if desired, a little cream. Line your small tins with your paste; put three or four oysters in each, add a little of the liquor, then cover with paste; bake in a quick oven

twenty minutes; while hot wash over the top with a beaten egg, using a swab or brush, and set in the oven a minute or two to glaze.

#### FRIED SHRIMPS.

Shell and heat gently in a pan with a little butter. Season with pepper. The canned shrimps put up by Dunbar & Co., and White are the best.

#### DEVEILED CRABS (Canned).

Take the liquor from the can and mix the meat with an equal quantity of fine bread-crumbs; beat a quarter of a pound of butter to a cream and mix with it a half-tablespoonful of mustard, with salt and cayenne pepper to taste. Stir the crabs carefully into it. Fill some shells or small patty pans with the mixture, brush over with beaten egg, cover with bread-crumbs and brown quickly in a hot oven, or they can be put into a frying basket, and plunged in boiling fat till brown.

#### TO BOIL AND OPEN A LOBSTER.

Put a lobster head downward in a kettle of *warm* water with two teaspoonfuls of salt, cover the kettle and put over a very hot fire. Boil from half to three-quarters of an hour according to the size. If cooked too long they get tough, and the meat is hard to get from the shell. When cooked, separate the tail from the body and twist off the claws; shake out carefully the coral, also, the tom-alley (this may be known by its greenish color). Then draw the body from the shell, remove the stomach which you will find directly under the head and throw this away. After splitting the body through the centre, pick the meat from the cells. Cut the under side of the tail shell and take out the meat in one piece. Now split the meat of the tail open and carefully take out a little vein which runs its entire length, and throw it away. This vein is sometimes red, sometimes white, and sometimes black but it must be carefully removed and thrown away. Crack the claws and take out the meat. The stomach, the vein and the spongy fingers between the body and shell are the only parts not eatable. To serve plain boiled lobster arrange the meat on a cold plate, garnished with the claws, sprigs of parsley and hard boiled eggs. Each person season to suit his own taste.

#### LOBSTER CROQUETTES.

Chop the meat of a well-boiled lobster fine, add pepper, salt, and powdered mace. Mix with one-quarter as much bread-crumbs as meat. Form into pyramids; roll in beaten egg, then bread-crumbs rolled fine and fry in half lard and half butter. Serve dry and hot and garnished with parsley.

## SOFT-SHELL CLAMS.

These are very fine if properly prepared. They are good only during cold weather and should be of medium size, heavy and perfectly fresh. Remove the shells carefully; wash the mussels and soak in cold water for ten or fifteen minutes, then drain.

## STEWED CLAMS.

Take fifty large sand clams from their shells, and put to them equal parts of their own liquor and water, nearly to cover them; put them in a stewpan over a slow fire for half an hour; take off any scum as it rises, then add to them a teacup of butter in which is worked a tablespoonful of wheat flour, and pepper to taste; cover the stewpan and let them simmer for fifteen minutes longer, then serve. Substituting milk for water makes them more delicate and white. Any other than sand clams require three-quarters of an hour to stew before putting in the seasoning.

## ROAST CLAMS.

Wash them and put on a gridiron over the hot coals. When the shells open, remove the upper one, and serve in the under shell at once with a bit of butter and a little pepper on each.

# POULTRY AND GAME.

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THE surest way to determine whether poultry is young, is to try the skin under the leg or wing ; if it is easily broken it is young ; or, turn the wing backward, if the joints yield readily it is tender.

Poultry should be picked and drawn as soon as possible, but should never be cooked until six or eight hours after it has been killed. Plunge it into a pot of scalding-hot water ; then pluck off the feathers, taking care not to tear the skin ; when it is picked clean, roll up a piece of white paper, set fire to it and singe off all the hairs. The head, neck, and feet should be cut off, and the ends of the legs tied tightly to the body with a string.

Poultry may be baked so that its wings and legs are soft and tender, by being placed in a deep roasting-pan with close cover, thereby retaining the aroma and essences. These pans are quite an innovation, and are made with a close cover with a small opening in the top for giving vent to the accumulation of steam when required. Roast meats of any kind can also be cooked in the same manner, and it is a great improvement on the old plan.

## TO CLEAN A CHICKEN.

The fowl should be thoroughly washed before it is drawn. First cut off the head, then the feet at the first joint, split the skin on the back of the neck, then detach the skin from it, and draw it down over the breast, taking out the crop without breaking it. Now cut the neck off close to the body. The skin then covers the place where the neck was cut off. Next make a vent under the rump and take out all the internal organs—being careful not to break the entrails or gall-bag. If you should be so unfortunate as to do so, wash very quickly through two or three waters in which you have dissolved a piece of soda. After drawing properly wipe inside and out with a damp towel, remove the oil sack from the top of the rump and it is ready for use. Cut the liver away from the gall-bag, being careful not to break it. Cut the heart open and remove the clotted blood. Cut the outer coat of the gizzard and draw it off, leaving the inner lining containing the sand unbroken. Wash thoroughly, and they are ready to use.



Turkeys, geese, ducks, pigeons, pheasants, and all birds are cleaned in the same manner.

#### YANKEE STEWED CHICKEN.

Make a fricassee of chickens and just before you are ready to serve it have ready two baking pans of rich baking powder or soda biscuits. Split them apart with the hands while still hot and place them on a large meat platter; pour the hot chicken stew over all and serve.

#### CHICKEN POTPIE.

One year-old chicken, the rule for plain paste, one pound of lean ham, four medium-sized potatoes, salt and pepper. Make the paste first and stand it in a cool place. Cut the chicken up as for a fricassee; pare and cut the ham and potatoes into small pieces. Now roll out half the paste into a thin sheet. Butter the sides and bottom of a rounding pot, line it with the sheet of paste, and trim the top; roll out these trimmings into a sheet, and cut them into squares. Now put a layer of chicken in the bottom of the pot, then a layer of potatoes, then a sprinkling of ham, salt, pepper, and the squares of paste, then the remainder of the chicken, and then the potatoes, etc. Roll out the remainder of the paste, make a hole in the middle of it and lay it on the top which should be potatoes. Pour through this hole three pints of boiling water and simmer continually for one and a half hours. Add one tablespoonful of butter cut into bits through the hole in the crust fifteen minutes before serving. When done turn it out on a large dish so the bottom crust will be uppermost. If the chicken is old parboil it beforehand and cook but forty-five minutes. Some prefer to cook potpie in the oven, as it is less likely to burn.

#### CHICKEN AND CREAM.

Put some finely chopped parsley to a pint of cream or milk, with salt and pepper. Fry the chicken in butter; lay on a hot dish, then pour the prepared cream slowly into the frying-pan, stirring quickly; when all in, and well done, turn the cream over the chicken.

#### ROAST CHICKEN.

Stuff the chicken with a dressing made from the soft part of bread; do not wet it, but rub dry and fine, and mix into it a piece of butter size of an egg. Season with salt and pepper, a teaspoonful of thyme or sweet marjoram. Mix well and moisten with a tablespoonful of cream and beaten egg. Rub the chicken well inside and out with salt and pepper, then fill;

sew each split with strong but not heavy thread, tie the legs down firmly and press the wings closely to the sides, securing them with a string tied around the body, and baste ; as one side browns, turn over until it is nicely done ; cut the soft part of the heart, liver and gizzard and put into the gravy ; thicken with a little flour and butter mixed.

#### SMOTHERED CHICKEN.

Split a young chicken down the back. Take out the intestines. Wipe it with a damp towel. Lay the chicken, with inside downward, in a baking-pan, breaking the breast-bone to make it lie flat. Spread the breast with a quarter pound of butter, dredge with pepper. Put a half cup of water and a little salt in the bottom of the baking-pan, place it in a hot oven, cover with another pan, let it bake for half an hour, basting every ten minutes. Turn the chicken, baste it well on the inside, and bake for another half hour. When done place it on a hot dish, put the pan in which the chicken was cooked on the top of the fire to brown, add one tablespoonful of flour, and stir until smooth and brown, then add a half pint of milk or cream and stir until it boils. Taste to see if properly seasoned ; if not, add salt and pepper. Serve in a boat.

#### CURRY CHICKEN.

Cut up a chicken weighing from a pound and a half to two pounds, as for fricassee, wash it well, and put it into a stew-pan with sufficient water to cover it ; let it simmer until tender ; add a large teaspoonful of salt, and cook a few minutes longer ; then remove from the fire, take out the chicken, pour the liquor into a bowl, and set it to one side. Now cut up into the stew-pan two small onions, and fry them with a piece of butter as large as an egg ; as soon as the onions are brown, skim them out and put in the chicken ; fry for three or four minutes ; next sprinkle over two teaspoonfuls of curry powder. Now pour over the liquor in which the chicken was stewed, stir all well together, and stew for five minutes longer, then thicken with a tablespoonful of flour mixed with a little water ; lastly, stir in a beaten yolk of egg. Serve with hot boiled rice laid round on the edge of a platter, with chicken curry in the centre. Beef, veal, mutton, duck, pigeons, partridges, rabbits, or fresh fish may be substituted for the chicken, if preferred, and sent to the table with or without a dish of rice.

#### CHICKEN DRESSED AS TERRAPINS.

Boil a fine, large, tender chicken ; when done, and while yet warm, cut it from the bones into small pieces, as for chicken salad ; put it into a stew-

pan with one gill of boiling water; then stir together, until perfectly smooth, one-fourth pound butter, one teaspoonful of flour and the yolk of one egg, which add to the chicken half at a time, stirring all well together; then season with salt and pepper. After letting it simmer about ten minutes, add one teaspoonful of vinegar and send to table hot.

#### FRICASSEED CHICKEN.

Cut up and put on to boil, skin side down, in a small quantity of water, season with salt, pepper, and slices of an onion if liked; stew gently until tender, remove chicken, add a half pint cream or milk to gravy, and thicken with butter and flour rubbed smoothly together (adding a little of the gravy to soften and help mix them), let boil two or three minutes, add a little chopped parsley and serve, or, first fry the chicken brown in a little hot lard, take out chicken, add a tablespoonful of flour, and let cook a minute, stirring constantly; add a pint of water (or stock if at hand), a little vinegar or Worcestershire sauce, season with salt and pepper; when it has boiled, remove from fire, strain, add the beaten yolk of an egg, pour over the chicken and serve. Or, put chicken in sauce-pan with barely enough water to cover, stew gently until tender; have a frying-pan prepared with a few slices of salt pork, drain chicken and fry with pork until it is a fine, rich brown; take chicken and bits of pork from the pan, pour in the broth, thicken with brown flour, mixed smooth with a little water, and season with pepper; now put chicken and pork back into gravy, let simmer a few minutes, and serve very hot.

#### PRESSED CHICKEN. No. 1.

Boil one chicken until thoroughly done in water, so that when finished there will be about one and one half pints of liquor. Grind the chicken and the whites of six hard boiled eggs, and mash the yolks and add. Also add one pint of bread or cracker crumbs. Season to taste with salt, pepper and celery seed. When all mixed put in the liquor. Press overnight with a small weight over it. Turn out when hard and cold. Garnish with parsley and serve. Nice for picnics or a tea dish in summer. Excellent.—*Mrs. H. A. Clark.*

#### PRESSED CHICKEN. No. 2.

An old chicken may be used for this. Put in a kettle and cover with cold water. Simmer gently until the meat falls from the bones; add one teaspoonful of salt when about half done. When done, take the meat from the bones and cut it into small pieces not over a half-inch square. Put the bones and skin back into the kettle, and boil until the liquor is reduced to

one and a half pints, then strain, and season to taste with salt and pepper. Mix this with the chicken, pour the whole into a square tin mold and stand in a very cold place overnight. A light weight may be placed on top to press it together, a flatiron on a small board is best. When hard and cold, turn out of the mold, garnish with parsley, and serve.

#### CHICKEN PATTIES.

Mince up a cold chicken. Season it with pepper and salt, and a little minced parsley and onion. Moisten it with chicken gravy or cream sauce, fill scalloped shells that are lined with pastry with the mixture, and sprinkle bread-crumbs over the tops. Put two or three tiny pieces of butter over each, and bake brown in a hot oven.

#### ROAST TURKEY DRESSED WITH OYSTERS.

For a ten-pound turkey take a quart of bread crumbs, one pint of oysters; rub the bread dry and fine—not the crust—and work into it a piece of butter the size of an egg; season with salt and pepper, one teaspoonful of thyme, and mix well with the hands; strain the oyster liquor and moisten with two tablespoonfuls warmed. Drain the oysters, and fill with one tablespoonful of bread, then one of oysters, alternating until the turkey is filled. Sew the slits, boil the oyster liquor down to one pint, skim it, put it in the pan hot, and baste often. Rub the turkey with salt and pepper, lay it in the pan on its back and lay bits of butter all over, and dust with flour. Lay the giblets close to the turkey to keep them soft when done; when it browns turn on the other side, so that it will be uniformly browned. Chop the soft parts of the gizzard and liver, and mix with the gravy. Mix a tablespoonful and a half of flour with a half cupful of cream or milk to thicken it. Roast three hours.

#### TURKEY SCALLOP.

Chop fine the fragments of a cold turkey, place a layer of bread crumbs in a buttered pudding dish, then a layer of turkey, adding any cold dressing that may be left. Slice three hard boiled eggs and add a few slices to each layer of the turkey. Alternate the layers of meat and crumbs, adding bits of butter and seasoning to each. Dot bits of butter over the top, which should be crumbs. Thin with hot water or milk what gravy may be left, and pour over it. Milk alone, or even water with a tablespoonful of melted butter, may be used. Cover the dish with a plate and bake half an hour. A few minutes before serving, remove the cover and let the scallop brown.

## WILD DUCK ROASTED.

Parboil with a small carrot, or onion peeled, within each duck. This will absorb the unpleasant taste. Stuff and bake in a hot oven from thirty to forty minutes.

## ROAST GOOSE.

The goose should not be more than eight months old, and the fatter the more tender and juicy the meat. Stuff with the following mixture: Three pints of bread-crumbs, six ounces of butter, or part butter and part salt pork, one teaspoonful each of sage, black pepper, and salt, one chopped onion. Do not stuff very full, and stitch openings firmly together to keep flavor in and fat out. Place in a baking-pan with a little water, and baste frequently with salt and water (some add vinegar); turn often so that the sides and back may be nicely browned. Roast twenty-five minutes to every pound, basting every ten minutes; after the goose has been roasting one hour, cool the oven, and roast the remainder of the time at a moderate heat. Serve with giblet sauce made the same as for roast chicken. Apple sauce should always be served with roast goose. Goslings may be roasted in the same manner, allowing fifteen minutes to every pound.

## GUINEA FOWLS.

A most delicious fricassee is made of a young guinea fowl. Brown one quarter of a pound of sliced bacon, add the fowl and brown on both sides. Add one tablespoonful of flour, mix thoroughly; add one pint of boiling water, salt and pepper. Stir until it boils. Cover and simmer gently until the fowls are tender. Potato croquettes are a nice accompaniment to this dish.

## ROAST PIGEONS.

Pigeons should be dressed while fresh. Prepare, roast, or broil the same as chickens; they will require from twenty to thirty minutes' cooking. Make a gravy of the giblets, season it with pepper and salt and add a little flour and butter. Dish with young water-cresses.

## BROILED PIGEONS OR SQUABS.

Young pigeons or "squabs" are esteemed a great delicacy. Prepare as other fowls; then split down the back, and broil like chickens. Season with pepper and salt, and butter liberally in serving them. They are in great request in an invalid's room, being peculiarly savory and nourishing.

## BROILED PARTRIDGES, PHEASANTS, QUAIL, GROUSE, AND PRAIRIE FOWLS.

Split down the back, lard the breasts, and broil the same as pigeons. With them serve currant jelly.

## QUAIL ON TOAST.

Remove the feathers without scalding. Put in salt water for twenty minutes; then split down the back and dry with a clean towel. Butter, season with salt and pepper, and broil on a gridiron. Turn frequently. Butter the fowl well when done and serve on hot buttered toast, placing a quail, breast up, on each slice. Garnish with currant jelly.

## FRIED RABBIT.

The rabbit must be very tender for this purpose. After it has been cleaned and washed, put it into boiling water, and let it boil ten minutes; drain it, and when cold, cut it into joints, dip into beaten egg, and then in cracker crumbs; season with salt and pepper. Fry them in butter and sweet lard until brown on both sides. Take them out, thicken the gravy with a spoonful of flour, add a cup of milk or cream; let all boil up, and turn over the rabbits. Serve hot with onion sauce. (See Sauces.) Garnish with sliced lemon.

## BROILED RABBIT.

Cut down the back into halves only, pound them flat, and broil the same as a spring chicken. Serve on a hot dish; dredge with pepper and salt, and butter liberally.

## BRUNSWICK STEW.

Three fine gray squirrels, skinned and cleaned; cut as you would chickens for a fricassee; one-half pound lean ham; one onion, sliced; corn, cut from twelve ears; six large tomatoes, pared and sliced, or one quart can; three tablespoonfuls of butter, rolled in flour; parsley; enough water to cover the squirrels; put squirrels, pork—cut up small—onion, and parsley in the water, and bring to a boil; when this has simmered ten minutes, put in the corn, and stew until the squirrels are tender; then add the tomatoes and cook twenty minutes; stir in the butter and flour; simmer ten minutes, and pour into a large, deep dish.

## SQUIRRELS—FRICASSEED, STEWED, OR FRIED.

Prepare squirrels for these dishes by the recipes for rabbits. Serve with currant jam or jelly.

## DEVEILED CHICKEN.

Chop very fine any pieces of cold cooked chicken. To every pint of this meat allow one-half a pint of milk, one tablespoonful of butter, one tablespoonful of chopped parsley, three hard-boiled eggs, two tablespoonfuls of bread-crumbs, one-quarter of a nutmeg, grated, salt and cayenne to taste. Put the butter in a frying-pan to melt, then add the bread-crumbs, cream, chicken, and seasoning; stir over the fire until it boils; then add the hard-boiled eggs chopped very fine. Fill individual dishes with the mixture, sprinkle lightly with bread-crumbs, and brown it in a quick oven.

## CHAUD FROID OF CHICKEN.

One cold roast chicken, one tablespoonful of flour, one tablespoonful of butter, one-half pint of milk or cream, salt and pepper to taste. Strip the skin carefully from the chicken, and cut the meat into pieces, about an inch and a half long and an inch wide. Now put the butter in a frying-pan to melt, add to it the flour; mix until smooth; add the milk, stir continually until it boils and thickens; add salt and pepper. Into this sauce dip each piece of chicken, and place the pieces on a dish, one not touching the other. Stand away until very cold. When cold, arrange the pieces nicely on a dish, sprinkle them with a little parsley chopped very fine, garnish with aspic jelly and parsley, and serve.

## FRIED TURKEY.

Cut in neat pieces the remains of the turkey, make a batter of beaten eggs and fine bread-crumbs, seasoned with pepper, salt, and nutmeg, add a few sprigs of parsley; dip the pieces into this and fry them a light brown. Take a good gravy, and flavor with mushroom or other catsup, and pour over them. A very nice breakfast dish.

# MEATS.

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## BEEF.

### ROAST BEEF.

It is very necessary when roasting beef to have the oven well heated when the beef is first put in as this causes the pores to close up quickly, and prevents the juices from escaping. Wipe it thoroughly with a clean wet towel. Lay it in a dripping-pan, and baste it well with butter. Set it in the oven. Baste it frequently with its own drippings, which will make it brown and tender. Season with salt and pepper when partly done, as it hardens any meat to salt it when raw, and draws out its juices; then dredge with sifted flour which gives it a frothy appearance. Roast fifteen minutes to every pound if you like your meat rare. If well done, twenty minutes. Remove the beef to a heated dish, set where it will keep hot; then skim the drippings from all fat, add a tablespoonful of sifted flour, a little pepper and a teacupful of boiling water. Boil up once and serve hot in a gravy boat. The best pieces for roasting are the sirloin, ribs, and pin-bone.

### YORKSHIRE PUDDING.

This is a very nice accompaniment to a roast of beef; one pint of milk, four eggs, white and yolks beaten separately, one teaspoonful of salt, and two teaspoonfuls of baking powder sifted through two cups of flour. Mix very smooth, about the consistency of cream. Put in your roast, so it will be done half an hour or forty minutes before dishing up. Take it from the oven, set it where it will keep hot. In the meantime have this pudding prepared, grease two common biscuit tins, pour half of the pudding into each, set them into the hot oven, and keep them in until the dinner is dished up; take these puddings out at the last moment and send to the table hot. This I consider much better than the old way of baking the pudding under the meat.



## BEEF A LA MODE.

From a fine round of fresh beef, take the bone and cut away the fat. For a round weighing ten pounds make a seasoning or stuffing in the following proportions: Half a pound of beef suet; half a pound of grated bread-crumbs; the crumbled yolks of three hard-boiled eggs; a large bundle of sweet marjoram, the leaves chopped; four onions, minced small; a large tablespoonful of mixed mace, powdered. Season lightly with salt and cayenne. Stuff this mixture into the place from whence you took out the bone. Make numerous deep cuts about the meat, and stuff them also. Skewer the meat into a proper shape, and secure its form by tying it round with tape. Put it into a clean tin oven or bake-pan, and pour over it two tablespoonfuls of hot water. Put on the lid, and bake the beef slowly for five or six hours, or till it is thoroughly done all through. If the meat is to be eaten hot, skim all the fat from the gravy, into which, after it is taken off the fire, stir in the beaten yolk of two eggs. If onions are disliked, you can omit them and substitute minced oysters.

## A POT ROAST.

Place a nicely trimmed brisket of beef over a good fire. Brown on one side then turn and brown on the other. Add one pint of boiling water, cover the pot and let cook slowly. Add salt when meat is half done. Cook fifteen minutes to a pound. Add no more water as there should be enough fat to finish cooking it. Make a brown sauce from the fat in pot after removing the meat.

## TO PAN A BEEFSTEAK.

When not convenient to broil a steak, heat an iron pan very hot, put in the steak, turn it from side to side over a very hot fire for about fifteen minutes. Serve on a hot plate, seasoned the same as broiled steak.

## BROILED BEEFSTEAK.

To cook a beefsteak, have a nice bright fire and broil as quickly as possible, without burning; if the coals blaze from the drippings, sprinkle on a little salt, which will instantly extinguish the flames. The steak should be three quarters of an inch thick, should be turned constantly while broiling, and should not cook over three minutes; butter and salt after taking up. This should be served very hot on a hot platter.

## SMOTHERED BEEFSTEAK.

Take a *thin* slice of steak three inches wide and five inches long from the upper part of the round and wipe it dry. Prepare a dressing, made

from cupful of fine bread-crumbs, half a teaspoonful of salt, pepper, a table-spoonful of butter, half a teaspoonful of sweet marjoram, the same of powdered summer savory, and enough milk to make it a stiff mixture. Spread it over the meat, roll it up carefully and tie with a string. Now fry a few thin slices of salt pork in the bottom of a frying pan, and into the fat that has fried out of this pork, place this roll or rolls of beef, and brown it on all sides, turning it until a rich color all over, then add half a pint of water, and stew until tender. A slice of onion may be chopped fine and added to the dressing if liked. When cooked sufficiently, take out the meat, thicken the gravy, and turn over it. To be carved by cutting crosswise, in slices, through beef and stuffing.

#### BEEFSTEAK AND ONIONS.

Broil the steak in the usual way, fry a dozen onions cut in slices nice and brown in a little beef drippings or butter. Dish the steak and lay the onions thickly over the top. Cover and let stand five minutes before sending to the table very hot.

#### BEEF CROQUETTES.

Put two cups of cold cooked meat, chopped fine; yolks of two eggs, one tablespoonful of butter, two tablespoonfuls of bread-crumbs, quarter of a nutmeg, grated; one teaspoonful of onion juice, salt and pepper to taste, into a frying-pan, and stir over the fire until thoroughly hot, turn out to cool, and when cold, form into small balls or pyramids, dip first in beaten egg, then in bread-crumbs, and fry in boiling oil or fat.

#### HAMBURGER STEAK.

Take a pound of lean round steak, chop it very fine; it cannot be chopped too fine. Also chop a small onion quite fine, and mix well with the meat. Season with salt and pepper; make into small flat cakes or into one large flat cake. Fry brown in a frying-pan, with butter and lard mixed. Garnish with celery top around the edge of the platter and slices of lemon on the top of the meat. Or they may be broiled same as a plain steak, seasoned with salt and pepper, and spread with butter.

#### HASH ON TOAST.

To every pint of cold meat cut in dice allow one tablespoonful of butter, one tablespoonful of flour and a half-pint of boiling water. When the butter is a nice brown add the flour; mix well; add the water and stir until it boils; now add the meat, salt and pepper. Let simmer for fifteen minutes.

Toast squares of bread, butter them, and place on a hot dish. Put the meat on the toast, and pour the sauce around it.

#### PLAIN HASH.

One cup meat chopped fine, two cups hot mashed potatoes, salt, pepper, one-third cup boiling water, one teaspoonful butter, onion juice. Put the mixture in a frying-pan. Spread smoothly, cover and set back where the hash will brown slowly. Cook about one half hour. Fold like an omelet.

#### TOAD IN THE HOLE.

Cut into dice one pound of round steak or cold cooked meat. Beat one egg very light and add to it one pint of milk; add this a little at a time to one cup of flour being careful to rub out all lumps. Add one half teaspoonful salt. Butter a dish, put in the meat, season it with a little salt and pepper. Pour the batter upon it and bake one hour in a moderate oven. Serve hot.

#### TO ROAST BEEF HEART.

Wash carefully and open enough to take out the ventricles and soak three hours until every drop of blood is discharged. Wipe dry and stuff with dressing, as for chicken. Roast it two hours. Serve with brown sauce. It is nice hashed, served with currant jelly.

#### STEWED KIDNEYS.

Be sure that the kidneys are perfectly fresh. Split them in halves; trim off the sinews and fat that are inside with a sharp-pointed knife. Now cut the kidneys into small pieces, put in a stewing-pan, cover with cold water, and bring slowly almost to boiling point. Drain this water off, cover with fresh cold water, and heat again. Do this three times, each time being careful that it does not boil, or the kidney will be hard and tough. Put one tablespoonful of butter in a frying-pan, and stir until a nice brown; then add one tablespoonful of flour and a half-pint of stock or boiling water. Stir constantly with a wooden spoon until it boils. Add one tablespoonful of Worcestershire sauce, one tablespoonful of walnut catsup, salt and pepper, and the kidney. Stir again until the kidney is thoroughly heated, and serve immediately.

#### KIDNEY (Terrapin Style).

Prepare the kidney the same as for stewing. Put one tablespoonful of butter in the frying-pan; when melted, add to it one tablespoonful of flour,

mix, add a half-pint of milk, stir constantly until it boils ; add the kidney ; salt, and pepper to taste. Stir with a wooden spoon until the kidney is thoroughly heated. Take from the fire, add the yolk of one egg, and a tablespoonful of chopped parsley. Serve immediately. Liver may be dressed in the same way.

#### LIVER AND BACON.

Cut one half pound liver into thin slices, and scald it ; wipe it dry. Cut one-fourth pound of bacon in thin slices, put it in a frying-pan and fry until brown. Remove to a hot plate. Put salt, pepper, and flour on the slices of liver and cook them in the bacon fat. When brown put them on the plate with the bacon, and prepare a gravy by adding the flour to the fat in the pan, add a cup of boiling water, when seasoned, pour around the liver and bacon, and serve.

#### TO BOIL CORNED BEEF.

Wash well and put on to boil in cold water. Let it simmer thirty minutes to each pound. If served cold, allow it to cool in the water in which it was boiled.

#### BEEF SCRAPPLE.

Take a piece of neck and shin bone ; cover with water : boil until the meat falls entirely from the bone ; take out and put the water that remains through a colander to remove all pieces of meat and bone. While *picking* the meat to pieces and freeing it from all fat and gristle, have your liquor boiling and let boil down to sufficient quantity to barely cover the shredded beef. Add the meat and let boil up briskly. Season with salt and pepper. Dip out in pans and set away to cool. To prepare it for the table cut a portion out of the pan, put in skillet, or spider, with a half teacupful of water. Put on the back of stove till the meat is melted down. Push on front and let boil up. Add a pint of good milk, thickened with a tablespoonful of flour. Let boil and serve very hot.—*R. B. P.*

#### TO CURE BEEF ROUNDS.

Make a brine of Liverpool salt and water to bear an egg. Then add one teacupful of brown sugar and one teaspoonful of saltpetre to every twenty pounds of beef. Have enough brine to cover and put a weight on the meat. Let remain in the pickle two weeks—take out and dry.—*R. B. P.*

## WHITE PUDDINGS.

To a pint of grated suet add one quart of flour. Season with salt and pepper to taste. Make bags out of cheese-cloth three inches wide and eight inches long and fill with the dry mixture. Tie loosely, leaving room for the pudding to swell, put in a boiler of boiling water and boil three hours. Hang in dry cool place until wanted for use, when you boil one a half hour. It is a safe plan when making the puddings to tie a little of the mixture in a cloth and boil a little while to taste if properly seasoned, *before* bagging it all. One of these makes a nice breakfast dish if served *very* hot on a hot dish.—*R. B. P.*

## ROLLED BEEFSTEAK.

Take a round of beefsteak, cut thin, take all the bone and fat from it. Make a stuffing as for chicken and spread all over it. Roll tightly and tie with a string. Roast twenty-five minutes to every pound in a baking-pan in which you have put any pieces of suet trimmings from the steak and a half cup of water. Serve with Brown Sauce.—*R. B. P.*

## SAVORY BEEF OR VEAL.

Three and a half pounds of uncooked meat, pounded and chopped. Take out all the strings and add to it six square soda crackers rolled fine, butter the size of an egg, warmed but not melted; six tablespoonfuls of sweet cream, three eggs broken over the meat, one whole nutmeg grated, four teaspoonfuls of salt, two teaspoonfuls of black pepper, and one tablespoonful of sweet marjoram. Knead the mixture well with the hands, make it in two rolls about the size of a beef's tongue; press it very closely into the rolls—and bake them one and one-half hours, basting well with butter and water.

## DRIED BEEF WITH CREAM.

Shave the dried beef very thin. Put in a frying pan with a little water. Let the water boil away and stir while the meat browns. Pour on a cup of milk or cream thickened with flour. Add a little pepper, stir until it boils, and serve immediately. A nice breakfast dish.

## FRIZZLED BEEF.

Shave off slices of dried beef, cover with cold water, put them in a frying-pan, set it on the back of the range, and let it come to a very slow heat; allowing it time to swell out to its natural size, but not to boil. Stir it up, and if very salty drain off the water. Melt one tablespoonful of sweet

butter in the frying-pan, and add the wafers of beef. When they begin to frizzle or turn up, break over them three eggs; stir until the eggs are cooked; add a little pepper, and serve on buttered toast.

#### TRIPLE.

Tripe is the large stomach of the ruminating animals, and should be scalded in boiling water sufficiently to loosen the inside coating, when it will easily scrape off. Wash it well through several boiling waters, then put it into cold water and soak overnight. Scrape again until white and clean. Place it in a stewpan, cover with cold water; add one onion, a sprig of parsley, twelve whole cloves, and twelve pepper-corns. Simmer gently for six hours, and it is ready to use in any way. It is usually sold in cities cleaned, but not boiled.

#### SOUSED TRIPE.

Cut two pounds of boiled tripe (honeycomb) into pieces about two inches long and one inch wide. Put eighteen cloves, twelve pepper-corns, one pint of vinegar, one blade of mace, eighteen whole allspice, one half teaspoonful of salt and one small onion in a porcelain kettle to boil. Put the tripe in a glass or stone jar and pour the boiling vinegar over it. Stand away for a couple of days and it is ready for use. It will keep for two or three weeks.

#### MUTTON AND LAMB.

The fat on good mutton is white, hard and clear; the lean bright red, firm, and juicy, and the leg bones nearly white. In roasting it should not be salted at first as it tends to draw out too much of the blood or juices. The leg, shoulder, and loin make nice roasting pieces; the breast and neck are used for soups and stews; the loins are also cut into loin and French chops.

#### ROAST QUARTER OF LAMB.

Take a nice hind-quarter, remove some of the fat that is around the kidney, skewer the lower joint up to the fillet. Let it heat through slowly, in a moderate oven, then dredge it with salt and flour; quicken the fire, put a pint of water into the dripping-pan, with a teaspoonful of salt. With this liquor baste the meat occasionally. Lettuce, green peas, and mint sauce are nice served with this roast. Roast fifteen to twenty minutes to each pound.

#### STEWED LAMB WITH GREEN PEAS.

Put two pounds of lamb into a stew-pan and cover with hot water; after fifteen minutes skim and add a little pepper and salt, then let the

meat stew for one and one-half hours; now add some boiling water (to make gravy); add your green peas; let these cook about twenty minutes; stir up one tablespoonful of flour into one-half cupful of milk and mix with the stew; let this cook two minutes. Serve with mint sauce.

#### BREAST OF LAMB WITH ASPARAGUS TOPS.

Cut into small pieces a breast of lamb after removing the skin and part of the fat. Sprinkle a little flour over them and brown nicely in a stew-pan with an ounce of butter. Cover the meat with warm water, add one bunch of parsley, two button onions, simmer until the meat is cooked; skim off the fat, take out the onions and parsley, and mince the latter finely; return it to the gravy with one pint of the tops of boiled asparagus, add salt and pepper, simmer a few minutes longer, and serve. Canned asparagus may be used when the fresh vegetable is out of season.

#### RAGOUT OF MUTTON.

Cut cold mutton or lamb into pieces about one inch square. Put one tablespoonful of butter into a frying-pan, and, when very brown, add one tablespoonful of flour; mix; add a half-pint of stock or water, stir constantly until it boils, then add salt and pepper to taste, and a tablespoonful of Worcestershire sauce and a tablespoonful of mushroom catsup. Now add one pint of the mutton, and simmer gently for fifteen minutes, until the mutton is thoroughly heated. Add one tablespoonful of current jelly if liked. Send to the table very hot.

#### IRISH STEW.

Put two pounds of mutton cutlets or chops, and four pounds good potatoes, peeled and sliced, in alternate layers in a large saucepan or stewpan, season to taste with pepper and salt, and a finely shredded onion, if liked; add a pint of cold water, and simmer gently for two hours. Serve very hot. Dumplings may be used if liked.

#### SCALLOPED MUTTON.

Cut cold cooked mutton into small pieces. Put a layer of bread-crumbs on the bottom of a shallow dish, then a layer of mutton then gravy. Moisten bread crumbs in melted butter and spread over the top. Bake until the crumbs are brown.

#### MUTTON STEW.

Two pounds neck of mutton, two quarts cold water, one-quarter cup each of carrot, turnip, onion and celery, two tablespoonfuls of butter or drip-

pings, one tablespoonful of flour, salt and pepper, one tablespoonful chopped parsley and one-half cup pearl barley. Pick over the barley. Soak it in cold water several hours or overnight. Wipe the meat with a damp cloth. Remove fat and skin. Scrape the meat from the bones. Cut in one-half inch dice. Put the bones on to boil in one pint cold water and the meat in three pints cold water. When the latter boils add the barley. Cut the vegetables into one-quarter inch dice, fry them five minutes in one tablespoonful of the drippings, add the meat. Simmer three or four hours or until the meat and barley are tender. Strain the water in which the bones have been simmered. Cook one tablespoonful butter or drippings in a sauce pan with one tablespoonful flour, and the strained water gradually, and stir into the broth. Add salt, pepper, and parsley. Simmer ten minutes. Serve without straining.

#### VEAL.

When veal is too young it is not wholesome. The flesh should be firm and pink—but if too young it will have a bluish tinge.

#### ROAST FILLET OF VEAL.

Take the bone from a nice fillet and fill up the space with stuffing, and also put a good layer under the fat. Make it a good shape by drawing the fat round, and tie it up with tape. It should have careful attention and frequent basting with butter that the fat may not burn. After taking it up pour melted butter over it; serve with ham or bacon, and fresh cucumbers, if in season. Veal, like all other meat, should be well washed in cold water before cooking and wiped thoroughly dry with a clean cloth. Cold fillet of veal is very good stewed with tomatoes and an onion or so. The fat of a loin should be covered with greased paper to prevent it burning, a fillet, also, should have on the caul until nearly done. Roast from three to four hours, according to the size.

#### FRICASSEED VEAL.

Fry the veal in a little butter for fifteen minutes. Then add enough water to cover the meat and simmer till done. Thicken the liquor same as for fricasseed chicken.

#### ROAST LOIN OF VEAL.

Wash, wipe, and place it in a baking-pan, and dredge it with pepper. Put a teaspoonful of salt and cup of water in the pan, and place in a very quick oven for fifteen minutes; then cool the oven somewhat, and roast slowly for



fifteen minutes for every pound of veal, basting frequently, at first with the water in the pan, and afterward with its own gravy. Veal must be well done to be eatable. When done, make a gravy the same as for roast beef.

#### VEAL CUTLETS BREADED.

The cutlets should be as thin as possible, cover with boiling water, and let stand one minute; then drain, and wipe dry. Cut into small pieces and dip first in beaten egg and then in bread-crumbs which have been seasoned with salt and pepper. Put two tablespoonfuls of drippings in a frying-pan; when hot, fry *well* the cutlets first on one side and then on the other. Dish, and serve with brown gravy as with roast beef.

#### VEAL LOAF.

To three pounds of lean rare veal, take one pound of salt pork chopped fine and one cup of cracker crumbs, three eggs beaten light, pepper and salt. Mix well and make into a loaf. Slap it so as to make it solid, put it in a covered pan, sprinkle with cracker dust over the top and dots of butter. *No water.* Bake two hours.

#### VEAL CROQUETTES.

Mince a coffee cup of cold veal in a chopping bowl, adding a little cold ham, and two or three slices of onion, a pinch of mace, powdered parsley and pepper, some salt. Let a pint of milk or cream come to the boiling point, then add a tablespoonful of cold butter, then the above mixture. Beat up two eggs and mix with a teaspoonful of corn-starch or flour, and add to the rest; cook it all about ten minutes, stirring with care. Remove from the fire, and spread it on a platter, roll it into balls, when cooled flatten each; dip them in egg and bread-crumbs, and fry in a wire basket, dipped in hot lard.

#### VEAL POTPIE.

One knuckle of veal, one teaspoonful of salt, one half cup of lard, one small onion, one quart of sifted flour, two teaspoonfuls of baking-powder, one-half pint of milk, three pints of water. Put the water in a stewpan, add the knuckle, onion, and salt; simmer for an hour and a quarter. There must be at least two-thirds of a quart of liquor when the meat is done; if it has evaporated, add hot water to make that quantity. Put the flour into a bowl, add the salt, then rub in the lard; add the baking powder, mix, and moisten with the milk. Roll out on a board, cut with a round cutter, and place over the top of the meat; cover the stewpan and boil fifteen minutes.

## CALF'S HEAD CHEESE.

Boil a calf's head in water enough to cover it, until the meat leaves the bones, then take it with a skimmer into a wooden bowl or tray; take from it every particle of bone; chop fine; season with a heaping tablespoonful of salt, a teaspoonful of pepper, and a tablespoonful of finely chopped sweet herbs; lay a cloth in a colander, put the minced meat into it, then fold the cloth closely over it, lay a plate over, and on it a gentle weight. When cold it may be sliced thin for supper or sandwiches. Spread each slice with made mustard.

## SWEETBREADS.

Soak an hour in cold water soon as you buy them; trim off all fat and parboil fifteen minutes in porcelain or granite saucepan, add a teaspoonful of salt. Then put in cold water; draw off any skin or rough pieces and remove the link pipes. Cut in thin slices. Be sure and use a silver knife in cutting.

## SWEETBREADS FRIED.

Prepare them as above; dip them first in eggs, then in bread-crumbs and fry in boiling fat or broil.

## SWEETBREADS AU JUS.

Two pairs of sweetbreads, one bay leaf, one tablespoonful of butter, one slice of onion, one clove, one sprig of parsley, one small head of cauliflower. Parboil the sweetbreads. Put the butter in a frying-pan, add the onion, bay leaf, clove, parsley, and sweetbreads; cover the pan and stand it in a hot oven, basting with the butter, and baking for thirty minutes. Boil the cauliflower, break it apart in the little branches, and put it around a heated dish. Take the sweetbreads from the oven, add four tablespoonfuls of stock, boil up once. Dish the sweetbreads in the centre of the cauliflower, turn the gravy over them through a strainer and serve.

## PORK.

The best parts and those usually used for roasting are the loin, the leg, the shoulder, the sparerib, and the chine. The hams, shoulders and middlings are usually salted, pickled and smoked. Pork requires more thorough cooking than most meats; if the least underdone it is unwholesome, and it should never be eaten by persons of weak digestion or by children. The flesh should be firm, smooth and of a pale red color, the fat firm and white.

## ROAST LOIN OF PORK.

Score the skin with a sharp knife in strips about a quarter of an inch apart; place it in a dripping-pan with a very little water under it, and a teaspoonful of salt. Place in hot oven and baste frequently for the first twenty minutes, then cook more slowly. If it is very lean, it should be rubbed with fresh lard or butter when put into the pan. A stuffing might be made of bread-crumbs, chopped sage and onions, pepper, and salt, and baked separately on a pie dish; this method is better than putting it in the meat, as many persons have a great aversion to its flavor. A loin weighing about six pounds will roast in two hours; allow more time if it should be very fat. Make a gravy with flour stirred into the pork drippings. Serve with apple sauce, pickles, or horse-radish.

## ROAST LEG AND SHOULDER OF PORK.

The leg and shoulder may be roasted the same as a loin,—roasting twenty-five minutes to every pound.

## PORK CHOPS.

Dust the chops with salt, pepper, and flour; fry in a tablespoonful of hot dripping until a nice brown, and thoroughly done. It will take about twenty-five minutes. Dish. Pour nearly all the fat from the frying-pan into your dripping-pot, and to that remaining—which should be about a tablespoonful—add one tablespoonful of flour, and brown. Then add a half-pint of boiling water, let it boil up once, add salt and pepper to taste, and pour over the chops, or they may be served with fried apples. Steaks and cutlets may be fried in the same manner.

## SOUSED PIG'S FEET.

After cleaning the feet and scraping them well, soak them in cold water three hours, then wash and scrub well. Split the feet and crack in two or three places. Then put them into a stewpan and just cover with cold water; place over a moderate fire and boil slowly until tender. Put a half-pint of good cider vinegar, three blades of mace, one dozen whole cloves, and two bay leaves in a pan and boil for one minute. Season the feet with salt and pepper, put into an earthen basin, and pour over them the spiced vinegar while hot; then stand in a cold place. It will be ready for use the next day.

## ROAST HAM.

The most delicious way to cook ham is to boil a small pig ham, until the skin will peel off, then stick in cloves over the surface of the ham;

cover with bread crumbs, place in a dripping-pan, raising it a little from the pan by sticks, and bake twenty-five minutes to every pound.

#### BOILED HAM.

Soak it for an hour in cold water, then wash it thoroughly with a small brush. Cut with a sharp knife the hardened surface from the base and butt of the ham. Place it over the fire in *cold* water with a blade of mace, six cloves and a bay leaf, and let it come to a moderate boil, keeping it steadily at this point, allowing it to cook twenty minutes for every pound of meat. When the ham is to be served hot, remove the skin by peeling it off, place it on a platter, the fat side up, and dot the surface with spots of black pepper. Stick in also some whole cloves. If the ham is to be served cold, allow it to remain in the pot until the water in which it was cooked becomes cold. This makes it more juicy. Serve it in the same manner as when served hot. Serve with asparagus, peas or cauliflower.

#### HAM PATTIES.

Take one pint of cold boiled ham chopped fine, mix with one quart of bread-crumbs, wet with half a pint of milk. Put the batter in gem pans, break one egg over each, sprinkle the top thickly with cracker crumbs and bake until brown.

#### HAM CROQUETTES.

Take two cups of mashed potatoes and one of ham chopped fine, two eggs and a little pepper. Make in the shape of croquettes; dip in egg and bread crumbs. Cook in boiling fat same as chicken croquettes.

#### FRICATELLI.

Chop raw fresh pork very fine, add a little salt, plenty of pepper, and two small onions chopped fine, half as much bread as there is meat, soaked until soft, two eggs; mix well together, make into oblong patties, and fry like oysters. These are nice for breakfast; if used for supper, serve with sliced lemon.

#### PIG'S HEAD CHEESE.

Prepare in the same manner as calf's head cheese.

#### HAM BALLS.

Chop one-half cup of ham very fine; boil one-half a cup of milk and thicken with two tablespoonfuls of bread-crumbs. Add the yolks of two

eggs, a quarter of a teaspoonful of nutmeg, same of salt, a dash of pepper, and a tablespoonful of parsley chopped fine. Mix well together and set to cool. Form into pyramids or balls when cold; dip in egg and bread crumbs and fry in *boiling* hot fat.

#### MINCED HAM WITH EGGS.

Mix cracker crumbs with an equal quantity of finely minced lean ham. Moisten this mixture with a little hot water and a small piece of butter. Put in a baking dish. Make depressions in it. Place in each the yolk and white of one egg. Bake a delicate brown. Any other meat hash may be served in the same way.

#### TO CURE PORK.

Take seven pounds of Liverpool salt, two ounces saltpetre, three pounds sugar, four gallons water to every hundred pounds of pork. Boil the salt and water and skim as long as scum appears. Then add the sugar and saltpetre. Put in a vessel to cool. Do not put in the meat till cold. Let it remain in the pickle six or seven weeks.

#### SAUSAGE.

Chop fifteen pounds of lean fresh pork and five pounds of chine fat very fine; use a meat chopper if you have one. Mix and add four tablespoonfuls of powdered sage, two of summer savory, five ounces of salt, two ounces of black pepper and two ounces of allspice. Mix thoroughly with the hands. Taste to see that it has the right flavor. Make into cakes, or fill the clean intestines of the hog. If you wish to keep them for two or three months put them in a stone jar or a pan, cover with melted lard and stand away to cool. Many like spices and herbs added to the seasoning—cloves, mace, sage, and summer savory. This is a matter of taste.

#### BREADED SAUSAGES.

Wipe the sausages dry. Dip them in beaten egg and bread-crumbs. Cook them in deep hot fat. Drain. Serve with a garnish of toasted bread and parsley.

#### FRIED SAUSAGES.

If in skins, prick them all over with a large darning needle or fork. Lay them in a hot frying-pan and cook until brown. Turn often. If gravy is wanted, stir one tablespoonful of flour into the fat in the pan, add one cup of milk and season to taste. Pour the sauce round the sausages. Serve hot.

## ROAST HAUNCH OF VENISON.

To prepare a haunch of venison for roasting, wash it slightly in tepid water, and dry it thoroughly by rubbing it with a clean soft cloth. Lay over the fat side a large sheet of thickly buttered paper, and next a paste of flour and water about three-quarters of an inch thick; cover this again with two or three sheets of stout paper, secure the whole well with twine, and put down to roast, with a little water, in the dripping-pan. Let the fire be clear and strong; baste the paper immediately with butter or clarified drippings, and roast the joint from three to four hours, according to its weight and quality. Doe venison will require half an hour less time than buck venison. About twenty minutes before the joint is done remove the paste and paper, baste the meat in every part with butter, and dredge it very lightly with flour; let it take a pale brown color, and serve hot with unflavored gravy made with a thickening, in a tureen and good currant jelly. Venison is much better when the deer has been killed in the autumn, when wild berries are plentiful, and it has abundant opportunities to fatten upon this and other fresh food.—*Windsor Hotel, Montreal.*

## VENISON STEAKS.

It requires but a short time to broil venison steaks, and they should be served very hot. Heat the dish in which they are to be served; put in it a piece of butter, salt, and pepper, and two tablespoonfuls of melted currant jelly. If the steaks are half an inch thick, eight minutes will broil them. Put them in the heated dish and turn them once or twice in the mixture. Serve hot on hot plates.

## BOILED BEEF TONGUE.

Wash a fresh tongue and just cover it with water in the pot; add more water as it evaporates, so as to keep the tongue nearly covered until done—about four or six hours—when it can be easily pierced with a fork; take it out, and if wanted soon, take off the skin and set it away to cool. If wanted for future use, let cool in the liquor. A cupful of salt will do for three tongues, if you have that number to boil; but do not fail to keep water enough in the pot to keep them covered while boiling. If salt tongues are used, soak them over night, of course omitting the salt when boiling.

## PRESSED LAMB.

Take a piece of lean lamb, season and let cook until tender and the water has nearly cooked off. Chop the meat to a fine hash and put into a

dish; pour over this the balance of the juice and press by putting a plate over the top and a flatiron upon this. Serve with sliced cucumbers.

#### PORK CHOPS AND FRIED APPLES.

Season the chops with salt and pepper and a little powdered sage, if liked; dip them into bread-crumbs. Fry and put them on a hot dish; pour off part of the gravy into another pan to make a gravy to serve with them, if you choose. Then fry apples which you have sliced crosswise about two-thirds of an inch thick, having the core in the centre of each piece; then cut out the core. When they are browned on one side and partly cooked, turn them carefully with a pancake turner, and finish cooking.

#### SPARERIB POTPIE.

Cut the spareribs once across and then in strips three inches wide, put on in a kettle with enough hot water to cover, stew until tender, season with salt and pepper, and turn out of kettle; replace a layer of spareribs in the bottom, add a layer of pared potatoes (sliced thick) pieces of butter, some small squares of dough rolled quite thin, season again, then another layer of spareribs, and so on until the kettle is two-thirds full, leaving the squares of crust for the last layer; then add the liquor in which the spareribs were boiled, and hot water if needed, cover, boil half to three-quarters of an hour, being careful to add hot water so as not to let it boil dry. If, after taking up, there is not sufficient gravy, add hot water and flour and butter rubbed together; season to taste, and serve.

#### SUITABLE ACCOMPANIMENTS TO MEATS.

With roast beef: tomato sauce, grated horse-radish, mustard, cranberry sauce, pickles.

With roast pork: apple sauce.

With roast veal: tomato, mushroom and onion sauce.

With roast mutton: currant jelly, caper sauce.

With boiled mutton: onion sauce, caper sauce.

With boiled fowls: bread sauce, onion sauce, lemon sauce, jellies. Also cream sauce.

With roast lamb: mint sauce.

With roast turkey: cranberry sauce, currant jelly, oyster sauce.

With venison or wild ducks: cranberry sauce, currant jelly.

With roast goose: apple sauce, cranberry sauce, grape or currant jelly.

With boiled fresh mackerel: stewed gooseberries.

With boiled blue fish: white cream sauce, lemon sauce.

With broiled shad: mushroom sauce, parsley or egg sauce.

With fresh salmon: green peas, cream sauce.

Pickles are good with all roast meats, and in fact are suitable accompaniments to all kinds of meats in general.

Spinach is the proper accompaniment to veal; green peas to lamb.



# SAUCES AND DRESSINGS.

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## TO BROWN FLOUR.

Spread flour upon a tin pie-plate, set it upon the stove or in a *very* hot oven, and stir continually after it begins to color, until it is brown all through. Keep it always on hand; put away in glass jars covered closely. It is excellent for coloring and thickening many dishes.

## DRAWN BUTTER SAUCE.

Take two tablespoonfuls of butter and mix well with two teaspoonfuls of flour. Put in a saucepan with one-half pint of water; cover and set in a larger saucepan filled with boiling water. Shake it till thoroughly melted; take it off as soon as it comes to a boil. Season with salt and pepper. If you set it on too hot a fire, it will be oily. If the butter and flour are not well mixed, it will be lumpy. Serve with asparagus, boiled fish, etc.

## CREAM SAUCE.

Mix one tablespoonful of flour in one tablespoonful of melted butter; then add a half-pint of cream or milk. Stir continually until it boils. Add salt and pepper and use at once. This is nice served with lobster chops, sweetbreads, etc.

## EGG SAUCE.

Chop two hard-boiled eggs quite fine, the white and yolks separately, and stir them into a cream sauce before serving. This is used for boiled fowls and boiled fish. For the former, you can add some minced parsley; for the latter, chopped pickles, capers, or nasturtium seed. For boiled beef, a small shallot minced fine.

## MINT SAUCE.

Chop the mint very fine, put in a gravy boat, and to three tablespoonfuls of mint put two of white sugar; add salt and pepper, then pour over it

six tablespoonfuls of good cider, little by little. The sauce should be made some time before it is to be used, so that the flavor of the mint may be well extracted. Serve with roast lamb or mutton.

#### WHITE SAUCE.

Add one tablespoonful of flour to one tablespoonful of butter; then add one-half pint of white stock and stir continually until it boils. Season to taste.

#### ONION SAUCE.

After making a White Sauce or Cream Sauce add one dozen small onions that have been boiled in water with a teaspoonful of salt, drained, and put through a sieve. Let it boil up once, and it is ready for use. Fine with boiled fowl.

#### MUSHROOM SAUCE.

Wash a pint of small button mushrooms, remove the stems and outside skins, stew them slowly in veal gravy or milk or cream, adding an onion, and seasoning with pepper, salt and a little butter rolled in flour. Their flavor will be heightened by salting a few the night before, to extract the juice, or make a Cream Sauce, add a cup of canned mushrooms chopped fine. Then simply heat the mixture. Do not cook it, for cooking toughens the mushrooms.

#### BROWN SAUCE.

One-quarter pound of bacon, one tablespoonful of flour, one tablespoonful of Worcestershire sauce, one-half pint of stock, one tablespoonful of mushroom catsup, salt and pepper to taste. Slice the bacon, put it in a frying-pan, and fry out all the fat. Take out the bacon, add the flour, stir until smooth; add the stock, stir continually until it boils; add the Worcestershire sauce, mushroom catsup, salt and pepper; take from the fire, and serve.

#### CURRANT JELLY SAUCE.

Make brown sauce, and add to it four tablespoonfuls of currant jelly; let it boil up once, and it is ready to use. This is served with game.

#### OYSTER SAUCE.

Boil a pint of oysters in their own liquor one minute, or until they begin to ruffle. Skim out the oysters into a warm dish, put into the liquor a

teacup of milk or cream, one tablespoonful of butter rubbed to a smooth paste with a tablespoonful of flour. Boil up and then add the oysters, chopped into dice. Season. Oyster sauce is used for fish, roast turkey, chickens and boiled white meats of most kinds.

#### SHAD ROE SAUCE.

After washing two shad roes in cold water, put them in a saucepan with one teaspoonful of salt and cover with boiling water. Cover and simmer gently for fifteen minutes. When done, remove the outer skin, and mash fine. Make a white sauce and add the roe, quietly. Boil up once and it is ready for use. Serve with baked shad.

#### FISH SAUCE.

Make one-half pint of drawn butter, add one teaspoonful of tomato catsup or Worcestershire sauce, a little salt, and three hard-boiled eggs chopped fine. Very nice poured over boiled fish.

#### TOMATO SAUCE.

Put a quart can of tomatoes over the fire in a stewpan, with one slice of onion, a bay leaf, and two cloves, a little pepper and salt; simmer about twenty minutes; then remove from the fire and strain it through a sieve. Now melt in another pan an ounce of butter, and as it melts, sprinkle in a tablespoonful of flour; stir it until it browns and froths a little. Mix the tomato pulp with it, and it is ready for the table. Excellent for mutton chops, roast beef, etc.

#### CURRY SAUCE.

One tablespoonful of butter, one of flour, one teaspoonful of curry powder, one large slice of onion, one large cupful of stock, salt and pepper to taste. Cut the onion fine, and fry brown in the butter. Add the flour and curry powder. Stir for one minute, add the stock and season with the salt and pepper. Simmer five minutes; then strain and serve. This sauce can be served with a broil or *sauté* of meat or fish.

#### HORSE-RADISH SAUCE.

One tablespoonful of grated horse-radish, one teaspoonful of prepared mustard, one teaspoonful of sugar, and four teaspoonfuls of vinegar. Mix thoroughly and serve with cold roast meat.

## PARSLEY SAUCE.

Pick free from stems, wash and dry in a cloth, a handful of parsley; throw it into plenty of boiling water, with salt; let it boil one minute, then drain it. Chop it fine and add to drawn butter a few minutes before taking up.

## LOBSTER SAUCE.

Chop fine one cup of boiled lobster, and if there be any coral rub it to a smooth paste with a tablespoonful of butter. Make a Drawn Butter, add the lobster and coral; return to the fire and cook five minutes, stirring constantly. Serve with fish.

## OLIVE SAUCE.

Pare one dozen queen olives around and around and then throw them in boiling water for fifteen minutes. Make a brown sauce, add the drained olives and let simmer for ten minutes. Salt and pepper. This is nice served with beef steak or roast fowl.

## CAPER SAUCE.

Chop the capers a little, unless quite small; make a teacup of drawn butter, add the capers, with a large spoonful of the juice from the bottle in which they are sold; let it just simmer, and serve in a tureen. Nasturtiums resemble capers in taste, though larger, and may be used, and, in fact, are preferred by many. When used as capers they should be chopped more. If neither capers nor nasturtiums are at hand, some pickles chopped up form a very good substitute in the sauce.

## PREPARED MUSTARD.

Take three teaspoonfuls of ground mustard, one of flour (two if the mustard seems very strong), half a teaspoonful of sugar; pour boiling water on these and mix into a smooth, thick paste; when cold add vinegar to make thin enough for use, and serve with salt.

## CELERY SAUCE.

Scrape the outside stalks of celery and cut in pieces an inch long, let stand in cold water a half hour, then put in boiling water enough to cover, and cook until tender; drain off water and dress with butter, salt, and milk or cream, thickened with a little flour: Or, make a dressing by adding to a cup of milk, the well beaten yolks of two eggs, a bit of butter, and a little

salt and pepper or grated nutmeg; bring just to boiling point, and pour over the stewed celery. Nice with roast duck.

#### CRANBERRY SAUCE.

One quart of cranberries, two cupfuls of sugar and a pint of water; wash the cranberries, put on the fire with the water in a covered saucepan, and do not stir the fruit, but occasionally shake the vessel, or apply a gentler heat if in danger of sticking or burning. If attention to these particulars be given, the berries will retain their shape to a considerable extent, which adds greatly to their appearance on the table. Boil from five to seven minutes, remove from fire, turn into a deep dish and set aside to cool. Or, for strained sauce, one and a half pounds of fruit should be stewed in one pint of water until quite soft, then strained through a fine wire sieve, and three-quarters of a pound of sugar thoroughly stirred into the pulp thus obtained. Let boil a few minutes; after cooling it is ready for use. When to be kept for a long time without sealing, more sugar may be added, but its too free use impairs the peculiar cranberry flavor.

# SALADS.

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IT is almost impossible to give exact quantities in making salads owing to the great diversity of tastes. Everything used in the making of a salad should be of the freshest material. To preserve the crispness of celery, lettuce, and cabbage throw them in cold water—ice-water is best—for an hour. Never mix *any* salad with the dressing until ready to serve it. In preparing these dressings, use a silver or wooden fork, a large soup plate, which should be *very* cold, and the best olive oil, cayenne or white pepper, and good vinegar or lemon juice. Cream and melted butter may be used in the place of oil, and is a fairly good substitute. Use very cold dishes to serve it on and if garnished prettily makes a very attractive as well as one of the most wholesome dishes on the table.

## MAYONNAISE DRESSING. No. 1.

Yolks of two eggs well beaten, two small mustardspoonfuls of yellow mustard, one-half teaspoonful of salt or more, one tablespoonful of flour, small pinches of sugar and cayenne pepper. Rub all together until light. Add one-half cup of sweet milk (sour cream is better), and one-half cup of vinegar (if vinegar is *very* strong dilute with water). Put over fire until it comes to a boil, stirring constantly to keep smooth. Take from the fire and while hot add butter the size of a large egg. Stir until melted, and when cool, if liked, add salad oil to taste. This dressing, if covered closely in a jar or tumbler, will keep in a cold place one week. It may be varied by adding tarragon vinegar, whipped cream or onion juice.

## MAYONNAISE DRESSING. No. 2.

Yolk of one hard boiled egg, mash smooth, then add one raw yolk; after these are well beaten together add slowly three tablespoonfuls of olive oil, then one teaspoonful of mustard mixed in one tablespoonful of vinegar, pepper and salt to taste; keep stirring slowly until it thickens to a jelly. This will keep in a cool place several days. Thin with cream the quantity to be used at a meal.

## PLAIN FRENCH DRESSING.

A plain French dressing is made of three tablespoonfuls of oil to one of vinegar, one heaping saltspoonful of salt, one even saltspoonful of pepper, mixed with a little cayenne.

## DRESSING FOR COLD SLAW (Cabbage Salad.)

Beat up two eggs, with one tablespoonful of sugar, add a piece of butter the size of a walnut, one teaspoonful of salt, one teaspoonful of mustard, one half cup sour cream, a little pepper, and lastly two tablespoonfuls of vinegar. Put all these ingredients into a dish over the fire, and cook like a soft custard. This is sufficient dressing for one quart of cut cabbage.

## RED VEGETABLE SALAD.

One pint of cold boiled potatoes, one pint of cold boiled beets, one pint of uncooked red cabbage, six tablespoonfuls of oil, eight of red vinegar (that in which beets have been pickled), two teaspoonfuls of salt (unless the vegetables have been cooked in salted water), half a teaspoonful of pepper. Cut the potatoes in *thin* slices and the beets fine, and slice the cabbage as thin as possible. Mix all the ingredients. Let stand in a cold place one hour; then serve. Red cabbage and celery may be used together.

## CELERY SALAD.

One boiled egg, one raw egg, one tablespoonful salad oil, one teaspoonful of white sugar, one saltspoonful of salt, one saltspoonful of pepper, four tablespoonfuls of vinegar, one teaspoonful made mustard. Prepare a French dressing; cut the celery into bits half an inch long, and season. Eat at once, before the vinegar injures the crispness of the vegetable.

## POTATO SALAD.

One quart of cold boiled potatoes cut into dice. Add one cupful of onions chopped fine, one cupful of parsley, and one cupful of celery.

*Dressing for Salad.*—Four eggs well beaten, one cupful of vinegar (if very strong, dilute with water), one teaspoonful of salt, one teaspoonful sugar, one-half teaspoonful black pepper, one-half teaspoonful mustard. Put over the fire and bring to a scald. Add one-half cup of cream, one tablespoonful of butter. When cold pour over and mix well with salad.

## LETTUCE SALAD.

Take the crisp leaves of two heads of lettuce. Tear the leaves into convenient pieces with a silver fork. A chopper would bruise it. Put into a bowl, cover with a French dressing, turn the whole upside down to mix it well, and serve *immediately*. It is usual to serve mayonnaise with lettuce salad, but the simple French dressing, after one has had a hearty meal, is more refreshing.

## WATER CRESS SALAD.

Wash and pick over the cress, shake off the moisture, and serve. At table pick the twigs apart and season with sugar, pepper, salt, vinegar and oil. This, with crackers and cheese, is sufficient for one course. Water cress, dandelions, and nasturtium blossoms may be made and served the same as lettuce salad.

## ASPARAGUS SALAD.

Boil one pint of asparagus tops in salted boiling water for fifteen minutes, drain, throw into cold water then dry carefully. Pour over them the French dressing and let stand ten minutes before serving. A salad of string beans may be made the same way except they should be boiled thirty minutes and let stand one hour.

## EGG SALAD.

Boil eight eggs twenty minutes, then throw them into cold water. Remove the shells, cut into slices, lay on crisp lettuce leaves so that one overlaps the other. Pour a French dressing, to which you have added one tablespoonful of onion juice and one tablespoonful of finely chopped parsley, over them, while the eggs are still hot. Stand away in a cold place for two hours. Garnish with parsley and serve.

## CAULIFLOWER SALAD.

One medium-sized head of cauliflower, half pint of mayonnaise. Boil the cauliflower as directed, throw into cold water until wanted, then pick it apart carefully, dry with a soft napkin, put in the salad dish, pour over the mayonnaise, let it stand fifteen minutes, and serve.

## CHICKEN SALAD.

When the chicken is cooked and cool, remove the skin and cut the meat into dice. If you want it very nice, use only the white meat, save the dark



for croquettes. Now stand it away in a cold place until wanted. Wash and cut the white parts of celery into pieces a half inch long, throw them into a bowl of cold water and also stand them away until wanted. To every pint of chicken allow a pint of celery, and a cup and a half of mayonnaise dressing. When ready to serve, dry the celery and mix with the chicken, dust lightly with salt, white pepper, or cayenne, then mix with it the mayonnaise. Serve on a cold dish garnished with the white celery tips. One cup of whipped cream may be added to every half pint of mayonnaise, when ready to use it. It makes the dressing lighter with less of the oily flavor. The liquor in which the chicken was boiled may be used for soup.

#### VEAL SALAD.

Veal salad may be made precisely the same as chicken salad, using cold roast or boiled veal instead of chicken.

#### SARDINE SALAD.

Mix one box of sardines with two hard-boiled eggs chopped fine, add a little chopped parsley, and lay over the top a few slices of lemon. Garnish with parsley.

#### OYSTER SALAD.

Boil twenty oysters in their own liquor five minutes, drain, wash in cold water, then dry and stand away until very cold. When cold, mix with a half-cupful of mayonnaise, and serve on crisp salad leaves.

#### SALAD OF OYSTER CRABS.

One pint of oyster crabs, one-half pint of mayonnaise, one head of lettuce. Throw the oyster crabs into boiling salted water for five minutes, drain, and dry carefully on a soft towel. When ready to use, mix them with the mayonnaise and serve on the crisp lettuce leaves. When you get the crabs in glass jars already blanched, simply drain and wipe and they are ready to use.

#### MAYONNAISE OF SALMON.

Free from all bones and skin, one pint of cold boiled or canned salmon. Add a half pint of mayonnaise, mix together, and serve on a bed of crisp salad leaves.

## LOBSTER SALAD.

Put a lobster in boiling water, slightly salted, and let boil rapidly for twenty minutes; when done it will be a bright red color, and should be removed. When cold, crack the claws and twist off the head; split the body lengthwise, pick out the meat in bits, saving the coral separate. Cut up a head of lettuce and cover dish with it. Mix one-half pint of mayonnaise and lobster together and place on lettuce. If there is any coral, mash it fine and sprinkle it over the whole. Garnish with white rings of hard-boiled eggs. Cut five small cucumber pickles lengthwise into ten pieces, and pass through these rings.

## CRAB SALAD.

Boil three dozen hardshell crabs twenty-five minutes; drain and let them cool gradually; remove the upper shell and the tail, break the remainder apart and pick out the meat carefully. The large claws contain a dainty morsel, and the creamy fat attached to the upper shell should not be overlooked. Line a salad-bowl with the small white leaves of two heads of lettuce, add the crab meat, pour over it a mayonnaise garnish with crab claws and hard-boiled eggs.

## CONRAD'S SWEET POTATO SALAD.

Boil three large sweet potatoes. Cut into half inch squares. Cut into very small pieces two stalks of celery. Season with salt and pepper, and pour over a French dressing made as follows: Three tablespoonfuls of salad oil, two of vinegar, one teaspoonful of onion juice, one saltspoonful each of salt and pepper. Let salad stand in refrigerator two hours. Garnish with pickles, juttled olives and parsley.

## SARDINE SALAD.

For one large box of sardines, take six hard-boiled eggs, drain off the oil from the fish, remove backbone, tail and skin, and mix thoroughly with the eggs, minced fine; season with pepper and salt. Serve plain, with vinegar, or mayonnaise dressing.

## CUCUMBER SALAD.

Two fresh cucumbers, one-half teaspoonful of salt, one-quarter teaspoonful of black pepper, four tablespoonfuls of vinegar. Pare and slice the cucumbers *very* thin, soak them in cold water one hour, then drain and dry. Put them in your salad bowl, sprinkle them with the salt and pepper, and pour over the vinegar. Serve at once.

## HAM SALAD.

Take cold boiled ham, fat and lean together, chop it until it is thoroughly mixed, and the pieces are about the size of small peas; then add to this an equal quantity of celery cut fine; if celery is out of season, lettuce may be used. Line a dish thickly with lettuce-leaves and fill with the chopped ham and celery. Make a dressing the same as for cold slaw and pour over it.

## CABBAGE AND CELERY SALAD.

Shred a full head of cabbage and chop fine, two bunches celery. Mix with salt and vinegar, two teaspoonfuls of sugar, one teacupful of cream, one teaspoonful of mustard, one tablespoonful of butter and seasoning of salt and vinegar. Heat the dressing and mix with cabbage and celery. Garnish with two hard-boiled eggs chopped fine.

## TOMATO SALAD.

Pare and slice the tomatoes. Set them in a cool place, on ice if possible. One egg beaten very light, two teaspoonfuls of sugar, one small onion chopped fine, two tablespoonfuls of vinegar, one tablespoonful of lemon juice, one teaspoonful of salt, two tablespoonfuls of sweet oil, pinch of cayenne pepper. Mix thoroughly, adding the oil last. Pour over the tomatoes and garnish with hard-boiled eggs.

# VEGETABLES.

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WHEN it is possible, all green vegetables should be freshly gathered, mashed well in cold water and cooked in freshly boiled water.

Do not cook your vegetables too long as it is injurious. Let them be thoroughly done until tender, and then served at once. When vegetables are not entirely fresh soak them for an hour in cold water; do not add salt as it hardens the tissues.

Peas and beans are the most nutritious of all vegetable substances. The potato, next to wheat is the most important food derived from the vegetable kingdom. In the spring the sprouts should be rubbed off as soon as they appear, or they will exhaust the starch and make the potato less mealy and nutritious. As the nutritious part of the potato lies near the skin, pare it very sparingly if you do it at all.

## ASPARAGUS ON TOAST.

Scrape the stalks till they are clean; throw them into a pan of cold water, tie them up in small bundles; cut off the tough white ends, leaving enough to serve as a handle for the green part; put them into a kettle of boiling water, add a teaspoonful of salt after it boils twenty minutes. When they are tender at the stalk, which will be in about thirty minutes, they are done enough, take them up immediately and drain. While the asparagus is boiling, toast slices of bread about half an inch thick; brown delicately on both sides; dip it lightly in the liquor the asparagus was boiled in, and lay it in the middle of a dish; melt a tablespoonful of butter, add one of flour. After mixing well, add one pint of the water in which the asparagus was boiled, season with pepper and salt. Pour over the asparagus which has been placed upon the toast, heads all one way.

## STEWED ASPARAGUS.

Cut the asparagus in inch long pieces, leaving out all the tough part. Boil half an hour and drain. Now pour over it a cupful of cream or milk, a tablespoonful of butter, salt and pepper, let it boil up once and serve.

## ASPARAGUS WITH EGGS.

Boil a bunch of asparagus twenty minutes; cut off the tender tops and lay them in a deep pie-plate, butter, salt, and pepper well. Beat up four eggs separately, to a stiff froth; add two tablespoonfuls of milk, a tablespoonful of butter, pepper and salt to taste. Pour evenly over the asparagus mixture. Bake eight minutes, or until the eggs are set. Very good.

## ASPARAGUS OMELET.

Boil, or steam the asparagus until it is tender; chop it very fine; mix with it the yolks of five eggs and the whites of three well-beaten eggs, and two tablespoonfuls of sweet cream. Fry and serve hot.

## LIMA BEANS.

Cover the beans with freshly-boiled soft water, and boil thirty minutes or until tender; drain, and add a half cupful of boiling cream, salt and pepper, or seasoning and a little butter. A sprig of mint may be boiled with the beans, and removed before serving.

## LIMA BEANS (Dried).

Soak the beans in luke warm water overnight. Drain off this water in the morning, and cover with fresh luke warm water. Two hours before dinner-time, drain again, cover them with boiling soft water, and boil thirty minutes; drain again, cover with fresh boiling soft water, add salt and boil until tender. When done, drain them, dredge with flour; add butter, a half-pint of cream, salt and pepper to taste; or, they may be served with butter, salt, and pepper.

## BUTTER BEANS.

Cook the same as Lima Beans.

## STRING BEANS.

Break off the end that grew to the vine, drawing off at the same time the string upon the edge; repeat the same process from the other end; cut them with a sharp knife into pieces half an inch long, and throw in cold water for half an hour, and boil them in enough water to *cover* them. They usually require one hour's boiling; but this depends upon their age and freshness. Drain, add pepper and salt, a tablespoonful of butter, and a half a cup of cream; if you have not the cream, add more butter to milk.

## STRING BEANS, SAUTE.

String tender beans and cut them into inch lengths; cook in slightly salted boiling water for one-half hour; drain them and add one large tablespoonful of butter, one teacupful of cream or milk with a little thickening of flour, and salt and pepper; toss and shake five minutes over a hot fire, and serve.

## PORK AND BEANS.

Pick over a quart of beans and soak them overnight; in the morning wash and drain in another water, put on to boil in cold water with half a teaspoon of soda; boil about thirty minutes or until done, drain, and put in an earthen pot, salt, with three tablespoonfuls of molasses. When the beans are in the pot, put in the centre half to three-fourths of a pound of salt pork with the rind scored in slices or squares, and uppermost; season with pepper and salt if needed; cover all over with hot water, and bake six hours or longer in a moderate oven, adding hot water as needed; they cannot be baked too long. Keep covered so that they will not burn on the top, but remove cover an hour or two before serving, to brown the top and crisp the pork.

## GREENS.

A peck of greens is sufficient for a family of six, such as dandelions, cowslips, burdock, chicory and other greens. All greens should be carefully examined and thoroughly washed through several waters until they are entirely free from sand. The addition of a handful of salt to each pan of water used in washing the greens will free them from insects and worms, or allow them to stand in salted water for half hour or longer. When ready to boil the greens, put them into a large pot half full of boiling water, with a handful of salt, and boil them steadily until the stalks are tender; this will be in from five to twenty minutes, according to the maturity of the greens; but remember that long-continued boiling wastes the tender substances of the leaves, for this reason it is best to cut away any tough stalks before beginning to cook the greens. As soon as they are tender, drain them in a colander, chop them a little and return them to the fire long enough to season them with salt, pepper and butter; vinegar may be added if it is liked; the greens should be served as soon as they are hot. All kinds of greens can be cooked in this manner.

## BEET GREENS.

Young beets—roots and tops—make choice greens; wash carefully, removing any withered leaves, and boil in salted water for one hour; drain

well in a colander, sprinkle with pepper, place lumps of butter on top, and set in a hot oven one minute before serving.

#### BAKED BEETS.

Beets retain their sugary delicate flavor to perfection if they are baked instead of boiled. Turn them frequently while in the oven, using a knife, as the fork allows the juice to run out. When done, remove the skin, and serve with butter, salt and pepper on the slices.

#### STEWED BEETS.

Boil them first, and then scrape and slice them. Put them into a stewpan with a piece of butter rolled in flour, some boiled onion and parsley chopped fine, and a little vinegar, salt and pepper. Set the pan on the fire, and let the beets stew for a quarter of an hour.

#### CREAMED CABBAGE.

Cut the cabbage in two, remove the hard stock, and cut the remainder in small pieces, let stand in cold water one hour, tie in thin netting or piece of muslin, and boil in salted water twenty minutes. Drain, remove, and serve in a dish with drawn butter or cream dressing poured over it. If the cabbage has not been frosted, boil two hours.

#### FRIED CABBAGE.

Cut the cabbage very fine, as for slaw; salt and pepper, stir well, and let stand five minutes. Have an iron kettle smoking hot, drop one tablespoonful of nice lard or fat into it, then the cabbage, stirring briskly until quite tender. To one half cup sweet cream add three tablespoonfuls of vinegar, after the cream has been well stirred, and taken from the stove. Pour over the cabbage and serve immediately. When properly done it is excellent, and there is no offensive odor from cooking.—*Miss Dora.*

#### HEIDELBERG CABBAGE.

Take two small, solid heads of hard red cabbage; divide them in halves from crown to stem; lay the split side down, and cut downwards in thin slices, making narrow strips or shreds. Put a tablespoonful of clean drippings, butter or any nice fat into a saucepan; when hot, put in cabbage, a teaspoon of salt, two or three tablespoonfuls of vinegar, and one onion, in which three or four whole cloves have been stuck, buried in the middle; boil two hours and a half; if frosted, less time; stirring often to keep from burn-

ing. If it becomes too dry and is in danger of scorching, add a very *little* water. This is good.—*Mrs. L. S. Williston, Heidelberg, Germany.*

#### SAUERKRAUT.

Line the bottom and sides of a small, clean keg with green cabbage leaves. Shred your cabbage and put a layer of three inches in the bottom of keg, then sprinkle four ounces of good salt over it and pound down well. Then another layer of cabbage and salt and so on until keg is full. Put a board on top and on this a heavy weight and stand in a moderately warm place to ferment. When the liquor rises over the cover, skim off the scum, and stand the keg in a cool, dry cellar, and it is ready to use. When you use it, wash it in warm water and boil it with corned beef or salt pork.—*Cousin Esther.*

#### COLD SLAW.

For one small head of cabbage, take one egg, one-half cup of vinegar, one cup of milk, piece of butter size of a walnut, mustard, sugar, salt and pepper to taste. Pour this dressing over the cabbage as soon as it boils, but do not let the cabbage cook; cover the dish and set aside. This makes a delicious dressing for tomatoes or lettuce.—*Miss Dora.*

#### SCALLOPED CAULIFLOWER.

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

#### STEWED CARROTS.

Three good sized carrots, one tablespoonful of butter, one cup of milk, one teaspoonful of salt, one tablespoonful of flour, salt and pepper to taste. Pare and quarter the carrots. Put them in a saucepan, and cover them with boiling water; add the salt, and let them boil one hour and a half. When done, drain, place them on a hot dish, and stand over boiling water to keep warm. Now put the butter in a frying-pan, let it melt; add the flour, and mix. Do not brown. Now add the milk, salt, and pepper. Stir until it boils, and is smooth. Pour over the carrots, and serve.



## CELERY.

Wash, trim, and scrape the stalks, selecting those that are white and tender; crisp by leaving in ice-cold water until they are wanted for the table; arrange neatly in a celery glass; pass between the oysters and the meat. The green stalks that are not attractive on the table may be used for stewed celery.

## CELERY AU JUS.

Scrape, wash, and cut in pieces one inch long such pieces of celery as are not attractive on the table. Put them in a saucepan, cover with boiling stock, add one teaspoonful of salt and boil thirty minutes. Stir one tablespoonful of butter in a frying-pan until a dark brown. Then add to it one tablespoonful of flour and rub until smooth. Drain the celery, and add a half pint of the liquor to the browned butter. Stir continually until it boils. Add salt and pepper to taste, put celery in heated dish, and pour the sauce over it. Serve hot.

## STEWED CELERY.

Wash and scrape the celery clean, cut in one inch lengths and throw in cold water for fifteen minutes. Boil thirty minutes in salted water, drain in a colander, throw in cold water for a few minutes to whiten the celery. Make a cream sauce and add three tablespoonfuls of the water in which the celery was boiled; salt and pepper to taste. Add the celery to this sauce, stir until it is thoroughly hot and serve.

## CELERY ROOT.

Pare the roots, throw them into cold water and soak a half hour. Put them with a little salt in boiling water and boil until tender. When done, drain, and cut into slices. Serve with cream sauce poured over them.

## CORN BOILED ON THE COB.

Corn should be cooked as quickly as possible after picking, as it soon loses its sweetness. If necessary to keep overnight, spread it out singly on a cold cellar floor. When ready to cook, remove the husks and every thread of silk. Put in a kettle of boiling water, and boil rapidly, after it begins to boil, five minutes. To eat: Score every row of grains with a sharp knife, spread lightly with butter, dust with salt, and with the teeth press out the centre of the grain, leaving the hull on the cob. Thus eaten it will cause no trouble, as the hull is the only indigestible part.

## CORN PUDDING.

One dozen ears of corn grated, three eggs, one pint of milk, three tablespoonfuls of sugar, one small teaspoonful of salt, a little butter and a little flour. If the corn is quite young a little less milk will be needed. Bake about twenty minutes.

## GREEN CORN FRITTERS.

Grate the corn and allow to every cupful, one egg, a tablespoonful of milk, and a little salt and butter; stir all together, and thicken with a little flour. They may be fried in hot lard or cooked on a griddle the same as batter cakes.

## CORN OYSTERS OR FRITTERS.

Score and press the corn, and to every pint of pulp allow two eggs, flour enough to make a batter, half teaspoonful of salt, one dash of black pepper. Beat the eggs separately; add first the yolks to the corn, and then the whites, add the salt, pepper and flour; mix again. Put two tablespoonfuls of lard or butter in a frying pan; when hot, drop the mixture by spoonfuls into it, when brown on one side, turn and brown the other. Serve very hot for breakfast or as a side dish for dinner.

## SUCCOTASH.

Take one pint of shelled green lima beans, wash, cover with hot water, let stand for five minutes, pour off water, and place beans in hot water over fire; boil fifteen minutes. Prepare six good-sized ears of corn, by cutting down carefully, add to beans; boil half an hour, add pepper, salt and two tablespoonfuls of butter. Watch that it does not scorch. Or, to cook with meat, boil one pound of salt pork two hours, add beans, cook fifteen minutes, then add corn, omitting butter.

## TO CAN CORN.

Cut corn from the cob. To five quarts of corn add one pint of fine salt. Boil one half hour and make air tight in *tin* cans. Before cooking when going to use, rinse once in clear, cold water.—*Cousin Esther*.

## WILTED DANDELIONS.

Use the first shoots of the dandelions. They are not fit for food after they blossom, as they then become bitter and stringy. Cut off the roots, pick them over carefully, and wash well in several waters. Take a handful

of the leaves and cut them with a sharp knife into small pieces, and so continue until you have them all cut. Beat one egg until light, add to it a half cupful of cream, and stir over the fire until it thickens; then add a piece of butter the size of a walnut, two tablespoonfuls of vinegar, salt and pepper to taste. Now put the dandelions into this, and stir over the fire until they are all wilted and tender. Serve hot.

#### STUFFED EGGPLANT.

Wash an eggplant, cut in into halves, and scoop out the flesh, leaving a sufficiently thick rind to hold it in shape. Chop fine the portion scooped out, and mix with it an equal amount of chopped bread, two tablespoonfuls of melted butter, a teaspoonful of salt, a quarter teaspoonful of black pepper, and a dash of cayenne, and a little minced ham if you have it. Stuff each half of the hull with the mixture; add a small lump of butter to each, and bake thirty minutes or until done. Minced veal or chicken in the place of ham, is equally as good, and many prefer it.

#### FRIED EGGPLANT.

Pare the eggplant, and cut in slices an inch thick. Sprinkle each slice with salt and pepper. Beat an egg lightly, and add to it a tablespoonful of boiling water, dip each slice first in this, and then in bread-crumbs. Put three tablespoonfuls of lard or dripping in a frying-pan; when hot, brown the slices on one side, then turn and brown the other. As the fat is consumed, add more, waiting each time for it to heat before putting in the eggplant. Drain on brown paper, and serve very hot. Tomato catsup should be served with it.

#### DUTCHED LETTUCE.

Wash carefully two heads of lettuce, separate the leaves, and tear each leaf in two or three pieces. Cut a quarter pound of ham or bacon into dice, and fry until brown; while hot, add two tablespoonfuls of vinegar. Beat one egg until light, add to it two tablespoonfuls of sour cream, then add it to the ham, stir over the fire one minute until it thickens, and pour, boiling hot, over the lettuce; mix carefully with a fork, and serve immediately.

#### MUSHROOMS.

The skin of the good mushroom peels off easily. Those with yellow or white gills, and those which grow in low, damp, shady places, or around decayed stumps of old trees, or any other decayed matter, are to be avoided. The good mushrooms have invariably an agreeable smell, while the poisonous have a rank putrid smell. It is always safe to use the canned mush-

rooms, which are convenient and cheap, but tough and indigestible, and we caution those who eat them to masticate diligently.

#### STEWED MUSHROOMS.

Time, twenty-one minutes. Button mushrooms, salt to taste, a little butter rolled in flour, two tablespoonfuls of cream or the yolk of one egg. Choose buttons of uniform size. Wipe them clean and peel off the skin; put them in a stewpan with a little water, and let them stew very gently for a quarter of an hour. Add salt to taste, work in a little flour and butter, to make the liquor about as thick as cream, and let it boil for five minutes. When you are ready to dish it up, stir in two tablespoonfuls of cream or the yolk of an egg; stir it over the fire for a minute, but do not let it boil, and serve. Stewed button mushrooms are very nice, either in fish stews or ragouts, or served apart to eat with fish. Another way of doing them is to stew them in milk and water (after they are rubbed white), add to them a little veal gravy, mace, and salt, and thicken the gravy with cream or the yolks of eggs.

#### CANNED MUSHROOMS.

Canned mushrooms may be served with good effect with game and even with beefsteak if prepared in this way: Open the can and pour off every drop of the liquid found there; let the mushrooms drain, then put them in a granite saucepan with a little cream and butter, pepper and salt; let them simmer gently for ten minutes, and when taken from fire add well beaten yolk of an egg, and when the meat is on the platter pour the mushrooms over it.

#### ONIONS STEWED.

The white silver skins are the best species. To boil them peel off the outside, cut off the ends, cover them with boiling water. Let them stand two minutes; then turn off that water, pour on more boiling water, salted a little, and boil slowly till tender, which will be in thirty or forty minutes, according to their size; when done, drain them quite dry, add a teacupful cream, pepper and salt to taste, a tablespoonful of flour stirred to a cream. An excellent way to peel onions so as not to affect the eyes is to take a pan full of water, and hold and peel them under water.

#### FRIED ONIONS.

Cover the onions with cold water and peel. Slice them crosswise, cover with boiling water to which add a little salt. Boil twenty minutes,

drain, add a large tablespoonful of butter and fry for a half-hour, stirring frequently. Season and serve.

#### SALSIFY OR OYSTER PLANT CAKES.

One bunch oyster plant; boil and mash; one pint sour milk, one-half teaspoonful of soda, flour to make a batter; add two eggs, beaten, and the salsify; drop in spoonfuls in hot lard and fry.

#### BOILED PARSNIPS WITH CREAM SAUCE.

If the parsnips are young, scrape and throw into cold water; if old, pare and cut in quarters. Put them into a saucepan of boiling water and boil until tender (if young, three-quarters of an hour; if old, one and a quarter hours). When done, drain them, lay them on a heated dish, heads all one way, cover with cream sauce or drawn butter, and serve with corned beef or boiled salt fish.

#### GREEN PEAS.

Shell the peas and wash in cold water. Put in boiling water just enough to cover them well, and keep them from burning; boil from twenty minutes to half an hour, when the liquor should be nearly boiled out; season with pepper and salt, and a good allowance of butter or cream; serve very hot. This is a very much better way than cooking in a larger quantity of water, and draining off the liquor, as that diminishes the sweetness, and much of the fine flavor of the peas is lost. The salt should never be put in the peas before they are tender, unless very young, as it tends to harden them.

#### BOILED POTATOES.

If your potatoes are wilted, soak them a couple of hours in cold water before cooking, and put on to boil in cold water. If not wilted, put just enough boiling water to cover them, place over a moderate fire to boil slowly till almost done, then throw in a half cup of cold water which will chill the surface, by this you will make the potato mealy throughout. Cook until you can pierce them easily with a fork. When done drain off *all* the water, uncover the boiler, sprinkle the potatoes with salt to absorb the moisture, and stand on back of stove to dry, shaking them occasionally to expose every part of the potato to the air. Remove the skins quickly and serve in an uncovered dish. Potatoes are more wholesome baked than boiled.

## POTATO CROQUETTES.

Take two cups of cold mashed potato, season with a pinch of salt, pepper and a tablespoonful of butter. Beat up the whites of two eggs and one yolk, and work all together thoroughly with some minced parsley, make it into small balls slightly flattened, dip them in the beaten yolk of the egg, then roll in cracker crumbs; fry them a light brown all over, turning them gently as may be necessary. When they are done, lay them on brown paper or a hair sieve, to drain all fat off.

## SCALLOPED POTATOES.

Slice cold boiled potatoes or cut them in dice. Melt two tablespoonfuls of butter in a spider, add two tablespoonfuls of flour and two cupfuls of milk, season with salt and pepper. Stir until it boils. Put a layer of this sauce in the bottom of a baking dish, then a layer of potatoes, then a layer of sauce and so on till the dish is full. Sprinkle bread-crumbs over the top, and put in the oven twenty minutes or until brown. Serve in the baking dish.

## TOMATO TOAST.

Run a quart of stewed ripe tomatoes through a colander, place in a porcelain stewpan, season with butter, pepper, and salt and sugar to taste; cut slices of bread thin, brown on both sides, butter, and lay on a platter, and just as the bell rings for tea add a pint of good sweet cream to the stewed tomatoes, and pour them over toast.

## RAW TOMATOES.

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

## CURRIED TOMATOES.

One quart of stewed tomatoes or one quart can, one cup of rice, one teaspoonful of curry powder, salt to taste. Wash the rice through several cold waters. Add the curry powder and salt to the tomatoes; mix well. Put a layer of the tomatoes in the bottom of a baking-dish, then a layer of the uncooked rice, then a layer of tomatoes, and so on until all is used, hav-

ing the last layer tomatoes ; sprinkle the top over with bread-crumbs, place a few bits of butter here and there over the crumbs, and bake in a moderate oven for a half-hour. Serve in the dish in which it was baked.

#### BAKED TOMATOES.

Choose six large smooth tomatoes. Cut a slice off the stem ends, and with your finger carefully scoop out the seeds. Make stuffing of one-half cupful of finely-chopped, cold, boiled ham, twelve chopped mushrooms, two heaping tablespoonfuls of stale bread-crumbs, a tablespoonful of chopped parsley, one-half teaspoonful of salt, a dash of cayenne, and a tablespoonful of melted butter. Fill the tomatoes with this mixture, heaping it in the centre ; sprinkle over the tops with bread-crumbs ; place the tomatoes in a granite baking-pan, baste with melted butter, and bake in a hot oven thirty minutes. When done take them up carefully with a cake turner, and serve.

#### TOMATOES A LA CREAM.

Pare and slice one quart of nice tomatoes ; stew until perfectly smooth, season with salt, pepper, and add a piece of butter the size of an egg, with a tablespoonful of flour stirred smooth in it ; just before taking from the fire, stir in one cup of cream ; do not let it boil after the cream is put in. Have ready in a dish pieces of toast ; pour the tomatoes over this and serve at once. Do not allow to stand.

#### FRIED TOMATOES.

Cut in thick slices, place in a frying pan with three tablespoonfuls of hot butter. Fry a nice brown, take up carefully with a cake-turner and slide them on a heated dish. Add two tablespoonfuls of flour to the butter, mix until smooth and brown. Add a pint of milk or cream, stir *continually* until it boils, season with salt and pepper, pour over the tomatoes, and serve.

#### SCALLOPED TOMATOES.

Put a layer of tomatoes in the bottom of a baking dish, then a layer of bread crumbs, then a sprinkle of salt and pepper, then another layer of tomatoes and then one of crumbs, and so continue until the dish is full, having the top layer crumbs. Put a few bits of butter over the top and bake in a quick oven twenty minutes. Serve in the dish in which it was baked.—  
*R. B. P.*

## BOILED TURNIPS.

Wash, pare, and cut into slices crosswise; put in a saucepan, cover with boiling water and boil until tender (about thirty minutes). When done, pour into a cheese-cloth bag and press until dry as possible. Empty out of bag and mash fine, add some good cream, butter, salt, pepper to taste, and serve.—*R. B. P.*

## TURNIPS WITH CREAM SAUCE.

Pare six small turnips and cut them into dice; put into a saucepan, cover with boiling water, and boil for thirty minutes. When the turnips are nearly done, make a cream sauce, and stand over the teakettle to keep warm. Drain the turnips in a colander, turn them carefully into a vegetable dish, pour the cream sauce over them, and serve.

## HOMINY.

Soak one pint of ground hominy over night, put over the fire in a double boiler with water enough to cover, boil gently for five hours, as it can not be hurried. After the grains begin to soften, on no account stir it. The water put in at first ought to be enough to finish it, but if it proves too little, add more carefully, as too much makes it sloppy. Salt just before taking from the stove, as too early salting makes it dark. If properly done, the grains will stand out snowy and well done, but round and separate.

## BAKED MACARONI WITH CHEESE.

Break one pint of Italian macaroni in inch pieces; drop in boiling water to which a teaspoonful of salt has been added. Boil rapidly twenty-five minutes and drain; throw it in cold water five minutes to whiten. Butter a pudding dish, cover the bottom with grated cheese; add layers of macaroni, then of cheese until sufficient; cover the last layer of cheese with bread-crumbs. Add one-half cup cream or milk. Bake in a quick oven twenty minutes, or until brown.

## MACARONI WITH TOMATO SAUCE.

Spaghetti is the most delicate form of macaroni and is preferable to the coarse. Break the long sticks into pieces an inch long; put into boiling salted water, and boil rapidly twenty minutes. Drain in a colander or sieve, then throw in cold water for ten minutes to bleach. Melt one tablespoonful of butter in a frying-pan, add a tablespoonful of flour and mix until



smooth. Strain and add one pint of stewed tomatoes, and stir until it boils. Drain the spaghetti and add carefully. Let boil and serve at once.

#### STEAMED CRACKERS.

Use the Trenton or old-fashioned water crackers. Put a dozen crackers in an agate stewpan with a half teacup of cold water. Cover and set on back part of stove till crackers swell double their size and are soft. Make a cream dressing and pour over them when ready to serve on table.

# EGGS.

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EGGS are highly nutritious, pleasing to the palate, and easy of digestion, and are said to contain all that which is required for the sustenance of the human body. So that they should form part of the daily bill of fare of every family.

The fresher eggs are, the more wholesome, though new-laid eggs require to be cooked longer than others. Eggs over a week old will do to fry, but not to boil. Do not mix eggs in a tin; always use earthenware.

To preserve eggs, it is only necessary to close the pores of the shell. This may be done by varnishing or by dipping in melted suet, and then packing them in salt with the small end down.

## SOFT BOILED EGGS.

The fresher laid the eggs are, the better. Put them in boiling water; if you only wish the white set, about two minutes' boiling is enough. A new-laid egg will take three minutes, if you wish the yolk set. Another method is to place boiling water in a granite kettle, set on back of the range where it will keep hot, but not boil; put into it carefully as many eggs as needed, and let stand ten minutes; all becomes cooked, but not hard. This method is preferable as boiling toughens the egg and therefore makes it harder to digest.

## POACHED OR DROPPED EGGS.

Strictly fresh eggs only are fit to poach. The beauty of a poached egg is for the yolk to be seen blushing through the white, which should be just sufficiently hardened to form a veil for the yolk. Have the water well salted, and not let it boil hard. Break the eggs separately into a saucer, and slip gently into the water; when nicely done, remove with a skimmer, and lay each egg upon a small thin square of buttered toast; then sprinkle with salt and pepper. Eggs may be poached round like balls by dropping them in a kettle of boiling water. Open gem rings are nice placed in the water and an egg dropped into each ring.

## FRIED EGGS.

Break the eggs, one at a time, into a saucer, and then slide them carefully off into a frying-pan of lard or drippings, dipping over the eggs the hot grease in spoonfuls, or turn them over, frying both sides without breaking them. They require about three minutes' cooking.

## PICKLED EGGS.

After boiling hard and removing shells, place in a jar of beet pickles, and the white will become red; cut in two in serving.

## SHIRRED EGGS.

Set into the oven until quite hot a common white dish, large enough to hold six eggs, allowing plenty of room for each. Melt in it a small piece of butter, and breaking the eggs carefully in a saucer, one at a time, slip them into the hot dish; season with pepper and salt, and allow them to cook five minutes. Adding a tablespoonful of cream for every two eggs, when the eggs are first slipped in, is a great improvement. This is far more delicate than fried eggs.

## EGG SUR LE PLAT.

Break one egg into each basin, being careful not to break the yolks. Sprinkle salt and pepper over the top, and bake in a quick oven until the yolks are set. Serve in the dish in which they were baked.

## EGG TOAST.

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

## SOUFFLE.

Three eggs beaten separately, juice of half a lemon, three tablespoonfuls of pounded sugar, one tablespoonful of cornstarch, and two tablespoonfuls of flour. Milk enough to make a batter; half teaspoonful of baking powder. Bake fifteen minutes in quick oven and serve hot.

## DEVILED EGGS.

Boil eggs hard; when cold, remove shells, and divide eggs in halves lengthwise, take out the yolks and rub smooth in a bowl, adding to taste salt, pepper, mustard, and a little melted butter. Cut a small piece off of

each half white, thus forming a cup. Into these cups place the mixture, and serve. Or the yolks may be chopped fine with cold chicken, lamb, veal, ham, or any tender, roasted meat; or with any salad, as parsley, onion, celery, or with grated cheese, a little olive oil, drawn butter, flavored. Fill the cavity in the egg with either of these mixtures, or any similar preparation. Press the halves together, roll twice in beaten egg and bread-crumbs, and dip into boiling lard. When the color rises delicately, drain them and they are ready for use.

#### PLAIN OMELET.

Give three eggs twelve vigorous beats with a fork. Put a small piece of butter in a *very smooth* frying-pan over the fire and when melted, turn in the eggs and shake over a hot fire. When "set" season, roll, and turn out on a hot dish.

#### BREAD OMELET.

Three eggs, one-half cup of bread-crumbs, one-half cup of milk, piece of butter size of walnut, pepper and salt. Beat the eggs separately. Add to the yolks the milk, salt, pepper, and the bread-crumbs. Now stir into this carefully the beaten whites and mix very lightly. Use a *very smooth* frying-pan; as soon as hot turn in the mixture gently, and set it over a clear fire, being very careful not to burn; shake occasionally to see that the omelet does not stick. Now stand your frying-pan in the oven for a moment to set the middle of the omelet. When done, toss it over on a warm platter to bring the brown side of the omelet uppermost; or it may be folded in half and then turned out in the centre of the platter. Serve immediately or it will fall.

#### HAM, TONGUE, CHICKEN OR JELLY OMELET.

Make precisely as above; but before folding over scatter thickly over the surface some minced ham, tongue, or seasoned chicken, slip your broad knife under one side of the omelet and double in half, enclosing the meat. Serve upon a hot dish.

#### RICE OMELET.

Take a cupful of cold boiled rice, turn over it a cupful of warm milk, add a tablespoonful of butter melted, a level teaspoonful of salt, a dash of pepper; mix well, then add three well-beaten eggs. Put a tablespoonful of butter in a hot frying-pan, and when it begins to boil pour in the omelet and set the pan in a hot oven. As soon as it is cooked through, fold it double, turn it out on a hot dish, and serve at once. Very good.

## CHEESE OMELET.

Beat up three eggs, and add to them a tablespoonful of milk and a tablespoonful of grated cheese; add a little more cheese before folding; turn it out on a hot dish; grate a little cheese over it before serving.

## FRENCH OMELET.

One quart of milk, one pint of bread-crumbs, five eggs, one tablespoonful of flour, one onion chopped fine, chopped parsley, season with pepper and salt; have butter melted in a frying-pan; when the omelet is brown, double it over and serve.

## SPANISH OMELET.

Six eggs, one medium-sized tomato, one small onion, one dash of black pepper, three tablespoonfuls of milk, five mushrooms, one-quarter pound of bacon, one-quarter teaspoonful of salt. Cut the bacon into *very* small pieces and fry it until nicely brown; then add to it the tomato, onion, and mushroom chopped fine; stir and cook for fifteen minutes. Break the eggs in a bowl, and give them twelve vigorous beats with a fork; salt and pepper. Now put a piece of butter the size of a walnut into a smooth frying-pan, turn it around so as to grease the bottom and sides. When the butter is melted pour in the eggs and shake over a quick fire until they are set. Now quickly pour the mixture from the other frying-pan over the omelet, double once, and turn it out in the centre of a hot dish, and serve immediately.

## HAM AND EGGS.

Fry the eggs in a little salted lard; drain off the grease well and lay them upon a hot dish, with neat slices of fried ham cut in medium sized pieces. Trim off the rough edges of the eggs, and garnish the dish with parsley.

## BAKED EGGS.

Half fill a baking dish with a filling made the same as for chicken; break six or eight eggs over the top, not to crowd too much; sprinkle with salt and pepper and set in the oven to bake until the eggs are nicely set. Serve in baking dish.

# BREAD, BISCUITS, ETC.

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THE old saying, "bread is the staff of life," has sound reason in it. There is no one thing on which the health and comfort of a family so much depends, as the quality of its homemade loaves, and as there is no one article of food that enters so largely into our daily fare as bread, so no degree of skill in preparing other articles can compensate for lack of knowledge in the art of making good, palatable and nutritious bread. A little earnest attention to the subject will enable any one to comprehend the theory, and then ordinary care in practice will make one familiar with the process.

## POTATO YEAST.

Pare four good-sized potatoes, and let them lie in cold water for a half hour. Put one quart of boiling water in a saucepan. Now grate the potatoes quickly and stir them into the boiling water; stir over the fire for five minutes, then take from the fire, add a half cupful of sugar and two tablespoonfuls of salt, turn into a stone jar or bowl, and let stand until lukewarm; then add one cupful of good yeast, cover and ferment three or four hours; stir it down every time it comes to the top of the vessel; then put it into a jar or large bottle, or something you can cover tightly, and stand it in a place where it will keep very cold, but not freeze. It will keep two weeks. Set one pint of this aside to start with next time, as what will be left in bottom of vessel will be more or less "dead," and not so good to start the fresh yeast. This is the simplest and best yeast that can be made.

## HOP YEAST.

Put a half cupful of dried hops into one quart of water, and boil fifteen minutes. Put one pint of flour into a bowl, strain over it the boiling hop water, add the mashed potatoes, and beat until smooth; then add a half cupful of sugar, two tablespoonfuls of ginger and two heaping tablespoonfuls of salt, and finish the same as potato yeast.

## WHEAT BREAD.

Take a good-sized bread pan, sift into it your flour. If winter, and the flour is cold, let it stand a little while near the stove, then make a hole in the

centre and stir in first the wetting, either warm water, or warm milk and lastly put in the yeast, stirring it well and beating thoroughly. Take care that the yeast is good and "lively," for, without this, failure is certain. Cover the pan with a thick blanket or towel and in winter set in a warm place to rise—this is called "setting the sponge." In the morning add the salt and enough flour to make a dough. First work the dough in the pan, until it loses part of its stickiness; then thickly flour the board, flour the hands, take out the dough and knead rapidly and continuously by drawing the dough farthest from you over to the centre and pressing it down with the ball of the hand. Repeat this several times, then turn the dough around and knead the other side, and so on, until every part is thoroughly and evenly kneaded. This will take about twenty minutes. After this, you set it away to rise, giving it time to fully expand, but exercising care that the dough does not fall, as it is then sour, and nothing can be done to restore its original sweetness. Next comes the molding. After this dough is very light, divide it carefully into loaves; knead lightly on the board until formed; place each one in its own pan, and stand back in a warm place until double its bulk.

#### MILK BREAD.

Made the same as wheat bread, except you use *scalded* milk instead of water to mix it with.

#### STEAMED BOSTON BROWN BREAD.

Two cupfuls of rye flour, two cupfuls of corn meal, a teacupful of molasses or sugar, a teaspoonful of salt. Stir all together *thoroughly*, and wet up with about a pint and a half of sour milk; then add a level teaspoonful of soda dissolved in a tablespoonful of water. The same can be made of sweet milk, by substituting baking powder for soda. The batter to be stirred as thick as can be with a spoon, and turned into a well-greased brown bread mould, put the lid on and steam five hours, take off the lid, and bake in the oven a half hour.

#### BOSTON BROWN BREAD.

Two cups of rye flour, one quart of corn meal, one teacupful of graham flour, all fresh; half a teacupful of molasses or brown sugar, a teaspoonful of salt, and two-thirds of a teacupful of homemade yeast. Mix into as stiff a dough as can be stirred with a spoon, using warm water for wetting. Let it rise several hours, or overnight; in the morning, or when light, add a teaspoonful of soda dissolved in a spoonful of warm water; beat it well and turn it

into well-greased deep, bread pans, and let it rise again. Bake in a *moderate* oven from three to four hours.

#### GRAHAM BREAD: No. 1.

Take a little over a quart of warm water, one-half cup of brown sugar or molasses, one-half cup of hop yeast, and one and one-half teaspoonfuls of salt; thicken the water with graham flour to a thin batter; add sugar, salt and yeast, and stir in more flour until quite stiff. In the morning add a small teaspoonful of soda, and flour enough to make the batter stiff as can be stirred with a spoon; put it into pans and let rise again; then bake in even oven, not too hot at first; keep warm while rising; smooth over the loaves with a spoon or knife dipped in water.

#### GRAHAM BREAD. No. 2.

Make a sponge as for milk or water bread. In the morning add two tablespoonfuls of molasses and sufficient graham flour to make a soft dough. Work well with the hands, mould into loaves, put into well greased pans, let it rise again, and bake in a moderate oven one hour. Graham bread must be watched more carefully than white bread, as it sours quickly.

#### CORN BREAD.

One cup of corn meal, one cup of flour, two teaspoonfuls of baking powder, one even teaspoonful of salt, two tablespoonfuls of sugar. Stir these together; add one or two eggs, one cup of milk, three tablespoonfuls of melted lard, or butter size of walnut. Bake in hot oven.

#### SOUTHERN RICE BREAD.

Two-thirds of a pint of boiled rice, three eggs, one tablespoonful of butter and lard mixed, two teacupfuls of white Indian meal, one teaspoonful of baking powder, enough milk to make a thin batter. Bake in earthen pans or muffin pans; if in the latter the batter must not be quite so thin.

#### PARKER HOUSE ROLLS, OR "POCKETBOOKS."

One teacupful of yeast or one cake of compressed yeast, a little salt, one tablespoonful of sugar, piece of lard size of an egg, one pint of milk, flour sufficient to mix; put the milk on the stove to scald with the lard in it. Prepare the flour with salt, sugar, and yeast; then add the milk, not too hot, knead thoroughly, and when mixed set to rise; when light knead again slightly. Then roll out, spread with melted butter, cut with large biscuit cutter, and lap together; let them rise again very light, and bake in a quick oven about fifteen minutes.



## TEA BISCUIT. No. 1.

One pint of milk, two ounces of butter or lard, one-half cup of yeast or half a compressed cake, one teaspoonful of salt, one teaspoonful of sugar, about two quarts of good flour. Scald the milk and stand away until lukewarm; then add the salt, sugar, and butter or lard, stir until the butter is dissolved, then add the flour and beat vigorously for five minutes; add the yeast; mix well, cover with a towel, and stand in a warm place for four hours, or until very light; then knead, adding sufficient flour to prevent sticking. It must not be as stiff as bread. Knead continuously for ten minutes, put back in the pan, cover again, and stand in a warm place two hours, or until double its bulk. Now turn it out on the bread-board, pinch off a small piece of the dough about the size of a walnut, knead it lightly with the fingers into a little ball, place in a greased pan, and so continue until you have them all made. Place them far enough apart (two inches) to have a brown crust all around. When you have them all molded, cover again and let stand a half hour, then bake in a quick oven for fifteen minutes.

## TEA BISCUIT. No. 2.

One quart of flour, two heaping tablespoonfuls of lard, two cups of sweet milk, two teaspoonfuls of baking powder and one saltspoonful of salt. Sift flour and powder first together, then add salt, next rub lard quickly in, and pour in the milk; knead well and cut out in small biscuits. Bake in quick oven.

## JOHNNIE CAKE.

Sift one quart of Indian meal into a pan; make a hole in the middle and pour in a pint of warm water, adding one teaspoonful of salt; with a spoon mix the meal and water gradually into a soft dough; stir it very briskly for a quarter of an hour or more, till it becomes light and spongy; then spread the dough smooth and evenly on a straight, flat board (a piece of the head of a flour-barrel will serve for this purpose); place the board nearly upright before an open fire, and put an iron against the back to support it; bake it well; when done, cut it in squares; send it hot to table, split and buttered.—*Old Plantation Style.*

## DIXIE BISCUIT.

Three pints of flour, two eggs, two tablespoonfuls of lard, one small cupful of yeast, one cupful of milk; mix at eleven o'clock, roll out at four o'clock, and cut with two sizes of cutters, put the small ones on top; let rise until supper. Bake twenty minutes.

## BEATEN BISCUIT.

Two quarts of sifted flour, a teaspoonful of salt, a tablespoonful of sweet lard, one egg; make up with half a pint of milk, or, if milk is not to be had, plain water will answer; beat regularly, but not hard, until the dough blisters and pops; pull off some of the dough; roll it into a ball with the hand; flatten, stick with a fork, and bake in a quick oven. It is not beating hard that makes the biscuit nice, but the regularity of the beating.

## MARYLAND BISCUITS.

Five pints of flour, good half pound of lard, one pint of water, two teaspoonfuls of salt and one of baking powder. Mix salt, flour and lard together, add water and work dough good, then beat it one thousand times; make out into small biscuits, stick with a fork and bake in a hot oven twenty minutes.

## SODA BISCUIT.

One quart of sifted flour, one teaspoonful of salt, half pint of milk, one large spoonful of lard, two heaping teaspoonfuls of baking powder. Put baking powder and salt in the flour and sift it over again; then rub into this the lard, (see that the oven is very hot, grease the pans and get the cutter and rolling pin) then put in the milk; knead up quickly. Roll out one inch thick; bake twenty minutes; handle as little as possible.

## SOUTHERN CORN MEAL PONE OR CORN DODGERS.

Mix with cold water or milk into a soft dough one quart of southern corn meal, one teacup of flour sifted, a teaspoonful of salt, a tablespoonful of butter or lard melted. Mold into oval cakes with the hands and bake in a very hot oven, in well-greased pans. To be eaten hot. The crust should be brown.

## CORN MEAL MUFFINS OR PONE.

Two heaping cupfuls of meal, two and a half cupfuls of sweet milk, three tablespoonfuls of melted lard or butter, two tablespoonfuls of white sugar, one cupful of flour, three eggs, three heaping teaspoonfuls of baking powder, one teaspoonful of salt. Beat eggs thoroughly, sift baking powder in meal and flour, then stir this into lard and eggs; beat well and bake quickly.

## GRAHAM GEMS.

Three pints of sour milk or buttermilk, one tablespoonful of melted butter, a teaspoonful of salt, a teacupful of wheat flour, and graham flour to make as stiff a dough as you can stir with a spoon. Have the gem-pans very hot and bake in a very quick oven.

## CORN GEMS.

Two cupfuls of yellow corn meal, one cupful of wheat flour, one tablespoonful of butter, three eggs, one cupful of cold milk, two teaspoonfuls of baking powder, one cupful of boiling milk. Put the meal into a bowl, put the butter into the centre and pour over it the boiling milk; stir, then add the cold milk, the eggs beaten separately, salt and flour. Beat well, add the baking powder and mix thoroughly. Pour into greased gem-pans, and bake in a hot oven thirty minutes.

## PLAIN GEMS.

To each cupful of graham flour allow one teaspoonful of baking powder and a little salt. Mix with enough milk to make a very stiff batter. Bake in a quick oven.

## SALLY LUNN.

One pint of milk, three eggs, one teaspoonful of sugar, one gill of good yeast or a quarter of a compressed cake, one and one-half pints of sifted flour, one teaspoonful of salt, one ounce of butter. Scald the milk, add to it the butter, and stand on one side until lukewarm; then add the yeast, salt, sugar, and flour; beat continuously for five minutes, cover, and stand in a warm place for two hours, or until very light. Then beat the eggs separately until very light; add first the yolks and then the whites; stir them in carefully; stand again in a warm place for fifteen minutes, then turn into a greased Turk's head, and bake in a moderately quick oven for forty minutes.

## QUICK SALLY LUNN.

One cupful of sugar, half cupful of butter; stir well together, and then add one or two eggs; put in one good pint of sweet milk, and with sufficient flour to make a batter about as stiff as cake; put in three teaspoonfuls of baking powder; bake and eat hot with butter, for tea or breakfast.

## LAPLANDERS.

One pint of milk, one pint of flour, three eggs, beaten separately. Bake in gem-pans.

## RUSK.

Two teacupfuls of raised dough, one-half teacupful of sugar, quarter of a cupful of butter, two well-beaten eggs, flour enough to make a stiff dough; set to rise, and when light, mould into high biscuit, let rise again twice the size; and place in oven.

## CINNAMON ROLLS.

Take rusk dough, roll to about one quarter of an inch thick, spread with butter, then sprinkle with sugar and cinnamon; roll up, and cut as you would a jelly cake; put in pans like biscuit, not to touch; set to rise. When light, put in a little lump of butter, and sugar and cinnamon on each one, and bake.

## VIENNA ROLLS.

Sift together one quart of flour, one-half teaspoonful of salt, and two teaspoonfuls of baking powder. Rub in a heaping tablespoonful of cold lard, add one pint of milk, and mix in a bowl to a smooth dough easily handled without sticking to hands. Turn out dough and give it a quick knead or two to equalize it, then press it out with the hand without rolling pin to the thickness of one-half inch. Cut out with a large round cutter, fold one-half over the other by doubling and lay them on greased baking sheet, without touching. Bake in a hot oven fifteen minutes. Before putting in the stove they may be washed over with a little milk to glaze them.—*Mrs. H. A. Clark.*

## BERRY TEA CAKES.

One pint of flour, three tablespoonfuls of butter, two tablespoonfuls of sugar, one egg, one cupful of sweet milk, one teaspoonful of cream tartar, half teaspoonful of soda; stir in a cupful of fruit. To be eaten with butter.

## TEA WAFFLES OR RAISED WAFFLES.

Take one quart of warm milk after dinner; put in two eggs beaten, a small piece of butter, and a small cupful of yeast or half a compressed cake. Mix with flour a little thicker than wheat pancakes. Set by warm stove and they will be light for tea. Have the waffle iron gradually and thoroughly heated. Dip a small paint brush or a feather in melted suet and grease the iron well in every part. Pour the batter in a pitcher so you can fill the iron quickly. Bake two minutes or until a nice brown, then remove them carefully, place on a hot dish and serve very hot.

## QUICK WAFFLES.

Two pints of sweet milk, one cup of butter (melted), sifted flour to make a soft batter; add the well-beaten yolks of six eggs, then the beaten whites, and lastly (just before baking) four teaspoonfuls of baking powder, beating very hard and fast for a few minutes. These are very good with four or five eggs, but much better with more.

## FLANNEL CAKES.

One pint and a quarter of milk, one tablespoonful of butter, two eggs, three cupfuls of flour, one-half cupful of yeast or half a compressed cake, one teaspoonful of salt. Scald the milk, add to it the butter, and let stand until lukewarm; then add the yeast, or the cake dissolved, in one-quarter cupful of warm water, and salt and flour, and beat well. Cover and stand in a warm place until morning. In the morning beat the eggs separately; add first the yolks and then the whites; beat well, let stand fifteen minutes, and bake on a hot griddle, in greased muffin rings on the griddle on top of the stove, or in the oven. This mixture may also be baked in gem-pans, and is then *Wheat Gems*, or in muffin rings using a gill less of milk and is then *Plain Muffins*.

## QUICK FLANNEL CAKES.

One quart of flour, one-fourth a cup of butter, one teaspoonful of salt, two teaspoonfuls of baking powder, three eggs, one and one-half pints of milk. Rub the butter and flour together until smooth, then add the salt, beat the yolks of the eggs, add them to the milk; add this to the flour, and beat vigorously until smooth; add the whites of the eggs and the baking powder, and bake quickly on a hot griddle.

## BUCKWHEAT CAKES.

Put one quart of cold water into a stone jar with a small neck, so you can pour it out easily, add to it one teaspoonful of salt and three and three-quarter cups of buckwheat flour; beat well until perfectly smooth; then add a half cupful of yeast or half a compressed cake, and mix well; cover the top of the jar and let stand in a warm place until morning. In the morning, dissolve a half teaspoonful of saleratus or soda in two tablespoonfuls of boiling water, add this to the batter, beat thoroughly, and bake on a hot griddle. A pint of this batter will do to start the next lot. Add two tablespoonfuls of molasses, that the cakes may brown nicely. Some people consider that half buckwheat flour, one-quarter graham flour, and one-quarter Indian meal make the best and most healthy griddle cakes.

## SOUR MILK GRIDDLE CAKES.

Make a batter of a quart of sour milk,—or buttermilk is better—and as much sifted flour as is needed to thicken so that it will run from the pitcher, add two well-beaten eggs, a teaspoonful of salt, a tablespoonful of melted butter, and a level teaspoonful of soda dissolved in a little milk or cold water, added last; then bake on a hot griddle, well greased, brown on both sides.

## POP-OVERS.

Two cupfuls of flour, two cupfuls of sweet milk, two eggs, one teaspoonful of butter, one teaspoonful of salt. Bake in cups in a quick oven fifteen minutes. Serve hot with a sweet sauce.

## POMPTON PUFFS.

Three cups of flour, one tablespoonful of butter, one-half teaspoonful of salt, two cupfuls of milk, four eggs, whites and yolks beaten separately, one heaping teaspoonful of Cleveland's baking powder. Sift flour, baking powder, and salt together twice, chop in the butter. Stir the beaten yolks into the milk and add the flour, then the frothed whites. Whip high and light and bake in a quick oven.

## GRIDDLE CAKES.

One quart of buttermilk, one teaspoonful of salt, one level tablespoonful of soda, one cupful of Indian meal, five cupfuls of wheat flour. Cakes made in this way may be tender, light and excellent. The buttermilk makes them light and puffy. Beat well.

Buckwheat, graham, and entire wheat flour made in the same way. Five cups of either to one cup of Indian meal.

## SAUCE FOR PANCAKES.

One cupful of boiling water, one cupful of sugar, one tablespoonful of butter, one-half teaspoonful of cinnamon or nutmeg, juice and grated rind of a lemon. Stir sugar and butter into the boiling water, and add the lemon and the spice after taking it from the fire.

## FRITTERS.

Make fritters quickly and beat thoroughly. A good rule for them is two eggs, one cup of milk, one teaspoonful of salt, and two cupfuls of flour; have the lard in which to cook them nice and sweet and hot, if the temperature is right the batter will quickly rise in a light ball with a splutter, and

soon brown ; take up carefully *the moment* they are done, with a wire spoon ; drain in a hot colander, and sift powdered sugar over them ; serve hot. Batters for fritters should be made an hour before using, as the grains of flour swell by standing after being moistened, and thus become lighter. Add the whites of eggs just before frying. It is better not to use sugar in batter, as it tends to make it heavy. Sprinkle over them in the dish when just ready to serve. Pork fritters are made by dipping thin bits of breakfast-bacon or fat pork in the batter : fruit fritters by chopping any kind of fresh or canned fruit fine and mixing it with batter, or by dipping quarters or halves in batter.

Another nice fritter batter is made by putting in a basin about two ounces of flour, a little salt, two teaspoonfuls of melted butter, and the yolk of an egg, moistened by degrees with water, stirring all the while with a spoon, till forming a smooth consistency, to the thickness of cream, then beat the white of the egg till firm, mixing it with the batter ; it is then ready to fry. Use any fruit in this batter.

A nice fritter sauce is made by boiling a teacupful and a half of water and one cupful of sugar for twenty minutes. Remove from the fire and add a teaspoonful each of extract of mace, cloves, and ginger.

#### GERMAN FRITTERS.

Take slices of stale bread or cake cut in rounds, fry them in hot lard to a light brown. Dip each slice when fried in boiling milk, to remove the grease ; drain quickly, dust with powdered sugar, or spread with preserves or jelly. Serve on a hot plate.

#### CORN FRITTERS.

One can of corn, pinch of salt, yolks of three eggs, three tablespoonfuls of cream, two tablespoonfuls of flour and whites of three eggs, beaten light.

#### MEAT FRITTERS.

Any cold meat or chicken, makes excellent fritters. Chop the meat, season with salt and pepper, and pour the juice of a fresh lemon over it. Prepare the meat about an hour before making the fritters. Stir the meat into any good fritter batter ; then drop a large spoonful into boiling hot fat, and fry to a light brown. Serve very hot.

#### OYSTER FRITTERS.

Drain one pint of oysters thoroughly, chop fine, season with pepper and salt. Stir the chopped oysters in a batter made of eggs, milk and flour, and

fry in hot butter or lard; or fry them whole, enveloped in batter, one in each fritter. In this case the batter should be thicker than if they were chopped.

#### CREAM SHORTCAKE.

Rub into one quart of fine white sifted flour three tablespoonfuls of cold butter, a teaspoonful of salt, and a tablespoonful of white sugar. Add a beaten egg to a cup of sour cream, turn it into the other ingredients, dissolve a teaspoonful of soda, mix all together, handling as little as possible; roll lightly into two round sheets, place on pie-tins, and bake from twenty to twenty-five minutes in a quick oven. This crust is delicious for fruit short-cakes.



# PASTRY AND PIES.

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To make a light crisp, and flaky crust, the best of flour should be used; the butter and lard should be fresh, sweet and hard; the water cold; and all handled as little as possible. A great improvement in making pie crust is the addition of about a heaping teaspoonful of baking powder to a quart of flour. Pie crust can be kept a week, so that it is a good plan to make two or three extra crusts on baking day, pricking well, to be used for cream custard, or lemon pies as wanted.

## PLAIN PIE CRUST.

Two and a half cupfuls of sifted flour, one cupful of shortening, half butter and half lard, cold; a pinch of salt, a heaping teaspoonful of baking powder, sifted through the flour. Rub thoroughly the shortening into the flour. Mix together with half a teacupful of cold water, or enough to form a rather stiff dough; mix as little as possible, just enough to get it into shape to roll out; it must be handled very lightly. This rule is for two pies. Great care must be taken in adding the water. Wet only the dry flour, never stirring twice in the same place, and taking care not to add more than is needed to moisten. When you have a little pie crust left, do not throw it away; roll it thin, cut it in small squares and bake. Just before tea, put a spoonful of raspberry jelly on each square.

## SUET PASTE.

One cupful of beef suet, freed of skin, and chopped very fine, added to two cupfuls of flour, sifted with one teaspoonful of baking powder. Add one cupful of ice water and mix into smooth firm dough. This paste is nice for apple dumplings and meat pies. All the ingredients should be very cold when mixing, and the suet dredged with flour after it is chopped, to prevent the particles from adhering to each other.

## SLICED APPLE PIE.

Line pie pan with crust, sprinkle with sugar, fill with tart apples sliced very thin, sprinkle sugar and a very little cinnamon over them, and add a

few small bits of butter, cover with the top crust, and bake half to three-quarters of an hour; allow four or five tablespoonfuls of sugar to one pie. Or, line pans with crust, fill with sliced apples, put on top crust and bake; take off top crust, put in sugar, bits of butter and seasoning, replace crust and serve warm. It is delicious with sweetened cream.—*R. B. P.*

#### APPLE CUSTARD PIE. No. 1.

Lay a crust in your plates; slice then enough apples to half fill your plates; pour over them a custard made of two eggs and one quart of milk, sweetened and seasoned to your taste. Bake until set in the middle.

#### APPLE CUSTARD PIE. No. 2.

Peel sour apples and stew until soft, then rub through a colander; beat one egg for each pie to be baked, and put in at the rate of one teaspoonful of butter and one cupful of sugar for three pies; season with nutmeg.

#### APRICOT, APPLE OR PEACH MERINGUE PIE.

Use stewed apples, peaches or apricots, and sweeten to taste. Mash smooth and season with nutmeg and a little butter. Fill the crusts and bake, without top crusts. Take the whites of three eggs and whip to a stiff froth, and sweeten with three tablespoonfuls of powdered sugar. Flavor with vanilla. Beat until it will stand alone, then spread on the pie one-half to one inch thick, and set back into the oven until the meringue is "set." Eat cold. Dried fruit can be substituted.

#### CHOCOLATE PIE.

Put some grated chocolate into a basin and place this in another basin of hot water; let it melt (do not add any water to it); beat one egg light, and add a little sugar to it; when melted add to egg, spread this on the top of a custard pie. Lovers of chocolate will like this.

#### CHERRY PIE.

The common red cherries make the best pies. Stone half the cherries. Line deep pie dishes with good plain paste, fill them nearly full of the cherries, sprinkle over four large tablespoonfuls of sugar, and dredge this lightly with flour; cover with the upper crust, rolled out as thin as possible, trim the edges neatly with a sharp knife. Make a vent in the centre; moisten the edges with water and press them tightly together so that the juices of the fruit may not run out while baking. Serve the same day as they are baked, or the under crust will be heavy.

Blackberry, raspberry, huckleberry, plum and strawberry pies are made the same, using two large tablespoonfuls of sugar instead of four.

#### CHOCOLATE CUSTARD PIE.

One-quarter cake of Baker's chocolate, grated; one pint of boiling water, six eggs, one quart of milk, one-half cupful of white sugar, two teaspoonfuls of vanilla. Dissolve the chocolate in a very little milk, stir into the boiling water, and boil three minutes. When nearly cold, beat up with this the yolks of all the eggs and the whites of three. Stir this mixture into the milk, season and pour into shells of good paste. When the custard is "set"—but not more than half done—spread over it the whites whipped to a froth, with two tablespoonfuls of sugar. You may bake these custards without paste, in a pudding-dish or cups set in boiling water.

#### COCOANUT CUSTARD.

Beat two eggs and one-half cup of sugar together until light. Add one pint of milk, one-half of a nutmeg, grated, and one cup of grated cocoanut. Line two pie dishes with plain paste, pour in the custard, and bake in a quick oven for thirty minutes.—*R. B. P.*

#### CRANBERRY PIE.

Take a heaping cupful of ripe cranberries, and with a sharp knife split each one; put them in a vegetable dish; add one cupful of white sugar, half a cupful of water, a tablespoonful of sifted flour; stir it all together, and put into your crust. Cover with crust, and bake slowly in a moderate oven. You will find this the best way of making a cranberry pie.

#### CRANBERRY TART PIE.

After having washed and picked over the berries, stew them well in enough water to cover them; when they burst open, and become soft, sweeten with plenty of sugar and mash them smooth (some prefer them not mashed); line your pie plates with thin puff paste, fill them, and lay strips of paste across the top. Bake in a moderate oven. Or, you may rub them through a colander to free them from the skins.

#### CREAM PIE.

Put one pint of milk in a double boiler; moisten a heaping tablespoonful of cornstarch with a little cold milk and add to the boiling milk. Stir constantly until it thickens; then add one-half cupful of sugar and a lump of butter the size of a walnut. Beat the whites of four eggs to a stiff froth

and add just before taking from the stove. Flavor the custard with the juice and rind of a fresh lemon, or a teaspoonful of vanilla. Line three pie dishes with plain paste; bake in a quick oven fifteen to twenty minutes. When done, fill with the custard and bake until a nice brown. Serve very cold.

#### CHEESE CAKE PIES.

Three cupfuls of cottage cheese, four tablespoonfuls of cream, one cupful of sugar, six eggs, juice and rind of two lemons or two teaspoonfuls of vanilla, two teaspoonfuls of melted butter. Press the cheese through a colander, beat the eggs until light, add them with all the other ingredients to the cheese; beat until smooth. Line a deep pie dish with plain paste, fill with this mixture, and bake in a quick oven for thirty minutes.

#### RIPE CURRANT PIE.

Stem your currants and wash them; line your pie plates with paste; fill them with the fruit and add sugar in the proportion of half a pound to one of currants, and sprinkle flour over the top, cover with top crust, leave an opening in the centre and bake.

#### LEMON CUSTARD.

One cupful of sugar, three eggs, one cupful of milk, one tablespoonful of flour, two tablespoonfuls of powdered sugar, juice and rind of one lemon. Beat the cupful of sugar and yolks of eggs together, add the juice and rind of the lemon. Put the flour into a cup and add the milk very gradually, stirring all the while, then pour it through a sieve into the eggs and sugar. Line a deep pie plate with puff paste, pour in the mixture and bake in a quick oven thirty minutes. Add gradually three tablespoonfuls of powdered sugar to the whites of the eggs, beating all the while; when it is all in, beat until stiff and glossy, then place over the top of the pie by spoonfuls, and put back in the oven to brown.

#### LEMON PIE.

One large lemon, or two small ones, grated, two cupfuls of cold water, one cupful of new milk, two tablespoonfuls of cornstarch, one egg, one tablespoonful of butter, and one cupful of sugar. Add sugar and butter to the grated lemon. Mix cornstarch with the egg, and add all the ingredients to the milk and water. Boil in a farina kettle.

## PUMPKIN FOR PIES.

Cut up in several pieces, do not pare it ; place them on baking-tins and set them in the oven ; bake slowly until soft, then take them out, scrape all the pumpkin from the shell, rub it through a colander. It will be fine and light and free from lumps. Or it may be steamed and strained through a sieve. Squash may be prepared in the same manner.

## PUMPKIN PIES.

One quart of rich milk, (a little cream is a great improvement), three cupfuls of prepared pumpkin, two cupfuls of sugar, a little piece of butter, four eggs, a scant tablespoonful of ginger, same of cinnamon. Beat the yolks thoroughly before added, and stir in the well-beaten whites just before putting the pie in the oven. Have a rich crust, and bake in a quick oven. This recipe is a sufficient quantity for three pies.

## CUSTARD PIE.

Beat the yolks of three eggs to a cream. Stir thoroughly a tablespoonful of sifted flour into three tablespoonfuls of sugar ; add it to the beaten yolks, use a pinch of salt, a teaspoonful of vanilla, and a little grated nutmeg ; next the well-beaten whites of the eggs ; and lastly, a pint of scalded milk (not boiled) which has been cooled ; mix this in by degrees, and turn all into a deep pie pan, lined with puff paste, and bake from twenty-five to thirty minutes.

## CREAM PEACH PIE.

Pare ripe peaches and remove the stones ; have your pie dishes ready lined with a good paste, fill with the peaches ; strew these with sugar ; lay the upper crust on lightly, slightly buttering the lower at the point of contact. When the pie is done, lift the cover and pour in a cream made thus : one small cupful of rich milk, heated, whites of two eggs, whipped and stirred into the milk, one tablespoonful of sugar, one-half teaspoonful of cornstarch wet up in milk ; boil three minutes. The cream must be cold when it goes into the hot pie. Replace the crust, and set by to cool. Eat fresh.

## DRIED PEACH FLORENDINES.

Stew peaches in as little water as possible ; put them through the colander and thin with cream or good milk. Sweeten to taste and flavor with nutmeg or lemon. For every pie, beat up one egg very light and add just before turning into the crust. For each pie, beat to a froth the white of an

egg ; add a tablespoonful of sugar, and a little lemon, and spread over flourendine. Return to the oven and brown.—*R. B. P.*

#### PIE PLANT OR RHUBARB PIE.

Mix half teacupful of white sugar and one heaping teaspoonful of flour together, sprinkle over the bottom crust, then cut the pie plant up fine and add ; sprinkle over this another half teacupful of sugar and heaping teaspoonful of flour ; bake three-quarters of an hour in a slow oven. Or, stew the pie plant, sweeten, add grated rind and juice of a lemon and yolks of two eggs, and bake and frost like lemon pie.

#### SWEET POTATO PIE.

One pound of steamed sweet potatoes finely mashed, two cupfuls of sugar, one cupful of cream, three well-beaten eggs, flavor with lemon or nutmeg and bake in pastry shell. Fine. In lieu of cream use milk and a little butter.

#### RICE CUSTARD.

Thicken one quart of boiling milk with about one-third of a cupful of ground rice ; add one teaspoonful of salt, five beaten eggs, sugar to taste and flavor with nutmeg.

#### MARLBORO PIE.

Press one cupful of stewed apples through a sieve and add one tablespoonful of butter while the apples are hot ; let stand until cool. When cold add the well-beaten yolks of three eggs, the juice and rind of one lemon, one cupful of sugar, and one cupful of cream or milk. Bake thirty minutes in quick oven in two deep pie dishes lined with plain paste. Beat the whites of eggs to a stiff froth, add two tablespoonfuls of powdered sugar. Spread over the top of the pies and return them to the oven until a nice brown.

#### MOLASSES PIE.

Put in a pan one and a half cupfuls of molasses, one-half cupful of vinegar, two tablespoonfuls of flour mixed with a little water, a little lemon juice and grated peel or nutmeg, and an egg well beaten. Mix well together. Line two dishes with plain paste and pour mixture in. Cut strips one-half inch wide of the paste and cross over the top of pie.—*R. B. P.*

#### SHOO FLY PIE.

Line four dishes with crust. Mix in a pan one cupful of New Orleans molasses, one cupful of boiling water, and one heaping teaspoonful of soda,

dissolved in the boiling water. Divide this among the four crusts. Take three scant cupfuls of flour, one cupful of sugar, piece of butter and lard size of an egg. Mix together and sprinkle in the molasses and water. Let stand five or ten minutes or until molasses has soaked through flour. Bake in a moderate oven.—*Mrs. Rodgers.*

#### GOOSEBERRY PIE.

Pick off the stems and blossoms of your gooseberries, wash them, and pour enough boiling water over them to cover them. Let them stand until the water is cold and then drain them. Line your pie plates with pastry, fill them with the fruit, and add three-fourths of a pound of sugar to a pint of fruit; sprinkle flour over the top and cover with the top crust; leave an opening in the centre, then your juice will not boil out.

#### MINCE MEAT.

Two pounds of beef, (sticking piece best), two pounds of beef's suet, two pounds of layer raisins, two pounds of currants, picked, washed, and dried, one pound of citron, two nutmegs, grated, one-quarter ounce of cloves, one-half pound of candied lemon peel, four pounds of apples, two pounds of sugar, one-half ounce of cinnamon, one-quarter ounce of mace, one teaspoonful of salt, juice and rind of two oranges, juice and rind of two lemons. Cover the meat with boiling water and simmer gently until tender, then stand away until cold. Shred the suet and chop it fine. Pare, core, and chop the apples. Stone the raisins. Shred the citron. When the meat is cold, chop it fine, and mix all the dry ingredients with it; then add the juice and rinds of the lemons and oranges, mix well, and thin with good sweet cider, and it is ready for immediate use. If for future use, put over the fire in a preserving kettle, let come to a boil. Put it in fruit jars and make air-tight. This will keep for months.

#### MOCK MINCE MEAT.

Roll two Boston crackers and mix them with one cup of finely chopped raisins, one-half cup of washed currants; add one quarter of a teaspoonful of salt, one beaten egg, one tablespoonful of vinegar; two-thirds of a cup of molasses, one-half cup of cider, one-half cup of sugar, one-half cup of cut citron, juice and rind of one lemon, and spice to taste. Mix all together and bake with two crusts in a quick oven for a half hour.

#### POTPIE CRUST.

One pint of buttermilk, two tablespoonfuls of cream and one teaspoonful of soda and a little salt. Mix the same as soda biscuit.

# CAKES.

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WHEN making cake remember :

To use an earthen bowl and a wooden spoon ; never attempt to mix the eggs and butter in a tin basin.

Eggs keep fresher and beat up quicker when kept in a cool place or on ice ; never melt or warm the butter but beat it to a cream.

Baking powder should be well mixed with the sifted flour.

Powdered sugar makes a much lighter, finer cake than granulated.

To use cups of the same size to measure all materials.

When no butter is used in the cake bake it in a quick oven ; when butter is used, a moderate oven.

It is better to grease the cake pans with lard as butter sticks and burns easily. A safe plan is to line the bottom of the pan with greased paper.

You may know the cake is done when it leaves the sides of the pan ; when it will not stick to broom splint when stuck in centre of cake or when you no longer hear it sing when held close to the ear.

When looking at the cake while it is baking do it quickly and shut the door carefully. Turn out as lightly as possible that you may not cause it to sadden.

Exact quantities of flour can hardly be given as it differs so in thickening qualities. Judgment must be exercised in this.

In the recipes for boiled icings, boil 'til it hairs, means boil until when you drop a little from the spoon little hairs or threads are seen to blow off from it. It is then done. If taken off before this, your icing will be soft, if allowed to cook too much, it will be hard and crack on your cake. Experience will teach you when it is done just enough, and you will make no other after learning this method.

## ANGEL'S FOOD.

After sifting flour four or five times, measure and set aside one cup. Sift several times and measure one and one-fourth cups of granulated sugar. Beat whites of ten eggs about half and add one level teaspoonful of cream



of tartar. Beat until very, very stiff. Flavor. Stir in sugar, then flour very lightly. Put in pan and in a moderate oven at once.

#### DEVIL'S FOOD.

Part 1. Mix together one cup of brown sugar, one cup of shaved chocolate, one cup of sweet milk. Put over the fire and let come to a boil, stirring all the while. When thick, take from stove and set to cool.

Part 2. Rub to a cream one cup of brown sugar and one-half cup of butter. Add yolks of three eggs and beat all very light; then one-half cup of sweet milk, two cups of flour, flavor with vanilla, and two teaspoonfuls of baking powder. Beat whites light and add also a pinch of salt. Mix with Part 1 and bake in jelly tins. Put white icing between layers.—*Lucie R. B.*

#### WHITE CAKE.

Cream two-thirds of a cup of butter and two cups of pulverized sugar. Add one cup of sweet milk and three cups of flour, mixing three level teaspoonfuls of baking powder with the flour. Just before putting in the oven flavor and add the beaten whites of five eggs. Bake in jelly tins and put chocolate or orange icing between. If chocolate icing is used, flavor cake with one teaspoonful of vanilla; if orange icing, flavor cake with same quantity of orange.

#### CHOCOLATE CAKE.

Dissolve one cup of shaved chocolate in five tablespoonfuls of boiling water. Cream one-half cup of butter and one and a half cups of sugar; add the yolks of four eggs and beat light, then one-half cup of milk, the melted chocolate, and one and three-fourth cups of flour, (save a little of the flour to mix with the baking powder.) Beat this mixture very smooth and then add the well beaten whites of the four eggs, one teaspoonful of vanilla, and one heaping teaspoonful of baking powder. Mix lightly, but well, and turn into a greased cake-pan which has been lined with paper, and bake forty-five minutes in a moderate oven.

#### ICE CREAM CAKE.

Two cups of sugar, one cup of sweet milk, one cup of butter, two cups of flour, one cup of corn starch, whites of eight eggs, three teaspoonfuls of baking powder, two teaspoonfuls of vanilla; bake in jelly tins.

*Filling.*—Whites of four eggs, four cups of granulated sugar, one-half pint of water, two teaspoonfuls of citric acid, two teaspoonfuls of vanilla. Pour boiling water on sugar, boil until clear and will candy in water, pour

the boiling syrup over the eggs, well beaten, and beat until cold and a stiff cream; before quite cold add citric acid and vanilla. Place about one inch thick between layers of cake.

#### FRUIT CAKE.

One cup of brown sugar, one cup of butter, one cup of molasses, one cup of sweet milk, three cups of flour, four eggs, three level teaspoonfuls of baking powder, two pounds of raisins, one pound of currants, one-half pound of citron, one small nutmeg, grated, one teaspoonful of cinnamon, one teaspoonful of cloves, juice and rind of one lemon, same of an orange. Rub sugar and butter to a cream. Add molasses and milk and beat well. Stem and seed the raisins; clean, wash, and dry the currants; cut the citron into shreds; mix fruit well together. Add the spices and baking powder to the flour, then add flour to the fruit mixing well to prevent fruit from sticking together, then add to the cake. Add juice and rind of lemon and orange and stir all well together. Line two round cake pans with greased paper, pour in the mixture, and bake in a very moderate oven four hours. This will make two four pound cakes.

#### WHITE FRUIT CAKE.

One cupful of butter, two cupfuls of white sugar, the whites of five eggs, one scant cupful of milk, one-quarter pound of citron, cut fine; one-half pound of chopped almonds, one cupful of prepared cocoanut, three cupfuls of sifted flour, three teaspoonfuls of baking powder; beat the butter to a cream; then add the sugar; beat the eggs to a stiff froth; add the fruit and eggs; sift the baking powder in the flour; mix well. Bake in two loaves for forty minutes in a quick oven.

#### SPICE CAKE.

Rub to a cream one-half cupful of butter, two cupfuls of brown sugar. Add the yolks of four eggs and beat very light. Then one half cupful of sweet milk, a grated nutmeg, two teaspoonfuls cinnamon, and three-fourths of a teaspoonful cloves, mix two teaspoonfuls of baking powder, with two cupfuls of flour and add. Beat the whites of two of the eggs to a stiff froth and add to cake. Beat quickly and lightly, and pour in jelly tins. Put together with boiled white icing, for which you will save the two remaining whites. See Icings.—*R. B. P.*

#### RAILROAD CAKE.

Cream two cupfuls of soft white sugar, and one cupful of butter. Add the yolks of three eggs and beat very light; then add one cupful of sweet

milk, three cupfuls of flour to which has been added three level teaspoonfuls of baking powder, and flavor. Beat very lightly the whites of the three eggs and add just before putting in pans. Bake in jelly tins.

#### POUND CAKE.

Beat one-half pound of butter to a cream and add gradually one pound of sugar, beating all the while. Beat seven eggs without separating until *very, very* light, and add them slowly to the butter and sugar, and beat the whole vigorously. Add one pound of sifted flour in which you have put three teaspoonfuls of baking powder. Bake in a moderate oven one and a quarter hours.

#### DELICATE CAKE.

One cupful of sugar, one half cupful of butter, two-thirds of a cupful of milk, two cupfuls of flour, three teaspoonfuls of baking powder, whites of four eggs beaten to a stiff froth and add just the last thing before going in the oven. Flavor with lemon.—*Lille*.

#### WHITE MOUNTAIN CAKE.

Two cupfuls of sugar, one half cupful of butter, one cupful of sweet milk, three and three-quarters cupfuls of flour, four yolks of eggs and one white; three teaspoonfuls of baking powder. Use the other three whites for the icing. Bake in jelly tins.

#### SPONGE CAKE. No. 1.

Three eggs, three tablespoonfuls of water, one cupful of sugar, one cupful of flour and one teaspoonful of baking powder. Put the sugar and water on to boil. When it comes to a boil pour *very* slowly over the beaten eggs—be careful not to scald them—beat until cold. Add the flour and baking powder. Flavor to taste.—*R. B. P.*

#### VELVET SPONGE CAKE.

Beat the yolks of four eggs together with two cupfuls of sugar. Stir in slowly one cupful of sifted flour, and the whites of four eggs beaten to a stiff froth, then a cupful of sifted flour in which you have stirred two teaspoonfuls of baking powder, and lastly, a scant teacupful of boiling water, stirred in a little at a time. Flavor, add salt, and however thin the mixture may seem, do not add any more flour. Bake in shallow tins.

## SPONGE CAKE. NO. 2.

Four eggs, three-fourths of a cupful of granulated sugar, three-fourths of a cupful of flour, one teaspoonful of baking powder, flavor with lemon. Beat whites until very light then add the yolks one whole one at a time, and beat light, then the sugar and lemon. Beat this until very light, add the powder to flour and stir lightly into the batter. Pour into a well-greased pan and bake one-half hour.—*Mrs. A. Darlington.*

## SPONGE CAKE FOR WINTER.

One cupful of flour, one cupful of sugar, two eggs, one teaspoonful of baking powder, one-half teacupful of water; beat up quickly and bake.

## SPONGE CAKE. NO. 3.

Beat to a cream two cupfuls of sifted pulverized sugar, and five eggs (save out two whites for icing). Stir into this two cupfuls of sifted flour with two teaspoonfuls of baking powder, also one-half cupful of hot water. For making the boiled icing, see Icings.—*Mrs. H. A. Clark.*

## FEATHER CAKE.

One cupful of sugar, one-half cupful of milk, one and one-half cupfuls of flour, one tablespoonful of butter, one-half teaspoonful of soda, one tablespoonful of cream of tartar; flavor with lemon.

## HICKORY NUT CAKE.

Two teacupfuls of sugar, one-half cupful of butter, one cupful of thin cream, three and one-half cupfuls of flour, three teaspoonfuls of baking powder sifted through flour, six eggs beaten separately and one pint of chopped hickory nuts. Bake in moderate oven forty-five minutes.

## EGGLESS CAKE.

One and a half cupfuls of sugar, one cupful of sour milk, three cupfuls of flour, one-half cupful of butter, one cupful of raisins, one teaspoonful of soda, one-half teaspoonful of cinnamon, one-half of a nutmeg.

## GOLD AND SILVER CAKE.

*The Gold.*—Rub to a cream one cupful of soft white sugar and one-half a cupful of butter. Add the yolks of five eggs and beat light. Add one-half a cupful of sweet milk, mix, add two cupfuls of flour and two level teaspoonfuls of baking powder. Flavor and bake in jelly tins.

*The Silver.*—Cream one-half cupful of butter, and one cupful of soft white sugar. To this, add one-half cupful of sweet milk, two cupfuls of flour, and two level teaspoonfuls of baking powder. Beat the whites of five eggs to a stiff froth and add just before putting in jelly tins. Alternate the layer of gold and silver, and put together with white icing.—*R. B. P.*

#### MARBLE CAKE.

*White Part.*—Whites of seven eggs, three cupfuls of white sugar, one of butter, one of sour milk, four of flour sifted and heaping, one teaspoonful of soda; flavor to taste.

*Dark Part.*—Yolks of seven eggs, three cupfuls of brown sugar, one of butter, one of sour milk, four of flour, sifted and heaping, one tablespoonful each of cinnamon, allspice and cloves, one teaspoonful of soda; put in a large pan a spoonful of white part and then a spoonful of dark, and so on. Bake an hour and a quarter. The white and dark parts are alternated in the layer.

#### RIBBON CAKE.

This cake is made from the same recipe as marble cake, only make double the quantity of the white part, and divide it in one half; put into it a very little cochineal. It will be a delicate pink. Lay first the white, then the dark, then the pink one on top of the others; bake in a loaf. It makes quite a fancy cake. Frost the top when cool.

#### LEMON CAKE.

Two cups of sugar, half cup of butter, three-quarters cup of sweet milk, whites of six eggs, three cups of flour, three teaspoonfuls of baking powder.

*Sauce for Lemon Cake.*—Grated rind and juice of two lemons, yolks of three eggs, half cup of butter, one cup of sugar; mix all together, and set on stove, and cook till thick as sponge, stirring all the time; then use like jelly between the cakes.

#### CARAMEL CAKE.

One cup of butter, two of sugar, a scant cup of milk, one and a half cups of flour, cup of cornstarch, whites of seven eggs, three teaspoonfuls of baking powder in the flour; bake in a long pan. Take half a pound of brown sugar, scant quarter pound of chocolate, half a cup of milk, butter size of an egg, two teaspoonfuls of vanilla; mix thoroughly and cook as syrup until stiff enough to spread; cut cake in the middle and place dressing between and on top, and set in the oven to dry.

## SNOW CAKE. (Delicious).

One pound of arrowroot, half of a pound of powdered white sugar, half a pound of butter, the whites of six eggs, flavoring to taste of essence of almonds or vanilla, or lemon; beat the butter to a cream; stir in the sugar and arrowroot gradually, at the same time beating the mixture; whisk the whites of the eggs to a stiff froth; add them to the other ingredients, and beat well for twenty minutes; put in whichever of the above flavorings may be preferred; pour the cake into a buttered mold or tin, and bake it in a moderate oven from one to one and a half hours. This is a genuine Scotch recipe.

## CREAM CAKE.

Rub to a cream two cups of powdered sugar and two-thirds of a cup of butter, add yolks of four eggs, one-half cup of milk, flavoring, three scant cups of flour, and three level teaspoonfuls of baking powder. Add the whites of four eggs well beaten just before putting in pans. Bake in jelly tins.

## MIXTURE FOR CAKE.

Beat one egg and one-half cup granulated sugar until egg is very light. Moisten two small teaspoonfuls of cornstarch with a little milk, and add to pan. Then add a half pint of milk and a teaspoonful of flavoring, and boil, or make as a cornstarch pudding using these proportions.

## ROLL JELLY CAKE.

Four eggs, one cup sugar, one cup flour, one and a half teaspoonfuls of baking powder, pinch of salt. Beat eggs as light as possible, add first sugar and having mixed the salt and powder with the flour, dust that in and beat up light. Bake this in a *shallow* square pan, when done, turn out, spread on jelly and roll immediately. Wrap in.—*Mrs. Clark.*

## CUP OR 1, 2, 3, 4 CAKE.

One cup of butter, two cups of sugar, three cups of flour and four eggs. Mix up the same as layer cake. (See recipe.)

## CREAM PUFFS.

Put into a large-sized saucepan half a cup of butter, and one cup of hot water; set it on the fire; and when the mixture begins to boil, turn in a pint of sifted flour at once, beat and stir until it is very smooth, and leaves the pan. Remove from the fire, and when cool enough add five eggs that

have been well beaten, first the yolks and then the whites, also a little salt, stand in a warm place for half an hour stirring frequently. Drop on buttered tins in large spoonfuls, about two inches apart. Bake in a quick oven about twenty minutes. When done they will be quite light. When cold, open them on the side with a knife or scissors, and put in as much of the custard as possible.

*Cream for Filling.*—Made of two eggs, three tablespoonfuls of sifted flour (or half cup of cornstarch), and one cup of sugar. Put two-thirds of a pint of milk over the fire in a double boiler, stir the sugar, flour and beaten eggs together, and as soon as the milk looks like boiling, pour in the mixture, and stir briskly for three minutes, until it thickens; then remove from the fire and when cool, flavor with vanilla or lemon, and fill your cakes.

#### CHOCOLATE ECLAIRS.

Make the mixture exactly like the recipe for "Cream Puffs." Spread it on buttered pans in oblong pieces about five inches long, to be laid about two inches apart; they must be baked in a rather quick oven, about twenty-five minutes. As soon as baked, ice with chocolate icing, and when this is cold, split them on one side, and fill with the same cream as "Cream Puffs."

#### KISSES.

Whites of three eggs and a half pound of pulverized sugar. Beat the whites very stiff, then sift in sugar beating all the time. Drop with a spoon (which has been dipped into cold water) upon well buttered paper on pans. Lift quickly and lightly into powdered sugar, blow off all that won't stick and put at once into a quick oven. Watch carefully or they will burn. When they feel firm take them out and remove carefully from the paper.

#### SHELLBARK KISSES.

One pound pulverized sugar, one pound of nuts and the whites of five eggs. Make the same as kisses, adding the nuts last.

#### MOLASSES POUND CAKE.

Cream one cup of butter and two cups of brown sugar. To this, add the yolks of four or five eggs and beat very light. Then add one cup of thick milk, one cup of molasses, one tablespoonful of cloves, one of cinnamon, and one and a half of ginger. Beat well together and add one teaspoonful of soda dissolved in a little boiling water, four cups of flour and the whites of the four eggs well beaten.—*Miss Barnard.*

## STRAWBERRY SHORTCAKE.

Rub two tablespoonfuls of sugar and four tablespoonfuls of butter to a cream. Add one cup of milk, one pint of flour, a little salt, and one and a half teaspoonfuls of baking powder, mix in flour. Roll out about one and a half inches in thickness, put into a greased, large square baking-pan, and bake in a very quick oven for twenty minutes. When done, take from the oven, split into halves, and spread each half lightly with butter. Place the lower half in a large meat plate. Have the berries stemmed, sweetened, and slightly mashed, and now put half the berries on this lower half. Cover this with the other half of the shortcake and place on this the remaining half of the berries. Pour good cream over this and serve immediately. This will serve six persons and requires all of two quart boxes of strawberries.

## VARIETY CAKE.

Rub to a cream three-fourths of a cup of butter and three cups of sugar. Add yolks of three eggs, one cup of milk, one teaspoonful of cloves, two of cinnamon, one-half cup of raisins, one-half cup of currants. Mix three and half teaspoonfuls of baking powder, with three and three-fourth cups of flour and add to mixture. Just before putting in the well-greased pan add the well-beaten whites of three eggs.

## ROMEO AND JULIET CAKE.

*Dark Part.*—Rub one tablespoonful of butter with one cup of powdered sugar. Add the yolks of five eggs, four tablespoonfuls of milk, one-half cup melted chocolate, and one cup of flour to which has been added one teaspoonful of baking powder.

*Light Part.*—Rub one tablespoonful of butter and one cup of powdered sugar together. Then add four tablespoonfuls of sweet milk, the whites of five eggs well beaten, and one and one-fourth cups of flour to which has been added one teaspoonful of baking-powder. Flavor with vanilla. Bake in separate tins and spread this custard between when custard gets cold. Bring to a boiling point one pint of milk. Beat two eggs very light, add one tablespoonful of cornstarch and rub smooth; then add one-half cup of sugar and after beating well add to the boiling milk. Stir until it boils well, flavor with vanilla and set away to cool. Fine.

## MINNEHAHA CAKE.

Three-quarters of a cup of butter, one and a half cups of pulverized sugar, two and a quarter cups of flour, three-fourths of a cup of milk, three-



fourths of a cup of broken walnuts, whites of four eggs, two teaspoonfuls of baking powder. Bake in jelly tins.

*Filling.*—One cup of sugar, and one-half cup of boiling water; boil until it is stringy. Have the white of one egg beaten stiff; pour boiled sugar over it and beat until cold, then add half cup of seeded raisins. Spread on warm cake and arrange in layers.

#### BRIDE'S CAKE.

Cream together one small cup of butter and three cups of sugar, add one cup of milk, then whites of twelve eggs beaten light; sift three teaspoonfuls of baking powder into one cup of cornstarch mixed with three cups of sifted flour, and beat in slowly; flavor to taste. Beat all thoroughly, then put in buttered tins lined with paper; bake slowly in a *moderate* oven. Ice the top. This makes a beautiful white cake.

#### FIG CAKE.

One cupful of sugar and two eggs well beaten, one teaspoonful of baking powder sifted with one cupful of flour; stir in one-third of a cupful of boiling water. Bake in layers. Beat the white of an egg with pulverized sugar to make a thick frosting, and add one dozen seeded raisins, five figs, and a little citron, chopped fine. Spread and put together.

#### LAYER CAKE.

Beat one-half pound of butter to a cream; add one cup of sugar slowly, beating all the time, then add the yolks of five eggs, then the whites beaten to a stiff froth, then one and a half cups of flour, two ounces of cornstarch and one teaspoonful of baking powder. Bake in three deep jelly tins in a moderate oven for fifteen minutes.

#### WHITE MOUNTAIN CAKE.

Make the cake as directed in preceding recipe and make the icing as follows: To one cup of granulated sugar add three tablespoonfuls of cold water, stir, and let come slowly to a boil, stirring as little as possible after putting on the stove. Boil until it hairs, then pour very slowly on the white of one egg which has been previously beaten to a stiff froth. Beat until a thick cream and nearly cold, then add one teaspoonful of vanilla and spread between layers.

#### CHOCOLATE LAYER CAKE.

Make Layer Cake (see recipe) or any cake in preceding recipes which says "bake in jelly tins." To make icing: Mix one cup of powdered

sugar with one-half cup of grated chocolate. Break one egg (white and yellow) into it and stir. (Do not beat egg separately or before putting in mixture.) Then dip knife in boiling water and smooth over cake or make the same as the boiled icing as in preceding recipe; melt the chocolate by placing pan in another pan of boiling water, and when melted, adding to the white icing. This should be done while the white icing is still warm. Do not stir chocolate while it is melting.

#### COCOANUT LAYER CAKE.

Make the cake as directed in Chocolate Cake recipe and put together with the following: White boiled icing. Moisten one cup of granulated sugar with three tablespoonfuls of cold water, and stir well. Set on back of stove until dissolved then over a moderate fire and boil until it "hairs." Beat the white of one egg very stiff, and pour the boiling sugar slowly into it. Beat until it gets quite stiff but not cold; add three-fourths of a cup of grated cocoanut, keeping a half of a cup back to spread over top. Stir the cocoanut well in the icing and spread between layers and on top and sides of cake. Sprinkle top and sides with the remaining half cup and press it down with a broad knife that it may not fall off.

#### ORANGE LAYER CAKE.

Make the cake as directed in Chocolate Cake recipe, flavoring with orange extract or the juice and rind of one orange and a little lemon. For the icing boil the sugar as in the preceding recipe. Beat the yolks of two eggs very light and when sugar "hairs" pour slowly into the yolks, beating all the while. Beat until quite stiff but not cold and add a teaspoonful of orange extract or a little of the orange juice and peel. Spread on cake before it gets cold. This is fine. The yolk of the egg making it look much the color of an orange.

#### LEMON LAYER CAKE.

Make the cake as directed in Chocolate Cake recipe, flavoring with lemon extract, or the juice and rind of one lemon. Make a plain icing this way: Beat the whites of two eggs to a stiff froth and add slowly one cup of pulverized sugar. Flavor with lemon-juice and a little of the peel grated in. Spread upon the cake and if it seems too thin, stir in a little more sugar. Another way is to make the same as orange icing given previously, putting more lemon and less orange.

## CITRON POUND CAKE.

Three-quarters of a pound of butter rubbed to a cream with one pound of sugar. Add first the yolks of eight eggs, then one pound of flour, mixed with two teaspoonfuls of baking powder, the beaten whites of the eggs, and last, one and one-quarter pounds of finely sliced citron slightly dredged with flour. Bake one and one-half or two hours.

## PEACH CAKE.

Bake three layers of sponge cake; cut peaches in thin slices, prepare cream by whipping, sweetening and adding flavor of vanilla if desired, put layers of peaches between the sheets of cake, pour cream over each layer and over the top. This may also be made with ripe strawberries. Serve while fresh.

## WHIPPED-CREAM CAKE.

One cup of sugar, two eggs, two tablespoonfuls of softened butter and four of milk, beat all well together; add a cup of flour in which has been mixed two teaspoonfuls of baking powder. Bake in rather small square dripping-pan. When cake is cool have ready a half pint of sweet cream whipped to a stiff froth, sweeten and flavor to taste, spread over cake and serve while fresh. The cream will whip easier if made cold by setting on ice a short time.

## CORNSTARCH CAKE.

Two large cups of pulverized sugar, three-fourths of a cup of butter, one cup of cornstarch dissolved in a cup of sweet milk, two cups of flour, whites of six eggs, three teaspoonfuls of baking powder mixed thoroughly with the flour; cream butter and sugar, add starch and milk, then add the whites and flour gradually until all is used. Flavor with lemon or rose.

## CENTENNIAL CAKE.

Three-quarters of a pound of butter, one and one-half pounds of brown sugar, six eggs, whites and yolks beaten separately, one pint of sweet milk, one and three-quarters of a pound of flour and two teaspoonfuls of baking powder. Three-quarters of a pound of currants, washed and dried, one-quarter pound of raisins (stoned), one-quarter pound of citron, sliced, one grated nutmeg. Sprinkle fruit with part of flour. Cream the butter with the sugar, add beaten yolks, milk, nutmeg and flour and whites of eggs alternately. Put in fruit last, mix well and bake one and three-quarter hours.

## COFFEE CAKE.

One cup of brown sugar, one cup of molasses, one-half cup of butter, cup of strong coffee, one egg, four cups of flour, heaping teaspoonful of soda in the flour, one tablespoonful of cinnamon, one teaspoonful of cloves, two pounds of raisins, fourth pound of citron. Cream the butter and sugar, add the egg, spices, molasses, and coffee, then the flour, and lastly the fruit dredged with a little flour. Bake one hour in moderate oven.—*Mrs. D. Buxton.*

## BLACK CAKE.

One pound of pulverized sugar, three-quarters of a pound of butter, one pound of sifted flour, twelve eggs beaten separately, two pounds of raisins stoned and part of them chopped, two of currants carefully cleaned, half pound of citron cut in strips, quarter ounce each of cinnamon, nutmeg and cloves mixed; rub butter and sugar together, add yolks of eggs, part of flour, the spice, and whites of eggs well beaten; then add remainder of flour; mix all thoroughly together; cover bottom and sides of a four-quart milk-pan with greased white paper, put in a layer of the mixture, then a layer of the fruit (first dredging the fruit with flour), until pan is filled up three or four inches. A small cup of New Orleans molasses makes the cake blacker and more moist, but for this it is not necessary to add more flour. Bake three and one-half or four hours in a slow oven.

## ALMOND CAKE.

Three-quarters of a cup of butter, one cup of sugar, half cup of sweet milk, three eggs, whites and yolks beaten separately, two cups of flour, two level teaspoonfuls of baking powder, and one pound of almonds blanched and sliced, stirred in last. Save whole ones to put on top of icing.

## COLD WATER CAKE.

One and one-half cups of sugar, one-quarter cup of butter, two and one-half cups flour, two eggs, one cup of water, two teaspoonfuls of baking powder. Flavor with vanilla or lemon.

## FARMER'S FRUIT LOAF.

Soak three cupfuls of dried apples overnight in cold water enough to swell them; chop them in the morning, and put them on the fire with three cups of molasses; stew until almost soft; add a cupful of seeded raisins, and stew a few moments; when cold, add three cupfuls of flour, one cupful of butter, three eggs and a teaspoonful of soda; bake in a steady oven. Spices to taste may be added.

## CITRON CAKE.

Cream three cups of white sugar and one cup of butter together; add one cup of sweet milk, six eggs, whites and yolks beaten separately; one teaspoonful of vanilla, two heaping teaspoonfuls of baking powder, sifted with four cups and a half of flour. One cup and a half of citron, sliced very thin and dredged with flour. Divide into two cakes and bake in tins lined with paper.

## LOAF DUTCH CAKE.

One cupful of light bread dough, one egg, sugar and salt to taste, half a teaspoonful of soda, half a pound of seeded raisins, and, if desired, a little butter and nutmeg; work very smooth, let it rise about half an hour, and bake as bread.

## DOMINOES.

Have a plain cake baked in rather thin sheets. When cold, with a sharp knife cut into small oblong pieces the size and shape of a domino, only a trifle larger. Frost the top and sides. When the frosting is hard, draw the black lines and make the dots, with a small brush dipped in melted chocolate. These are nice for children's parties.

## SPICE DROP CAKES.

Yolks of three eggs, one half-cup of lard, one cup of molasses, one-half cup of sweet milk, three cups of flour, two teaspoonfuls of baking powder. Spices to taste, and flavor with lemon. Drop on buttered paper on tins, and bake very quickly.

## WALNUT WAFERS.

One-half pound of brown sugar, one-half pound of walnut meats, slightly broken but not chopped, three even tablespoonfuls of flour, and one-fourth of a teaspoonful of baking powder, one-third of a teaspoonful of salt, two eggs; beat the eggs, add the sugar, salt, flour, and lastly meats. Drop small spoonfuls on buttered pans, and bake till brown.

## COCOANUT COOKIES.

One cup of butter, two cups of sugar, two eggs, one cup of grated cocoanut, two teaspoonfuls of baking powder, flour enough to roll. Roll very thin. bake quickly but do not brown.

## CARAWAY SEED CAKES.

Two pounds of flour, one pound of sugar, three-fourths of a pound of butter, one tablespoonful of caraway seed, half a pint of milk, two tablespoonfuls of saleratus; rub the butter, sugar and flour together thoroughly, then add all the other ingredients; roll it out quite thin, cut with a round cutter, place them on tins, and bake in a *moderate* oven. This seems a small quantity of milk, but after kneading it a little while it will be found quite sufficient; to add more would spoil them.

## ROCHESTER GINGER SNAPS.

One cup of molasses, one cup of sugar, one heaping cup of butter, one teaspoonful of cinnamon, one teaspoonful of ginger, one teaspoonful of soda. Boil this together from five to eight minutes; let it cool; then mix with flour and roll very thin. Cut into strips one inch wide, and three inches long. Bake in a quick oven.

## HERMITS.

Three eggs, one cup of butter, one and one-half cups of sugar, one cup of seeded chopped raisins, a very little citron chopped fine, one teaspoonful each of cloves, allspice and cinnamon; flour enough to roll. These will keep like fruit cake.

## JUMBLES.

One cup of butter, four eggs, two cups of sugar, three tablespoonfuls of milk, two teaspoonfuls of baking powder, one nutmeg grated, vanilla extract to suit taste. Flour to make stiff enough to roll out. Sprinkle over with sugar and cut into cakes.

## COCOANUT JUMBLES.

One cup of butter, two cups of sugar, three cups of flour, two eggs, one cocoanut. Cream the butter and sugar, then add eggs till light, then add your cocoanut, then flour; roll on a board lightly with your hand, and shape into rings; keep about a half cup of flour to roll with.

## SHREWSBURY CAKES.

One-quarter pound of butter, one-half cup of sugar, one cup and a half of flour, one egg. Roll very thin and cut into small cakes.

## GINGER SNAPS. No. 1.

Two cups of molasses, one cup of butter or shortening, heated and added to molasses, one-half cup of water, two teaspoonfuls of soda, three

teaspoonfuls of ginger, one and a half teaspoonfuls of cinnamon. Flour enough to roll out soft. Bake in a quick oven.

#### GINGER SNAPS. No. 2.

Boil one quart of molasses twenty minutes, add one teaspoonful of soda, one cup of lard, two teaspoonfuls of ginger, flour to roll very thin. Bake in quick oven.

#### COOKIES.

Two cups of sugar, one cup of lard, three eggs, one cup of sweet milk, two teaspoonfuls of baking powder. Roll thin and bake in a moderate oven about fifteen minutes. If wished, sugar may be sprinkled over the cakes and pressed gently in with the hand just before cutting out.

#### CRULLERS.

One cup of sugar, six tablespoonfuls of butter, two cups of sweet milk, four eggs, four teaspoonfuls of baking powder. Flour to make a nice dough. Roll it to about a quarter of an inch in thickness and fry in hot lard. When brown, drain, roll in powdered sugar and stand away to cool.

#### LEMON WAFERS.

One-quarter pound of butter, one-half pound of powdered sugar, juice and rind of two lemons, flour sufficient to make a stiff batter, six eggs. Beat the butter to a cream; add the sugar slowly. Beat the eggs, without separating, until creamy, then add them to the butter and sugar; beat well; then add the juice and rind of the lemon, and the flour. Beat all until smooth and light. Heat the wafer tongs over a clear fire, brush them lightly with melted butter, put in two tablespoonfuls of the mixture, close the tongs, turn them over a clear fire until the cake is a light brown. When done take out carefully, dust with powdered sugar, and roll around a smooth stick, which remove carefully when cold. If you have no tongs, line flat pans with buttered paper and drop the mixture in by spoonfuls; spread it out very thin, and bake until a light brown.

#### RAISED DOUGHNUTS.

Old-fashioned "raised doughnuts" are seldom seen nowadays, but are easily made. Make a sponge as for bread, using a pint of milk, and a large half cupful of yeast; when the sponge is very light add one-half cupful of butter or sweet lard, a small cupful of sugar, a teaspoonful of salt; stir in

now two well-beaten eggs, add sifted flour until it is the consistency of biscuit dough, knead it well, cover and let rise; then roll the dough out into a sheet half an inch thick, cut with a very small biscuit-cutter, or in strips half an inch wide and three inches long, place them on greased tins, cover them well, and let them rise before frying them. Drop them in very hot lard. Raised cakes require longer time than cakes made with baking powder. Sift powdered sugar over them as fast as they are fried while warm.

#### BREAKFAST DOUGHNUTS.

These doughnuts, eaten fresh and warm, are a delicious breakfast dish, and are quickly made. Three eggs, one cupful of sugar, one pint of sweet milk, salt, nutmeg, and flour enough to permit the spoon to stand upright in the mixture; add two heaping teaspoonfuls of baking powder to the flour; beat all until very light. Drop by the dessert-spoonful into boiling lard.

#### GINGER CAKES (Excellent).

One quart of New Orleans molasses, one pint of *buttermilk*—not sour milk—two cups of lard or butter, two tablespoonfuls of soda, two tablespoonfuls of ginger; enough flour to make a stiff batter. Place the ginger and soda in a large bread pan and pour over it the *boiled* molasses. After emptying the molasses put the buttermilk in the same skillet, let boil and pour it over the molasses, ginger, and soda; stir in all the flour possible after which stir in the lard or butter; when cold, mold with flour and cut in cakes.

#### DROP CAKE.

One cupful of powdered sugar, three eggs, juice and rind of one lemon, one cupful of butter, two cupfuls of flour. Mix butter and sugar to a cream, add the well-beaten eggs, then the flour, and lastly the lemon. Drop on buttered paper and bake in a quick oven.

#### SEED CAKE.

Beat together one cupful of sugar, two eggs, and one-third cupful of butter; add one-half cupful of milk and two cupfuls of flour sifted with two teaspoonfuls of baking powder; stir in one tablespoonful of caraway seed and season with nutmeg.

#### COFFEE CAKE.

One and one-half cupfuls of sugar, one and one-half cupfuls of molasses, one cupful of butter, one egg, one teaspoonful of soda, two teaspoonfuls of cream of tartar, four cupfuls of flour, one nutmeg, two teaspoonfuls of



powdered cloves, one pound of seeded raisins chopped fine, one cupful of cold strong coffee. Makes two loaves.

#### CINNAMON COOKIES.

Two eggs beaten lightly, add a little salt, one cup of sugar, one cup of sour cream, one-half teaspoonful of soda dissolved in water, two small cups of flour. Mix soft and roll thin. Sprinkle sugar on top and put cinnamon on them after they are cut and in the pan. A blanched almond in centre of each makes them nicer and daintier. To blanch almonds, pour boiling water over them, let them stand a minute, then dip in cold water, when the skins may be easily slipped off.—*Mrs. Lilla Palmer.*

#### ICINGS AND FILLING FOR LAYER CAKES.

When making custards for filling it is a good plan to place the pan in another pan of boiling water to prevent burning.

#### CREAM FILLING.

Bring one-half pint of milk to boiling point, add two small teaspoonfuls of cornstarch, mixed with one well-beaten egg, and one-half cup of granulated sugar. Add one teaspoonful of flavoring. When almost cold spread between layers.

#### CHOCOLATE CREAM FILLING.

Make the same as cream filling. When done dissolve five tablespoonfuls of grated chocolate over a kettle of boiling water. Do not stir it. When melted add to the cream filling and set to cool.

#### FIG FILLING.

Take a pound of figs, chop fine, and put into a stewpan; pour over them a teacupful of water, and a half cup of sugar. Cook together until soft and smooth. When cold, spread between layers of cake.

#### NUT FILLING.

One cup of granulated sugar, one-third cup of water. Boil together until stiff, not brittle, when tried in cold water. Beat the whites of two eggs to a froth. Turn on the boiling sugar. Beat hard until a cream. Mix one large cupful of chopped walnut kernels with two-thirds of this cream, and spread between the layers. Spread the remaining third over the top and press into it, while moist, whole halves of the walnut kernels for ornament. Hickory nuts may be used instead of walnuts.

## JELLY FILLING.

Beat jelly up smooth and spread it between layers before they are quite cold.

## PLAIN ICING.

Beat the whites of two eggs to a stiff froth; add one cup and a half of powdered sugar and one teaspoonful of flavoring. Use at once or sit in a cool place until wanted.

## BOILED ICING.

Put one cup of granulated sugar and three tablespoonfuls of cold water in a pan. Stir and put on stove where it will dissolve slowly. After it has dissolved put over a moderate fire (do not stir) and boil until it hairs. (See introduction to cakes.) Beat the white of one egg to a stiff froth and add the boiled sugar, beating all the while. When it begins to stiffen add the flavoring, (a teaspoonful) and beat. When quite thick and *before* cold it is ready for use.

## CHOCOLATE ICING.

Put one cup of powdered sugar, one-half cup of grated chocolate, and one whole egg together in a dish. Mix well together. Do not beat egg before adding to sugar and chocolate. Dip a broad knife in boiling water and spread icing over cake. Another method is to make a boiled icing, dissolve the chocolate in a dish set in a vessel of boiling water and stir into the boiled icing when melted. Do not stir chocolate much while melting or it will cake.

## ORANGE ICING.

Boil one cup of sugar and three tablespoonfuls of cold water as directed in recipe for boiled icing, and when it hairs, add to the yolks of two eggs that have been beaten *very* light. Beat until quite thick, but not cold, and add one tablespoonful of orange extract, or a little of the juice and rind of an orange, and a smaller amount of the juice and rind of a lemon.

## LEMON ICING.

It is made the same as orange icing, using a larger quantity of lemon juice and grated rind and a smaller amount of orange. Or make a plain icing flavoring with the lemon extract, or juice and rind, adding a little of the orange.

## LEMON JELLY FILLING.

Beat well together one cup of sugar, two tablespoonfuls of butter, two eggs, and the juice of two lemons, and boil until the consistency of jelly. Put on cake when cold. For orange jelly, use oranges instead of lemons.

## COCOANUT ICING.

Make a boiled icing as directed, adding three-fourths of a cup of grated cocoanut. Stir well and it is ready for use. Have another half cup of cocoanut ready to spread over top and sides of cake. Press gently into the icing with a broad knife that it will not fall off.

# PUDDINGS AND DESSERTS.

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## GELATINE CHARLOTTE RUSSE.

One pint of cream, whipped light, one-half ounce gelatine, dissolved in one gill of hot milk, whites of two eggs, beaten to a stiff froth, one small teacup of powdered sugar. Flavor with bitter almond or vanilla. Mix cream, eggs, sugar, flavor and beat in the gelatine and milk last. It should be quite cold before it is added. Line a mould with slices of sponge cake or lady fingers and fill with the mixture. Set upon ice to cool.

## SPANISH CREAM.

Dissolve one-half of a box of Cox's gelatine in one pint of milk for one hour. Add one more pint of milk and let just come to boil in a farina-boiler. Beat one cup of sugar and the yolks of four eggs well together and add to pan. Let just come to a boil, take from the fire, pour in pan and add the whites of four eggs, stirring *briskly*. Flavor mixture to taste in pan. This should be made the day before it is served. Eat ice cold with good cream.—*Mrs. Clark.*

## FRENCH CREAM.

Make the same as Charlotte Russe, turn into a fancy mould that has been dipped in cold water and stand away to harden.

## HAMBURG CREAM.

Five eggs, two lemons, one-half pound of sifted sugar. Beat the yolks with the juice and grated rind of the lemons, also the sugar; put it on in a farina kettle, and let it come to a boil, then add hastily the whites of the eggs beaten stiff. Stir all well together; take immediately off the fire and put in eight glasses.

## COFFEE BAVARIAN CREAM.

One-half box of gelatine, one pint of cream, one-half pint of milk, one teaspoonful of vanilla, one cup of sugar, one cup of strong boiling coffee. Cover

the gelatine with cold water for a half hour; then pour over it the boiling coffee; add the sugar, and stir until it is dissolved; then strain into a tin basin; let stand until cool. While it is cooling, whip the cream. When cool, add first the milk, and then the whipped cream; stir carefully until thoroughly mixed, turn into a mould, and set on ice to harden.

#### CHOCOLATE BAVARIAN CREAM.

One pint of milk, one pint of cream, one-half cup of sugar, one-half box of gelatine, two ounces of chocolate, one teaspoonful of vanilla, one-half cup of cold water. Cover the gelatine with the water and let soak half an hour. Whip the cream, grate and melt the chocolate over a steaming kettle put the milk on to boil; when boiling, add the chocolate and gelatine, stir until dissolved. Take from the fire, add the sugar and vanilla, then turn into a tin basin to cool; stir continually until it begins to thicken, then add the whipped cream. Stir carefully until thoroughly mixed, then turn into a mould to harden. Serve with whipped cream.

#### RASPBERRY BAVARIAN CREAM.

Soak one-half box gelatine in one-half cup of cold water for one-half hour. Stand the gelatine over boiling water till dissolved thoroughly, then add one-half cup of sugar and one pint of raspberry juice. Strain in tin basin and place on ice; stir until it thickens, then add carefully one pint of cream which has been whipped and stir until well mixed. Put in mould and stand in cold place. One pint of canned pineapple or of the fresh pineapple grated may be used instead of raspberries.

#### ORANGE CREAM.

Whip one pint of cream. Soak in half a cupful of cold water a half package of gelatine, and then grate over it the rind of two oranges. To the juice of six oranges, add a cupful of sugar; now put a teacupful of cream into a double boiler, pour into it the well-beaten yolks of six eggs, stirring until it begins to thicken, then add the gelatine. Remove from the fire, let it stand for two minutes and add the orange juice and sugar; beat all together until about the consistency of soft custard, and add the whipped cream. Mix carefully and turn into moulds. Serve with sweetened cream.

#### PEACH SPONGE.

Soak one-half box of gelatine in cold water one-half hour. Pare and slice one pound of peaches. Put two cups of sugar and one cup of boiling water over the fire and boil until clear, skim, and add the sliced peaches.

Stew until tender and when done add the gelatine and press all through a sieve. Add the juice and rind of one lemon and stir until cold and slightly thick. Beat the whites of three eggs to a stiff froth and stir into the peaches, beat until stiff, then pour into a mould to harden. Serve with peach or vanilla sauce. Apple Sponge is very nice made by this recipe.—*R. B. P.*

#### CUP CUSTARDS.

Add one-half cup of sugar to four eggs that have been well beaten all together. Then add one quart of milk and a fourth of a grated nutmeg. Pour into custard cups and put cups in a pan of boiling water in the oven. Bake until the custards are "set" in center. Take out of the water when done, and serve ice-cold in the cups.

#### CHOCOLATE PUDDING.

Put a quart of milk all but half a cupful to boil. Mix three tablespoonfuls of grated chocolate, two of cornstarch, yolks of two eggs and the half cup of milk; when the milk boils put these ingredients into it, and stir constantly till it begins to thicken. Put a tablespoonful of sugar in, then pour in a dish and put on top a meringue made of the whites of the two eggs, and two tablespoonfuls of sugar and flavor; put in the oven to brown.

#### LEMON CUSTARD.

Yolks of three eggs, one cup of sugar, three tablespoonfuls of flour, one pint of milk, juice and rind of one lemon. After the custard is baked cover with icing and brown. Orange custard may be made the same as lemon custard.

#### BLANC MANGE.

Put one quart of sweet milk on the stove and let come to a boil. Mix together yolks of four eggs, one-half cup of sugar, and four tablespoonfuls of cornstarch to a smooth paste. Thin with a few tablespoonfuls of the boiling milk, and add to the remainder of milk in pan. Boil until thick enough, stirring all the while. Flavor. Beat whites to a stiff froth and stir gently into the custard. Serve very cold with cream.—*R. B. P.*

#### FRUIT BLANC MANGE.

One quart of stewed or one can of fruit (cherries, raspberries, and strawberries are best). Strain off all the juice, sweeten it to taste, and put it on to boil. Moisten three even tablespoonfuls of cornstarch with a little

cold water, and stir it into the boiling juice. Boil and continue stirring five minutes, then add the fruit, pour it into a mold that has been wet with ice-water, and stand away to cool. Serve cold, with sugar and cream. This will fill a one quart mold.

#### TAPIOCA CREAM CUSTARD.

Soak three heaping tablespoonfuls of tapioca in a teacupful of water overnight. Place over the fire a quart of milk; let it come to a boil; then stir in the tapioca; a good pinch of salt; stir until it thickens; then add a cupful of sugar and the beaten yolks of three eggs. Stir it quickly and pour it into a dish and stir gently into the mixture the whites beaten stiff, the flavoring, and set it on ice, or in an ice-chest.

#### CHOCOLATE CUSTARD.

Make a boiled custard with one quart of milk, the yolks of six eggs, six tablespoonfuls of sugar, and one-half cupful of grated vanilla chocolate. Boil until thick enough, stirring all the time. When nearly cold, flavor with vanilla. Pour into cups and put the whites of the eggs, beaten with some powdered sugar, on the top.

#### PEACH LECHE CREAM.

Twelve ripe peaches, pared, stoned, and cut in halves, three eggs and the whites of two more, one-half cup of powdered sugar, two tablespoonfuls of cornstarch, wet in cold milk, one tablespoonful of melted butter and one pint of milk. Scald the milk, stir in the cornstarch, and beaten yolks and when it begins to thicken, take from the fire and put in the butter. Put the peaches in a dish, strew with sugar, and pour the creamy compound over them. Bake in a quick oven ten minutes, and spread with a meringue, made of five whites whipped stiff with a little powdered sugar. Shut the oven door till this is firm. Eat cold with cream.

#### DANDY PUDDING.

Put one quart of milk on to boil. Beat the yolks of four eggs light, add two tablespoonfuls of cornstarch, and rub smooth, then add one-half cupful of sugar. Beat all together, thin with a little of the milk and add to boiling milk. Boil up once, take from the fire, add flavoring, and pour into a baking dish. Beat the whites of the eggs to a very stiff froth, add to them two tablespoonfuls of powdered sugar, and heap on the top of the pudding. Put it in the oven for a few minutes, until a light brown. Serve ice-cold.—*R. B. P.*

## BREAD AND BUTTER PUDDING.

Beat four eggs all together light, add one quart of milk and one-half teacupful of sugar. Stir until sugar is dissolved then pour in baking dish. Cut rusks in halves or bread in slices and butter well, as many as will float on top of pudding. Bake until set in center. Serve cold.

## APPLE FLOAT.

To one pint of sweetened ice-cold apple sauce take the whites of two eggs. Beat the whites to a stiff froth, add two heaping tablespoonfuls of sugar, and add to the apples. Beat all together lightly and serve ice-cold with cream.

## GOOSEBERRY FOOL.

Stew a quart of ripe gooseberries in just enough water to cover them, when done, rub them through a colander; while hot stir into them a tablespoonful of melted butter, and a cupful of sugar. Beat the yolks of three eggs, and add that; whip all together until light. Fill a large glass fruit dish, and spread on the top the beaten whites mixed with three tablespoonfuls of sugar. Apples or any tart fruits are nice made in this manner.

## BIRD'S NEST PUDDING.

Pare and core without quartering enough quick-cooking tart apples to fill a pudding-pan, make a custard of one quart of milk and the yolks of six eggs, sweeten, spice, pour over the apples, and bake; when done, use the whites of eggs beaten stiff with six tablespoonfuls of white sugar; spread on the custard, brown lightly, and serve either hot or cold. If necessary, the apples may be baked a short time before adding the custard.

## WILLOW GLEN PUDDING.

Press one pint of stewed apples through a sieve. Beat the yolks of six eggs and two cups of sugar together. Then add one quart of milk and flavor. Add one-half cup of butter to the hot apples, then mix with the milk and eggs. Bake in a quick oven thirty-five minutes. Beat the whites of six eggs to a stiff froth, add six tablespoonfuls of powdered sugar, spread over the top of the pudding, and put back in the oven to brown. Serve cold with sugar and cream.

## APPLE TAPIOCA.

Pick, wash, and cover with cold water one cup of tapioca, and soak overnight. Put one quart of milk in a double boiler, add the tapioca and boil



until the tapioca is transparent. Add as much sweetened apple sauce as you have tapioca and stir lightly together. Turn into a baking dish, put in the oven and brown. Serve cold with sugar and cream.

#### PEACH TAPIOCA.

Wash and pick one cup of tapioca and soak in cold water overnight. In the morning put it over the fire with a pint of boiling water and boil gently until it is perfectly clear. Stir the peaches, which have been stoned and cut in small pieces into the tapioca, and sweeten to taste. Let boil up once, take from stove and set away to cool. Serve ice-cold with sugar and cream. Sufficient for eight persons. By using a quart of seeded cherries, raspberries, or strawberries a very nice dessert is made.

#### TAPIOCA PUDDING.

One-half cupful of instantaneous tapioca, one cupful of sugar, a little salt; mix and stir into one quart of hot milk, then add three beaten eggs, one tablespoonful of melted butter and flavoring; mix well and bake in oven slowly until brown and set. Serve hot with cream.

#### QUAKING CUSTARD.

Take one-fourth of a calf's rennet, wash it well, cut it in pieces and put it into a decanter with one pint of Lisbon wine. In a day or two it will be fit for use. To one pint of milk add one teaspoonful of the wine; sweeten the milk and flavor it with vanilla, rose-water or lemon; warm it a little and add the wine, stirring it slightly; pour it immediately into cups or glasses, and in a few minutes it will become a custard. It makes a firmer curd to put in the wine, omitting the sugar. It may be eaten with sugar and cream.

#### CREAM FOR FRUIT.

This recipe is an excellent substitute for pure cream, to be eaten on fresh berries and fruit. One cupful of sweet milk; heat it until boiling. Beat together the whites of two eggs, a tablespoonful of white sugar, and a piece of butter the size of a nutmeg. Now add half a cupful of cold milk and a teaspoonful of cornstarch; stir well together until very light and smooth, then add it to the boiling milk; cook it until it thickens; it must not boil. Set it aside to cool. It should be of the consistency of real fresh cream. Serve in a creamer.

## ICED APPLES.

Pare and core one dozen large apples, fill with sugar and a little butter and nutmeg; bake, and when done, let cool, and remove to another plate, if it can be done without breaking them (if not, pour off the juice). Ice tops and sides with caking-ice, and brown *lightly*; serve with cream.

## ICED CURRANTS.

One-quarter pint of water, the whites of two eggs, currants, pounded sugar. Select very fine bunches of red or white currants, and well beat the whites of the eggs. Mix these with water; then take the currants, a bunch at a time, and dip them in; let them drain for a minute or two, and roll them in very finely-pounded sugar. Let them dry on paper, when the sugar will crystallize round each currant, and have a very pretty effect. All fresh fruit may be prepared in the same manner; and a mixture of various fruits iced in this manner, and arranged on one dish, looks very well for a summer dessert.

## BAKED APPLES.

Pare six large, smooth, sweet apples. Dig out the stems and blossom ends, set in baking-pan in one-half teacupful of cold water. Sprinkle with sugar and bake in a moderate oven until tender. Serve cold with sugar and cream.

## BOILED APPLES.

Wipe six large sweet apples, and remove the cores without paring. Place in a stewing-pan with one teacupful of water. Fill the center with sugar, cover tightly and boil until tender. Serve cold with sugar and cream.

## FLOATING ISLANDS.

One quart of milk, five eggs, and five tablespoonfuls of sugar. Scald the milk, then add the beaten yolks and one of the whites together with the sugar. First stir into them a little of the scalded milk to prevent curdling, then all of the milk. Cook it the proper thickness; remove from the fire, and flavor; when cool pour it into a glass dish. Beat up the remaining four whites of the eggs to a *stiff* froth, and beat into them three tablespoonfuls of sugar; take a tablespoon and drop spoonfuls of this over the top of the custard, far enough apart so that the "little white islands" will not touch each other. By dropping a teaspoonful of bright jelly on the top or center of each island, a pleasing effect is produced.

## PEACH MERINGUE.

Pare and quarter (removing stones) a quart of ripe peaches; place them all in a dish suitable to place on the table. Sprinkle the peaches with sugar, and cover them well with the beaten whites of three eggs. Stand the dish in the oven, until a delicate brown, then remove, and, when cool enough, set the dish on ice, or in a very cool place. Take the yolks of the eggs, add to them a pint of milk, sweeten and flavor, and boil same in a custard-kettle, being careful to keep the eggs from curdling. When cool, pour into a glass pitcher and serve with the meringue when ready to use.

## APPLE MERINGUE.

Cover the bottom of a baking dish with pieces of stale sponge-cake dipped in milk. Pare, and slice four tart apples, spread them over the cake, sprinkle with two heaping tablespoonfuls of sugar, grate over a little nutmeg, and bake in a moderate oven until the apples are tender. Then make a meringue from the whites of three eggs and three tablespoonfuls of powdered sugar beaten to a stiff froth, heap them over the top, and put back in the oven to brown. Serve cold with sweetened cream.

## ORANGE PUDDING.

Slice five good-sized oranges in small pieces, sugar each layer. Take three eggs, one tablespoonful of cornstarch, one pint of milk, one cup of sugar; pour this custard over the oranges while hot. Make a meringue of the whites of the eggs with two ounces of pulverized sugar. To be eaten cold. Peaches are very nice made in this way.

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Cut five sweet oranges in a dish with one cup of sugar. Take one pint of milk, one tablespoonful of cornstarch and the yolks of four eggs; let it come to a boil, and pour over the oranges. Then beat the whites to a stiff froth with a tablespoonful of sugar. Spread it over the top and brown.

## FRUIT SHORTCAKE.

One quart of flour, one teaspoonful of salt, two heaping teaspoonfuls of baking powder, two teaspoonfuls of butter, one pint of milk. Sift the flour, salt, and powder together, rub in the butter cold; add the milk, and mix to a smooth dough, just soft enough to handle; divide in half, roll out and bake in oven twenty minutes. Separate the cakes without cutting them, as cutting makes them heavy. Cover the lower half of cake with strawberries, blackberries, raspberries, sliced peaches, or other fruit; sugar plentifully, place on other half, cover with fruit and sugar. Serve with cream.

## RICE PUDDING.

Wash one-third cup of rice and put with one quart of milk on to boil, stirring occasionally to keep from burning. When thick as cream, pour into pudding-pan, and sugar to taste, and put in oven to brown. Serve cold.—*R. B. P.*

## DRIED CURRANT PUDDING.

One pound of currants cleaned and dried, one pound of suet chopped fine, half a pound of wheat flour or bread-crumbs, half a grated nutmeg, one teaspoonful of ginger, and one teaspoonful of salt; make it moist with milk, work it well together, tie it in a pudding bag, and boil for two hours; serve with lemon sauce.

## PLUM PUDDING WITHOUT EGGS.

This delicious light pudding is made by stirring thoroughly together the following ingredients: one cupful of finely chopped beef suet, one cupful of molasses, one of chopped, seeded raisins, one of well-washed currants, one tablespoonful of sugar, one small spoonful of salt, one small teaspoonful each of cinnamon and soda, one cupful of milk, and three cups of flour. Put into a well-greased pudding mold or a three-quart pail, and cover closely. Set this pail into a larger kettle, close covered, and half full of boiling water, adding boiling water as it boils away. Steam not less than four hours. This pudding is sure to be a success, and is quite rich for one containing neither eggs nor butter. One-half of the above amount is more than eight persons would be able to eat, but it is equally good some days later, steamed again for an hour, if kept closely covered meantime. Serve with any hot sweet sauce. See pudding sauces.

## PLUM PUDDING.

Beat six yolks and four whites of eggs very light, then one cupful of sweet milk. Stir in gradually one-quarter pound of bread-crumbs, one pound of flour, three-fourths of a pound of sugar, and one pound each of beef suet, grated, currants, nicely washed and dried, raisins, seeded and well floured. Stir well, then add two nutmegs, grated, a tablespoonful of cinnamon, and one teaspoonful of salt, finally another cup of milk. Boil in mold or buckets five hours. When wanted boil one hour. One pound of citron or blanched sweet almonds adds much to the richness of the pudding. Serve hot with a hot sauce. See pudding sauces.

## COTTAGE PUDDING.

One cupful of sugar, one tablespoonful of butter, two eggs, one-half cupful of sweet milk, one and one-half cupfuls of flour, one large teaspoon-

ful of baking powder sifted with the flour; a little salt. Rub the butter and sugar together, add the yolks, then the milk, the salt, and flour. Beat the whites light and add carefully. Bake in a buttered mold; turn out upon a dish; cut in slices, and eat with a liquid sauce. This is a simple but very nice pudding.

#### CHERRY PUDDING, BOILED OR STEAM.

Two eggs, well beaten, one cupful of sweet milk, sifted flour enough to make a stiff batter, two large teaspoonfuls of baking powder, a pinch of salt, and as many cherries as can be stirred in. Boil one hour, or steam, and serve with liquid sauce.

Cranberries, currants, peaches, cherries, or any tart fruit is nice used with this recipe. Serve with sweet sauce.

#### SPONGE PUDDING.

One pint of sweet milk, one-half cup of sugar, one-half cup of flour, one-half cup of butter, five eggs. Wet flour with part of milk, then add remainder and cook ten minutes; add butter and sugar while hot; when cool add yolks of eggs well beaten, then beaten whites and stir thoroughly. Bake in two quart basin; set in pan of hot water one-half hour. Delicious. Serve with a hot sauce. See pudding sauces.

#### BROWN BETTY.

Pare, core, and slice six or seven tart apples. Put a layer of stale bread-crumbs in the bottom of a baking dish, then a layer of the apples, then another layer of bread-crumbs, and another layer of apples, and so on until all is used, having the last layer crumbs. Add half a cupful of water to a half-cupful of molasses, stir in two tablespoonfuls of brown sugar; pour it over the crumbs, and bake in a moderate oven for one hour. Serve hot, with sweetened cream or hard sauce.

#### SUGARLESS BREAD PUDDING.

Soak two even cups of crumbs in three cups of milk, while beating two eggs long and light (separately). Add one tablespoonful of melted butter and cinnamon and nutmeg to taste to the crumbs; then a bit of soda the size of a pea dissolved in hot water and beat to a smooth pulp. Lastly stir in the eggs. Beat all one minute and pour into a buttered baking dish. Bake until a light brown and "set" in the middle. Eat while warm with hot lemon sauce.

## PUDDING SAUCES.

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CREAMING butter and sugar for sauces should always be done in an earthen dish with a wooden or silver spoon. Tin or iron discolors.

Sweet cream used as a pudding sauce is one of the most wholesome, as well as most convenient dressings, suitable to almost every pudding, nourishing and agreeable to the invalid as well as the epicure. It cannot occupy too large a place in the culinary department. It may be served plain, or white sugar may be sent round with it. Flavoring is sometimes used.

In making sauces do not boil, after the butter is added. In place of wine or brandy, the juice of the grape or any other fruit will be found most delicious. In flavoring with orange and lemon juice, use half and half, exercising care to add the lemon juice just before removing from the fire, as it is apt to grow bitter with long cooking. When using cornstarch, stir it with the sugar while dry, and no lumps will form. Sauce may be served either poured over or around the pudding, and served either hot or cold.

### PLAIN SAUCE.

Beat one egg very light and stir into it one pint of sweetened milk. Flavor with vanilla, lemon, or nutmeg. Nice for cornstarch, blanc mange or rice plain boiled, or a simple rice pudding.

### SWEET SAUCE.

One coffee-cupful of granulated sugar, one cupful of water, a piece of butter the size of a walnut. Boil all together until it becomes the consistency of syrup. Flavor with lemon or vanilla extract. A tablespoonful of lemon juice is an improvement. Nice with cottage pudding.

### LEMON SAUCE.

One-half cupful of sugar, two tablespoonfuls of butter, one egg beaten light, one lemon, juice and grated rind, a pint of boiling water; one tablespoonful of cornstarch; put in a tin basin and thicken over the fire, stirring all the while. Serve in a boat.

## LEMON CREAM SAUCE, HOT.

Put half a pint of new milk on the fire, and when it boils stir into it one teaspoonful of wheat flour, four ounces of sugar and the well-beaten yolks of three eggs; remove it from the fire and add the grated rind and the juice of one lemon; stir it well, and serve hot in a sauce tureen.

## ORANGE CREAM SAUCE, HOT.

Make the same as lemon cream sauce, substituting two oranges for lemon. When flour is used making these sauces, it should boil in milk three or four minutes.

## VANILLA SAUCE.

One pint of milk, yolks of four eggs, two tablespoonfuls of sugar, one teaspoonful of vanilla. Put the milk on to boil in a farina boiler. Beat the yolks and the sugar together until light, then add them to the boiling milk; stir over the fire for two minutes. Take off, add the vanilla, and put away to cool.

## WHIPPED CREAM SAUCE.

Whip a pint of thick sweet cream, add the beaten whites of two eggs, sweeten to taste; place pudding in center of dish, and surround with the sauce; or pile up in the center and surround with moulded blanc mange, or fruit puddings.

## CARMEL SAUCE.

Put one cupful of granulated sugar in an iron pan over a quick fire. Stir until the sugar melts and turns an amber color, then add one cupful of hot water, let boil two minutes, and turn out to cool.

## HARD SAUCE.

Beat one-fourth cupful of butter and one cupful of powdered sugar to a cream. Beat the whites of two eggs to a stiff froth and add gradually to the creamed butter and sugar. Beat all until very light and frothy, then add gradually one teaspoonful of vanilla, and beat again. Heap on a small dish, sprinkle lightly with grated nutmeg and stand away on the ice to harden.

## SAUCE FOR PLUM PUDDING.

One-half cupful of butter, one-half cupful of sugar, one-half grated nutmeg, one pint of water, rind and juice of one lemon. Rub butter and sugar together, add water, nutmeg and lemon. Stir over the fire until it boils. Serve hot.

## MAPLE SAUCE.

Cut one-half pound of maple sugar in bits and dissolve in one-quarter cupful of boiling water. Set over a fire to melt quickly. Stir in one-half cupful of butter, cut in bits. One cupful of maple syrup may be used instead of the sugar. Flavor, if liked, with grated nutmeg. Nice for dumplings, batter-puddings, etc.

## DOMINION SAUCE.

Bring the juice poured from a can of peaches to a boil. Dissolve one tablespoonful of cornstarch in one-half cupful of cold water, add to the juice, boil two minutes and stir in one small cupful of sugar. This sauce is served with peach batter pudding, and may be used with any other. The juice of preserved fruit makes nice sauce.

## PEACH SAUCE.

Four large, mellow peaches, one-half cup of sugar, one-half cup of water, one even tablespoonful of cornstarch, one cup of cream, whites of two eggs. Pare and stone the peaches; put them in a saucepan with the water and sugar, stew until tender, then press them through a colander. Put the cream on to boil in a farina boiler; moisten the cornstarch in a little cold water, and stir into the boiling cream; stir until it thickens; then beat into it the peaches and the whites of the eggs beaten to a stiff froth. Stand in a cold place until very cold. Apricot sauce may be made in the same manner, using canned apricots.

## GOOSEBERRY CREAM.

Stew one quart of gooseberries with two cupfuls of white sugar. When done, strain through a sieve. Make a boiled custard as follows: One quart of milk, three eggs, sweeten and flavor to taste, and stir the gooseberries through this. Serve in a deep glass dish. One-half cupful of cream may be whipped and piled over the top if the dish is wished especially nice.



## FRUIT SAUCE.

One cup of sugar, a pint of raspberries, strawberries or peaches, a tablespoonful of melted butter, and a cupful of water. Boil all together slowly, removing the scum as soon as it rises; then strain. This is excellent served with sugarless bread pudding; in fact is good with many puddings.

## TEMPERANCE FOAM SAUCE.

Beat up, as for hard sauce, white sugar with butter, until very light, in the proportion of half a cupful of butter to one cupful of sugar; flavor with essence of lemon or bitter almonds; fifteen minutes before serving, set the bowl in a pan of hot water and stir it till hot. It will rise in a white foam to the top of the bowl.

## JELLY SAUCE.

Melt one ounce of sugar and two tablespoonfuls of grape jelly over the fire in a half pint of boiling water, and stir into it half a teaspoonful of cornstarch dissolved in a half cup of cold water; let it come to a boil, and it will be ready for use. Any other fruit jelly may be used instead of grape.

## VINEGAR SAUCE.

Brown one tablespoonful of butter in a saucepan; add one tablespoonful of flour and rub smooth; then add one pint of boiling water and stir until it boils. Add one half cup of sugar, one teaspoonful of caramel and boil again; then add one-half cup of vinegar and serve. See caramel sauce for making caramel.

## CREAM SAUCE.

To one pint of cream, add two tablespoonfuls of powdered sugar and one teaspoonful of vanilla. Stir until the sugar is dissolved. Add one grated nutmeg and set in a cool place until wanted.

## ROSEMONT SAUCE.

Soak one heaping tablespoonful of gelatine in two tablespoonfuls of cold water. Beat the yolks of three eggs and two tablespoonfuls of sugar together until light and add to one pint of boiling cream or milk. Stir until it thickens, add the gelatine and stir until it is dissolved. Add flavoring after you take it from the fire. Mix well and stand away to cool.

# HOT PUDDINGS AND DUMPLINGS.

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## BOILED APPLE DUMPLINGS.

One quart of flour, one-quarter pound of suet or lard, one teaspoonful of salt, one teaspoonful of baking powder sifted in the flour, cold water enough to make into a tolerably stiff paste. Roll out, cut into squares, put in the middle of each a fine, juicy apple, pared and cored. Close the paste, tie up in the cloths, when you have wet them with hot water and floured them, and boil one hour, or until apples are done. Eat with sugar and cream.

A pleasing idea for dumpling cloths is to crochet them in a close stitch with stout tidy cotton. They are easily done, wash and wear well, and leave a very pretty pattern upon the paste when they are opened. Crochet them round, with a cord for drawing run into the outer edge.

## BAKED APPLE DUMPLINGS.

Roll out the paste thin, cut it into squares of four inches, lay on each a good tart apple, pared and cored; wet the four corners of the paste, and bring them to the top of the apple and fasten, sift sugar over them, lay on a baking sheet and bake in a hot oven twenty-five minutes or until apples are done. Eat with sugar and cream while hot. Peach, strawberry, or huckleberry dumplings are made as apple dumplings. When done they may be brushed with beaten white of egg, and set back in the oven to glaze for two or three minutes.

## BREAD PUDDING.

When molding wheat bread for the last time, reserve a piece for your pudding. Lay on a cloth in your steamer and let rise. Two hours before wanted to serve, lap the cloth gently around it and put the steamer over a pot of boiling water and steam two hours, or a delicious boiled pudding may be made by placing the bread in a tight kettle and after letting rise, tie down the lid very tight and boil two hours in a kettle of water. Serve hot with any kind of fruit added as served. Very nice.—*R. B. P.*

## POPOVERS.

One cup of sweet milk, one cup of flour, one egg, one teaspoonful of melted butter, half teaspoonful of baking powder, pinch of salt. Bake in deep gem pans.—*R. B. P.*

## BOILED BATTER PUDDING WITH CHERRIES.

One pint of milk, three cups of flour, three eggs, one-half teaspoonful of salt, one tablespoonful of melted butter, two heaping teaspoonfuls of baking powder, one pint of stoned cherries. Beat the eggs, whites and yolks together until light; then add the milk, then the flour, and beat until smooth; then add the butter melted, salt, and baking-powder. Drain the cherries, dredge them with flour, stir them into the pudding, and turn into a greased pudding-mold. Cover, stand in a pot of boiling water, and boil continuously for three hours. If the water evaporates in the pot, add more boiling water. Serve with Hard Sauce. Strawberry, blackberry, and raspberry puddings may be made in the same way.

## MARLBORO PUDDING.

Make a dough as for soda biscuit, using one quart of flour. Divide the dough in two parts; roll each out to the thickness of a half inch. Place one on top of the other and bake about a half hour. When done, take out, separate the two layers, and put canned or freshly stewed fruit between and on top. Very nice.—*R. B. P.*

## BIRD'S NEST PUDDING. (HOT.)

Put in the bottom of a buttered baking dish six tart apples that have been pared and cored. Mix together two cups of thick sour cream with two and a half cups of flour, until smooth; then add one-half teaspoonful of soda which has been dissolved in a little boiling water; mix well together and pour over the apples, and bake in a moderate oven about one hour. Serve hot, with Hard Sauce.

## PEACH COBBLER.

Mix one-half teaspoonful of salt and one heaping teaspoonful of baking powder with one pint of flour. Rub this with a piece of butter the size of an egg. Beat one egg light and to it add three-quarters of a cup of milk. Pour this into the flour and beat thoroughly; then pour into a greased baking-pan, large enough to have the batter about one inch thick. Have the peaches stoned and cut into halves, put them over the batter the hollow side up. Fill the hollow places with sugar and bake in a quick oven over one-half hour. Serve hot with sugar and cream, or peach sauce.

## APPLE ROLEY POLEY.

Slice tart apples, make rich soda biscuit dough, (or raised biscuit dough may be used if rolled thinner), roll to half an inch thick, and lay the apples on the prepared paste or crust, roll up, tuck ends in, prick deeply with a fork, lay in a steamer and place over a kettle of boiling water, cook an hour and three-quarters. Cut across, and eat with sweetened cream or butter and sugar. Cherries, dried fruit or any kind of berries can be used.

## RHUBARB, OR PIE-PLANT PUDDING.

Chop rhubarb pretty fine, put in a pudding-dish, and sprinkle sugar over it; make a batter of one cupful of sour milk, two eggs, a piece of butter the size of an egg, half a teaspoonful of soda, and enough flour to make batter about as thick as for cake. Spread it over the rhubarb, and bake till done. Turn out on a platter upside-down, so that the rhubarb will be on top. Serve with sugar and cream.

## FRUIT PUDDING.

One quart of any of the small fruits, one pint of molasses, cloves and spices to taste, one teaspoonful of soda dissolved in a teacupful of warm water, flour to make it as thick as pound cake. Put it into a bag and boil three hours.

## BAKED LEMON PUDDING (QUEEN OF PUDDINGS.)

One quart of milk, two cupfuls of bread-crumbs, four eggs, whites and yolks beaten separately, butter the size of an egg, one cupful of white sugar, one large lemon—juice and grated rind. Heat the milk and pour over the bread-crumbs, add the butter, cover and let it get soft. When cool, beat the sugar and yolks, and add to the mixture, also the grated rind. Bake in a buttered dish until firm and slightly brown, from half to three-quarters of an hour. When done, draw it to the door of the oven, and cover with a meringue made of the whites of the eggs, whipped to a froth with four tablespoonfuls of powdered sugar, and the lemon juice; put it back in the oven and brown a light straw color. Eat warm, with lemon sauce.

## RAISIN PUDDING.

One cupful of raisins, one cupful of chopped suet or butter, one cupful of molasses (some like one cupful of sugar with two spoonfuls of molasses better), one cupful of sour milk, one teaspoonful of soda, salt, flour to make a stiff batter; steam three or four hours. Sauce.

## HASTY PUDDING.

Set a saucepan or deep frying-pan on the stove, the bottom and sides well buttered, put into it a quart of sweet milk, a pinch of salt, and a piece of butter as large as half an egg; when it boils have ready a dish of sifted flour, stir it into the boiling milk, sifting it through your fingers, a handful at a time, until it becomes smooth and quite thick. Turn it into a dish that has been dipped in water. Make a sauce very sweet to serve with it. Maple molasses is fine with it. This pudding is much improved by adding canned berries or fresh ones just before taking from the stove.

## PEAR, PEACH, AND APPLE PUDDING.

Pare some nice, ripe pears (to weigh about three-quarters of a pound); put them in a saucepan with a few cloves, some lemon or orange peel, and stew about a quarter of an hour in two cupfuls of water; put them in your pudding-dish, and make the following custard; one pint of cream, or milk, four eggs, sugar to taste, a pinch of salt, and a tablespoonful of flour; beat eggs and sugar well, add the flour, grate some nutmeg, add the cream by degrees, stirring all the time; pour this over the pears, and bake in a quick oven. Apples or peaches may be substituted. Serve cold with sweetened cream.

## DRIED PEACH PUDDING.

Boil one pint of milk, and while hot turn it over a pint of bread-crumbs. Stir into it a tablespoonful of butter, one pint of dried peaches stewed soft. When all is cool, add two well-beaten eggs, half a cupful of sugar, and a pinch of salt; flavor to taste. Put into a well-buttered pudding-dish, and bake half an hour.

# ICE CREAM AND ICES.

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## ORANGE ICE CREAM.

One quart of cream, three-quarters of a pound of sugar, juice of five oranges, rind of one orange. Put half of cream in double boiler, add sugar and stir till dissolved; add remainder of cream, and when cool add juice and rind of oranges. Turn into freezer, and freeze.

## CHOCOLATE.

One quart of cream and one quart of milk, one-half pound of sugar, one tablespoonful of vanilla, six eggs, four ounces of sweet chocolate. Put the milk on to heat in a farina boiler. Beat the yolks of the eggs and sugar together until very light. Whisk the whites of the eggs to a stiff froth, then add them to the yolks and sugar; stir this into the milk, and stir and cook until it begins to thicken. Take from the fire, add the chocolate grated, and stir into the cream. When cool, freeze. This is very nice with whipped cream served around it.

## FRUIT ICE CREAM.

Fruit ice creams of all kinds can be made by allowing one quart of berries to one pint of cream, one pint of sugar and one quart of milk. Crush all the small fruits with the sugar, being guided as to the amount of sugar by the acidity of the fruit. If large fruits are used, such as pears, pineapples, peaches, apples, etc., grate them, add cream and milk, rub through a fine strainer into the freezer.

## TUTTI FRUTTI ICE CREAM.

Two quarts of cream, one pound of sugar, and four whole eggs; mix well together; place on the fire, stirring constantly, and just bring to boiling point; remove immediately and continue to stir until nearly cold; flavor with a tablespoonful of extract of orange; place in freezer and when frozen hard enough to remove the dasher, mix thoroughly into it one pound of preserved fruits, in equal parts of peaches, apricots, cherries, pineapples, etc.; all of these fruits are to be cut up into small pieces, and beaten thoroughly with the frozen cream. Cover and stand away to ripen for two hours.

## VANILLA ICE CREAM.

One quart of cream, one pint of milk, one vanilla bean or two table-spoonfuls of the extract, one-half pound of sugar. Put the sugar, half the cream, and the bean split in halves on to boil in a farina boiler; stir constantly for ten minutes. Take from the fire, take out the bean, and with a blunt knife scrape out the seeds and the soft part from the inside of the bean, being careful not to waste one drop. Mix the seeds thoroughly with the cream, and stand away to cool. When cold, add the remaining cream, and freeze.

## COFFEE ICE CREAM.

One quart of cream, one pint of milk, one-half pound of sugar, four ounces of Mocha or three ounces of Java. Have the coffee ground coarsely; put it in a farina boiler with one pint of the cream and steep for ten minutes, then strain it through fine muslin, pressing it hard to get all the strength. Add the sugar, stir until it is dissolved, add the remaining pint of cream, cool, and freeze. Remove the dasher, repack, cover, and stand away for two hours to ripen. This will serve six persons.

## PISTACHIO ICE CREAM.

Wash two quarts of spinach and throw it into a kettle of boiling water. Boil rapidly for three minutes and drain in a colander, pounding the spinach until reduced to a pulp. Then squeeze the juice out through a fine muslin bag, and set to cool. Blanch and pound one pound of shelled pistachio nuts. Put one quart of cream and one pound of sugar on to boil, stirring until the sugar is dissolved. Then add one quart more of cream, two teaspoonfuls of extract of almonds, two of vanilla, the nuts and sufficient spinach to make it a light green. Freeze and pack.

## BISQUE ICE CREAM.

Pound and put through a colander one-quarter of a pound of macaroons, three lady fingers and four kisses. Put on to boil one pint of cream and one medium-sized cup of sugar; stir until dissolved. Take from the fire and set to cool, then add another pint of cream and freeze. When frozen, add the pounded cakes, one teaspoonful of vanilla, and one teaspoonful of caramel, and beat the whole until perfectly smooth, when it is ready to pack.

## BANANA ICE CREAM.

Bring one quart of milk to a scald and add slowly to it the yolks of ten eggs and one pound of sugar which have been beaten together until light. Cook until it thickens, stirring constantly. Add one quart of cream and set

to cool. When cold add eight bananas which have been mashed through a colander. Freeze and pack.

#### POOR MAN'S ICE CREAM.

Mix the juice from three lemons with one pound of sugar and add to it one quart of milk, one quart of cream, and one grated nutmeg. Freeze and pack.

#### APRICOT WATER ICE.

Boil together for five minutes two quarts of water and one pound of sugar. Press through a sieve two quarts of apricots and add to the syrup. Add the juice from three lemons, and set to cool. When cold, freeze and then pack.

#### STRAWBERRY WATER ICE.

Mash one quart of berries and strain and press the juice through a cloth. Add to the juice one quart of water, the juice of two lemons and one pound of sugar. Stir until dissolved and freeze.

#### LEMON ICE.

The juice of six lemons and the grated rind of three, a large sweet orange, juice and rind; squeeze out all the juice, and steep in it the rind of orange and lemons a couple of hours; then squeeze and strain through a towel, add a pint of water and two cupfuls of sugar. Stir until dissolved, turn into a freezer, then proceed as for ice cream, letting it stand longer, two or three hours. Other flavors may be made in this manner, varying the flavoring to taste.

#### CHERRY SHERBET.

Boil for five minutes, one quart of water and one pound of sugar. Seed one quart of sour cherries, add to the syrup and when cold press through a very fine sieve and freeze. Stir constantly while freezing. Beat the white of one egg until frothy, then add one tablespoonful of powdered sugar and beat until white and stiff. Remove the dasher when sherbet is frozen and stir in this meringue. Repack and stand aside until wanted. Serve in small tumblers or lemonade glasses.

#### LEMON SHERBET.

Boil one and one-fourth pounds of sugar, one quart of water, and the grated yellow rind of three lemons five minutes and stand aside to cool. When cold, add the juice of four or five juicy lemons and strain through a cloth. Freeze and add the meringue as in cherry sherbet.



## PINEAPPLE SHERBET.

Grate two large yellow pineapples and mix with two quarts of water, and a pint of sugar; add the juice of two lemons. Place in a freezer and freeze.

## RASPBERRY SHERBET.

Two quarts of raspberries, one pound of sugar, two quarts of water, the juice of a large lemon, one tablespoonful of gelatine. Mash the berries and sugar together and let them stand two hours. Soak the gelatine in cold water to cover. Add one pint of the water to the berries, and strain. Dissolve the gelatine in half a pint of boiling water, add this to the strained mixture and freeze.

## FROZEN FRUITS.

Frozen fruits are mixed and frozen the same as water ice, mashing or cutting the fruits, and using them without straining.

If canned fruits are used, only half the quantity of sugar given in the recipes for fresh fruits will be required.

## FROZEN CHERRIES.

Two quarts of pie or morello cherries, or one quart-can, two pounds of sugar, two quarts of water. Stone the cherries, mix them with the sugar, and stand aside one hour; then stir until sugar is thoroughly dissolved; add the water, put into the freezer, and turn rapidly until frozen.

## FROZEN STRAWBERRIES.

To one quart of berries add the juice of two lemons and one pound of sugar, and set aside for one hour. Then mash the berries, add one quart of water and stir until all the sugar is dissolved when it is ready to freeze.

## FROZEN CUSTARD.

Bring to a scald one quart of milk. Wet two tablespoonfuls of corn-starch with a little cold milk, add to the hot milk and stir constantly until it begins to thicken. Then add four eggs and one-half pound of sugar which have been beaten light together. Cook for a few minutes and take from the fire. Add vanilla to taste and set aside to cool. When cold, freeze same as ice cream.

## FROZEN CHOCOLATE CUSTARD.

Bring to a scald one pint of milk. Add to it four eggs and one large cup of sugar which have been beaten very light together, and one cup of chocolate. Cook a few minutes, then set to cool. Add to it one pint of cream and one teaspoonful of vanilla. Freeze when cold.

# COFFEE, TEA AND BEVERAGES.

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BREAKFAST is often a failure for the want of a good cup of coffee. There is almost as much in the making as in the coffee itself.

The most important consideration in the making of a good cup of coffee or tea is boiling water, but many housewives are apt to overlook this fact. Never boil the water more than three or four minutes, for longer boiling will cause it to lose most of its natural properties by evaporation, leaving a liquid composed mostly of lime and iron, which becomes flat and hard. This will spoil the best coffee and tea.

Water left in the tea-kettle over night *must never be used in preparing the breakfast coffee*; no matter how excellent your coffee or tea may be, it will be ruined by the addition of water that has been boiled more than once.

To avoid adulteration, buy coffee in the grain, either raw or in small quantities freshly roasted. The best kinds are the Mocha and Java, and some prefer to mix the two, having roasted them separately in the proportion of one-third of the former to two-thirds of the latter. Keep in a closely-covered tin or earthen vessel.

Do not buy much at a time (unless in air-tight packages), a week or ten days' supply is enough, and if you can buy it twice a week it is all the better.

## FILTERED OR DRIP COFFEE.

For each person allow a tablespoonful of finely ground coffee, and to every tablespoonful allow a cupful of boiling water. Have a small iron ring made to fit the top of the coffee-pot inside, and to this ring sew a small muslin bag (the muslin for the purpose must not be too thin). Fit the bag in the pot, pour some boiling water in it, and, when the pot is well warmed, put the ground coffee in the bag; pour over as much boiling water as is required, close the lid quickly, and, when all the water has filtered through, remove the bag, and, send the coffee to table. Making it in this manner prevents the necessity of pouring the coffee from one vessel to another, which cools and spoils it. The water should be poured on the coffee gradually so that the infusion may be stronger; and the bag must be well made that none of the grounds may escape through the seams and so make the coffee thick and muddy.

## BOILED COFFEE.

Equal parts of Mocha and Java coffee ; allow one heaping tablespoonful of coffee to each person, and "one for the pot" to make good strength. Mix one egg with the grounds; pour on the coffee half as much boiling water as will be needed; let coffee froth, then stir down grounds, and let boil five minutes; then let coffee stand where it will keep hot, but not boil, for five or ten minutes, and add rest of water.

## SUBSTITUTE FOR CREAM IN COFFEE.

Beat the white of an egg, put to it a small lump of butter and pour the coffee into it gradually, stirring it so that it will not curdle. It is difficult to distinguish this from fresh cream.

## TEA.

Use a brown earthen teapot, and dare to bring it to the table. Put your *dry* tea into this *dry* pot; cover it and let it stand on the back of the stove till pot and tea are *hot*: this releases the aromatic oil of the leaves. Now pour on the *boiling* water, as much as you want tea; cover it closely. In Scotland they use a close wadded bag called a *cosey* to cover the pot, and it is a valuable invention. Never boil tea, black or green; heat the leaves, steep in boiling water, and keep the steam in the pot and the tea will be excellent. Never use a metal teapot. Russian tea is made by putting a slice of lemon in each cup and pouring over it the boiling tea.

## ICED TEA.

The tea should be made in the morning, very strong, and not allowed to steep long. Keep in the ice-box till the meal is ready and then put in a small quantity of cracked ice. Do not pour the scalding hot tea on a goblet of ice as many do, for the ice melts the tea and makes it weak, insipid, and a libel on its name. Iced coffee is very nice made in the same way.

## COCOA.

Put one quart of milk in a farina boiler to boil. Moisten four tablespoonfuls of cocoa with a little cold milk and add to the boiling milk stirring all the while. Boil five minutes and serve *hot* with whipped cream.

## CHOCOLATE.

Allow half a cupful of grated chocolate to a pint of water and a pint of milk. Rub the chocolate smooth in a little cold water, and stir into the boiling water. Boil three minutes, add the milk and boil ten minutes more,

stirring it often. Sweeten to your taste. Or put half a cupful of chocolate into a farina boiler, stand it over the fire to melt. When melted, add one quart of new milk or half water if preferred slightly warmed, and two tablespoonfuls of sugar. Cover the farina-boiler and boil three minutes, then, with an egg-beater, beat the chocolate until smooth and creamy. Serve with whipped cream.

#### RASPBERRY VINEGAR.

Put two quarts of raspberries into a suitable dish, pour over them a quart of good vinegar, let it stand twenty-four hours, then strain mashing the fruit well to get all the juice, and pour this liquor on another quart of berries; do this for three or four days successively, and strain it; the last time through a flannel bag. Now add one pound of sugar to every pint of this liquid. Boil slowly five minutes, skim, let stand fifteen minutes, bottle, and seal. Strawberry and blackberry vinegars are made in precisely the same manner.

#### FOR A SUMMER DRAUGHT.

The juice of one lemon, a tumblerful of cold water, pounded sugar to taste, half a small teaspoonful of carbonate of soda. Squeeze the juice from the lemon; strain, and add it to the water, with sufficient pounded sugar to sweeten the whole nicely. When well mixed, put in the soda, stir well, and drink while the mixture is in an effervescing state.

#### INEXPENSIVE DRINK.

A very nice, cheap drink which may take the place of lemonade, and be found fully as healthful, is made with one cupful of pure cider vinegar, half a cupful of good molasses, put into one quart pitcher of ice-water. A tablespoonful of ground ginger added makes a healthful beverage.

#### A GOOD SUMMER DRINK.

Two pounds of grapes, three tablespoonfuls of sugar, one-half pint of cold water. Squeeze the grapes hard in a coarse cloth, when you have picked them from the stems. Wring out every drop of juice; add the sugar, and when it is dissolved, the water, set on ice until very cold. You can add more sugar if you like, or if the grapes are not quite ripe.

#### ICED BUTTERMILK.

There is no healthier drink than buttermilk, but it must be the creamy, rich buttermilk to be good. It should stand on the ice to cool, though if very rich and thick a little ice *in* it is an improvement.

## EGGNOG.

Whip the whites and yolks of six eggs to a stiff cream, adding a half cupful of sugar. Pour into a quart of milk, adding a teacup of good brandy, and a little flavoring of nutmeg. Mix the ingredients thoroughly and add the whites of three additional eggs well whipped when eggs are plentiful.

## STRAWBERRY SYRUP.

Take fine, ripe strawberries, crush them in a cloth, and press the juice from them; to each quart of it put a quart of simple syrup, boil gently for one hour, then let it become cold, and bottle it; cork and seal it. When served reduce it to taste with water, set it on ice, and serve in small tumblers half filled.

## LEMON SYRUP.

Take the juice of six lemons, grate the rind of three in it, let it stand overnight, then take three pounds of white sugar, and make a thick syrup. When it is quite cool, strain the juice into it, and squeeze as much oil from the grated rind as will suit the taste. A tablespoonful in a glass of water will make a delicious drink on a hot day.

## BERRY SHERBET.

Crush one pound of berries, add them to one quart of water, one lemon sliced, and one teaspoonful of orange flavor, if you have it. Let these ingredients stand in an earthen bowl for three hours; then strain, squeezing all the juice out of the fruit. Dissolve one pound of powdered sugar in it, strain again, and put on the ice until ready to serve.

## KOUMISS, OR MILK BEER.

One quart of new milk, four lumps of white sugar, one gill of fresh buttermilk. Mix until the sugar dissolves. Let stand in a warm place ten hours, when it will have thickened; then pour from one vessel into another until it is smooth and thick. Bottle and keep in a warm place twenty-four hours—in winter it may take thirty-six hours. Cork the bottles tight; tie the corks down. Shake for a few minutes before using. One teaspoonful of yeast may be used instead of the buttermilk. The milk should be unskimmed. This agreeable beverage is recommended for a delicate stomach, as aiding in the assimilation of food; it is also healthful for young children.

# CHAFING DISH RECIPES.

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ALWAYS use a long handled hardwood spoon so as to enable you to work quietly and easily.

See that the lamp is filled and the matches handy before you are seated. Butter may be made into ounce balls (so one can be more accurate in measurements) and placed in a pretty dish on the right. Measure the cream or milk and put it in a pitcher on the left along with the bottles containing sauces and catsups.

When butter and flour are to be rubbed together, do it before hand and so save time and confusion. If the butter is to be browned first put it in the chafing dish, then have the flour in a pretty bowl, to be added later.

Try and have all necessary materials on the table when the chafing dish is placed before the host or hostess.

## TO MAKE TOAST.

Place an asbestos mat over the lamp; cut all crusts from the bread, and toast carefully. Spread with butter and put on a plate which has been previously heated.

## WELSH RAREBIT.

Grate a pound of good old English dairy cheese. Rub a clove of garlic or an onion over the bottom of the dish; put in the cheese with a gill of sweet cream or milk and a teaspoonful of made mustard. Stir constantly until the cheese is melted. Serve on butter toast.

## HOW TO SERVE LOBSTER.

Cut the lobster into rather small pieces, and stir in two ounces of butter until very hot, then add a tablespoonful of tomato or walnut catsup, a tablespoonful of Worcestershire sauce, a half cup of good stock and salt to taste.

## OYSTERS FRICASSEED.

Have a tablespoonful of butter and one of flour rubbed together, and in the dish along with a teacupful of milk. When ready, light the lamp and

stir continually until it becomes a smooth sauce, then add fifty well drained oysters. Let boil. Add a teaspoonful of salt, the yolks of two eggs and a dash of pepper. A little parsley chopped fine improves the appearance of this dish. Stir a minute and serve from dish.

#### CREAMED POTATOES.

Have a tablespoonful of butter and the same of flour rubbed together in the dish. Stir into this a half pint of milk. When hot, add about one pint of cold boiled potatoes cut into dice. Season with salt and pepper. Be careful not to break potatoes while stirring. Serve *hot*.

#### OMELET.

Have four eggs beaten only until well mixed, some chopped parsley, and four tablespoonfuls of warm milk in a bowl at your left. Melt one tablespoonful of butter in the chafing dish, and when hot, pour in the egg mixture and season. When bottom part sets lift the edge and allow the soft portion to run under. When done, fold and serve.

#### SCRAMBLED EGGS.

To six well-beaten eggs, add one tablespoonful of butter, pinch of salt, and six tablespoonfuls of cold milk. Melt one ounce of butter in the chafing dish, and when hot stir in the egg and stir constantly until done. Serve immediately.

#### SIRLOIN STEAK.

Melt in the chafing dish one tablespoonful of butter, and when hot put in the steak and cook ten minutes, turning often; season with salt and pepper and dot over with small bits of currant jelly and serve at once.

#### CREAMED CHICKEN.

Cut cold roasted chicken into small pieces. Put one tablespoonful of butter and one of flour rubbed together in the chafing dish. Add a half pint of milk, and when hot put in the chicken and season. Serve when hot. Mushrooms may be added if liked. They should be chopped and added with the meat.

#### CALF'S LIVER AND BACON.

Pour boiling water over the liver and let stand a few minutes. Have three thin slices of bacon in the chafing dish. Light the lamp and put in the liver when the bacon is crisp. Season with salt and pepper and serve.

## TOMATOES FRIED.

Cut tomatoes in slices one-half inch thick. Put one tablespoonful of butter in the pan, and when hot put in tomatoes. Brown on both sides, frying slowly. Have thickening mixed with one cup of milk, pour over the tomatoes, season with salt and pepper and serve.

## CURRY OF OYSTER.

Put two tablespoonfuls of butter in the chafing dish and when hot—not brown—add twenty-five oysters. Sprinkle over them one teaspoonful of curry powder, and season with pepper and salt. Rub the spoon with a clove of garlic and stir until boiling. Serve hot at once.

## MELTED CHEESE.

Put in the chafing dish one-half pound of good rich cheese which has been grated. Add a pinch of salt, a dash of pepper, and four tablespoonfuls of rich cream. Stir until melted and pour over crackers which have been arranged on a hot dish. Serve.



# BUTTER AND CHEESE.

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## TO MAKE BUTTER.

Warm the cream to a temperature of 56° or 58° Fahr., and it will churn in fifteen minutes. After the butter collects in the churn, take it out and stand it for a minute in a very cold place. Do not wash it, as in this way you rob it of certain elements necessary for its preservation. Work it continuously and thoroughly until all the buttermilk is out, adding two even teaspoonfuls of very fine salt to each pound of butter, after you have worked it about five minutes. Make it at once into prints, and stand away in a cool place.

The churn, dasher, tray and ladle, should be well scalded before using, so that the butter will not stick to them, and then cooled with very cold water. When you skim cream into your cream jar, stir it well into what is already there, so that it may all sour alike; and no *fresh cream should be put with it* within twelve hours before churning, or the butter will not come quickly; and perhaps, not at all.

## A BRINE TO PRESERVE BUTTER.

First work your butter into small rolls, wrapping each one carefully in a clean muslin cloth, tying them up with a string. Make a brine, say three gallons, having it strong enough of salt to bear up an egg; add a half teacupful of pure, white sugar, and one tablespoonful of saltpeter; boil the brine, and when cold, strain it carefully. Pour it over the rolls so as to more than cover them, as this excludes the air. Place a weight over all to keep the rolls under the surface.

## SCALLOPED CHEESE.

Any person who is fond of cheese could not fail to favor this recipe. Take three slices of bread, well buttered, first cutting off the brown outside crust. Grate fine a quarter of a pound of any kind of good cheese; lay the bread in layers in a buttered baking dish, sprinkle over it the grated cheese, some salt and pepper to taste. Mix four well-beaten eggs with three cups of milk; pour it over the bread and cheese. Bake it in a hot oven as you would cook a bread pudding. This makes an ample dish for four people.

## CHEESE FONDU.

Melt an ounce of butter, and whisk into it a pint of boiled milk. Dissolve two tablespoonfuls of flour in a gill of cold milk, add it to the boiled milk and let it cool. Beat the yolks of four eggs with a heaping teaspoonful of salt, half a teaspoonful of pepper, and five ounces of grated cheese. Whip the whites of the eggs, and add them, pour the mixture into a deep tin lined with buttered paper. It should be only half filled, as the fondu will rise very high. Pin a napkin around the dish in which it is baked, and serve the moment it is baked.

## CHEESE STRAWS.

One teaspoonful of butter, one egg, one-half cupful of flour, three tablespoonfuls of grated cheese, pinch of salt, and a tiny pinch cayenne pepper. Work the butter in the flour; add cheese and seasoning; make into a paste with the egg. Roll into a thin sheet, cut in strips four inches long and one fourth of an inch wide and bake in a moderate oven until a light brown.—*Lilla.*

## WELSH RAREBITS.

Put half an ounce of butter in a frying-pan; when hot, add gradually four ounces of mild American cheese. Whisk it thoroughly until melted. Beat together half a pint of cream and two eggs; whisk into the cheese, add a little salt, pour over the crisp toast, and serve.

## CHEESE SOUFFLÉ.

Two tablespoonfuls of butter, one heaping tablespoonful of flour, one-half cup of milk, one cup of grated cheese, three eggs, one-half teaspoonful of salt, and a sprinkle of cayenne. Put the butter in a saucepan, and when hot, add the flour and stir until smooth. Add the milk and seasoning. Cook two minutes, then add the well beaten yolks of the eggs and the cheese. Set away to cool. When cold add the whites of the eggs beaten to a stiff froth. Turn into a buttered dish, and bake from twenty to twenty-five minutes. Serve the moment it comes from the oven.

## CRISP CHEESE CRACKERS.

Split crackers and brown in the oven. Prepare grated cheese by seasoning it with salt and pepper. Cover each half cracker with the mixture and return to the oven. When the cheese has melted they are ready to serve.

## SLIP.

Slip is bonnyclabber without its acidity, and very delicate in its flavor. Make a quart of milk luke warm; then stir into it one large spoonful of the preparation called rennet; set it by, and when cool again it will be as stiff as jelly. It should be made only a few hours before it is to be used, or it will be tough and watery; in summer set the dish on ice after it has jellied. Served with powdered sugar, nutmeg and cream.

## CHEESE SANDWICHES.

These are extremely nice, and are very easily made. Take two hard-boiled eggs, half a pound of common cheese grated, one teaspoonful of salt, one-half teaspoonful of pepper, one teaspoonful of mustard, two tablespoonfuls of melted butter, and two tablespoonfuls of vinegar or cold water. Take the yolks of the eggs and put them into a small bowl and crumble it down, put into the butter and mix it smooth with a spoon, then add the salt, pepper, mustard and the cheese, mixing each well. Then put in the tablespoonful of vinegar, which will make it the proper thickness. If vinegar is not cared for, then use cold water instead. Spread this between two biscuits or pieces of oat cake, and you will find it a very nice sandwich. Some people will prefer them less highly seasoned, so, season to taste.

## COTTAGE CHEESE.

Put a pan of sour or loppered milk on the stove or range, where it be warm not hot, let it scald until it becomes thick, then pour boiling water over it to the proportion of one quart to four quarts of milk. Stir and pour in a clean bag of cheese cloth and hang where the whey may drain out but do not squeeze. When dry put it into a dish and chop it fine with a spoon, adding a tablespoonful of salt, a tablespoonful of butter, and enough sweet cream to make the cheese the consistency of putty. With your hands make it into little balls flattened. Keep it in a cool place. Many like it made rather thin with cream, serving it in a deep dish. You may make this cheese of sweet milk by forming the curd with prepared rennet.

## TOASTED CHEESE OR SCOTCH RAREBIT.

One-half pound of rich cheese, five slices of bread, salt and cayenne to taste. Cut the cheese into very thin pieces, spread it on a heated flat dish, and stand it over boiling water to melt. Toast the bread, and butter it; place it on a hot dish, add the seasoning to the cheese, and spread it over the toast. Serve very hot.

## PASTRY RAMAKINS.

Roll the remains of any light puff paste left from pies out evenly, and sprinkle it with grated cheese of a nice flavor. Fold the paste in three, roll it out again, and sprinkle more cheese over; fold the paste, roll it out, and cut in any shape that may be desired. Bake the ramakins in a quick oven from ten to fifteen minutes, dish them on a hot napkin, and serve quickly. The appearance of this dish may be very much improved by brushing the ramakins over with yolk of egg before they are placed in the oven. Where expense is not objected to, parmesan is the best kind of cheese to use for making this dish. Very nice with a cup of coffee for a lunch.

## BONNYCLABBER.

This dish is best in the summer, when milk sours and thickens very quickly. It should be served very cold. A nice way is to pour the milk before it has thickened into a glass dish, and when thick set on ice for an hour or two, and it is ready to serve, and is really a very pretty addition to the supper table. Serve in sauce dishes or deep dessert plates, sprinkle with sugar (maple is nice), and a little grated nutmeg, if liked.

# FOOD FOR INVALIDS.

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DAINTY service and delicate china will often tempt an invalid more than the food.

Let the napkins be clean and the tray covered, unless a fancy tray. Never let the patient wait too long.

The invalid, as a rule, will be more likely to enjoy any preparation sent to him if served in small dainty pieces.

Never send more than a supply for one meal; the same dish too frequently set before an invalid very often causes a distaste when a change would perhaps tempt the appetite.

Invalids should have no fried, hard or greasy food, no pastry, no rich cakes, no old-fashioned rich preserves.

Buttered-toast, either dry or dipped, though so generally given, is rarely a suitable article for the sick, as melted oils are very difficult of digestion.

Roasted potatoes, very mealy, are preferred to other vegetables.

## BEEF TEA.

One pound of lean beef, cut into small pieces. Put into a glass canning jar without a drop of water; cover tightly, and set in a pot of cold water, heat gradually to a boil, and continue this steadily for three or four hours, until the meat is like white rags and the juice all drawn out. Season with salt to taste, and, when cold, skim. Do not use pepper. Another method of obtaining the juice from beef is to cut juicy beef into small pieces, put it into a bowl with small pieces of ice. When the meat is white the beef may be pressed and strained and heated (not boiled), seasoned and served. This is good, after severe cases of typhoid fever.

## BEEF BROTH.

Cut in small pieces one pound of good lean beef; put on in two quarts of cold water and boil slowly, keeping it well covered, one and one-half hours; then add a half teacup of tapioca, which has been soaked three-quarters of an hour in water enough to cover, and boil half an hour longer. Some add, with the tapioca, a small bit of parsley, and a slice or two of onion.

Strain before serving, seasoning slightly with pepper and salt. It is more strengthening to add, just before serving, a soft poached egg. Rice may be used instead of tapioca, straining the broth, and adding one or two tablespoonfuls of rice (soaked for a short time), and then boiling half an hour.

#### SCRAPED BEEF.

Take a good piece of raw steak, lay it on a meat board, and with a knife scrape into fine bits; after removing all hard and gristly parts put it into a pan over the fire and let it remain just long enough to become thoroughly heated through, stirring it up from the bottom occasionally; season with a little salt. This is very nutritious and quite palatable.

#### CORNMEAL GRUEL.

One tablespoonful of fine Indian meal, mixed with cold water and a saltspoonful of salt; add one pint of boiling water, and cook ten minutes. Stir it frequently, and if it becomes too thick use boiling water to thin it. If the stomach is not too weak a tablespoonful of cream may be used to cool it. Some like it sweetened and others like it plain. It should be very smooth, and should not have the faintest suspicion of a scorch about it. For very sick persons let it settle, pour off the top, and give without other seasoning. For convalescents toast a piece of bread as nicely as possible, and put it in the gruel with a tablespoonful of nice sweet cream, and a little ginger and sugar. This should be used only when a laxative is allowed.

#### ONION GRUEL.

It is excellent for cold. Slice down a few onions and boil them in a pint of new milk, stir in a sprinkle of oatmeal and a very little salt, boil till the onions are quite tender, then sup rapidly and go to bed.

#### CRACKER GRUEL.

Pour one cup of boiling water over four tablespoonfuls of powdered crackers and stir until smooth. Add one cup of milk, and return it to the fire. Let it boil until it thickens. Season with salt and serve immediately.

#### EGG GRUEL.

Beat the yolk of one egg until light with one teaspoonful of sugar and a sprinkle of salt. Add a little flavoring of nutmeg or cinnamon. Then stir in the white which has been beaten until foaming. Pour over it the hot milk, and serve at once.

## OATMEAL GRUEL.

Put one quart of boiling water and one-half teaspoonful of salt into a double boiler, and sprinkle in two tablespoonfuls of fine oatmeal. Cook one hour, strain and serve with milk and sugar, if ordered. Farina gruel is made in the same way.

## BARLEY GRUEL.

Boil the barley three or four hours in plenty of water, then when the water is white and glutinous, strain it off and add a little loaf sugar, and a very little salt. This is exceedingly nourishing, and is good for infants.

## PREPARED FLOUR.

Take a teacupful of flour, tie up tightly in cloth and put in a kettle of water; boil from three to six hours, take out, remove the cloth, and you will have a hard, round ball. Keep in a dry, cool place, and when wanted for use, prepare by placing some sweet milk (new always preferred) to boil, and grating into the milk from the ball enough to make it as thick as you desire, stirring it just before removing from the stove with a stick of cinnamon; this gives it a pleasant flavor; put a little salt into the milk. Very good for children having summer complaint.

## GRAHAM GEMS FOR INVALIDS.

Mix graham flour with half milk and half water, add a little salt, beat, making the batter thin enough to pour; have the gem-pan very hot, grease it, fill as quickly as possible and return immediately to a hot oven; bake about thirty minutes. Practice will teach just the proper consistency of the batter, and the best temperature of the oven. It will not be good unless well beaten.

## TO REMOVE GREASE FROM BROTHS.

After pouring in dish, pass clean white wrapping paper quickly over the top of broth, using several pieces, till all grease is removed.

## CLAM BROTH.

Select twelve small, hardshell clams, drain them, and chop them fine; add half a pint of clam juice or hot water, a pinch of cayenne, and butter the size of a walnut; cook slowly for one half hour. Then add one gill of hot milk, let boil, strain, and serve. An excellent broth for a weak stomach.

## VEAL OR MUTTON BROTH.

Take a scrag-end of mutton (two pounds), put it in a saucepan, with two quarts of cold water, and an ounce of pearl barley or rice. When it is coming to a boil, skim it well, then add half a teaspoonful of salt; let it boil until half reduced, then strain it, and take off all the fat, and it is ready for use. This is excellent for an invalid. If vegetables are liked in this broth, take one turnip, one carrot, and one onion, cut them in shreds, and boil them in the broth half an hour. In that case, the barley may be served with the vegetables in broth.

## CHICKEN BROTH.

Make the same as mutton or beef broth. Boil the chicken slowly, putting on just enough water to cover it well, watching it closely that it does not boil down too much. When the chicken is tender, season with salt and a very little pepper. The yolk of an egg beaten light and added, is very nourishing.

## OYSTER TOAST.

Toast a nice slice of dry bread, butter it and lay it on a hot dish. Put in a tin basin six oysters, half a teacupful of their own liquor, and half a cupful of milk, and boil one minute. Season with a little butter, pepper and salt, and pour over the toast and serve.

## PLAIN MILK TOAST.

Cut a thin slice from a loaf of stale bread, toast it quickly, and sprinkle a little salt over it. Pour upon it four tablespoonfuls of boiling milk or cream. Crackers split and toasted in this manner, are often very grateful to an invalid.

## TOAST WATER, OR CRUST COFFEE.

Take stale pieces of crusts of bread or the end pieces of the loaf; toast them very brown, care to be taken that they do not burn in the least, as that affects the flavor. Put the browned crusts into a large milk pitcher, and pour enough boiling water over to cover them; cover the pitcher closely, and let steep until cold. Strain, and sweeten to taste. A piece of ice in each glass adds to it. This is also good, taken warm with cream and sugar, the same as coffee.

## BOILED RICE.

Boil half a cupful of rice in just enough water to cover it, with half a teaspoonful of salt; when the water has boiled nearly out and the rice be-



gins to look soft and dry, turn over it a cupful of milk, and let it simmer until the rice is done and nearly dry; take from the fire and beat in a well-beaten egg. Eat it warm with cream and sugar. Flavor to taste.

#### BEEF-TEA SOUP.

To one pint of "beef essence" (made in a bottle as directed in recipe on a preceding page), quite hot, add a teacup of the best cream, well heated, into which the yolk of a fresh egg has been previously stirred, mix carefully together, and season slightly, and serve.

#### VEGETABLE SOUP.

Two tomatoes, two potatoes, two onions, and one tablespoonful of rice; boil the whole in one quart of water for one hour, season with salt, dip dry toast in this till quite soft, and eat; this may be used when animal food is not allowed.

#### SOFT-BOILED EGGS.

Pour boiling water on a fresh egg in a teacup, cover with a saucer, and let it stand for five minutes or more. If two eggs are to be cooked a small bowl may be used. This plan prevents the coagulation of the white, and is very delicate.

#### CHICKEN PANADA.

Skin the chicken and cut it up in joints. Take all the meat off the bones, and cut up into small pieces; put it in a jar with a little salt, tie it down, and set it in a saucepan of boiling water. It should boil from four to six hours; then pass it through a sieve with a little of the broth. It could be made in a hurry in two hours, but it is better when longer time is allowed. —Do not put the wings in the panada.

#### EGG TOAST.

Toast well, but not too brown, two thin slices of stale bread; put them on a warm plate, sprinkle with a pinch of salt, and pour upon them some boiling water and quickly cover with another dish of the same size. Put a very small bit of butter on the toast and serve with a poached or soft-boiled egg on it.

#### OATMEAL BLANC MANGE.

A delicious blanc-mange is made by stirring two heaping tablespoonfuls of oatmeal into a little cold water, then stir with a quart of boiling milk, flavor and pour into molds to cool, when cream or jelly may be eaten with it.

## RICE CREAM.

Grind rice to a very fine flour; stir it with a little cold milk and a pinch of salt. Have a pint of milk boiling slowly, and stir in the rice smoothed in cold milk; add sugar and flavor to taste; stir all the time until it is done; turn it into a white dish. Now take the white of one egg and whip it to a froth; add pulverized sugar to make as for cake frosting; spread it smoothly over your rice, and set in the oven for three minutes. This is nice cold with cream, or warm served with currant jelly.

## PANADA.

Sprinkle large soda crackers with white sugar and nutmeg; then pour on a little more boiling water than the crackers will absorb. This is a pleasant dish if dressed with a frosting as the rice cream, or covered with strawberries and sifted sugar.

## CRACKER PANADA.

Break in pieces three or four hard crackers that are baked quite brown, and let them boil fifteen minutes in one quart of water; then remove from the fire, let them stand three or four minutes, strain off the liquor through a fine wire sieve, and season it with sugar. This is a nourishing beverage for infants that are teething, and, with the addition of a little wine and nutmeg, is often prescribed for invalids recovering from a fever.

## IRISH MOSS BLANC MANGE.

Soak one-half cup of Irish moss (to be found at any drug store) in cold water until soft, pick over, wash carefully, and put into a double boiler with one quart of milk. Boil until it thickens when dropped on a cold plate. Add a saltspoonful of salt, strain and add one teaspoonful of vanilla. Turn into a mold that has been wet with cold water. Serve with cream and sugar.

## TAPIOCA CUP PUDDING.

This is very light and delicate for invalids. An even teaspoonful of tapioca, soaked for two hours in nearly a cupful of new milk; stir into this the yolk of a fresh egg, a little sugar, a grain of salt, and bake it in a cup for fifteen minutes. A little jelly may be eaten with it.

## RICE JELLY.

Mix one heaping tablespoonful of rice flour with cold water until it is a smooth paste, add a scant pint of boiling water, sweeten with loaf-sugar;

boil until quite clear. If the jelly is intended for a patient with summer complaint, stir with a stick of cinnamon; if for one with fever, flavor with lemon juice, and mold. Rice water is made in the same manner, by using twice the quantity of boiling water.

#### TOAST AND WATER.

Toast slowly a thin piece of bread till extremely brown and hard, but not the least black; then plunge it into a jug of cold water, and cover it over an hour before used. This is of particular use in weak bowels. It should be of a fine brown color before drinking it.

#### DRINKS FOR INVALIDS.

Mash any kind of fruit, currants, tamarinds, berries, pour *boiling* water on them. In ten minutes strain it off, sweeten, cool; add a little ice, if possible. Do not allow this drink to *stand* in the sick-chamber, keep it in a cool, airy place.

Boiling water poured over browned flour, or browned wheat or corn, or evenly toasted bread, and treated as above, is also a wholesome, agreeable drink for the sick. Sage, balm, and sorrel mixed and put with half a sliced lemon, and treated as above, is a valuable drink in fevers.

#### BARLEY WATER.

Put a large tablespoonful of well-washed pearl barley into a pitcher; pour over it boiling water; cover it, and let it remain till cold; then drain off the water; sweeten to taste, and, if liked, add the juice of a lemon, and grated nutmeg.

#### JELLY WATER.

One large teaspoonful of currant or cranberry jelly, one gobletful of ice water. Beat up well for a fever patient. Wild cherry or blackberry jelly is excellent, prepared in like manner for those suffering with summer complaint.

#### MULLED JELLY.

Take one tablespoonful of currant or grape jelly; beat with it the white of one egg and a teaspoonful of sugar; pour on it a teacupful of boiling water, and break in a slice of dry toast or two crackers.

#### FEVER DRINK.

Pour cold water on wheat bran, let boil half an hour, strain, and add sugar and lemon juice. Pour boiling water on flaxseed, let stand till it is ropy, pour into hot lemonade and drink.

## CREAM OF TARTAR DRINK.

Two spoonfuls of cream of tartar, the grated rind of a lemon, half a cup of loaf sugar, and one pint of boiling water, is a good summer drink for invalids, and is cleansing to the blood.

## FLAXSEED TEA.

Pour a pint of boiling (soft or rain) water upon an ounce of unbruised flaxseed and a little pulverized liquorice root and place the vessel near, but not on, the fire for four hours. Strain through a linen cloth. Make it fresh every day. An excellent drink in fever accompanied by a cough.

## FLAXSEED LEMONADE.

To a large tablespoonful of flaxseed, allow a tumbler and a half of cold water. Boil them together till the liquid becomes very sticky. Then strain it hot over a quarter of a pound of pulverized sugar, and an ounce of pulverized gum arabic. Stir it till quite dissolved, and squeeze into it the juice of a lemon. This mixture has frequently been found an efficacious remedy for a cold, taking a wine-glassful of it as often as the cough is troublesome.

# CANNING AND PRESERVING.

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## PRESERVED CHERRIES.

Take large ripe morello cherries; to each pound allow a pound of sugar. As you stone them throw them into a large pan or tureen, and strew about half the sugar over them, and let them lie in it an hour or two after they are all stoned. Then put them into a preserving-kettle with the remainder of the sugar, and boil and skim them till the fruit is clear and the syrup thick.

## CRAB APPLE PRESERVES.

Core the crab apples with a sharp penknife through the blossom end, leaving the stems on. Take one pound of white sugar for each pound of prepared fruit, and one cupful of cold water to the pound. Put over a moderate fire, let dissolve and boil; skim and drop the apples in. Let them boil gently until clear and the skins begin to break. Skim out, boil syrup until thick, put the fruit in jars and pour syrup over it. Many think that slices of lemon boiled with the fruit is an improvement. One lemon is enough for several pounds of fruit.

## PRESERVED GREEN TOMATOES.

Take one peck of green tomatoes. Slice six fresh lemons without removing the skins, but taking out the seeds; put to this quantity six pounds of sugar, common white, and boil until transparent and the syrup thick. Ginger root may be added, if liked.

## PRESERVED WATERMELON RINDS AND CITRON.

Pare off the outer skins and all the red part and cut the white parts into pieces two or three inches long. Weigh the pieces and put them in a porcelain-lined kettle, putting enough cold water to cover them, also, a few bits of alum. Boil slowly ten minutes. Then take them out and spread on a dish to cool. Melt a pound and a half of sugar for every pound of rinds, with a pint of water. Boil and skim the sugar and when quite clear put in the rinds and simmer gently until you can pierce them with a straw. When

tender lift the pieces carefully with a skimmer, place on a large kettle and put in the sun for one or two hours to harden. Peel the yellow rind from one lemon and add to the syrup, then add the juice of the lemon and a small piece of green ginger root cut in thin slices. Boil gently until it is a thick syrup and stand aside until wanted. When the rinds have hardened put them into the cans cold, bring the syrup again to a boil and strain it over them. Citron and pumpkin may be preserved in the same manner.

#### QUINCES.

Pare and core the quinces and cut into rings. Finish the same as peaches, using a half pound of sugar to every pound of quinces. The skin may be used for jelly.

#### PINEAPPLE.

Pare the pineapple and take out the eyes, then pick it into pieces with a silver fork. Weigh it after picking it apart, and to every pound allow three-quarters of a pound of sugar. Put fruit and sugar in a porcelain-lined kettle and cook over a moderate fire about fifteen minutes, when it should be canned while boiling hot.

#### CANNED BLACKBERRIES.

To every pound of berries take one-quarter pound of sugar. Put the berries in a porcelain-lined kettle and put the sugar over them. Add one-fourth teaspoonful of powdered alum to each quart. Let them cook slowly. Cook five minutes after they boil and can while boiling hot.

#### CURRENTS AND RASPBERRIES.

To one pint of large red raspberries allow a half pint of currant juice and a half pound of sugar. Put this in a porcelain-lined kettle, boil five or ten minutes. Put in cans while boiling hot.

#### CANNED PEACHES.

Select some fine, free-stone peaches; pare, cut in two and stone them. Immerse in cold water, taking care not to break the fruit. When you have enough to fill a couple of jars take them from the water, put them in a porcelain-lined kettle, cover with boiling water, stand them on the back part of the stove and *let simmer very gently* until you can pierce them with a straw. In another vessel put one quart of water and a pound of granulated sugar, stir until the sugar is dissolved and boil two or three minutes. Lift the peaches carefully with a skimmer from the water to the syrup, bring to a boil, skim, and can at once.

## PEARS.

Prepare and can precisely as for peaches. They will require longer cooking. Bartlett pears are best for canning.

## CANNED STRAWBERRIES.

After the berries are pulled, let as many as can be put carefully in the preserving kettle at once be placed on a platter. To each pound of fruit add three-fourths of a pound of sugar; let them stand two or three hours, till the juice is drawn from them; pour it in the kettle and let it come to a boil, and remove the scum which rises; then put in the berries very carefully. As soon as they come thoroughly to a boil put them in warm jars, and seal while boiling hot. A quarter of a teaspoonful of powdered alum to each quart of fruit will make them clear and keep their shape.

## CANNED CURRANTS.

Look them over carefully, stem and weigh them, allowing a pound of sugar to every one of fruit; put them in a kettle, cover, and leave them to heat slowly and stew gently for twenty or thirty minutes; then add the sugar, and shake the kettle occasionally to make it mix with the fruit; do not allow it to boil, but keep as hot as possible until the sugar is dissolved, then pour it in cans and secure the covers at once. White currants are beautiful preserved in this way.

## CANNED PLUMS.

To every pound of fruit allow three-quarters of a pound of sugar; for the thin syrup, a quarter of a pound of sugar to each pint of water. Select fine fruit, and prick with a needle to prevent bursting. Simmer gently in a syrup made with the above proportion of sugar and water. Let them boil not longer than five minutes. Put the plums in a jar, pour in the hot syrup, and seal. Greengages are also delicious done in this manner.

## CHERRY JAM.

Wash and pick over the cherries and put in the preserving kettle on the stove where they will heat through slowly. When heated sufficiently to prevent spoiling, push to the back of the stove and let them remain overnight on the seeds. In the morning, cook until very soft and then put through a colander, first draining off the juice. Boil the juice down about one-half, then add the pulp and one pound of sugar to each quart of pulp. Boil until thick enough and can while hot. A positive quantity of sugar can hardly be given, and more may be added if the cherries are sour.—*R. B. P.*

## GRAPE JAM.

Pick the grapes over carefully, put in preserving kettle and set on the back of the stove. Let them cook slowly until soft, then put through a sieve. Pare, core, and stew enough apples to have the same amount stewed apples as grape pulp. Put through a sieve, mix apples and grapes together and to every quart add three large cups of sugar and cook until sufficiently thick. Some grapes as well as apples require more than others. It is always well to sweeten to taste. Clinton grapes make most excellent jam when prepared in this manner.—*R. B. P.*

## QUINCE HONEY.

One cup of grated quince, one cup of water, and one cup of sugar. Boil until it is thick as honey when dropped from a spoon. Very nice.—*R. B. P.*

## APPLE BUTTER.

Boil one barrel of new cider down to one-third the quantity, peel and core good cooking apples until you have three bushels. When the cider has boiled away sufficiently, add the apples as fast as you can, and when soft, stir constantly until apple butter is done. Try by taking a small quantity out in a saucer and if no cider appears around the sauce when cool, it is done. If wanted to be kept over year, put in air-tight jars, if not put away in stone jars, covering first with writing-paper cut to fit the jar and press down closely upon the apple butter; cover the whole with thick brown paper snugly tied down. The more you boil the cider before adding apples the less stirring will have to be done. Allow enough cider to cover apples, of course.—*R. B. P.*

## EGG BUTTER.

Boil a pint of molasses slowly about fifteen or twenty minutes, stirring to prevent burning; add three eggs well beaten, stirring them in as fast as possible, boil a few minutes longer, partially cool, and flavor to taste with lemon.

## LEMON BUTTER.

Beat the yolks of four eggs, one pound of sugar, and one-quarter of a pound of butter together until very light; then add the whites of eggs well beaten. Put into a farina kettle and stir over the fire for about twenty minutes or until it thickens then add the juice and rind of two lemons and turn into *earthen* dish to cool.



## TOMATO PRESERVES.

Scald and peel carefully small perfectly-formed good tomatoes, not too ripe (yellow pear-shaped are best), prick the end with a knife and gently squeeze the seeds and water out, add an equal amount of sugar by weight, let lie overnight, then pour off all juice into a preserving-kettle, and boil until it is a thick syrup, clarifying with white of an egg; add tomatoes and boil carefully until they look transparent. A piece or two of root-ginger, or one lemon to a pound of fruit sliced thin and cooked with the fruit, may be added.—*R. B. P.*

## TOMATO SAUCE.

Peel and seed ripe red tomatoes, cook until soft, put through sieve. Take equal quantity of good stewed apples and put through sieve. Add to the tomatoes and to every quart put three cupfuls of sugar or to taste. Boil until sufficiently thick not to run on plate. Flavor with lemon.—*R. B. P.*

## PICKLED CHERRIES.

Select sound, large cherries, as large as you can get them; to every quart of cherries allow a large cupful of vinegar, two tablespoonfuls of sugar, a dozen white cloves, half a dozen blades of mace; put the vinegar and sugar on to heat with the spices; boil five minutes, turn into a covered stoneware vessel; cover and let it get perfectly cold; pack the cherries into jars, and pour the vinegar over them when cold; cork tightly and set away; they are fit for use almost immediately.

## SPICED CURRANTS.

Seven pounds of fruit, four pounds of sugar, one pint of good cider vinegar, one tablespoonful of ground cinnamon, one teaspoonful of cloves. Put into a kettle and boil until the fruit is soft; then skim out the fruit, putting it on dishes until the syrup is boiled down thick. Turn the fruit back into the syrup again, so as to heat it all through; then seal it hot in glass jars, and set it in a cool, dark place. If you do not like the spice through the fruit tie them in a bag and boil in the syrup. Any tart fruit may be put up in this way, and is considered a very good embellishment for cold meats.

## SPICED PEACHES.

Seven pounds of whole pared peaches (or halved and seeded if liked) four pounds of sugar, one pint of vinegar, whole cloves, allspice, and cinna-

mon to taste. Boil vinegar, sugar and spices (tie these in a cheese cloth bag) together. Put in peaches and cook until soft. Can while hot.—*R. B. P.*

#### TO CRYSTALLIZE FRUIT.

Pick out the finest of any kind of fruit—leave in the stones; beat the whites of three eggs to a stiff froth; lay the fruit in the beaten egg, with the stems upward; drain them and beat the part that drips off again; select them out, one by one, and dig them into a cupful of finely powdered sugar; cover a pan with a sheet of fine paper, place the fruit on it, and set in a cool oven; when the icing on the fruit becomes firm, pile them on a dish, and set them in a cold place.

#### JELLIES.

Jellies should always be made in a porcelain-lined kettle. Strain the juice which has been extracted from the fruit through a coarse flannel bag wrung out of hot water. Use the best granulated sugar and do not have the fruit, especially currants and grapes, overripe. Make not over two or three pints of jelly at a time, as larger quantities require longer boiling. As a general rule allow equal measures of juice and sugar. Boil juice rapidly ten minutes from the first moment of boiling, skim, add sugar, and boil ten minutes longer. Never attempt to make jelly in damp or cloudy weather if firmness and clearness are desired. To test jelly, drop a little in a saucer, set on ice or in a cool place: if it does not spread but remains rounded and “jells” it is finished.

#### APPLE JELLY.

Select tart apples; slice and quarter them without paring; place in a porcelain preserving kettle, cover with water, and let them cook slowly until the apples look red. Drain off the juice through a colander, and then through a jelly-bag; return to the kettle, which must be carefully washed, and boil half an hour; measure it and allow to every pint of juice a pound of sugar and half the juice of a lemon; boil quickly for ten minutes. Three or four leaves of the rose geranium washed clean and drawn through the jelly gives it a delightful flavor.

#### CIDER JELLY.

Take the cider just as it is made, not allowing it to ferment at all, and, if possible, boil it in a very large, flat, shallow pan without a particle of sugar and you will have a beautiful jelly.

## CRANBERRY JELLY.

Wash one quart of cranberries and boil ten minutes in one-half pint of water, then mash and squeeze through a bag, return to kettle, add one pound of sugar and boil rapidly for fifteen or twenty minutes. When it jellies turn into molds.

## PLUM JELLY.

Use the common blue plums. Wash one-half peck of them in cold water and stew slowly in a pint of water till the plums fall to pieces, then turn into a flannel bag and let drip slowly; do not squeeze or the jelly will not be clear. Put the juice into a porcelain lined kettle and bring it quickly to a boil, add the sugar—one pound to every pint of juice—and stir until the sugar is dissolved, then boil continuously until it jellies, skimming the scum as fast as it rises; twenty minutes is generally sufficient but sometimes more is needed before it will jelly properly. Test it after boiling fifteen minutes. As soon as it jellies, fill the tumblers which have been stood in boiling water to prevent them cracking. Set away until cold and firm—then put on the lids and keep in a cool, dark place.

## ORANGE JELLY.

Cover one box of gelatine with one pint of cold water and let soak one hour, then add one pint of boiling water, two cups of sugar and one pint of orange juice, stir until the sugar is dissolved, strain, pour into molds and set in a cold place to harden.

## LEMON JELLY.

Made the same as orange jelly, but use three large lemons and one quart of boiling water.

# PICKLES AND CATSUP.

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## GREEN TOMATO PICKLE.

Slice one peck of green tomatoes, six green peppers and four onions; strew a cup of salt over the slices in layers and let stand one night. The next day, turn the water off and put them in a kettle with a tablespoonful of ground cloves, and the same of allspice and cinnamon; cover with vinegar, boil soft and cover tight. This will be ready to eat in three days.

## BORDEAUX SAUCE.

One gallon of green tomatoes, chopped, two gallons of cabbage, one dozen green peppers, three-quarters of a pound of brown sugar, one-quarter of a pound of white mustard seed, one dozen of onions chopped, one ounce of whole cloves, one ounce of allspice, one ounce of ground ginger, one ounce of celery seed, one gallon of cider vinegar, salt to taste. Let simmer one-half hour in a porcelain-lined kettle. Put away in glass or stone jars.

## TOMATO CHOWCHOW.

Cut up a peck of green tomatoes; take them through a small meat cutter, add one dozen of green and red peppers, one dozen of white onions, salt them down, and press them until next morning; pour off the juice, then mix two pounds of brown sugar, one-quarter of a pound of white mustard seed, or less if you like it, one ounce of celery seed, and cover well with vinegar. Look at it once or twice a week to see if it is well covered in vinegar.

## PICKLED GHERKINS.

One basket of gherkins, washed thoroughly; make a brine strong enough to float an egg. Leave gherkins in brine for about three days; take out, and wash again. For spicing, use whole allspice, cloves, mace and mustard seed, into a stone jar place first a layer of gherkins, then sprinkle with the spices, and alternate gherkins and spices until the jar is nearly full. Cover with boiling vinegar; a root of horse-radish placed on top will be a sure preventive of molding.

## CHILI SAUCE.

Nine large ripe tomatoes, two onions, one green pepper, half cup of sugar, one cup of vinegar, one tablespoonful of salt, one teaspoonful of allspice, one teaspoonful of cloves, one teaspoonful of mustard. Skin tomatoes, chop all together and simmer one hour.

## PICKLED CHERRIES.

To each pint of cherries allow one-half cup of vinegar, and one tablespoonful of white sugar, with six whole cloves, three blades of mace; boil vinegar, sugar, and spices for five minutes. Put cherries into a covered stone jar, and pour hot liquid over them; cover and let get perfectly cold.

## PICCALILLI. No. 1.

One peck of green tomatoes; (if the flavor of onions is desired, take eight, but it is very nice without any); four green peppers; slice all, and put in layers, sprinkle on one cup of salt, and let them remain overnight; in the morning press dry through a sieve, put it in a porcelain kettle and cover with vinegar; add one cup of sugar, a tablespoonful of each kind of spice; stew slowly about an hour, or until tender. A most delicious accompaniment for any kind of meat or fish.

## PICCALILLI. No. 2.

Four quarts each of cut cucumbers, beans, celery, nasturtiums, and cabbage and two quarts each of cut peppers and onions. Pour on boiling vinegar, flavored strongly with mustard, mustard seed, and ground cloves.

## PICKLED ONIONS.

Skin small white button onions; lay in salt and water overnight. Boil enough vinegar to cover them, with mace, and whole peppercorns, half ounce each for half peck of onions. When the vinegar and spices boil put onions in for five minutes; when cold put them in wide-mouthed bottles and cork them close.

## SHIRLEY SAUCE.

One-half peck of ripe tomatoes peeled and chopped fine. Chop *very* fine, four green peppers and, if desired, four onions. Mix and add six tablespoonfuls of sugar, two of salt, three of ground cloves, two of allspice and one pint of vinegar. Boil on back of stove till thick enough—about two hours.

## PICKLED WALNUTS.

One hundred walnuts, salt and water. To each quart of vinegar allow two ounces of whole black pepper, one ounce of allspice, one ounce of bruised ginger. Procure the walnuts while young; be careful they are not woody, and prick them well with a fork; prepare a strong brine of salt and water (four pounds of salt to each gallon of water), into which put the walnuts, letting them remain nine days, and changing the brine every third day; drain them off, put them on a dish, place it in the sun until they become perfectly black, which will be in two or three days; have ready dry jars, into which place the walnuts, and do not quite fill the jars. Boil sufficient vinegar to cover them, for ten minutes, with spices in the above proportion, and pour it hot over the walnuts, which must be quite covered with the pickle; tie down with bladder, and keep in dry place. They will be fit for use in a month, and will keep good two or three years.

## CHOWCHOW.

One-half peck of green tomatoes cut fine, one half peck of small onions, parboiled, three dozen of small cucumbers, one pint of nasturtiums, nine sweet peppers, cut fine, two quarts of string beans, parboiled, two quarts of lima beans, parboiled, two quarts of sweet corn, parboiled, one large head of cabbage, cut fine, one head cauliflower, parboiled, one-half teacupful of salt, a heaping tablespoonful of turmeric, half a pound of ground mustard, one pound of sugar, one-half a teacupful of cornstarch, vinegar to cover. Put over fire and just let come to a boil. Bottle and cork while boiling hot.—*R. B. P.*

## WALNUT CATSUP.

Take one hundred green walnuts that are young enough to be pierced easily with a pin. Pierce each in five or six places, put in an earthen vessel, cover with a half pound of salt and two quarts of vinegar. Cover and stand aside for six days, mashing and stirring every day. At the end of that time, strain and squeeze every drop of liquor from the walnuts. Add a half pint of vinegar to the remaining husks, beat them with a potato masher, and squeeze again. Turn all this liquor into a porcelain kettle, add to it one ounce of whole peppercorns, forty cloves slightly bruised, a quarter ounce of whole mace, a quarter ounce of nutmeg cut in thin slices, a small root of horse-radish cut in slices, one blade of garlic chopped, one red pepper, a half pound of anchovies, and a quarter ounce of green ginger root cut in slices. Bring this mixture slowly to a boil, cover the kettle closely,

and boil slowly a half hour. Then strain, and stand aside to cool. When cool, add one pint of port wine; bottle, cork tightly, and seal. This should stand three or four months before using.

#### TOMATO CATSUP.

One bushel of ripe tomatoes, one-half gallon of vinegar, one-half pound of sugar, one-half pint of salt, one and one-half ounces of black pepper, one and one-half ounces of allspice, two ounces of mustard, one ounce of ginger, one-half ounce of cloves, one-eighth of an ounce of cayenne. Put the tomatoes on to boil, boil gently half an hour, then press them through a sieve to remove the seeds and skins. Return this liquid to a procelain lined kettle, and boil down to one and one-half gallons; then add the vinegar and boil down to one and three-quarter gallons; then add the sugar, salt, and spices; stir until thoroughly mixed. Let boil and bottle while hot—seal tight.

#### COLD TOMATO CATSUP.

Scald, peel, seed, cut fine, and put through a colander a half peck of ripe tomatoes. Drain in a bag six hours, then add a scant half cupful of fine salt, one-half a cupful of white mustard seed, two teaspoonfuls of black pepper, two roots of celery chopped fine, three tablespoonfuls of celery seed, one cupful of nasturtiums chopped fine, one-half cupful of sugar, one tablespoonful of ground cloves, and vinegar to thin. Mix all well together, bottle and seal.—*R. B. P.*

#### PICKLED CABBAGE.

Take one gallon of chopped cabbage, sprinkle with two tablespoonfuls of salt, and let stand two hours. Then mix with two gills of mustard seed, one teaspoonful of allspice, one-half pound of sugar, one tablespoonful of black pepper, one tablespoonful of cloves and one pint of chopped onions, two tablespoonfuls of celery seed. Cover with good cider vinegar.—*R. B. P.*

# CANDIES.

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## CANDIES WITHOUT COOKING.

Very many candies made by confectioners are made without boiling, which makes them very desirable, and they are equal to the best "French creams." The secret lies in the sugar used, which is the XXX powdered or confectioners' sugar. Ordinary powdered sugar, when rubbed between the thumb and finger has a decided grain, but the confectioners' sugar is as fine as flour. The candies made after this process are better the day after.

### CHOCOLATE CARAMELS. No. 1.

One cup of sugar, one cup of molasses, one cup of milk, one-half pound of butter, one bar of chocolate. Put molasses, sugar, and part of milk on to boil. Take remainder of milk and chocolate and heat until melted, then add to molasses. Add butter last and boil until it hardens quickly, when a few drops are put in a cup of cold water. It is then done and should be lifted quickly. Turn into a greased square pan, and, when partly cool, mark into squares with a dull knife. Stand in a cool, dry place to harden.

### CHOCOLATE CARAMELS. No. 2.

Put into a granite saucepan one pound of brown sugar, butter the size of an egg, one-half cup of milk, two tablespoonfuls of New Orleans molasses, one-half bar of chocolate, and one teaspoonful of vanilla. Let it heat and stir until thoroughly dissolved, and make and finish as in the preceding recipe.

### VANILLA CARAMELS.

One cup of brown sugar, four ounces of butter, one cup of molasses, and one cup of cream. Rub butter and sugar together until it creams, add cream and molasses and boil and finish as the preceding recipes. When done, and before putting in pans add vanilla to taste.



## CREAM CHOCOLATES. No. 1.

Put in a saucepan two cups of granulated sugar, one-half cup of cold water, and one-half teaspoonful of cream of tartar dissolved in a little boiling water. Beat all together with a wooden spoon until dissolved. Take spoon out and set over fire. Boil without stirring until it becomes a jelly (try by cooling a little in a spoon.) Take from stove, flavor with vanilla, set in a pan of cold water and beat with a wooden spoon until it is cold when it should be creamy. (If not stiff enough, you can place on the stove and boil a little longer, though they will not be so nice.) Turn out on a marble slab or large platter which has been dusted with powdered sugar. Knead well, then begin molding the pyramids and stand on greased paper to cool. Let stand two or three hours. Then grate one-half bar of chocolate in a bright tin basin, set in a pan of boiling water to melt and keep the pan in the boiling water while using to prevent chocolate from hardening. Sift a molded cream drop, hold in fingers, and with a knife smooth the melted chocolate over it, slide back on greased paper. The syrup may be separated and different flavor added. All kinds of nuts may be used with this cream, and a great variety of candies made.—As cream walnuts, dates, figs, almonds, citron, raisins, etc.—*R. B. P.*

## CREAM WALNUTS.

Beat the white of one egg with a tablespoonful of water, adding gradually one pound of confectioners' xxx or xxxx sugar. Flavor with one-half teaspoonful of flavoring, knead the mass to the consistency of dough, mould into balls the size of marbles, press a walnut on either side and lay on greased paper to harden.

## CREAM CHOCOLATES. No. 2.

The cream may be made as for cream walnuts, and the chocolates finished as in preceding recipe for cream chocolates.

## MINT AND VANILLA DROPS.

Make the cream as Cream Chocolates No. 1, flavor the compound with peppermint or vanilla extract and before it gets cold (do not knead) drop on buttered paper, or they may be made as cream walnuts using less sugar that they may be dropped.

## COCOANUT CANDY. No. 1.

Make the cream as in Chocolate Candy No. 1, flavor with orange and stir in two cups of grated cocoanut when the sugar first begins to get

creamy. Put on marble slab, knead, and spread out to the thickness of three-fourths of an inch. Cut in squares and place on greased paper to cool.

#### COCOANUT CANDY No. 2.

Boil two pounds of sugar in one cup of cocoanut milk ten minutes. Add the whole grated cocoanut and then boil five minutes. Pour in pans and cut in squares.

#### TAFFY.

Stir one-half pint of water and three cups of confectioners' A sugar over the fire until dissolved, then boil. When nearly done add three tablespoonfuls of butter and one teaspoonful of lemon juice. Boil to the "crack," that is until when dropped in cold water it hardens quickly and when bended will "crack" or snap and not stick to the teeth. Then add two teaspoonfuls of vanilla and turn out in shallow pans to cool.

#### SHELLBARK TAFFY.

Stir well together two cups of granulated sugar and one-half cup of water until dissolved, set over the fire and add three tablespoonfuls of vinegar; do not stir after putting on the stove. Boil to the crack, and then having a layer of nuts in a pan, pour over them just enough syrup to cover them.

#### MOLASSES CANDY.

Two cups of New Orleans molasses, one cup of brown sugar, one tablespoonful of vinegar, one ounce of melted butter. Mix all together and boil, stirring all the while until it hardens and cracks when dropped in cold water; then add if liked a teaspoonful of baking soda, and pour into buttered tins, or, when cool, pull and cut in sticks. While pulling, brush the hands with butter or moisten them with ice water. The longer it is pulled, the whiter and nicer it will become, both in color and taste.—*R. B. P.*

#### WALNUT AND PEANUT MOLASSES CANDIES.

Make a plain molasses candy, and when done, grease deep square pans with butter, put the kernels in the bottom of pan and pour the candy over them.

## LEMON DROPS.

Upon a cupful of finely powdered sugar, pour just enough lemon juice to dissolve it, and boil until brittle when dropped in cold water. Drop this on buttered plates in drops; set away to cool and harden.

## BUTTER-SCOTCH.

Three cupfuls of sugar, one-half cupful of water, one-half cupful of vinegar. Stir before putting on the stove, but not after. When partly done add three large teaspoonfuls of butter. Just before taking from the stove stir in one-half teaspoonful of soda dissolved in a few drops of hot water. When cool enough to handle, pull until white.

## NOUGAT.

Grease a square, shallow pan well with butter. Fill with hickory-nut kernels, Brazilian nuts cut in slices, almonds, cocoanut cut in thin strips, dates, and a few bits of candied orange peel or any nuts you have cut up fine. Boil two pounds of sugar and one cupful of water together without stirring (after the sugar melts) until it hardens and becomes brittle when dropped in cold water; then add three teaspoonfuls of lemon juice, and pour into the pans over the nuts, mark out in squares with a knife when nearly cold.

# HOME REMEDIES.

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AN "emergency closet" is something each home should possess and is an invaluable auxiliary to a sick room. It can be furnished with the following articles at a moderate expense: A hard-rubber syringe, fountain syringe, bed-pan, rubber sheet, rubber water bottle, rubber air cushion, rubber ice cap, a large and small paper basin, gas or kerosene stove on same floor, but not in the sick room, tin kettle for poultices, large spoon, minim glass, sputa cup, teaspoons and drinking glasses, a half-covered drinking cup, which will allow feeding the patient without raising the head, spatula for spreading plasters, glass graduate for measuring fluids of the body, glass graduate for measuring medicine. A bottle of pure vaseline, a bottle of brandy, and some disinfectant should always be handy, also a bottle of prepared mustard plaster. It would be well to have a drawer for old linen, cotton, tape, thimble, needle, thread, scissors, safety pins, common pins, bandages, old sheets, and nightgowns, and old soft linen handkerchiefs.

## A BREAD AND MILK POULTICE.

Put a tablespoonful of the crumbs of stale bread into a gill of milk, and give the whole one boil up. Or, take stale bread-crumbs, pour over them boiling water, and boil till soft, stirring well; take from the fire and gradually stir in a little glycerine or sweet oil, so as to render the poultice pliable when applied.

## A HOP POULTICE.

Boil one handful of dried hops in half a pint of water until the half pint is reduced to a gill, then stir into it enough Indian meal to thicken it.

## FOR SICK HEADACHE.

Lay a cold wet cloth on the stomach with dry flannel over it, put the feet into hot mustard water, and swallow a few spoonfuls of lemon juice.

## TO PREVENT TAKING COLD.

If out in cold weather with insufficient clothing or wrappings, fold a newspaper and spread across the chest. Persons having weak lungs can in this way make for themselves a very cheap and perfect lung protector. Large papers spread between quilts at night, add much to the warmth.

## FOR COLD IN THE HEAD.

As soon as you feel that you have a cold in the head, put a teaspoonful of sugar in a goblet, and on it put six drops of camphor, stir it, and fill the glass half-full of water; stir, till the sugar is dissolved, then take a dessert-spoonful every twenty minutes. This is sure cure if taken as directed. If you have a cold "hanging on," which is not very bad, a liberal drink of cold water just before going to bed and extra bedclothes is good without medicine. What you do, do well.

## CROUP.

Croup, it is said, can be cured in one minute, and the remedy is simply alum and sugar. The way to accomplish the deed is to take a knife or grater, and shave off in small particles about a teaspoonful of alum; then mix it with twice its amount of sugar, to make it palatable, and administer it as quickly as possible. Almost instantaneous relief will follow. Turpentine is also a sovereign remedy for croup. Saturate a piece of flannel with it, and place the flannel on the throat and chest—and in very severe cases, three to five drops on a lump of sugar may be taken internally, or warm a teaspoon with a little lard in it or goose grease; thicken with sugar, and give it to the child; it may produce vomiting, which is always desirable, thus breaking up the membrane that is forming. Apply lard or goose grease to throat and chest, with raw cotton or flannel. Care should be taken, removing only a small piece at a time of these extra wraps to prevent taking cold.

## GROWING PAINS CURED.

Wring a towel from salted water, wrap the limb in it from the ankle to knee, without taking the child from his bed, and then swathe with dry flannels, thick and warm, tucking the blankets about him a little closer, and relief is sure.

## FOREIGN BODY IN NOSTRIL.

Children often push foreign bodies up the nostril. To remove it, make the child draw a full breath, and then, closing the other nostril with the finger, and the mouth with the hand, expel the air from the lungs by a sharp blow on the back. If it can not be removed in this way, compress the nostril above it to prevent its going up any further, and hook it out with the bent end of a wire or bodkin. If this fails, call a surgeon.

## FOREIGN BODIES IN THE EAR.

Take the head of the child between the knees, face downward, and inject a stream of warm water into the ear, holding the nozzle of the syringe outside, so as to allow the foreign body to come out with the water. Probing, with any substance whatever, is very dangerous, and may inflict permanent injury. When the above plan does not succeed, call a surgeon. Kill insects that get into the ear by pouring in sweet oil or glycerine, which drowns and brings them to the surface.

## EARACHE.

Place a little cotton-wool, saturated with chloroform, in a new clay pipe; insert the stem of the pipe in the patient's ear, close the lips over the bowl of the pipe, and blow gently. The evaporating chloroform will relieve the pain immediately. Warm poultices, or a drop of warm olive oil, mixed with a like amount of laudanum, dropped into the ear, may also be used.

## RINGWORM.

A very simple, yet effective manner of curing ringworm is to place on the affected part, for a short time every night, a copper coin which has remained for some time in vinegar, and is still wet with the liquid. It is also well to bathe the ringworm with a solution of two grains of iodide of potash in one ounce of water.

## BURNS AND SCALDS.

A piece of cotton wadding, spread with butter or sweet oil, and bound on the burn instantly, will draw out the pain without leaving a scar; also a handful of flour, bound on instantly, will prevent blistering. The object is to entirely exclude the air from the part affected. Some use common baking soda, dry or wet, often giving instant relief, withdrawing the heat and pain. Another valuable remedy is to beat the yellow of an egg into linseed oil, and apply it with a feather on the injured part frequently. It will afford ready relief, and heals with great rapidity. Some recommend the white part of

the egg, which is very cooling and soothing, and soon allays the smarting pain. It is the exposure of the part coming in contact with the air that gives the extreme discomfort experienced from ordinary afflictions of this kind, and anything which excludes air and prevents inflammation is the thing to be at once applied.

#### BOILS.

The skin of a boiled egg is the most efficacious remedy that can be applied to a boil. Peel it carefully, wet and apply to the part affected. It will draw off the matter, and relieve the soreness in a few hours, or flaxseed meal poultices applied as hot as can be borne are very good.

#### BLEEDING AT THE NOSE.

Roll up a piece of paper and press it under the upper lip. In obstinate cases, blow a little gum arabic up the nostril through a quill, which will immediately stop the discharge; powdered alum, dissolved in water, is also good. Pressure by the finger over the small artery near the ala (wing) of the nose, on the side where the blood is flowing, is said to arrest the hemorrhage immediately. Sometimes by wringing a cloth out of very hot water, and laying it on the back of the neck, gives relief. Napkins wrung out of cold water must be laid across the forehead and nose, the hands dipped in cold water, and a bottle of hot water applied to the feet.

#### CHOKING.

If possible, remove the offending substance at once with the fingers, or with blunt scissors used as forceps, or a loop of small wire bent like a hair-pin. It may be possible to dislodge it by blowing strongly in the ear, or by causing the patient to vomit by tickling the throat. In a child these efforts may be aided by holding it up by the legs. If pins, needles, or fish bones get in the throat, they frequently require great care in attempts at removal. A surgeon had better be called as soon as possible if the body cannot be dislodged at once, and especially if there be difficulty in breathing.

#### CHOLERA MORBUS.

This affection often requires that something be done at once. For this purpose, thirty drops of laudanum or two or three teaspoonfuls of paregoric may be given to an adult, or proportionate doses for children. Also apply over the stomach a mustard plaster or cloths wrung out of hot water and turpentine, and frequently changed. If relief is not soon obtained, seek the advice of a physician.

## SLEEPLESSNESS

Caused by too much blood in the head may be overcome by applying a cloth wet with cold water to the back of the neck.

## HEMORRHAGES OF THE LUNGS OR STOMACH

Are promptly checked by small doses of salt. The patient should be kept as quiet as possible.

## WORMS.

A nice dish of boiled onions for supper once a week is one of the best of medicines for keeping children free from worms.

## BLACKBERRY CORDIAL FOR DIARRHŒA OR DYSENTERY.

Warm and squeeze the berries ; add to one pint of juice one pound of white sugar, one-half ounce of powdered cinnamon, one-fourth ounce of mace, and two teaspoonfuls of cloves. Boil all together for one-fourth of an hour ; strain the syrup and to each pint add one glass of French brandy. Dose, one tablespoonful for an adult and one teaspoonful for a child.—*R. B. P.*

## OINTMENT FOR TETTER OR RINGWORMS.

One-fourth of a pound of unsalted butter, one-half of an ounce of red presipit, and one ounce of Venice turpentine. Put all together, beat well, and it is ready for use.—*Lucy Wilson.*

## BLACKBERRY SYRUP.

One quart of blackberry juice, one pound of sugar, one-half ounce of grated nutmeg, one-half ounce of cinnamon, one-fourth ounce of cloves and one-fourth ounce of allspice. Let come to a boil and bottle. This is good for children in case of diarrhœa, not being so strong as the *Blackberry Cordial.*

## FOR SORE THROAT.

Cut slices of salt pork or fat bacon ; simmer a few moments in hot vinegar, and apply to throat as hot as possible. When this is taken off, as the throat is relieved, put around a bandage of soft flannel. A gargle of equal parts of borax and alum, dissolved in water, is also excellent. To be used frequently, or use as a remedy one ounce of camphorated oil and five cents worth of chlorate of potash. Put the potash in half a tumbler of water, and with it gargle the throat thoroughly, then rub the neck thoroughly with the



camphorated oil at night before going to bed, and pin around the throat a small strip of woollen flannel. A flannel dipped in boiling water, and sprinkled with turpentine, laid on the chest as quickly as possible, will relieve the most severe cold or hoarseness.

#### IVY POISONING.

A simple and effectual remedy for ivy poisoning, is said to be sweet spirits of nitre. Bathe the affected parts two or three times during the day, and the next morning scarcely any trace of the poison will remain.

#### ANTIDOTES FOR POISONS.

If any poison is swallowed, drink at once a half glass of warm water with a heaping teaspoonful each of common salt and ground mustard. This causes vomiting as soon as it reaches the stomach, then swallow the white of one or two eggs or drink a cup of strong coffee. For ammonia, give vinegar freely. For zinc, give white of eggs and sweet milk. For laudanum, give an emetic of mustard and water. For alcohol, give common salt, moderately. For arsenic, give magnesia in large draughts. For insects taken into the stomach, give small quantities of salt and vinegar. For bite of insects, apply ammonia freely. For bite of serpent or mad-dog bite apply fire in some form to the wound, thoroughly and immediately.

# LAUNDRY RECIPES.

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CLOTHES should be thoroughly scalded (not boiled) before putting them in the last rinse water if you wish them to look white and clear. When suds are allowed to remain in them they cannot help but look dingy.

To preserve washtubs, do not put water inside the tub when the washing is done, but turn it bottom side up, and cover the bottom with water. It will be found that it prevents the staves spreading apart at the top.

As soon as the ironing is done for the day the flatirons should be taken off the stove. To leave them on without using, takes the temper out of them.

Ironing boards (which no one should be without) may be protected from dust by taking two paper flour sacks, cutting the bottom from one and pasting on the top of the other to form the required length. Slip this over the board when putting away.

## RECIPE FOR BLUING.

One ounce of Prussian blue; one-quarter ounce of oxalic acid. Put in a bottle and add one gallon of rain water. Be sure the water is very soft, or the ingredients will not dissolve entirely. This is the cheapest and best bluing in use. It can be filtered through blotting-paper if it leaves any sediment.

## TO PREVENT THE IRON FROM STICKING.

A spoonful of kerosene oil put into cold starch will prevent the iron from sticking.

## ALUM IN STARCH.

For starching ginghams and calices dissolve a piece of alum the size of a hickory nut, for each pint of starch and add to it. This will keep the colors bright for a long time.

## TO PREVENT LUMPS IN STARCH.

To keep flour starch from lumping mix the flour smooth in a little water, then remove the boiling water from the fire for a minute before stirring in the mixture, or it will cook into lumps before it reaches the bottom.

## TO WASH FLANNELS.

The first thing to consider in washing flannels so that they retain their size is, that the article be washed and rinsed in water of the same temperature—that is, about as warm as the hands can bear, and not allowed to cool between. The water should be a strong suds. Rub through two soapy waters; wring them out and put into plenty of clear, clean, warm water to rinse. Then into another of the same temperature, blued a little. Wring, shake them well, and hang up. Do not take out of this warm water and hang out in a freezing air, as that certainly tends to shrink them. It is better to dry them in the house, unless the sun shines. They should dry quickly. Colored flannels should never be washed in the same water after white clothes, or they will be covered with lint, when dry; better be washed in a water for themselves. In washing worsted, such as merino dress goods, pursue the same course, only do not wring them hard; shake, hang them up and let drain. While a little damp, bring in and press smoothly on the wrong side with as hot an iron as can be used without scorching the goods. Flannels that have become yellow from being badly washed, may be nicely whitened by soaking them two or three hours in a lather made of one-quarter of a pound of soft soap, two tablespoonfuls of powdered borax, and two tablespoonfuls of carbonate of ammonia, dissolved in five or six gallons of water.

## JAVELLE WATER FOR TAKING OUT STAINS.

*Javelle water* will take out stains from both linen and cotton. Take one pound of sal-soda, and five cents worth of chloride of lime; put them in an earthen bowl, and turn over them two quarts of boiling hot soft water, rain water is the best. Let it settle, then pour off; bottle and keep for use. It will remove fruit stains, and even take out indelible ink spots. When used, soak the stain till it disappears. Then wash it in water.

## TO REMOVE INK STAINS.

Procure a two-ounce bottle, and put into it five cents' worth of oxalic acid, and fill it with warm water. Put a linen rag over the stain, and pour a few drops of it upon the cloth. It ought to take out the stain at once; if not, rub it gently with the dampened cloth. If there was logwood in the ink it will, however, leave a reddish stain, but rub it with a little chloride of lime dissolved in water, and it will disappear, or dip the spots in pure melted tallow; wash out the tallow and the ink will come out. If articles are rubbed out in cold water while the stain is fresh, the stain will often be entirely removed.

**TO EXTRACT GREASE FROM CLOTH.**

For removing grease from cloth the following is infallible: To half a pint of pure alcohol add ten grains of carbonate of potash, half an ounce of oil of bergamot, and one ounce of sulphuric ether; mix and keep in a glass stopped bottle. Apply with a piece of sponge, soaking the cloth thoroughly when the grease is not recent.

**TO EXTRACT GREASE SPOTS FROM SILK.**

Lay the grease spot upon a thick sheet of blotting or brown paper; place another piece of the same paper over the spot, and press a moderately warm flatiron over it for a minute or so, till the stain disappears. Rub the stained part with a bit of soft silk or flannel.

**HOW TO WASH BLANKETS.**

Make a good suds with bar soap and water, comfortably warm to the hand, and then pour in spirits of ammonia, a tablespoonful at a time, until the suds smells strongly of the ammonia, and turn in two ounces of powdered borax dissolved in boiling water. Shake all the dust out of the blankets, and then rinse them up and down and squeeze lightly in the hands, but do not rub them; it is that motion which fulls the wool and felts it together. Do not rub any soap upon them, but dip them well in the water; then rinse in plain water, warm to the hand, not hot. By folding the blankets lengthwise in a long, narrow strip, they can be drawn through a wringer, but should never be wrung through the hands. Then shake thoroughly and hang out, drawing the edges and corners smoothly together. When thoroughly dry, fold smoothly and place the bosom board over, with one or two flatirons to hold it down, and the next day they will be fresh and sweet. Select a bright, sunny day for washing blankets, and never hang them out in a rain or a drizzle.

**TO WASH SOILED RIBBONS AND TIES.**

Rub carefully through a solution of one-half teaspoonful of ammonia to one cupful of water. If much soiled put through a second water with less ammonia. Lay between clean white cloths and press until dry.

**TO RESTORE VELVET.**

When velvet gets crushed from pressure, hold the parts over a basin of hot water, with the lining of the dress next the water. The pile will soon rise and assume its original beauty.

## HOW TO CLEAN VELVET.

Invert a hot flatiron, place over it a single thickness of wet cotton cloth, lay on this the velvet, wrong side next the wet cloth, rub gently with a dry cloth until the pile is well raised; take off the iron, lay on a table, and brush with a soft brush or cloth.

## TO TAKE OUT MILDEW.

Wet the cloth and rub on soap and chalk, mixed together, and lay in the sun; or lay the cloth in buttermilk for a short time, take out and place in the hot sun; or put lemon juice on, and treat in the same way.

## TO TAKE OUT PAINT.

Equal parts of ammonia and spirits of turpentine will take paint out of clothing, no matter how dry or hard it may be. Saturate the spot two or three times and then wash out in soap-suds.

## TO TAKE OUT MACHINE OIL.

Rub with a little lard or butter and wash in warm water and soap, or, simply rub first with a little soap and wash out in cold water.

## TO TAKE OUT SCORCH.

If any article has been scorched in ironing, lay it where bright sunshine will fall directly on it. Peel and slice two onions, extract the juice by pounding and squeezing; cut up a half an ounce of fine white soap, and add to the juice, also two ounces of Fuller's earth and half a pint of vinegar. Boil all together. When cool spread over the scorched linen, and let dry on; then wash and boil out the linen, and the spots will disappear unless burned so badly as to break the threads.

## TO REMOVE IRON RUST.

Lemon juice and salt mixed together may be spread upon the spots and the article laid in the sun. Repeat the operation if necessary. Starch may be spread on the article instead of salt. When dry wash out in clear water.

## YELLOWED LINEN.

Yellowed linen that has been laid away can be bleached by letting it soak in buttermilk two or three days.

# TOILET RECIPES.

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To keep health and beauty, or to restore it when lost, it is necessary to observe the laws of health.

Pure air and plenty of it, free sunshine and plenty of it, are better restoratives than all the patent medicines under the sun.

One secret of health is to keep the feet dry and warm and the head cool. If the feet become damp, through exposure, they should be bathed at once in warm water and rubbed briskly. Few things are more refreshing after a long walk or getting wet feet than a tepid foot-bath, clean stockings and a pair of easy shoes.

## THE BATH.

The bath not only promotes cleanliness, but is a tonic. The skin does one-third of the work of breathing, and if the myriad of pores are closed, the lungs are overburdened, or else the work is left undone. The tonic effect is caused by the contraction of the surface blood vessels, driving the blood back to the larger blood vessels and the heart, bringing on a reaction which rushes the blood back to the skin, causing a glow, freer respiration and more vigorous action of the whole muscular system. A sponge or hand bath are the simplest forms, and should be taken in a moderately warm room. As a rule, the more rapidly a bath is taken the better, and it should always be followed by friction with the hand, or with a not too rough towel.

## THE CARE OF THE HAIR.

The hair should be well brushed every day, and be wet at the roots with strong sage tea. One ounce of borax to every quart of the tea. Wet the scalp, and then brush for fully ten minutes. This will make harsh, rough hair smooth and glossy, and prevent hair from turning gray. All preparations for the hair are more or less injurious. Healthy hair has enough oil of its own, and the application of foreign oil destroys its vitality. The only time when oil is admissible is after washing. (The best preparation is one part of glycerine to three of rose water.) Powders made of starch, when used, must be washed out of the hair to prevent injury.

## BAY RUM.

Ten cents worth of magnesia, two quarts each of soft water and alcohol, one ounce oil of bay. Dissolve magnesia in rain water, then add other ingredients. Wrap filtering paper in form of a funnel, and filter carefully through into a bottle and cork tightly. When used, dilute with rain water to whatever strength desired.

## HAIR LOTION.

Put in a bottle two drachms of tincture of cantharides, one drachm of aqua ammonia, one ounce of glycerine and fifteen ounces of rose water. Shake well together and it is ready for use. Apply with a sponge.

## HAIR WASH.

One part of bay rum, three parts of olive oil, and one part of alcohol. Shake well together, and shake each time before using.—*R. B. P.*

## THE CARE OF THE HANDS.

Wash the hands always in warm water, and do not be sparing with the brush or the soap. If, in cold weather, your hands are liable to chap, keep a small pot of honey, and just before you dry your hands dip in a finger and well rub the hands round and round, give a slight rinse, and dry carefully, dust a little oatmeal on them and rub off with a dry towel. One can have the hands in soapsuds with soft soap without injury to the skin if the hands are dipped in vinegar or lemon juice immediately after. The acids destroy the corrosive effects of the alkali, and make the hands soft and white. Indian-meal and vinegar, or lemon juice used on hands where roughened by cold or labor, will heal and soften them. Rub the hands in this, then wash off thoroughly and rub in glycerine. Those who suffer from chapped hands will find this comforting.

Mutton tallow is considered excellent to soften the hands and should be rubbed on when the hands are perfectly dry.

Four parts of glycerine and five parts of yolks of eggs thoroughly mixed, and applied after washing the hands, is also considered excellent, or one ounce of glycerine, one ounce of alcohol mixed, then add eight ounces of rose water.

Another good rule is to rub well in dry oatmeal after every washing, and be particular regarding the quality of soap. Cheap soap and hard water are the cause of rough skin and chapped hands. Castile soap and rain water will sometimes cure without any other assistance.

## BALM OF BEAUTY.

Equal parts of cocoanut oil, white wax, and glycerine, with one drop or two of attar of roses, make a most delightful "balm of beauty," and is splendid for chapped hands and face. It will also smooth out the wrinkles if applied nightly during the winter weather.

## TO MAKE COLD CREAM.

Heat gently together four parts of olive oil and one part of white wax, two ounces of pure oil of sweet almonds, one-half ounce of pure glycerine, and six drops of oil of roses. Melt the first four ingredients together in a shallow dish over hot water. As it begins to cool, add the glycerine and oil of roses. Strain through muslin. Beat with a silver spoon until snowy white. It is excellent for chapped face and hands, and makes the skin fine and soft.

## CAMPBOR ICE.

One ounce of lard, one ounce of camphor, one ounce of spermaceti, one ounce of almond oil, one-half cake of white wax; melt and turn into moulds. Excellent for chapped lips or hands.

## OATMEAL WASH.

Let one pound of fine meal stand in three pints of cold water for twelve hours, then put it in a thin bag to drip. To the distilled liquid add one ounce of glycerine and one gill of alcohol. This is a pleasant wash for the face and hands, making the skin soft as velvet.

## TEETH.

Cracking nuts, biting thread, eating hot food, especially bread and pastry raised with soda, very cold drinks, alternate contact with cold and hot substances, highly seasoned food, alcoholic liquors and tobacco, metal toothpicks, and want of cleanliness, are injurious to the teeth. After eating, the mouth should be rinsed with lukewarm water, and such pieces of food as are not thus washed away removed by a quill toothpick. Tooth brushes should be elastic, and moderately hard. Those with hairs not too close together are best and most durable. A brush that is too hard may be permanently softened by dipping in hot water. Rub up and down as well as across the teeth. Teeth should be often examined by a competent dentist.



## THE EAR.

The outer ear should be well cleansed and the passage wiped out daily with a rag on the end of the little finger, but nothing should be inserted further. The insertion of a pin, or any hard substance, frequently ruptures the ear. When cleansing is necessary on account of accumulation of wax by cold, or other cause, it should be done by syringing with warm water, having dropped in two or three drops of glycerine the night before to soften the substance to be removed. This often cures sudden deafness. Cotton-wool stuffed into the ear is injurious and is seldom necessary. In conversing with deaf persons, it is important to remember that clearness, distinctness, and a musical tone of voice is understood much more easily than a loud tone.

## THE FACE.

To wash properly, fill basin two-thirds full with fresh, soft water, dip face in the water and then the hands; soap the hands well and rub with a gentle friction over the face; dip the face in water the second time and rinse off thoroughly, wiping with a thick but soft towel. Pure soaps do not irritate the skin. The best are castile, glycerine and other neutral soaps. Medicated or highly colored or perfumed soaps should never be used.

## TO REMOVE FRECKLES.

Stir a tablespoonful of freshly grated horse-radish into a cupful of sour milk; let it stand for twelve hours, then strain and apply often. This bleaches the complexion also, and takes off tan.

## TO KEEP THE SKIN NICE.

Never bathe in hard water; soften it with a few drops of ammonia or a little borax.

Don't bathe your face while it is very warm, and never use very cold water for it.

When you are traveling, wash as little as possible, and then with a little alcohol and water.

Don't attempt to remove dust with cold water; give your face a hot bath, using plenty of good soap; then give it a thorough rinsing with water that has the chill taken off it.

## FLESH WORMS.

"Black heads" on the nose disfigure the face. Remove by washing thoroughly in tepid water, rubbing with a towel, and applying with a soft

flannel a wash made of three ounces of cologne and half an ounce of liquor of potash; or place over the black spot the hollow end of a watch-key, and press firmly. This forces the foreign substance out, so that it may be brushed off, and is a cure.

#### THE FEET.

The largest pores of the body are located in the bottom of the feet. For this reason feet should be frequently and thoroughly washed, and the stockings changed often. If great cleanliness is not observed, these great pores become absorbent, and the poisons given off are taken back into the system. The nails ought to be cut squarely. Blisters may be prevented by rubbing the feet after washing with glycerine.

#### INGROWING NAILS.

Cut a notch in the center of the nail, or scrape it thin in the middle. Put a small piece of tallow in a spoon and heat it over a lamp until it becomes very hot. Drop two or three drops between the nail and granulation. The pain and tenderness will soon be relieved, and in a few days the granulation will be gone. One or two applications will cure the most obstinate case.

#### A POSITIVE CURE FOR CORNS.

The strongest acetic acid, applied night and morning with a camel's hair brush. In one week the corn, whether soft or hard, will disappear.

#### SOFT CORNS.

Soft corns between the toes may be cured by a weak solution of carbolic acid. Half a cranberry or a piece of lemon bound on the corn will soon kill it.

#### CHILBLAINS.

Mix one ounce of sulphurous acid, one ounce of glycerine, and two ounces of distilled water, and apply night and morning. An onion cut in two and bound upon the sore spot will effect a sure cure. Another remedy is to hold the foot with the sock on, as near the fire as can be borne, withdrawing it when too hot, and returning it again to the fire for five or ten minutes.

#### BAD BREATH.

Nothing makes one so disagreeable to others as a bad breath. It is caused by bad teeth, diseased stomach, or disease of the nostrils. Neatness

and care of the health will prevent and cure it. It may be temporarily relieved by diluting a little bromo chloralum with eight or ten parts of water, and using it as a gargle, and swallowing a few drops before going out. A pint of bromo chloralum costs fifty cents but a small vial will last a long time.

#### TO CLEAN BRUSHES.

The best way in which to clean hairbrushes is with spirits of ammonia, as its effect is immediate. No rubbing is required, and cold water can be used just as successfully as warm. Take a tablespoonful of ammonia to a quart of water, dip the hair part of the brush without wetting the ivory, and in a moment the grease is removed; then rinse in cold water, shake well, and dry in the air, but not in the sun. Soda and soap soften the bristles and invariably turn the ivory yellow.

#### CLEANING GLOVES.

Take one quart of deodorized benzine, one drachm of sulphuric ether, one drachm of chloroform, and two drachms of alcohol. Cologne water can be added if desired. Pour a little of this in a clean bowl, and wash the gloves in it as you would wash anything. After the dirt is nearly out, rinse in more of the clean fluid. Usually one rinsing is enough, but if the gloves are very much soiled, rinse the second time. If the gloves are of cheap kid it is best to dry them on the hands, but a nice glove, after having been rubbed with a soft cloth to smooth out the wrinkles, may be hung on a line to dry. This preparation is an excellent thing to keep in the house, not only for cleaning gloves, but for taking out grease spots from carpets and clothing, and for sponging coat collars and felt hats.

#### TO CLEANSE A SPONGE.

By rubbing a fresh lemon thoroughly into a soured sponge and rinsing it several times in lukewarm water, it will become as sweet as when new.

#### CASTOR OIL FOR SHOES.

Take a teaspoonfull of it and rub it thoroughly by a fire. Do this when the shoes are new, and several times afterwards, and they will last twice as long.

# MARKETING.

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FEW housekeepers understand how to select meats wisely or how to buy economically, yet a moderate amount of experience and a little knowledge of facts will enable everyone to buy both intelligently and economically. Whenever possible pay cash, for then you can command the best in the market and the lowest prices. Meat should always be wiped with a dry, clean towel as soon as it comes from the market and placed by the side of, not on, ice. Powdered charcoal is excellent to keep meat from tainting, or pepper sprinkled over it is also good and can easily be washed off when ready for cooking.

In *Buying Beef*, select that which is of a clear cherry-red color after a fresh cut has been for a few moments exposed to the air. The fat should be of a light straw color, and the meat marbled throughout with fat. Inferior meat from old or ill-fed animals has a coarse, skinny fat and a dark red lean. Ox-beef is the sweetest and most juicy, and the most economical. When meat pressed by the finger rises up quickly, it is prime, but if the dent disappears slowly, or remains, it is inferior in quality. Any greenish tints about either fat or lean, or slipperiness of surface, indicates that the meat has been kept so long that putrefaction has begun, consequently, is unfit for use, except by those persons who prefer what is known as a "high flavor." Tastes differ as to the choice cuts and butchers cut meat differently. The small porterhouse steaks are the most economical, but in large steaks, the coarse and tough parts may be used for soup, or, after cooking, for hash. A round steak, when the leg is not cut down too far, is sweet and juicy, the objection being its toughness, to cancel which it may be chopped fine, seasoned, and made into breakfast croquettes. There is no waste in it, and hence it is the most economical to buy. The interior portion of the round is the tenderest and best. Porterhouse is cheaper than sirloin, having less bone. Rump steak and round, if well pounded to make them tender, have the least. For corned beef, the round is also the best. The roasting pieces are the sirloin and the ribs, the latter being most economical at the family table, the bones forming an excellent basis for soup, and the meat, when boned and rolled up (which should be done by the butcher), and roasted, being in good

form for the carver, as it enables him to distribute equally the upper part with the fatter and more skinny portions. A roast served in this way, if cooked rare, may be cooked a second or even a third time. The best beef roast is (for three) about two and a half or three pounds of porterhouse. Two or three pounds is a plenty for three. There are roasts and other meats equally good in the fore quarter of beef, but the proportion of bone to meat is greater.

*Veal* is best from calves not less than four nor more than six weeks old. The meat should be clear and firm, and the fat white. If dark and thin, with tissues hanging loosely about the bone, it is not good. Veal will not keep so long as an older meat, especially in hot or damp weather. The hind quarter is the choicest joint. From the leg is cut the "fillet" and "veal cutlets." The "knuckle of veal" is the part left after the "fillets" and "cutlets" are removed. Many prefer the "breast of veal" for roasting, stewing, pies, etc. It may be boned so as to roll, or a large hole may be cut in it to make room for the stuffing. Veal should be avoided in summer.

*Mutton* should be fat, and the fat clear, hard and white. Beware of buying mutton with flabby, lean and yellow fat. An abundance of fat is a source of waste, but as the lean part of fat mutton is much more juicy and tender than any other, it should be chosen. The longer mutton is hung before being cooked, provided it does not become tainted, the better it is. The lean of mutton is quite different from that of beef. While beef is a bright carnation, mutton is a deep, dark red. The hind quarter of mutton is best for roasting. The ribs may be used for chops, and are the sweeter; but the leg chops are the most economical, as there is much less bone, and no hard meat, as on the ribs. For mutton roast, choose the shoulder, the saddle, or the loin or haunch. The leg should be boiled. Small rib chops are best for broiling; those cut out from the leg are generally tough. Mutton cutlets to bake are taken from the neck. Almost any part will do for broth.

*Tongue*.—Calf's tongue is considered best, but it is usually sold with the head; beeve's tongues are what is referred to generally when "tongue" is spoken of. Lamb's tongues are very nice. In purchasing tongues, choose those which are thick, firm, and have plenty of fat on the under side.

*To Select Hams*.—The best hams, whether corned or cured and smoked, are those from eight to fifteen pounds in weight, having a thin skin, solid fat, and a small, short, tapering leg or shank. In selecting them, run a knife along the bone on the fleshy side; if it comes out clean the ham is good, but if the knife is smeared it is spoiled.

*Pork*.—Great care must be taken in selecting pork. If ill-fed or diseased, no meat is more injurious to the health. The lean must be fine-

grained, and both fat and lean very white. The rind should be smooth and cool to the touch. If clammy, be sure the pork is stale, and reject it. If the fat is full of small kernels, it is an indication of disease. In good bacon the rind is thin, the fat firm, and the lean tender. Rusty bacon has yellow streaks in it. Fresh pork should seldom be eaten, and never except in the fall and winter.

*Lamb* is good at a year old, and more digestible than most immature meats. "Spring Lamb" is prized because unseasonable. It is much inferior to the best mutton. The meat should be light red and fat. If not too warm weather, it ought to be kept a day or two before cooking, but it does not keep well. It is stringy and indigestible if cooked too soon after killing.

*Chickens*, when fresh, are known by full, bright eyes, pliable feet, and soft, moist skin. Young fowls have a tender skin, smooth legs and comb, and the best have yellow legs. In old fowls, the legs are rough and hard. The top of the breast-bone of a young fowl is soft, and may be easily bent with the fingers; and the feet and neck are large in proportion to the body. Fowls are always in season.

#### FISH.

When fresh, the eyes of fish are full and bright, and the gills a fine clear red, the body stiff and the smell not unpleasant. The flavor and excellence of salmon depends entirely on its freshness. Lobsters, when freshly caught, have some muscular action in their claws which may be excited by pressing the eyes. The heaviest lobsters are the best. The male is thought to have the highest flavor, the flesh is firmer, and the shell has a brighter red, and is considered best during the fall and spring. The females are prepared for sauces on account of their coral, and are preferred during the summer, especially in June and July. The head is used in garnishing, by twisting it off after the lobster has been boiled and become cold. Lobsters ranging from four pounds are most delicate. If crabs are fresh, the eyes are bright, the joints of the legs are stiff, and the inside has an agreeable smell. The heaviest are the best, the light ones being watery. Soft-shell clams are good only in cold weather, and should be fresh. Oysters, if alive and healthy, close tight upon the knife. They are in season from September to May.

#### VEGETABLES.

All vegetables snap crisply when fresh; if they bend and present a wilted appearance, they are stale. If wilted, they can be partly restored by being sprinkled with water, and laid in a cool, dark place.

*Turnips* are not nutritious, being ninety per cent. water, but an excellent food for those who are disposed to eat too much, as they correct constipation.

*Tomatoes* are generally regarded as wholesome. The medium-sized smooth ones are best.

*Cauliflow'rs* are best when large, solid and creamy. When stale the leaves are wilted and show dark spots.

*Celery* stalks should be white, solid and clean. Celery begins in August, but it is better and sweeter after frost.

*Eggplant* should be firm but not ripe. The large purple oval-shaped kind, is best.

*Mushrooms* are dangerous things for the inexperienced to buy, and should be let alone.

*Pease* should be bought in pods and should feel cool and dry. If pods are rusty or spotted, they are too old to be good.

*Potatoes*.—Select those of medium size, smooth, with small eyes. To test, cut off a piece of the large end; if spotted, they are unsound. In the spring, when potatoes are beginning to sprout, it is best to first rub them off, as this takes the starch from the potatoes.

#### GROCERIES.

*Cheese* which feels soft between the fingers is richest and best and should be kept in a box in a cool dry place.

*Vinegar* made from cider is best.

*Corn meal* does not keep well and should be bought in small quantities.—Corn is a heat producer and is a useful winter diet.

*Hard Soap* should be bought in large quantity, and laid to harden in bars piled on each other. Hard soap is more economical than soft, as it is not so easily wasted.

*Lard*.—The best lard is made from leaf fat which adheres to the ribs and belly of the hog. This is known as leaf lard. Good lard should be white, solid, and have not an unpleasant smell.

*Flour* should be bought in small quantities, and the best is cheapest. Flour is peculiarly sensitive to atmospheric influence, hence it should never be stored in a room with sour liquids nor where onions or fish are kept. Any smell perceptible to the sense will be absorbed by flour. Keep in a cool, dry, airy room, and not exposed to a freezing temperature nor to intense summer or to artificial heat. Flour should be sifted and the particles thoroughly disintegrated, and then warmed before baking.

# FOODS AND THEIR SEASONS.

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- APPLES are in season all the year ; cheapest from August until spring.  
Asparagus from the first of May until middle of June.  
Bass, of which there are a dozen varieties, at all times of the year.  
Beans, string, June to November ; Lima, from July throughout the year.  
Beef is good at all seasons of the year.  
Beets from June through the year.  
Blue fish, a popular fish on the seacoast, from June to September.  
Broccoli, a kind of cabbage, from September to November.  
Buckwheat cakes in cold weather.  
Butternuts ripen in September.  
Cabbage, May and June, and lasts through the winter.  
Carrots from the South, in May, and last until November.  
Cauliflower from June until spring.  
Celery from August to April, but it is better after being touched by frost.  
Cheese all the year round.  
Chestnuts after the first severe frost.  
Chocolate is best in cold weather on account of its richness.  
Chub, a fresh water fish, in fall and winter.  
Clams from May until September.  
Conger eels from November to April.  
Crabs from June to January, but are more wholesome in the cold months.  
Cranberries from September to April.  
Currants, green, June to July ; ripe, July to August.  
Damsons, a small black plum. July to December.  
Doves, the turtle, one of the best game birds, in August and September.  
Ducks, domestic, are best in June and July. Wild in spring and fall.  
Eels from April till November.  
Eggs are always in season, but are cheap in spring, and high in winter.  
Fish, as a rule, are in best condition just before spawning.



Geese, wild, from October to December; tame, at four months old.

Guinea fowl, best in winter when they take the place of partridges.

Haddock from November till December, and June and July.

Halibut in season all the year.

Herring from February to May.

Herbs for seasoning should be gathered just as they begin to flower.

Horse-radish is always in season.

Lamb in March, but from June to August is best as well as cheapest.

Lemons arrive fresh from the West Indies in winter.

Lobsters are plentiful in market, except in winter months.

Maekerel from May through the summer.

Mushrooms are most plentiful in August and September.

Mutton is in season all the year, but is not so good in the fall, the meat being drier and strong flavored.

Oranges from Florida and West Indies are in market from October until April; those from the Mediterranean from January until May. The Florida oranges are best and largest.

Oysters are in season from September to May; May, June and July being the spawning months.

Partridges, pheasants or ruffed grouse, are in season in most markets from September to January, but are best in October and November.

Pickrel is best from September to March.

Pigeons, wild, are plentiful in September and October.

Pork should never be eaten in warm weather.

Potatoes, new, arrive from the Bermudas about April; from the South June to July, and are plentiful in July and August.

Potatoes, sweet, are in season from August to December, after which they lose their flavor.

Prairie chickens in season from August to October.

Prunes arrive fresh from December to May.

Pumpkins are in season from September to January.

Quail (often called partridge in the South) from November and December.

Rabbits are in best condition in November, but are in season from September till January, and in the North later, until the breeding season begins.

Reed birds are best in September and October.

Rhubarb from April to September.

Salmon from March till September.

Shad appear in market from February 20 to June.

Smelts are abundant from October to April.

Spinach is the earliest vegetable used for greens, and is continued through the season by providing a succession of crops.

Sturgeon from April to September.

Suckers from October to April.

Trout, brook, are in season from March till August; lake trout from October to March. Mackinaw trout in winter months.

Turkeys are best in fall and winter, though in market at all seasons.

Turtles are in market from May to winter.

Veal is in season except in hot weather, when it keeps badly.

Venison from the buck is best from August to November, from the doe, from November to January.

Woodcock is in season from July to November, but is best in October.

## TABLE SETTING.

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IN every house, great or small, the dining-room should be as bright, and cheerful as possible. The plainest room may be made beautiful by taste, and the homeliest fare appetizing by neatness and skill.

The mistress of the house may be troubled about many things, but she should wear her pleasantest smiles at the table, that her husband and children may be refreshed in spirit as well as in body. The conversation should be bright and cherry. The children can be taught very young many lessons of etiquette that will serve them in after years. These lessons will be an education to them in mind and manners, and the influence thus felt does not cease when the home is broken up.

The advisability of making dishes attractive by dainty serving, is not enough appreciated by the busy housewife. It seems so much easier to dish the meat and vegetables "anyhow," than to use the extra exertion to make them pretty, that she is apt to grow careless. Habit is everything in such matters. The practice once acquired of arranging the food to please the eye, as well as the palate, the added labor is taken for granted and seldom observed.

The ornamenting or final finish of the table should not be left to the servants; this most important step should devolve upon the hostess herself.

Nothing imparts such an inviting appearance to a table as flowers; a center piece of flowers of a rare or delicate variety, is most attractive. Growing plants in bloom are also desirable for center pieces. In laying the table for dinner *all* the linen should be a spotless white throughout, and underneath the linen tablecloth should be spread one of thick cotton-flannel or baize, which gives the linen a heavier and finer appearance, also deadening the sound of moving dishes. Large and neatly folded napkins (ironed without starch), with pieces of bread three or four inches long, or a cold roll placed between the folds, but not to completely conceal it, are laid on each plate. Beside each plate are placed as many knives, forks and spoons as will be needed in all the courses (unless the lady prefers to have them brought with each new plate, which makes more work and confusion), and a glass, to be filled with fresh water just before dinner is announced.

Dishes that need to be warm, not hot, are left on the top shelf of the range or elsewhere, where they will be kept warm until needed.

Soup and fish being the first course, plates of soup are usually placed on the table before the dinner is announced; or, if the hostess wishes, the soup may be served at the table; the soup tureen (with the soup at the boiling point) and the soup plates should be placed before the seat of the hostess before dinner is quietly announced.

The host leads the way to the dining room, the hostess being last. The guests of course remain standing until the hostess is seated. The hostess serves only the soup, salad and dessert. As a rule the lady at the right of the host, or the oldest lady, should be served first. As soon as any one has finished, his plate is promptly removed, but the next course, however, should not be served until all have finished.

Jellies and sauces, when not to be eaten as a dessert, should be helped on the dinner plate, not on a small side dish as was the former usage.

If a dish be on the table, some parts of which are preferred to others, according to the taste of the individuals, all should have the opportunity of choice. The host will simply ask each one if he has any preference for a particular part; if he replies in the negative, you are not to repeat the question, nor insist that he must have a preference.

Do not attempt to eulogize your dishes, or apologize that you cannot recommend them—this is extremely bad taste.

Do not insist upon your guests partaking of particular dishes. Do not ask persons more than once, and never force a supply upon their plates. It is ill-bred, though common, to press any one to eat; and moreover, it is a great annoyance to many.

Finely sifted sugar should always be placed upon the table to be used with puddings, pies, fruit, etc., and if cream is required, let it stand by the dish it is to be served with.

The crumb-brush is not used, until the preparation for bringing in the dessert; then all the glasses are removed, except the flowers, the water-tumblers, and the glass of wine which the guest wishes to retain with his dessert. The dessert plate containing the finger-bowl, also a dessert knife and fork, should then be set before each guest, who at once removed the finger-bowl and its doily, and the knife and fork to the table, leaving the plate ready to be used for any dessert chosen.

Coffee and tea are served *lastly*, poured into tiny cups and served clear, passed around on a tray to each guest, then the sugar and cream passed, that each person may be allowed to season his black coffee or *café noir* to suit himself. The hostess gives the signal that dinner is ended by pushing

back her chair, and the ladies repair to the drawing-room, the oldest leading and the youngest following last, and the gentlemen repairing to the library or smoking-room. In about half an hour, tea is served in the drawing-room with a cake-basket of crackers or little cakes, the gentlemen join the ladies, and after a little chat over their cups, all are at liberty to take leave.

A *family dinner*, even with a few friends, can be made quite attractive and satisfactory without much display or expense; consisting first of good soup, then fish garnished with suitable additions, followed by a roast; then vegetables and some made dishes, a salad, crackers, cheese and olives, then dessert. This sensible meal, well-cooked and neatly served, is pleasing to almost any one, and is within the means of any housekeeper in ordinary circumstances.

## TABLE ETIQUETTE.

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THE source of all good manners is a nice perception of, and kind consideration for, not only the rights, but the feelings of others. The customs of society are adopted and observed to enable us to be more agreeable. And nowhere is the distinction between the gentleman and the boor more marked than at the table.

The best teachers of etiquette are the fathers and mothers, and their lessons should be given chiefly through example. The best company in the world are those of our own households; they deserve all the love and sweetness which we can bestow upon them, and the gracious manners of the home must follow them through life. All good breeding includes kindness, courtesy, unselfishness, respect, tact, gentleness and modesty of deportment.

If children are carefully taught to hold the knife and fork properly, to eat without the slightest sound of the lips, to drink quietly, to use the napkin rightly, to make no noise with any of the implements of the table, and, last but not least, to eat slowly and masticate the food properly, then they will always feel at their ease at the grandest tables in the land.

Once seated at table, gloves are drawn off and laid in the lap under the napkin, which is spread lightly, not tucked in.

Soup is always served for the first course, and it should be eaten with dessert spoons, and taken from the sides, not the tips of them, without any sound of the lips, and not sucked into the mouth audibly from the ends of the spoon. Bread should not be broken into soup or gravy. Never ask to be helped to soup a second time. Fish chowder, which is served in soup plates, is said to be an exception which proves this rule, and when eating of that it is correct to take a second plateful, if desired.

Another generally neglected obligation is that of spreading butter on one's bread as it lies in one's plate, or but slightly lifted at one end of the plate; it is very frequently buttered in the air, bitten in gouges, and still held in the face and eyes of the table with the marks of the teeth on it. This is certainly not altogether pleasant, and it is better to cut it, a bit at a time, after buttering it, and put piece by piece in the mouth with one's finger and thumb. Never help yourself to butter, or any other food with your own knife or fork. It is not considered good taste to mix food on the same plate.

Drink sparingly while eating, as it is far better for digestion, but when you do drink, do it gently and easily and do not pour the liquid down your throat.

Do not talk loud or boisterously at the table, but aim to be cheerful and companionable and join in the conversation, but do not monopolize it. Do not twirl your goblet, nor soil the tablecloth by placing bones or fragments on it. Never turn tea or coffee into your saucer to cool it, nor blow your soup. If you do not like any dish with which you are served, allow it to remain untouched until the servant removes it.

Sit upright at the table, without bending over or lowering your head to partake of your food. Do not sit too far away or too near the table, and do not sit with one arm lying on the table with your back half-turned to your left-hand neighbor.

The one who serves at the table should not help too abundantly, or flood the food with gravies, as many do not like them, and it is better to allow each guest to help himself. Water should be poured to the right of a person—everything else passed to the left. Do not watch the dishes while being uncovered or talk with your mouth full. If you discover anything objectionable in the food, do not attract the attention of others to it, but quietly deposit it under the edge of your plate.

If boiled eggs are brought on in the shell, egg cups should be provided, the small end of the egg should be placed in the cup, and an opening made at the top of the egg sufficiently large to admit a teaspoon.

Spoons are sometimes used with firm puddings, but forks are the better style. A spoon should never be turned over in the mouth.

One's teeth are not to be picked at table; but if it is impossible to hinder it, it should be done behind the napkin.

Let us mention a few things concerning the eating of which there is sometimes doubt. A cream-cake and anything of similar nature should be eaten with knife and fork, never bitten. Asparagus may be taken from the finger and thumb. Pastry should be broken and eaten with a fork, never cut with a knife. Raw oysters should be eaten with a fork, also fish. However, food that cannot be held with a fork should be eaten with a spoon. Potatoes, if mashed, should be mashed with a fork. Green corn should be eaten from the cob, held with a single hand only.

Oranges are peeled and either cut or separated, or they may be cut crosswise and eaten with a spoon.

Celery, cresses, olives, radishes and relishes of that kind, are, of course, to be eaten with the fingers; the salt should be laid upon the plate, not upon the cloth. Cut with the knife, but never put it in the mouth; the fork must convey the food.

Let the food be taken to the mouth, and not the mouth to the food.

Fish is to be eaten with the fork, without the assistance of the knife ; a bit of bread in the left hand sometimes helps one to master a refractory morsel. Fresh fruit should be eaten with a silver bladed knife, especially pears, apples, etc.

At the conclusion of a course, where they have been used, knife and fork should be laid side by side across the middle of the plate—never crossed—with handles to the right. The servant should offer everything at the left of the guest, that the guest may be at liberty to use the right hand, except water, which should be poured at the right side.

When you rise from your chair, leave it where it stands.

#### “DONT’S” FOR THE DINING-ROOM.

Don't keep other people waiting ; be there in time.

Don't lie back in your chair or place your elbows on the table.

Don't sit sideways, but straight to the table.

Don't seat yourself until all the ladies are seated.

Don't bend your head for each mouthful. Sit erect.

Don't cut your bread. Break it off.

Don't use your knife to carry food to your mouth.

Don't use your fork as if it were a pitchfork.

Don't make any noise with your mouth when eating.

Don't speak with your mouth full or even half full.

Don't begin a sentence before you have finished swallowing.

Don't drink a glassful at a gulp.

Don't have your elbows away from your body when eating or drinking.

Don't ever spit a bone or seed upon your plate or the floor.

Don't wipe your face with your napkin. It is for the lips and beard only.

Don't forget to see that all the ladies are served before you.

Don't neglect the ladies to your left or right.

Don't look worried if any small accident should happen.

Don't leave your knife and fork on your plate when sent for a second supply.

Don't pile up all the side dishes upon your plate when it is to be removed.

Don't come to the table half-dressed, half-washed, half-combed.

Don't overeat.

Don't leave the table before the others unless unavoidable and then always ask to be excused.



# TIME-TABLE FOR HOUSE-KEEPERS.

	Mode of Preparation.	Time of Cooking.	Time of Digestion.
		H. M.	H. M.
Apples, sour, hard.....	Raw	.....	2 50
Apples, sweet and mellow.....	Raw	.....	1 50
Asparagus.....	Boiled	15 to 30	2 30
Beans (pod).....	Boiled	1 00	2 30
Beans with green corn.....	Boiled	45	3 45
Beef.....	Roasted	* 25	3 00
Beefsteak.....	Broiled	15	3 00
Beefsteak.....	Fried	15	4 00
Beef, salted.....	Boiled	* 35	4 15
Bass, fresh.....	Broiled	20	3 00
Beets, young.....	Boiled	2 00	3 45
Beets, old.....	Boiled	4 30	4 00
Bread, corn.....	Baked	45	3 15
Bread, wheat.....	Baked	1 00	3 30
Butter.....	Melted	.....	3 30
Cabbage.....	Raw	.....	2 30
Cabbage and vinegar.....	Raw	.....	2 00
Cabbage.....	Boiled	1 00	4 30
Cauliflower.....	Boiled	1-2 00	2 30
Cake, sponge.....	Baked	45	2 30
Carrot, orange.....	Boiled	1 00	3 15
Cheese, old.....	Raw	.....	3 30
Chicken.....	Fricasseed	1 00	3 45
Codfish, dry and whole.....	Boiled	15	2 00
Custard (one quart).....	Baked	30	2 45
Duck, tame.....	Roasted	1 30	4 00
Duck, wild.....	Roasted	1 00	4 50
Dumpling, apple.....	Boiled	1 00	3 00
Eggs, hard.....	Boiled	10	3 30
Eggs, soft.....	Boiled	3	3 00
Eggs.....	Fried	5	3 30
Eggs.....	Raw	.....	2 00
Fowls, domestic, roasted or.....	Boiled	1 00	4 00
Gelatine.....	Boiled	.....	2 30
Goose, wild.....	Roasted	* 20	2 30
Lamb.....	Boiled	* 20	2 30

	Mode of Preparation.	Time of Cooking.	Time of Digestion.
		H. M.	H. M.
Meat and vegetables.....	Hashed	30	2 30
Milk .....	Raw	.....	2 15
Milk .....	Boiled	.....	2 00
Mutton.....	Roast	* 25	3 15
Mutton.....	Broiled	20	3 00
Onions .....	Boiled	1-2 00	3 00
Oysters .....	Roasted	.....	3 15
Oysters .....	Stewed	5	3 30
Parsnips.....	Boiled	1 00	3 00
Pigs' feet.....	Soused	.....	1 00
Pork .....	Roast	* 30	5 15
Pork .....	Boiled	* 25	4 30
Pork, raw or.....	Fried	.....	4 15
Pork .....	Broiled	20	3 15
Potatoes.....	Boiled	30	3 30
Potatoes.....	Baked	45	3 30
Potatoes.....	Roasted	45	2 30
Rice.....	Boiled	20	1 00
Salmon, fresh.....	Boiled	8	1 45
Sausage .....	Fried	25	4 00
Sausage .....	Broiled	20	3 30
Soup, vegetable.....	Boiled	1 00	4 00
Soup, chicken.....	Boiled	2 00	3 00
Soup, oyster or mutton.....	Boiled	3 30	3 30
Spinach .....	Boiled	1-2 00	2 30
Tapioca.....	Boiled	1 30	2 00
Tomatoes .....	Fresh	1 00	2 30
Tomatoes .....	Canned	30	2 30
Trout, salmon, fresh, boiled or.....	Fried	30	1 30
Turkey, boiled or.....	Roasted	* 20	2 30
Turnips.....	Boiled	45	3 30
Veal.....	Broiled	20	4 00
Venison steak.....	Broiled	20	1 35

\* Minutes to the pound.

The time given is the general average, the time will vary slightly with the quality of the article.

# WEIGHTS AND MEASURES.

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THE following table of weights and measures will be useful, and they have the merit of being correct.

One tablespoonful of soft butter, well rounded = 1 ounce.

One full cupful of butter = one-half pound.

Butter the size of an egg = 2 ounces.

Butter the size of a walnut = 1 ounce.

One solid pint of chopped meat = 1 pound.

Nine eggs = 1 pound.

Four teaspoonfuls = 1 tablespoonful liquid.

Four tablespoonfuls or half a gill = 1 quarter cup.

Half a cup = 1 gill.

Two gills = 1 cupful.

Two coffee cupfuls = 1 pint.

Two tablespoonfuls liquid = 1 ounce.

One tablespoonful of salt = 1 ounce.

Sixteen ounces = 1 pound, or a pint of liquid.

One rounded tablespoonful of flour = one-half ounce.

Three cups of corn meal = 1 pound.

One and one-half pints of corn meal = 1 pound.

Four coffee cupfuls of sifted flour = 1 pound.

One quart of unsifted flour = 1 pound.

One pint of granulated sugar = 1 pound.

Two coffee cupfuls of powdered sugar = 1 pound.

Two and a half cups of powdered sugar = 1 pound.

A set of tin measures (with small spouts or lips), from a quart down to half a gill, will be found very convenient in every kitchen.

## FRENCH WORDS USED IN COOKING.

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- Aspic* :—Savory jelly for cold dishes.
- Au gratin* :—Dishes prepared with sauce and crumbs and baked.
- Bouchées* :—Very thin patties or cakes, as name indicates—mouthfuls.
- Baba* :—A peculiar, sweet French yeast cake.
- Bechamel* :—A rich, white sauce made with stock.
- Bisque* :—A white soup made of shellfish.
- To Blanch* :—To place any article on the fire till it boils, then plunge it in cold water; to whiten poultry, vegetables, etc.
- Bouillon* :—A clear soup, stronger than broth, yet not so strong as *consommé*, which is “reduced” soup.
- Braisé* :—Meat cooked in a closely covered stewpan, so that it retains its own flavor and those of the vegetables and flavorings put with it.
- Brioche* :—A very rich, unsweetened, French cake made with yeast.
- Cannelon* :—Stuffed rolled-up meat.
- Consommé* :—Clear soup or bouillon boiled down till very rich, *i. e.*, consumed.
- Croquettes* :—A savory mince of fish or fowl, made with sauce into shapes, and fried.
- Croustades* :—Fried forms of bread to serve minces, or other meats upon.
- Entrée* :—A small dish, usually served between the courses at dinner.
- Fondue* :—A light preparation of melted cheese.
- Fondant* :—Sugar boiled, and beaten to a creamy paste.
- Hollandaise Sauce* :—A rich sauce, something like hot mayonnaise.
- Matelote* :—A rich fish stew, with wine.
- Mayonnaise* :—A rich salad dressing.
- Meringue* :—Sugar and white of egg beaten to sauce.
- Marmade* :—A liquor of spices, vinegar, etc., in which fish or meats are steeped before cooking.

*Miroton*:—Cold meat warmed in various ways, and dished in circular form.

*Purse*:—This name is given to very thick soups, the ingredients for thickening which have been rubbed through a sieve.

*Poulette Sauce*:—A bechamel sauce, to which white wine, and sometimes eggs are added.

*Ragout*:—A rich, brown stew, with mushrooms, vegetables, etc.

*Piquante*:—A sauce of several flavors, acid predominating.

*Quenelles*:—Forcemeat with bread; yolk of eggs, highly seasoned, and formed with a spoon to an oval shape; then poached and used either as a dish by themselves, or to garnish.

*Remoulade*:—A salad dressing differing from mayonnaise, in that the eggs are hard boiled and rubbed in a mortar with mustard, herbs, etc.

*Rissole*:—Rich mince of meat or fish, rolled in thin pastry and fried.

*Roux*:—A cooked mixture of butter and flour, for thickening soups and stews.

*Salmi*:—A rich stew of game, cut up and dressed, when half roasted.

*Sauter*:—To toss meat, etc., over the fire, in a little fat.

*Soufflé*:—A very light, much whipped-up pudding or omelette.

*Timbale*:—A sort of pie in a mold.

*Vol au vents*:—Patties of very light puff paste, made without a dish or mold, and filled with meat or preserves, etc.—*Catherine Owen, in Good House-keeping.*

# KITCHEN UTENSILS.

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THE following is a list of the utensils needed in every well-furnished kitchen. Of course an ingenious housewife will make fewer do excellent service, but all these save time and labor, and make the careful preparation of food easier.

- |   |   |
|---|---|
| Two dish-pans, two sizes.                     | One galvanized garbage bucket with lid.                 |
| Two cake or biscuit-cutters, two sizes.       | Tacks.  |
| Two graters, one large and one small.         | Two wooden chopping bowls, two sizes.                   |
| One coffee canister.                          | Two granite-ware stewpans, two sizes.                   |
| One tea canister.                             | One wire toaster.                                       |
| One tin or granite-ware teapot.               | One double kettle for cooking custards, grains, etc.    |
| One tin or granite-ware coffee-pot.           | Two sugar boxes, one for coarse and one for fine sugar. |
| One griddle-cake turner. <i>deeps</i>         | One waffle iron.  |
| Four milk-pans, one milk strainer.            | One stepladder.   |
| One dozen iron gem-pans, or muffin-rings.     | One stove, one coal shovel.                             |
| One coarse gravy strainer, one fine strainer. | One pair of scales.                                     |
| One colander.                                 | Two coal hods or buckets.                               |
| One flour sifter.                             | One kitchen table, two kitchen chairs.                  |
| Two sweeping brooms and one dust-pan.         | One large clothes basket.                               |
| One whisk broom.                              | One apple corer.  |
| One wooden butter ladle.                      | One candlestick.  |
| One tin skimmer.                              | Two market baskets, two sizes.                          |
| One tin steamer.                              | One clock.  |
| Two dippers, two sizes.                       | One ash bucket.   |
| Two funnels, two sizes.                       | One gridiron. <i>deeps</i>                              |
| One nutmeg grater.                            | One hard wood rolling pin.                              |
| One Dover egg beater.                         | Dredging boxes for salt, sugar, pepper and flour.       |
| One bread board.                              |   |
| One set of jelly-cake tins.                   |   |
| Four pie-pans.                                |   |

- Three pudding molds—one for boiling, two for baking—two sizes.  
 Two scoops, one for flour, one for sugar.  
 Two jelly molds, two sizes.  
 One can opener.  
 One corkscrew.  
 One chopping knife.  
 One bread box.  
 Two cake boxes.  
 One large flour box.  
 One large-sized tin pepper box.  
 One spice box, containing smaller spice boxes.  
 Two cake-pans, two sizes.  
 Four bread-pans.  
 Two square biscuit-pans.  
 One dozen patty-pans, and the same number of tartlet-pans.  
 One large tin pail and one wooden pail.  
 Two small tin pails.  
 One set of tin-basins.  
 One set of tin measures.  
 Two long handled spoons.  
 One refrigerator.  
 One Turk's head.  
 One wire basket for boiling eggs.  
 One large grater.  
 Twelve dish towels.  
 Six hand towels.  
 Two flour cloths.  
 Two dishcloths.  
 One cream whipper.  
 One mortar and pestle.  
 One scrubbing brush for floor.  
 One scrubbing brush for tables.  
 One scrubbing brush for sink.  
 One scrubbing brush for vegetables.  
 One scrubbing brush for glass and china.  
 One pair of sardine scissors.  
 One pair of scissors.  
 Three frying-pans or spiders, different sizes.  
 Two dripping-pans, two sizes.  
 Three iron kettles, porcelain lined if possible.  
 One corn beef or fish kettle.  
 One teakettle.  
 One large nail hammer and one small tack hammer.  
 One bean pot.  
 One ice pick.  
 One lemon squeezer.  
 One meat cleaver.  
 Three kitchen knives and forks.  
 One large kitchen fork and four kitchen spoons, two sizes.  
 Two wooden spoons large and small.  
 One large bread-knife.  
 One griddle-cake turner, also one griddle. *desired.*  
 One potato-masher.  
 One meat-board.  
 One meat-saw.  
 Two large earthen bowls.  
 Four stone jars.  
 One coffee mill.  
 One meat chopper (Enterprise, No. 10.)  
 One heavy wire broiler for steaks.  
 One wash basin.  
 Four yellow bowls, assorted.  
 One flannel jelly bag.  
 One wire spoon.  
 One hard wood mush stick.  
 One set of skewers.  
 Six half pint kitchen cups.  
 Two stone jugs.  
 One butter pot.  
 Two large plates for meats in refrigerator.  
 Twelve baking cups for popovers.  
 One ball of twine.  
 Two pudding cloths.  
 Two fine strainer cloths.

# HELPFUL HINTS FOR THE HOUSEKEEPER.

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*A Grain of Salt* will often make cream whip.

*Salt will Remove the Stain* from silver caused by eggs, when applied dry with a soft cloth.

*Salt Should be Eaten* with nuts to aid digestion.

*If the Water in which Onions are Boiled* is changed once or twice, the vegetable is much more healthful.

*Clothespins Boiled a Few Minutes*, and quickly dried, once or twice a month, become more durable.

## TO SET A COLOR.

One tablespoonful of ox-gall i. a pint of water is sufficient, it is immaterial whether cotton, silk, or woolen fabrics.

## TO KEEP LEMONS.

Cover with cold water, changing it every week. This makes them ripe and juicy.

## TO PURIFY SINKS AND DRAINS.

To one pound of common copperas add one gallon of boiling water, and use when dissolved. The copperas is deadly poison, and should always be carefully labeled if kept on hand. This is one of the best possible cleansers of pipes and drains. All pipes leading from the kitchen should have boiling lye turned down them once a week at least, in sufficient quantities to eat away the accumulation of grease that coats the interior of the pipe. A few drops of carbolic acid should be poured down the pipes leading from stationary washstands.

## TO PURIFY CISTERNS.

To purify cisterns where the water has an unpleasant odor, suspend in the water a muslin cloth containing one or more pounds of charcoal.



## SMOKED CEILINGS.

Smoked ceilings that have been blackened by a kerosene lamp may be washed off with soda water.

## TO REMOVE THE ODOR OF ONION

from fish-kettle and saucepans in which they have been cooked, put wood-ashes or sal soda, potash or lye; fill with water and let stand on the stove until it boils; then wash in hot suds, and rinse well.

## TO REMOVE OLD PUTTY FROM WINDOW FRAMES,

pass a red-hot poker slowly over it and it will come off easily.

## TO FILL CRACKS IN PLASTER.

Use vinegar instead of water to mix your plaster of Paris. The resultant mass will be like putty, and will not "set" for twenty or thirty minutes; whereas if you use water the plaster will become hard almost immediately before you have time to use it. Push it into the cracks and smooth it off nicely with a table-knife.

## LAMPS TO TRIM.

Do not cut the wick, turn it just above the tube, take a match and shave off the charred end, thus insuring an even flame. Then turn the wick down below the edge of the tube that it may not draw up oil to soil the outside of the lamp. Do not fill too full; kerosene kept in a warm room expands considerably and the result will be oily lamps, disagreeable to handle.

## TO PREVENT A LAMP FROM SMOKING.

Soak the wick in vinegar, and dry it well before using.

## TO REMOVE PAINT FROM WINDOW-GLASS.

Rub it well with hot sharp vinegar.

## TO TEST NUTMEGS.

Prick them with a pin; if good, the oil will instantly spread around the puncture.

## SQUEAKING DOORS

ought to have the hinges oiled by putting on a drop from the sewing machine oil-can.

## TO CLEAN STOVEPIPE.

A piece of zinc put on the live coals in the stove will clean out the stovepipe.

## TO TAKE INK OUT OF LINEN.

Dip the ink-spot in pure melted tallow, then wash out the tallow and the ink will come out with it. This is said to be unfailing. Milk will remove ink from linen or colored muslins, when acids would be ruinous, by soaking the goods until the spot is very faint and then rubbing and rinsing in cold water.

## TO DESTROY GRASS IN GRAVEL WALKS.

Scatter the cheapest coarse salt along the edges and wherever the grass is springing up. Even the Canada thistle can be destroyed by cutting the stalks close to the ground and putting salt on them.

## MOSQUITO REMEDY.

To clear a sleeping-room of mosquitoes take a piece of paper rolled around a lead-pencil to form a case, and fill this with very dry Pyrethrum powder (Persian insect powder), putting in a little at a time, and pressing it down with the pencil. This cartridge, or cigarette, may be set in a cup of sand to hold it erect. An hour before going to bed the room is to be closed, and one of these cartridges burned. A single cartridge will answer for a small room, but for a large one two are required. Those who have tried this find that it effectually disposes of the mosquitoes.

## TO TOUGHEN LAMP-CHIMNEYS AND GLASSWARE.

Immerse the article in a pot filled with cold water, to which some common salt has been added. Boil the water well then cool slowly. Glass treated in this way, will resist any sudden change of temperature.

## FOOD FOR HENS.

Take a piece of fresh meat, coarse beef liver, about one pound, and boil it in one-half gallon of water until it falls to pieces, adding more water as it is evaporated, so that there shall be this quantity when it is sufficiently boiled. While boiling, add one-half pint of soaked beans, the same of rice, and the same of oil cake or linseed meal. When the whole is cooked, add a little salt, and thicken with two parts of oatmeal, one of bran, one of middlings, and one of corn meal. Make it of the consistency of stiff dough.

If milk be plenty, it may be added either as curds, buttermilk, or in any other shape. When boiling, add one teaspoonful of common bread soda to the water. This food may be cooked in the form of cake, and crumbled for the fowls, or it may be fed in the soft state. One tablespoonful is a sufficient ration for a hen.

#### FADED GOODS.

Plush goods and all articles dyed with aniline colors which have faded from exposure to the light will look as bright as new after sponging with chloroform.

#### PAPER-HANGERS' PASTE.

To make paper-hangers' paste, beat up four pounds of good, white, wheat flour (well sifted previously) in sufficient cold water to form a stiff batter. Beat it well in order to take out all lumps, and then add enough cold water to make the mixture of the consistency of pudding batter. To this add about two ounces of well-pounded alum. Pour gently and quickly over the batter boiling water, stirring rapidly at the same time, and when it is seen to lose the white color of the flour, it is cooked and ready. Do not use it, however, while hot, but allow it to cool. Pour about a pint of cold water over the top to prevent a skin from forming. Before using, the paste should be thinned by the addition of cold water.

#### AN ANT TRAP.

Procure a large sponge, wash it well, and press it dry, which will leave the cells quite open; then sprinkle over it some fine white sugar, and place it near where the ants are the most troublesome. They will soon collect upon the sponge, and take up their abode in the cells. It is then only necessary to dip the sponge in scalding water, which will wash them out "clean dead" by ten thousands. Put on more sugar, and the trap for a new haul. This process will soon clear the house of every ant, uncle, and progeny.

#### TO WASH WINDOWS.

To wash windows, take a little spirits of ammonia on a sponge, rub over the glass touching every part of the pane, then rub briskly.

#### TO REMOVE A GLASS STOPPER

that has become tightened, heat the neck of the bottle with a lighted match for a few seconds, and it can easily be removed.

## TO CLEAN IRON SINKS.

Rub them well with a cloth wet with kerosene oil.

## DEATH TO BUGS.

Varnish is death to the most persistent bug. It is cheap—ten cents' worth will do for one bedstead—is easily used, is safe, and improves the looks of the furniture to which it is applied. The application must, however, be thorough—the slats, sides, and every crack and corner receiving attention.

## TO DRIVE AWAY BED BUGS.

Take the whites of four eggs and ten cents' worth of quicksilver, and beat together until a stiff froth. Take a feather, dip in, and apply to the bedstead.

## BEFORE BEGINNING TO SEED RAISINS

cover them with hot water and let them stand fifteen minutes. The seeds can then be removed easily without a particle of waste.

## PACKING BOTTLES.

India-rubber bands slipped over them will prevent breakage.

## NOTHING TAKES THE SORENESS

from bruises and sprains as quickly as alcohol.

## TO PREVENT FLIES INJURING PICTURE FRAMES.

Boil three or four onions in one pint of water. Brush your frames over with the liquid. No fly will touch them, and it will not injure the frames.

## AMMONIA

is not only useful for cleaning, but as a household medicine. Half a teaspoonful taken in half a tumbler of water is far better for faintness than alcoholic stimulants. In the Temperance Hospital, in London, it is used with the best results. It was used freely by Lieutenant Greely's Arctic party for keeping up circulation. It is a relief in nervousness, headache, and heart disturbances.

## TO DESTROY CATERPILLARS.

Hang pieces of woolen cloth amongst the trees and shrubs; the caterpillar will, during the night, take shelter on these and in that way thousands may be destroyed every morning.

## TO CLEAN DISHCLOTHS AND TOWELS.

Put a teaspoonful of ammonia into the water in which these cloths are, or should be washed every day; rub soap on the towels. Put them in the water, let them stand half an hour or so; rub them out thoroughly, rinse faithfully, and dry outdoors in clear air and sun, and dishcloths and towels need never look gray and dingy—a perpetual discomfort to all housekeepers.

## CANNED FRUIT

is much better if opened an hour or two before using, to restore the oxygen.

## RHUBARD

scalded a few moments before cooking will require much less sugar.

## MOTHS IN CARPETS.

If you fear that they are at work at the edge of the carpet, it will sometimes suffice to lay a wet towel, and press a hot flatiron over it; but the best way is to take the carpet up, and clean it, and give a good deal of attention to the floor. Look in the cracks, and if you discover signs of moths, wash the floor with benzine and scatter red pepper on it before putting the carpet lining down.

Heavy carpets sometimes do not require taking up every year, unless in constant use. Take out the tacks from these, fold the carpets back, wash the floor in strong suds with a tablespoonful of borax dissolved in them. Dash with insect powder, or lay with tobacco leaves along the edge, and re-tack. Or use turpentine, the enemy of buffalo moths, carpet worms and other insects that injure and destroy carpets. Mix the turpentine with pure water in the proportion of three tablespoonfuls to three quarts of water, and then after the carpet has been well swept, go over each breadth carefully with a sponge dipped in the solution and wrung nearly dry. Change the water as often as it becomes dirty. The carpet will be nicely cleaned as well as disinfected. All moths can be kept away and the eggs destroyed by this means. Spots may be renovated by the use of ox-gall or ammonia and water.

A good way to brighten a carpet is to put a half tumbler of spirits of turpentine in a basin of water, and dip your broom in it and sweep over the carpet once or twice, and it will restore the color and brighten it up until you would think it new. Another good way to clean old carpets is to rub them over with meal; just dampen it a very little and rub the carpet with

it, and when perfectly dry, sweep over with meal. After a carpet is thoroughly swept, rub it with a cloth dipped in water and ammonia; it will brighten the colors and make it look like new.

#### TO REMOVE MOTHS FROM FURNITURE.

Moths may be exterminated or driven from upholstered work by sprinkling this with benzine. The benzine is put in a small watering pot, such as is used for sprinkling house-plants; it does not spot the most delicate silk, and the unpleasant odor passes off in an hour or two in the air. Care must be used not to carry on this work near a fire or flame, as the vapor of benzine is very inflammable. It is said that a little spirits of turpentine added to the water with which floors are washed will prevent the ravages of moths.

#### TO CLEAN MICA.

To clean mica in a stove that has become blackened with smoke, is to take it out, and thoroughly wash it with vinegar. If the black does not come off at once, let it soak a little.

#### TO VENTILATE A ROOM.

Place a pitcher of cold water on a table in your room and it will absorb all the gases with which the room is filled from the respiration of those eating or sleeping in the apartment. Very few realize how important such purification is for the health of the family, or, indeed, understand or realize that there can be any impurity in the rooms; yet in a few hours a pitcher or pail of cold water—the colder the more effective—will make the air of a room pure, but the water will be entirely unfit for use.

#### NOVEL DRESS MENDING.

A novel way of mending a woolen or silk dress in which a round hole has been torn, and where only a patch could remedy matters, is the following: The frayed portions around the tear should be carefully smoothed, and a piece of the material, moistened with very thin mucilage, placed under the hole. A heavy weight should be put upon it until it is dry, when it is only possible to discover the mended place by careful observation.

#### CEMENT FOR BROKEN CHINA OR GLASS.

Dissolve one-half ounce of gum arabic in a wineglassful of boiling water; add plaster of Paris sufficient to form a thick paste, and apply it with a brush to the broken parts: being nearly colorless, it is better than liquid glue or other cements.

## SIMPLE DISINFECTANT.

The following is a refreshing disinfectant for a sick room, or any room that has an unpleasant aroma pervading it: Put some fresh ground coffee in a saucer, and in the center place a small piece of camphor gum, which light with a match. As the gum burns, allow sufficient coffee to consume with it. The perfume is very pleasant and healthful, being far superior to pastiles, and very much cheaper.

## WATERPROOF SHOES.

To make shoes waterproof and make them last a long time, dissolve beeswax and add a little sweet-oil to thin it. Before the shoes are worn, warm the soles and pour the melted wax on with a teaspoon; and then hold it close to the fire till it soaks into the leather; then add more till the leather ceases to absorb it.

## TO SOFTEN BOOTS AND SHOES.

Kerosene will soften boots and shoes which have been hardened by water, and render them as pliable as new.

## RAZOR STRAPS

are kept in order by applying a few drops of sweet-oil. After using a strap, the razor takes a keen edge by passing it over the palm of the warm hand; dipping it in warm water also makes it cut more keenly.

## TO SOFTEN LEATHER.

The best oil for making boots and harness leather soft and pliable, is castor-oil. It is also excellent for greasing vehicles.

## LIMEWATER AND ITS USES.

Place a piece of unslacked lime (size is immaterial, as the water will take up only a certain quantity) in a perfectly clean bottle, and fill with cold water; keep corked in a cellar or cool dark place; it is ready for use in a few minutes, and the clear limewater may be used whenever it is needed. When the water is poured off, add more; this may be done three or four times, after which some new lime must be used as at first. A teaspoonful in a cup of milk is a remedy for children's summer complaint; also for acidity of the stomach; when added to milk it has no unpleasant taste. When put into milk that would otherwise curdle when heated, it prevents its curdling, so that it can then be used for puddings and pies.

A small quantity of it will prevent the "turning" of cream and milk. It also sweetens and purifies bottles which have contained milk. Some add a cupful to a sponge of bread to prevent it from souring.

#### TO KEEP A BROOM.

If a broom be inserted every week in *boiling suds*, it will be toughened and last much longer, will not cut the carpet, and will remain elastic as a new broom.

#### TO MAKE CARPETS BRIGHT.

Sprinkle them with tea leaves, sweep thoroughly, but lightly. Rub all spots with a clean dry cloth. Grease spots may be drawn out by covering with a piece of coarse brown paper, and then passing over them a warm flat-iron. The paper, if soft, will absorb the grease.

#### CLEANING OILCLOTHS.

A dingy oilcloth may be brightened by washing it with clear water with a little borax dissolved in it; wipe it with a flannel cloth that you have dipped into milk, and then wrung as dry as possible.

#### TO WASH OILCLOTH AND LINOLEUM.

Oilcloth should never be scrubbed, but washed with a soft woolen cloth and lukewarm water, in which a little milk has been dissolved. Soap and hot water destroy the pattern and color.

#### TO WASH MATTING.

To wash matting, wipe off with a cloth wrung from salt and water. This prevents turning yellow.

#### DISCOLORED SPOTS ON CARPET.

Discolored spots on carpet can be frequently restored by rubbing with a sponge dipped in ammonia diluted with water; clothing the same. Ox-gall is useful for same purpose.

#### SOOT ON CARPETS.

Soot on carpets, falling from an open chimney, may be swept up without the slightest trouble by sprinkling it lavishly with salt at first, and then sweeping.



## TO TAKE RUST OUT OF STEEL.

If possible, place the article in a bowl containing kerosene oil, or wrap the steel up in a soft cloth well-saturated with kerosene; let it remain twenty-four hours or longer; then scour the rusty spots with brick dust; if badly rusted, use salt wet with hot vinegar; after scouring rinse every particle of brick dust or salt off with boiling water, and dry thoroughly with flannel cloths.

## STARCH POLISH.

Take one ounce of spermaceti and one ounce of white wax; melt and run into a thin cake on a plate. A piece the size of a quarter dollar added to a quart of prepared starch gives a beautiful lustre to the clothes and prevents the iron from sticking.

## UMBRELLAS, TO PRESERVE.

Put umbrellas in the rack to dry with the handles down, that water may not run down and rust the wires.

## TO KEEP PAINT BRUSHES.

Turn a new brush bristles up, open, pour in a spoonful of good varnish, and keep in that position until dry, and the bristles will never "shed" in painting. The varnish also keeps it from shrinking and falling to pieces. As soon as a job is finished, wipe brush clean, wrap in piece of paper, and hang it in a small deep vessel containing oil, letting the brush descend into the oil up to the wrapping cord. This will keep paint and varnish brushes clean and ready for use.

## WASHING FLUID.

One gallon of water and four pounds of ordinary washing soda, and a quarter of a pound of soda. Heat the water to boiling hot, put in the soda, boil about five minutes, then pour it over two pounds of unslaked lime, let it bubble and foam until it settles, turn it off and bottle it for use. A tablespoonful put into a suds of three gallons makes the clothes very white and clear. Must be well rinsed afterwards. This preparation will remove tea stains, and almost all ordinary stains of fruit, grass, etc. This fluid does not rot the clothes, but should not be *left long in any water*; the boiling, sudsing, rinsing and blueing, should be done in quick succession, until the clothes are ready to hang on the line.

Salt or beef's gall in the water helps to set black. A tablespoonful of

spirits of turpentine to a gallon of water sets most blues, and alum is very efficacious in setting green. Black or very dark calicoes should be stiffened with gum arabic—five cents worth is enough for a dress. If however, starch is used, the garment should be turned wrong side out.

A simple way to remove grass stains is to spread butter on them, and lay the article in hot sunshine, or wash in alcohol. Fruit stains upon cloth or the hands may be removed by rubbing with the juice of ripe tomatoes. If applied immediately, powdered starch will also take fruit stains out of table linen. Left on the spot for a few hours, it absorbs every trace of the stain.

There are several effectual methods of removing grease from cloths. First, wet with a linen cloth dipped in chloroform. Second, mix four tablespoonfuls of alcohol with one tablespoonful of salt; shake together until the salt is dissolved, and apply with a sponge. Third, wet with weak ammonia water; then lay a thin white blotting or tissue paper over it, and iron lightly with an iron not too hot. Fourth, apply a mixture of equal parts of alcohol, gin, and ammonia.

Candle grease yields to a warm iron. Place a piece of blotting or other absorbing paper under the fabric; put a piece of the paper also on the spot, apply the warm iron to the paper, and as soon as a spot of grease appears, move the paper and press until the spot disappears. Lard will remove wagon grease. Rub the spot with the lard as if washing it, and when it is well out, wash in the ordinary way with soap and water until thoroughly cleansed.

To make linen beautifully white, prepare the water for washing by putting into every ten gallons a large handful of powdered borax; or boil with the clothes one teaspoonful of spirits of turpentine.

Fruit stains may be taken out by boiling water. Place the material over a basin or other vessel, and pour the boiling water from the kettle over the stains.

#### TO KEEP CIDER.

Allow three-fourths of a pound of sugar to the gallon, the whites of six eggs, well beaten, a handful of common salt. Leave it open until fermentation ceases, then bung up. This process a dealer in cider has used for years, and always successfully.

*Another recipe*:—To keep cider sweet allow it to work until it has reached the state most desirable to the taste, and then add one and a half tumblers of grated horse-radish to each barrel, and shake up well. This

arrests further fermentation. After remaining a few weeks, rack off and bung up closely in clean-casks.

*A Holland recipe* :—To one quart of new milk, fresh from the cow (not strained), add one-half pound of ground black mustard seed and six eggs. Beat the whole well together, and pour into a barrel of cider. It will keep cider sweet for one year or more.

#### TO CLEAN BLACK DRESS SILKS.

One of the things “not generally known,” at least in this country, is the Parisian method of cleaning black silk; the *modus operandi* is very simple, and the result infinitely superior to that achieved in any other manner. The silk must be thoroughly brushed and wiped with a cloth, then laid flat on a board or table, and well-sponged with hot coffee, thoroughly freed from sediment by being strained through muslin. The silk is sponged on the side intended to show; it is allowed to become partially dry, and then ironed on the wrong side. The coffee removes every particle of grease, and restores the brilliancy of silk, without imparting to it either the shiny appearance or crackly and papery stiffness obtained by beer, or, indeed, any other liquid. The silk really appears thickened by the process, and this good effect is permanent. Our readers who will experimentalize on an apron or cravat, will never again try any other method.

*To remove Paint from Black Silk* :—Patient rubbing with chloroform will remove paint from black silk or any other goods, and will not hurt the most delicate color or fabric.

#### OIL STAINS IN SILK AND OTHER FABRICS.

Benzine is most effectual, not only for silk, but for any other material whatever. It can be procured from any druggist. By simply covering both sides of greased silk with magnesia, and allowing it to remain for a few hours, the oil is absorbed by the powder. Should the first application be insufficient, it may be repeated, and even rubbed in with the hand. Should the silk be Tussah or Indian silk, it will wash.

#### TO CLEAN KID GLOVES.

Take a fine, clean, soft cloth, dip it into a little sweet milk, then rub it on a cake of soap, and rub the gloves with it; they will look like new.

Another good way to clean any color of kid gloves is to pour a little benzine into a basin and wash the gloves in it, rubbing and squeezing them until clean. If much soiled, they must be washed through clean benzine, and rinsed in a fresh supply. Hang up in the air to dry.

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• EVERY DAY SERVICE •

Mary T. Harland

# BILLS

• • OF • •



# FARE

FOR

All Seasons of the Year

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...INCLUDING...

Thanksgiving and Christmas Dinners

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...BY...

MARION HARLAND

---

“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.  
He may live without books—what is knowledge but grieving?  
He may live without hope—what is hope but deceiving?  
He may live without love—what is passion but pining?  
But where is the man that can live without dining?”

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MARY VIRGINIA TERHUNE  
1889

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## INTRODUCTORY TO MENUS.

I N the preparation of this series of bill-of-fare for family use I have sought to accomplish three things :

First and chiefly—To be practical.

Secondly—To express my meaning clearly and fully.

Thirdly—To adapt *menu* and recipes to the service of people of moderate means.

“How do you make your delicious chicken salad?” asked one housekeeper of another, in the day when the dish was comparatively new.

“Oh, I put in all the good things I can think of, and when it tastes just right, I stop,” was the satisfactory reply.

Too many recipes, furnished by practical cooks, and printed for the use of the inexperienced, are constructed on this principle, and presuppose skill and judgment in the tyro. Almost as serious is the blunder of yielding to the temptation to write out showy lists of dishes as model meals, for the reader whose income is not above the average of that of the young merchant, or professional man. The true cook has, in her modest sphere, such pleasure in recipe-making as the musician or poet has in composition. All three fail of popularity when they discourage, instead of animating those they would instruct. The teacher's province is not to display his own proficiency, but to develop the pupil's powers.

Tuition that falls short of this end is failure.

The housewife who has a fixed and small allowance for marketing, reads in the Home Corner of her family newspaper a breakfast *menu* that calls for a dish of meat, one of fish, and another of eggs; for two kinds of hot bread; for oatmeal porridge; potatoes, fruit, coffee, and milled chocolate—and, with a sinking heart, she turns elsewhere for help in her attempt to vary the monotony of the first, and most trying meal of the day. Recipes and cook-books are not prepared for millionaires' wives. Our prudent manager knows as well as does her would-be mentor, that few families, even among her wealthy neighbors, sit down daily to breakfast-tables spread as lavishly as the imaginary board above sketched. To discouragement is added contempt for the printed guide that would assert the contrary to be the rule.

A clever little woman who has a positive genius for cookery, threw up her hands tragically when I recommended as easily-made and cheap the oyster-bisque, directions for which will be found hereafter.

“I have a recipe for oyster-bisque, thank you! It calls for *sixteen* ingredients. I counted them. One of them is a quart of cream. I could not put that soup into my tureen for less than \$1.50, not computing time and labor. I do not believe in fifty-cent dinners for six people, but we can't afford five-dollar feasts for every day.”

A novice brought to me once, an article clipped from a favorite weekly, in which minute instructions were given, dialogically, for the manufacture of meat dumplings. The tale—as a tale—hung well together. But the meat never went into the pastry. Why and how they were kept apart was a worse quandary than the King's enigma as to how the apple got into his dumpling.

With this prefatory, and I trust, not tedious laying of the cloth, we will proceed to business.





## SPRING BILLS OF FARE.

No. 1.

### BREAKFAST.

Coarse Hominy.

Potato Rolls.

Fried Pigs' Feet, Breaded.

Buttered Toast.

Cold Bread.

Tea.

Fruit.

Coffee.

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### COARSE HOMINY.

This is otherwise known as cracked corn. Wash it well and set it to soak over night. In the morning, drain and cook soft in boiling water, salted. Eat with sugar and cream, or cream only.

---

### POTATO ROLLS.

One cup of potato, mashed or whipped, until smooth and light, with two tablespoonfuls of butter and two cups of lukewarm milk; one tablespoonful of sugar; one scant cup of flour; one-half yeast cake—dissolved in warm water; one teaspoonful of salt—an even one; mix these together, using but half the flour over night, and

leave them to rise. Early in the morning, work in the rest of the flour, knead thoroughly and let it rise for an hour and a half; mold into small rolls after a second brisk, hard kneading, set in a pan and leave in a warm place for half an hour before baking. Send hot to the table.

---

#### FRIED PIGS' FEET, BREADED.

Buy the pigs' feet ready pickled from your butcher. If they have only been kept in brine, soak three hours and boil until tender. While hot, cover with boiling vinegar, in which you have put a tablespoonful of sugar and half a dozen whole black peppercorns for each cupful of vinegar. Do this the day before you cook them for breakfast. Before frying, wipe each piece well, roll in beaten egg, then in cracker crumbs, and cook in plenty of cleared dripping or lard. Drain off the fat, and send to the table hot.

---

#### BUTTERED TOAST.

Slice the bread nearly an inch thick, pare off the crust, and toast quickly over a clear fire, buttering each piece lightly as you take it from the toaster. Lay in a hot dish until all are done. As soon as the last slice comes from the fire, send all to the table. Should a corner scorch, scrape before you butter it. The whole surface should be of a light yellow brown.

---

#### LUNCHEON.

Roe Omelette,

Steamed Brown Bread.

Stewed Potatoes.

Crackers and Cheese.

Cake and Marmalade.

Chocolate.

## ROE OMELETTE.

Boil the roe of the shad you are to bake for dinner in hot water, with a little salt, for twenty minutes. Take it out and plunge into ice-cold water until cold and firm. Wipe, and break into a granulated mass, removing all the skin and strings. Mix this with a tablespoonful of butter, a tablespoonful of minced parsley, and season cautiously with salt and cayenne pepper. Have ready in a saucepan half a cupful of drawn butter. Beat the roe into it, and set in boiling water while you make an omelette of six eggs whipped light, whites and yolks together. Add a little salt, pour the eggs into a frying-pan where a tablespoonful of butter is simmering; shake steadily until the omelette thickens, spread the roe mixture on half of it, double the other part over it, and turn out dexterously on a hot dish. Garnish with parsley.

---

## STEAMED BROWN BREAD.

One cup of rye meal (not flour); one cup of Indian meal; half a cup of Graham flour; one cup of milk; half a cup of molasses, (syrup will not do); one even teaspoonful of salt, and the same of soda. Sift flour, meal, salt and soda twice together to mix all well. Add the molasses to the milk, and work into the flour; knead for five minutes, turn into a greased mold and steam for three hours. Eat hot; but it is also good when cold.

---

## STEWED POTATOES.

Peel and cut in small square bits, dropping these in cold water as you go on. Cook tender in boiling, salted water. Turn off half of this when they are nearly done, and replace with a like quantity of hot

milk in which has been dissolved a tablespoonful of butter cut up in flour. Simmer three or four minutes, pepper, salt, and stir in a teaspoonful of finely cut parsley. Boil up and dish.

---

CHOCOLATE.

Six tablespoonfuls of chocolate wet to a paste with cold water. One quart of milk. Heat the milk in a farina kettle, stir in the chocolate paste and boil five minutes. Draw the kettle to the front of the range, and with a clean Dover egg-beater, whip the hot chocolate one minute before pouring into the pot in which it is to go to the table. Sweeten in the cups.

---

DINNER.

Purée Maigre.

Baked Shad and Mashed Potatoes.

Beefsteak with Sherry Sauce.

Spinach *au naturel*.

Suet and Sago Pudding,

Neapolitan Sauce.

Fruit.

Coffee.

---

PUREE MAIGRE.

One turnip; one carrot; half an onion; one tablespoonful of chopped cabbage; half a can of tomatoes; half a cup of raw rice; stalk of celery, chopped; three tablespoonfuls of butter cut up in two of prepared flour; two tablespoonfuls of chopped parsley; one quart of cold water; pepper and salt to taste; one teaspoonful of sugar; one cup of milk.

Pare and grate turnip and carrot. Peel, and slice the onion, and parboil it with the cabbage for twenty minutes, throwing the

water away. Soak the rice for two hours. Put all the vegetables except the tomatoes, with the rice and cold water, into the soup kettle; cover and stew gently for an hour after the boil is reached, Add the tomatoes, simmer for half an hour, and run through a colander. Return to the fire, stir to a boil, add the floured butter, boil up a little faster and stir in the milk, scalding hot. Season and pour out. Be careful not to let the purée "catch" in cooking. (Put a tiny bit of soda in the milk.)

---

#### BAKED SHAD.

Wash and wipe a fine roe-shad, inside and out. Have ready a forcemeat of crumbs, a very little minced fat salt pork, a teaspoonful of butter, and one of minced parsley, seasoned with salt and pepper. Sew this up in the fish, lay the latter in a dripping pan, pour over it a cup of boiling water, and bake for one hour, at least, covered. Baste five times with butter-and-water, while baking. Transfer the shad to a hot-water dish; make the gravy by stirring into the liquor left in the pan the juice of a lemon, a tablespoonful of browned flour wet up with cold water, a little salt and pepper. Boil up sharply, and send to the table in a gravy-boat. Garnish the shad with slices of lemon, on each of which is laid a little finely-bruised parsley. Send mashed potato around with it.

---

#### BEEFSTEAK WITH SHERRY SAUCE.

Broil the steak in the usual way, lay it within the chafing dish, and cover it with the sauce, after which put on the top of the dish and let the steak stand five minutes before it is served.

## SPRING BILLS OF FARE.

## SAUCE.

One glass of sherry ; juice of half a lemon ; one tablespoonful of catsup ; two tablespoonfuls of butter cut up in one teaspoonful of browned flour ; half a teaspoonful of salt ; a quarter-teaspoonful of pepper. Heat butter, catsup and lemon juice in a saucepan, add seasoning and wine, boil up quickly, and pour upon the steak.

---

SPINACH *au naturel*.

Wash, pick off the leaves, rejecting the stems, and put over the fire in just enough boiling, salted water to cover it well. Cook fast for twenty minutes, turn into a hot colander, and let it drain into a vessel set on the range until all the water has run off. Stir into it quickly a tablespoonful of butter, a little salt and pepper, press firmly to get the shape of the colander on the under side of the mass, and invert upon a hot platter. Lay hard boiled eggs sliced about the base. Serve very hot.

---

## SUET AND SAGO PUDDING.

Four tablespoonfuls of sago, soaked for four hours in cold water enough to cover it ; a generous half cup of powdered suet ; one cup of fine dried crumbs ; one cup of milk and a tiny bit of soda ; one cup of sugar ; four eggs ; one teaspoonful of corn-starch wet with milk ; one even cup of Sultana raisins ; one even teaspoonful of salt.

When the sago has soaked for the required time, stir it into the heated milk, and bring almost to a boil before adding the required crumbs. Pour this on the beaten eggs and sugar, beat one minute, and add suet, sago, corn-starch and salt. Butter a

straight-sided mold, and strew with raisins carefully washed, dried and rolled in flour. Put in the batter carefully, a little at a time, not to wash the raisins to the top. Steam two hours. Dip in cold water and turn out on a hot platter.

---

NEAPOLITAN SAUCE.

Two cups of powdered sugar; two tablespoonfuls of butter; two tablespoonfuls of red currant jelly; juice of half a lemon.

Warm the butter slightly, and stir with the sugar to a cream. Divide into two parts, whip the lemon juice into one, the jelly into the other. Wet a bowl and fill with alternate strata of white and pink sauce. Let it cool on the ice, and when hard pass a knife close to the sides of the bowl to loosen it. Send to table on a cold salver.

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No. 2.

BREAKFAST.

Wheat Germ Meal Porridge.

Ragout of Liver.

Egg Biscuit.

Watercresses.

Strawberries.

Tea.

Coffee.

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WHEAT GERM MEAL PORRIDGE.

This excellent breakfast cereal is particularly good when boiled in milk-and-water in equal quantities. Wet up a cupful of the "germ meal" in cold water to a thick mush, thin to gruel-like consistency with hot milk, and cook fifteen minutes in a farina kettle, after the water in the outer vessel reaches a boil. Salt to taste and eat with cream.

## RAGOUT OF LIVER.

Heat three or four spoonfuls of nice dripping in a frying-pan, add an onion, sliced, a tablespoonful of chopped parsley, and thrice as much minced breakfast-bacon; when all are hissing hot, lay in the liver cut in pieces as long and wide as your middle finger and fry brown, turning often; take out the liver and keep warm in a covered hot water dish; strain the gravy, rinse out the frying-pan, and return to the fire with the gravy, and an even tablespoonful of butter worked up well in two of browned flour. Stir until you have a smooth, brown *roux*; thin gradually with half a cupful of boiling water and the juice of half a lemon; add a teaspoonful of minced pickle and a scant half teaspoonful of curry powder wet with cold water. Boil sharply, pour over the liver, put fresh boiling water in the pan under the dish, and let all stand closely covered for ten minutes before serving.

---

EGG BISCUIT.

Two cups of warm milk; two eggs; two heaping tablespoonfuls of butter; half a cake of compressed yeast, dissolved in warm water; one quart of sifted flour; one teaspoonful of salt.

Mix with the butter (melted, but not hot) the yeast, salt and three cups of flour together over night, and set in a covered bowl to rise. Early in the morning, add the beaten eggs and the rest of the flour, and set for a second rising of an hour, or longer. When light, roll into a sheet almost an inch thick, cut into round cakes, and lay in a floured baking pan. At the end of half an hour, bake in a good oven. They are delicious, cold or hot.

---

WATERCRESSES.

Wash well, pick off decayed leaves, and leave in ice-water until you are ready to eat them. They should then be shaken free of



wet, and piled lightly in a glass dish. Eat with salt. They are a piquant appetizer on sultry mornings, and very wholesome.

---

### STRAWBERRIES.

Do not ruin the flavor by washing them, nor wither them and sap their sweetness by laying them in sugar. "Cap" with cool, light fingers, heap in a bowl, and sprinkle sugar on them after they are served in the saucers to waiting eaters expectant. The larger varieties of strawberries are best served with caps and stems on. The eater uses the latter as handles, and dips the berries into dry sugar, one by one. This is the prettiest way of eating breakfast strawberries.

---

### LUNCHEON.

Clam Scallops.

Deviled Tongue.

Stewed Potatoes.

Radishes.

Crackers and Cheese.

Tea and Cake.

---

### CLAM SCALLOPS.

Chop 50 clams fine, and drain off through a colander all the liquor that will come away. Mix this in a bowl with a cupful of crushed crackers, half a cupful of milk, two beaten eggs, a tablespoonful of melted butter, half a teaspoonful of salt, a pinch of mace and the same of cayenne pepper. Beat into this the chopped clams, and fill with the mixture, clam shells, or the silver or stone-china shell-shaped dishes sold for this purpose. Bake to a light brown in a quick oven, and serve in the shells. Send around sliced lemon with them.

---

 DEVEILED TONGUE.

Slice a cold boiled tongue (fresh or smoked) and fry the slices quickly in nice dripping. If you have none, use butter. Chop a little onion fine and stir in before the tongue is fried. Take up the slices, arrange neatly, overlapping one another, in a hot-water dish. Strain the fat, return to the fire, stir in a teaspoonful of browned flour, half a teaspoonful of Worcestershire sauce, a tablespoonful of vinegar, a quarter of a teaspoonful of mustard, a pinch of cayenne, and half a cupful of boiling water. Stir, and boil for one minute, and pour over the tongue.

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 RADISHES.

Cut down the tops to within an inch of the roots. Wash, scrape off the fibers, and arrange tastefully on a dish with bits of ice between them.

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 DINNER.

Browned Potato Soup.

Shad Baked with Wine Sauce.

Larded Leg of Mutton.

Green Peas.

Stewed Macaroni.

Strawberry Shortcake.

Coffee.

---

 BROWN POTATO SOUP.

A dozen potatoes of fair size; half an onion, sliced; two quarts of boiling water; two tablespoonfuls of chopped parsley; two eggs, beaten light; half a cup of milk; pepper, salt and cleared dripping for frying; a tablespoonful of butter; heat the dripping in a round-

bottomed saucepan and fry the potatoes (peeled carefully so as to leave all the starch in them, then left in cold water for half an hour) and onion to a fine brown; drain, drop them in the boiling water, and cook soft. Rub through the colander back into the kettle with the water in which they were boiled; add the parsley, stir to a bubbling boil, and season with pepper and salt. Heat the milk in another saucepan, melt the butter in it, add the eggs, stir one minute; take the soup-kettle from the fire, pour in the milk and eggs, and serve at once. If the potatoes do not thicken the water to a purée, roll the butter in a tablespoonful of flour and stir directly into the soup kettle instead of into the milk.

---

#### SHAD BAKED WITH WINE SAUCE.

Clean, without splitting the fish, leaving on the head and tail. Lay in a dripping pan, pour a small cupful of boiling water over it, invert another dripping pan upon the lower, and bake one hour, basting six times with butter and water from the dripping pan. Transfer the fish to a hot platter; strain the gravy into a saucepan; thicken with a heaping teaspoonful of browned flour; season with salt and pepper, and add at the last a glass of brown sherry. Pour over the fish, and send to table covered.

---

#### LARDED LEG OF MUTTON.

Cut half-inch wide strips of fat salt pork into lengths of four inches. With a narrow-bladed knife, make horizontal incisions in the meat to the bone, and, where this does not oppose the blade, clear through the joint. Roll these "lardoons" in a mixture of pepper, mace and vinegar, and insert in the holes made by the knife. If you have a larding needle, the task is easier. Set the meat in a

dripping pan, dash a cupful of boiling water over it, and roast ten minutes for each pound, basting often. Ten minutes before taking it up, rub over with a mixture of a teaspoonful of butter and two tablespoonfuls of tart jelly. Strain the gravy, pour off the fat, and thicken what is left with browned flour, season with salt and pepper, boil up, and serve in a boat.

---

#### GREEN PEAS.

Boil the pods fifteen minutes in slightly salted water; strain them out, drop in the peas, and cook tender, but not until they break. Drain dry; stir in salt, pepper, and a good lump of butter. Serve hot.

---

#### STEWED MACARONI.

Half a pound of "pipe" or "straw" macaroni; one cup of milk; one teaspoonful of minced onion; one tablespoonful of butter; half a cupful of cheese; pepper and salt to taste, and a bit of soda in the milk; break the macaroni into short pieces, and cook about twenty minutes in boiling water, salted. Meanwhile, heat the milk (dropping in a tiny pinch of soda), with the onion to the scalding point. Strain out the onion, drain the water from the macaroni, and put the milk into a sauce-pan. Stir in the butter, cheese, pepper and salt, finally, the macaroni. Cook three minutes, and turn into a deep dish.

---

#### STRAWBERRY SHORTCAKE.

One cup of powdered sugar; one tablespoonful of butter; three eggs; one rounded cup of prepared flour; two tablespoonfuls of cream; one generous quart of berries.

Rub the butter and sugar to a cream ; whip in the beaten yolks, the cream, the whites, at last, the flour. Bake in three jelly cake tins and let the cakes get cold. Cut the berries into halves, and lay between them, sprinkling the strata with sugar. Sift sugar on the topmost layer. Slice and eat with cream.

---

No. 3.

BREAKFAST.

Brewis.

Cornmeal Dodgers.

Deviled Beef in Batter.

Cold Bread.

Browned Potatoes.

Fruit.

Tea.

Coffee.

---

BREWIS.

One even cup of dried bread crumbs ; a pint of milk ; a quarter-teaspoonful of salt ; two tablespoonfuls of butter.

Save crusts and broken slices from day to day. When you go to bed, the night before you wish to make brewis, spread these bits in a dripping-pan and set in the cooling oven to dry. Take them out in the morning, and crush with the rolling pin into rather coarse crumbs. Heat the milk, salt it, and when it boils, stir in the crumbs gradually until you have granulated mush. It should not get stiff. Now, put in the butter, stir and beat until hot, and serve in an open dish. Eat with sugar and cream.

---

CORNMEAL DODGERS.

One quart of Indian meal ; one quart of boiling milk ; two tablespoonfuls of sugar ; half a yeast cake, dissolved in warm water ;

one tablespoonful of lard and the same of butter; one even teaspoonful of salt.

Scald the meal with the milk, stir in the sugar and shortening, and, when it is almost cold, beat in the yeast. Let it rise all night. Beat up again one hour before breakfast, and set it for a second rising. Heat a dripping pan, grease well, and drop the stiff batter on it by the spoonful. Let these be an inch or two apart, that they may not run into one another, and shut up in a *quick* oven to bake. They should be rough on top, and higher in the middle than at the sides. If the batter runs, add a very little flour. It must be stiff enough to stand in a heap. Eat very hot.

---

#### DEVILED BEEF IN BATTER.

Cut slices of underdone roast beef, and lay them for an hour in a mixture of half a cup of vinegar, half a teaspoonful, each, of salt and made mustard. Turn them over and over, several times, to absorb the dressing. Lay on a clean cloth, press with another to take up the liquid, and dip in a batter made in the proportion of one egg, half a cup of milk and two tablespoonfuls of prepared flour, with a little salt. Fry in dripping or lard, drain off the grease, and serve.

---

#### BROWNEED POTATOES.

Boil in their skins, dry off and peel, set in a baking pan in the oven, and as they heat, butter three times at intervals of five minutes to glaze them.

---

#### LUNCHEON.

Scalloped Cod, Halibut or Salmon.

Hashed Potatoes, Browned.

Cold Bread.

Butter.

Pickles.

Crackers and Cheese.

Lady Cake.

Tea.

## SCALLOPED COD, HALIBUT OR SALMON.

Two pounds of cold boiled fish; two cups of milk; one even cup of bread crumbs; two tablespoonfuls of prepared flour; pepper and salt to taste; one tablespoonful of finely minced parsley; two eggs.

Pick the fish fine with a fork, heat the salted milk in a saucepan, rub the flour and butter together, stir into the milk, with pepper and parsley, and pour this on the beaten eggs. Strew the bottom of a baking dish with crumbs, put in a layer of sauce, then one of fish, another of sauce, and so on until the ingredients are used up. Cover with the rest of the crumbs and bake, covered, until it bubbles all over, then brown.

---

## HASHED POTATOES, BROWNE.

Pare and cut potatoes into small dice; lay these in cold water for half an hour; stew tender, but not soft, in hot, salted water; turn this off, and cover the potatoes with a cup of hot milk, in which you have melted a tablespoonful of butter cut up in a teaspoonful of prepared flour. Turn all into a greased pudding, or pie dish, and brown lightly in a quick oven.

---

## LADY CAKE.

One and a half cups of powdered sugar; half cup of butter; two tablespoonfuls of milk; whites of five eggs; two even cups of sifted prepared flour; One teaspoonful of bitter almond flavoring. Rub butter and sugar to a cream, add the milk and flavoring, then whites and flour alternately. Bake in jelly cake tins, and when they are cold, divide by layers of whipped cream, sifting sugar on top.

## DINNER.

Catfish Soup.	Larded Liver.
Canned Corn Pudding.	Stewed Tomatoes.
Russian Cream.	Light Cake.
Fruit.	Coffee.

---

## CATFISH SOUP.

Three pounds of fish when they have been cleaned, skinned and beheaded; two cups of milk, heated, with a tiny bit of soda; two tablespoonfuls of prepared flour rubbed up with three of butter; two beaten eggs; two tablespoonfuls of minced parsley; three cups of cold water; pepper and salt.

Cover the fish with cold water and stew gently until the flesh slips easily from the bones; take from the fire, pick out and throw away the bones; chop the fish, strain the liquor in which it was boiled, and return all to the fire; as it boils, stir in floured butter, seasoning and parsley; boil two minutes; pour the scalding milk from another vessel over the eggs, turn into the tureen, add the fish-soup and serve. Line the tureen with Boston crackers, split, soaked in boiling milk and well-buttered before pouring the soup upon them. Pass sliced lemon with it.

---

## LARDED LIVER.

Wash a fresh calf's liver, and soak it for an hour in cold water slightly salt. Wipe dry, and with a sharp knife, make perpendicular incisions clear through the liver about an inch apart. Into these, thrust strips of fat salt pork long enough to project on both sides. Into the bottom of a pot or saucepan put a tablespoonful of minced onion, some chopped parsley or other sweet herbs, pepper,



and a half-cupful of strained tomato juice. On this lay the liver, sprinkle as much onion on top as there is below, cover *very* tightly and set at one side of the range, where it will not reach the boiling point under an hour. Gradually increase the heat, but never let it be strong, for two hours more, when uncover the pot for the first time, to test with a fork if it be tender. It should be so tender that the fork enters as easily as into the crumby heart of a well-baked loaf. Take out the liver and keep hot, while you strain the gravy, thicken with a great spoonful of browned flour wet in cold water, and when it boils, add a glass of sherry. Pour over the liver. Carve the latter horizontally. It is as good cold as hot.

---

#### CANNED CORN PUDDING.

Mince the corn fine. Beat up three eggs, add two tablespoonfuls of sugar, the same of melted butter, an even teaspoonful of salt and a cupful of milk, lastly the corn. Beat hard and bake covered in a greased pudding dish half an hour, then uncover to brown delicately.

---

#### STEWED TOMATOES.

Cook twenty minutes, before seasoning with a tablespoonful of butter, an even teaspoonful of sugar, less than half as much salt, a dash of pepper, and the merest suspicion of minced onion. Stew five minutes longer, add a teaspoonful of fine crumbs, boil up and serve.

---

#### RUSSIAN CREAM.

Half a package of Cooper's gelatine, soaked four hours in water enough to cover it; one quart of milk; four eggs; two cups of sugar; a generous glass of sherry; two teaspoonfuls of vanilla.

Scald the milk, take from the fire, and stir into it the yolks of the eggs beaten light with the sugar; also the gelatine. Stir all the time while mixing and return to the fire; boil five minutes, still stirring, remove to the table, add the whites beaten to a froth, the flavoring and wine, strain through a sieve, and pour into molds wet with cold water. Set in a cold place to form. It is well to make it the day before it is to be eaten, if you have an early dinner; in the early morning, if you dine in the evening. It is delicious. Eat with cake.

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NO. 4.

**BREAKFAST.**

Graham Porridge.	Fried Tripe.	Rice Muffins.
Tea.	Fried Potatoes.	Coffee.

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GRAHAM PORRIDGE.

One cup of Graham flour; one cup of boiling water—a large one; one cup of hot milk; salt to your liking.

Wet the flour with cold water, and stir into the boiling, which should be in a farina kettle. Salt to taste, and cook half an hour, stirring up from the bottom now and then. Pour in the warm milk a little at a time, mixing well, and cook ten minutes after it is all in. Serve in an open dish, and eat with cream and sugar.

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FRIED TRIPE.

Cut pickled tripe into squares as large as the palm of the hand; wash in two waters, and cover with boiling water. Simmer gently for twenty minutes, turn off the water and put in, instead,

an equal quantity of milk-and-water, cold. Bring to a boil, drain and wipe the tripe, rub each piece with butter and pepper, with salt, if needed; roll in flour or egg and crumbs, and fry in hot dripping. Drain off the fat and serve on a heated dish. Send lemon and Chili sauce around with the tripe.

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### RICE MUFFINS.

One cup of cold boiled rice; two cups of milk; half a yeast cake, dissolved in half a cupful of warm water; one full tablespoonful of lard, melted; one tablespoonful of sugar; one teaspoonful of salt; three cups of flour; bit of soda, twice the size of a pea, dissolved in boiling water.

Rub the lard and sugar into the rice, and into this, the milk, working out the lumps. Add the yeast, and flour enough for a good batter. Leave it to rise five or six hours, stir in soda and salt, beating hard, half fill muffin tins, let them stand, covered, twenty minutes, and bake. They are richer if you add two eggs in the morning after the "long rising." Eat hot.

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### FRIED POTATOES.

Pare potatoes, and slice thin, or cut into strips. Lay in cold water for an hour, spread on a dry towel, and, covering with another, gently pat them to dry off the moisture. Have ready hot dripping, and fry quickly to a light brown, not too many at once. Take up with a split spoon, and shake in a hot colander to free them from grease. Serve in a dish lined with a hot napkin. Mem.: Do not let them get warm after you take them out of the ice-water, before cooking them.

## SPRING BILLS OF FARE.

## LUNCHEON.

Meringued Eggs.                      Welsh Rarebit.

Bread and Butter.

Prudence's Gingerbread.                      Cocoa-theta.

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 MERINGUED EGGS.

Whip the whites of the eggs very stiff. Lay great spoonfuls of the standing froth on a platter that will stand the oven heat. With the back of a tablespoon make a hollow in the middle of each heap, and put a raw yolk in it. Set in the oven until the meringue begins to color faintly, sprinkle with pepper and salt, lay a bit of butter on each egg, and serve in the platter in which they were baked.

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 WELSH RAREBIT.

Six rounds of toasted bread; two beaten eggs; three large spoonfuls of dry grated cheese; one tablespoonful of butter; two tablespoonfuls of fine crumbs; one tablespoonful of cream; one saltspoonful of mustard; a pinch of cayenne; a saltspoonful of salt.

Work the butter, cheese, salt, pepper and cream gradually into a smooth paste, add the beaten eggs, the crumbs, and spread half an inch thick on rounds of buttered toast. If the paste is not laid on heavily, it will be absorbed in cooking. Set in a quick oven until they begin to brown. Eat at once.

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 PRUDENCE'S GINGERBREAD (*without eggs*).

One cup of molasses; one cup of sugar; one cup of buttermilk, or loppered milk; half a cup of butter; one tablespoonful of

ginger; one teaspoonful of cinnamon, or nutmeg, or mace; about four cups of flour; one rounded teaspoonful of soda, sifted twice with the flour.

Stir butter, sugar, molasses and spice together; when you have warmed them slightly, put in the milk, and then the flour. Beat until the batter is several shades lighter than when you began, and bake at once in small tins.

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COCOA-THETA.

Heat four cups of milk in a farina kettle; stir in, when it is scalding hot, four tablespoonfuls of Wilbur's cocoa-theta, and leave in the boiling water, covered, for five or six minutes before pouring it out. This is a most delicious preparation of the chocolate family. Many who cannot drink cocoa as usually put up, may take this without harm to head or stomach. It is a pleasing accompaniment to gingerbread.

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DINNER.

Corn Soup (*maigre*).      Boiled Cod with Egg Sauce.

Baked Mutton Chops.

Baked Spaghetti.

Fried Bananas.

Orange Pudding.

Fruit.

Coffee.

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CORN SOUP (*Maigre*).

One can of corn; two cups of milk; one quart of water; three eggs; three tablespoonfuls of butter, rolled in as much flour; one tablespoonful of chopped parsley; pepper and salt to taste.

Chop the corn fine, and put into a quart of boiling water in a farina kettle. Cook for an hour, rub through a colander, season

with pepper and salt, put back in the kettle, heat to a boil, and stir in the floured butter. Scald the milk in a separate vessel (dropping in a tiny bit of soda) pour it slowly on the beaten eggs, keeping the egg-beater going all the time, add to the soup; stir for one minute; put in the chopped parsley, and pour into the tureen.

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#### BOILED COD.

Select a firm, thick piece of fish; sew up in mosquito net and put over the fire in plenty of boiling, salted water. Cook one hour for a piece that weighs between four and five pounds. Undo the netting, lay the fish on a hot dish, rub all over with butter and lemon juice, and put three tablespoonfuls of the egg-sauce on it, the rest in a boat.

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#### EGG SAUCE.

Heat a cup of milk and water—equal quantities of both; when it boils, stir in a heaping tablespoonful of butter, rubbed together with as much flour. Cook three minutes, and turn it out upon two eggs beaten light. Return to the fire; add a tablespoonful of chopped parsley and a hard boiled egg minced very fine. Boil one minute—no more—and pour out.

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#### BAKED MUTTON CHOPS.

Trim them neatly, and let them lie in a mixture of melted butter, pepper, salt and lemon juice for half an hour, turning over and rubbing the chops faithfully with it. Arrange the meat in a dripping pan, and, as it heats, baste with hot water in which has been dissolved a little butter. Keep covered except when basting them. When the chops are nicely browned, remove to a

hot-water dish to keep warm. Strain the gravy left in the pan, put over the fire with half a cup of strained tomato juice, season, and, as it boils, stir in enough browned flour to thicken it. Cook two minutes, and pour upon the chops when you have sprinkled them with tiny specks of currant jelly. Let them stand covered for three minutes before serving.

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#### BAKED SPAGHETTI.

“Spaghetti” is otherwise known as “small” or “straw” macaroni, and is considered more delicate, as it is certainly prettier than the “large” or “pipe macaroni.” Break half a pound into even lengths, perhaps into two-inch pieces. It is easier to serve and eat it thus than when long coils of it drip over dish and plate. Cook it gently in boiling, salted water until clear and tender, but not broken. Twenty minutes should suffice. Drain it, and fill a buttered bake-dish with layers of spaghetti divided by layers of grated cheese and butter-bits, seasoned with salt, add a cupful of milk, raising the layers to let it sink to the bottom; strain grated cheese thickly on the top, and bake, covered, for half an hour. Afterward brown on the upper grating of the oven.

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#### FRIED BANANAS.

Pare, then slice sound, ripe bananas lengthwise, roll in flour, until thickly coated, and fry to a delicate brown in butter. Line a dish with white, soft paper, lay each slice on it as you take it up, to absorb the grease and send to table very hot.

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#### ORANGE PUDDING.

Three eggs; One cup of sugar; two tablespoonfuls of butter; juice of two oranges. and half the grated peel of one; juice of a

lemon; grated peel of half a lemon; two teaspoonfuls of corn-starch or arrowroot—the latter is the better of the two.

Whip butter and sugar to a cream; whip in, by degrees, orange and lemon-juice and grated peel; lastly, the yolks of the eggs, and the arrowroot wet with water; have ready a pie-plate lined with a nice paste; fill with the mixture and bake; make a meringue of the beaten whites, and a heaping tablespoonful of powdered sugar, whipping in a teaspoonful of lemon-juice at the last; when the pudding is firm and begins to brown, spread this on the top and leave in the oven until the meringue is “set” and incrusting on the surface.

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No. 5.

**BREAKFAST.**

Wheaten Grits.

Fresh Mackerel.

Farina Cakes.

Stewed Potatoes.

Cold Bread.

Berries.

Tea.

Coffee.

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**FRESH MACKEREL.**

Clean, wash, wipe inside and cut, pepper, salt and roll in Indian meal and fry in hot lard or good dripping; drain, and serve hot. If you wish a sauce for them, add to half a cup of boiling water the juice of a lemon, a quarter-teaspoonful of mustard and a tablespoonful of butter rolled in one of browned flour; salt to liking; boil up once and serve in a gravy boat.

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**FARINA CAKES.**

One quart of milk; two cups of boiling water; half a cup of farina; three eggs; one scant cup of prepared flour; one table-



spoonful of melted lard ; one teaspoonful of salt ; one tablespoonful of molasses. Mix the farina with the boiling water, stir in salt and lard, beat hard, and let it stand in a cool place all night ; then beat in the eggs, the molasses, the milk—gradually—and, lastly, the flour, stirring all hard ; bake on a hot, greased griddle. They are very nice, if the batter is not too stiff.

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LUNCHEON.

Galantine.

Minced Potatoes.

Cress Salad.

Crackers and Cheese.

Cake and Cocoa-theta.

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GALANTINE.

Cut from a piece of fat, fresh pork an oblong piece of skin, five or six inches wide, and eight or ten long. Leave a lining of fat on the inside. Lay in vinegar enough to cover it for four hours ; then, spread on a platter, and cover the fat-lining with minced meat of any kind and all kinds (ham holding an important place) veal, mutton, beef, liver, poultry, etc., seasoned piquantly with pepper, salt, herbs, onion, a touch of spice, and a pinch of grated lemon-peel. Moisten with gravy, and put in a bit of fat, now and then. Fold up the pork-rind on all, bringing the edges together, and putting in a stitch or two to hold them in place. Wrap in a single thickness of stout cloth, sewing it closely about it, and put on to boil in plenty of cold water, in which is mixed half a cup of vinegar to each quart of water. Boil slowly five hours ; let the galantine get nearly cold in the water, take it out and lay under heavy weights all night ; undo and remove the cloth, clip the threads and draw them out, trim off the edges, and it is ready for

the table. Cut clear through skin and stuffing in carving it in neat slices. This "relish" is very fine.

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#### MINCED POTATOES.

Mince cold boiled potatoes with a sharp knife; put a spoonful of beef dripping, or butter in a frying pan, with a tablespoonful of finely minced parsley, a quarter teaspoonful of grated lemon peel, pepper and salt. As it simmers stir in the potatoes, and continue to stir and toss until very hot all through and quite dry. Serve in a deep dish, hot.

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#### CRESS SALAD.

Wash and pick over the cresses, shake off the wet, and serve in a salad bowl. At table, pick the twigs to pieces and season with sugar, pepper, salt, vinegar and oil. Mix well, and pass crackers with it.

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#### DINNER.

Asparagus Soup.

Boiled Bass.

Roast Sweet Breads and Green Peas.

Mashed Potatoes.

Young Onions.

Belle's Bright Thought.

Coffee.

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#### ASPARAGUS SOUP.

Three pints of soup stock; one large bunch of asparagus, cut into short lengths, the woody parts by themselves; one cup of milk;

one tablespoonful of butter, rolled in one of prepared flour; pepper and salt.

Put the stock over the fire with all the stalks and one-third of the green heads; cook until the asparagus can be rubbed through a colander, leaving the wood behind; rub all through that will pass easily; return the soup to the fire, season, and bring to a boil; drop in the reserved heads cut into inches; cook until these are tender. In another vessel heat the milk, stir in the floured butter, and add to the soup. Line a tureen with dice of fried bread, and pour the soup upon them.

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#### BOILED BASS.

Clean and wash the fish, but do not split it or remove the head and tail; sew up in a piece of mosquito netting fitted to the shape of the fish. Have in the fish-kettle plenty of boiling water, in which have been mixed a few tablespoonfuls of vinegar, a dozen peppercorns, two or three blades of mace, and a tablespoonful of salt. Cook ten minutes for each pound, and ten minutes over. Undo the cloth, lay the fish on a hot dish and pour over it a cup of drawn butter, seasoned with a tablespoonful of capers and the yolks of two hard boiled eggs, chopped fine. Pass mashed potatoes with it.

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#### ROAST SWEETBREADS AND PEAS.

Wash the sweetbreads, drop into boiling water, cook for fifteen minutes; then plunge into ice-cold water, and leave them there half an hour. Wipe dry, roll in beaten egg, then in cracker crumbs. Lay in a dripping pan; pour around them half a cupful of boiling water in which you have melted a teaspoonful of butter; cover, and

bake them half an hour, basting several times. Remove the cover, and brown. Boil the peas as directed in a former recipe, drain, butter pepper and salt them, heap on a hot dish and lay the sweetbreads around them.

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#### YOUNG ONIONS.

Cut off the tops, wash, remove the outer layer of skin, and boil fifteen minutes in fresh hot water. Drain this off, cover the onions with milk and hot water in equal proportions, salt slightly, and cook ten minutes after the boil recommences, or until the onions are tender. Drain, barely cover with hot cream or rich milk in which a lump of butter has been melted, salt and pepper, and send to table. No one who has once eaten onions cooked in this way will ever like those prepared (or ruined) after the ordinary mode.

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#### BELLE'S BRIGHT THOUGHT.

One package of Coxe's gelatine, soaked for four hours in a large cup of cold water; two cups of boiling water; juice of a lemon; one cup of pale sherry; two cups of sugar; whites of six eggs; three pints of fine strawberries.

Put soaked gelatine, sugar, lemon juice, into a bowl, pour in the boiling water, stir until dissolved, and let it cool, but not congeal, before adding the wine. Whip the whites to a stiff froth, and beat in a great spoonful of the jelly at a time, setting the bowl of meringue in ice-water as you work. When all the jelly is in, whip steadily for fifteen minutes, until you have a white sponge which will just drop from a spoon. Have ready a melon-shaped mold, or a round bottomed bowl wet with cold water, and lined evenly with strawberries, capped and rolled in sugar. As you cover the bottom,

pour in enough of the snowy sponge to keep them in place, building up the lining and filling thus until the mold is full. Set on ice for five or six hours. Loosen around the edges with persuasive fingertips, turn out on a cold dish, sprinkle with powdered sugar as you serve, cut in careful perpendicular slices, and send around cream with it. For cream you may substitute custard if you like. A beautiful and delicious dessert, and easily made.

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No. 6.

**BREAKFAST.**

Wheat Germ Meal.	Broiled Shad.	Melissa's Shortcake.
Baked Potatoes.	Bread and Butter.	Berries.
Tea and Coffee.		

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WHEAT GERM MEAL.

This breakfast cereal is less heating than oatmeal, less laxative than wheaten grits, and more palatable than either. To one quart of boiling water, add one small cupful of wheat germ meal, with a half-teaspoonful of salt. Stir, and cook in the farina-kettle for fifteen minutes. Eat with sugar and cream, or with cream alone.

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BROILED SHAD.

Clean, wash and split the fish down the back. Lay on a well-battered gridiron, skin upward, and broil over a clear fire, lifting a moment should it drip on the coals or brown into burn. Turn the fish when the inside is browned. When it is done—from twenty to twenty-five minutes should suffice for a fair-sized shad—lay on a

hot platter, and rub with a sauce made by beating a tablespoonful of butter light with pepper, salt and finely minced parsley, adding, if you like, a little lemon juice. Garnish with parsley.

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MELISSA'S SHORTCAKE.

One quart of Hecker's prepared flour; half a cupful of butter; one even teaspoonful of salt; two cups of milk.

If you can get a cup of cream, put half the quantity of milk and less butter. Sift the salt with the flour, chop in the butter until you have a yellow dust, wet with the milk and roll out with as little handling as possible, half-an-inch thick. Bake in broad, shallow pans well greased. When done, cut into squares, split and butter while hot, and send at once to table.

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LUNCHEON.

Scalloped Fish.

Baked Potatoes.

Deviled Biscuits.

Pcp Overs.

Chocolate.

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SCALLOPED FISH.

One heaping cupful of cold, boiled fish, picked into fine flakes with a fork; one cupful of drawn butter; one tablespoonful of minced parsley; pepper and salt; half-cupful of fine crumbs; one tablespoonful of grated cheese.

Mix all well together except the crumbs, turn into a greased bake-dish, strew crumbs on top, and brown quickly in the oven.

## DEVEILED BISCUITS.

Split stale rolls or biscuits, and toast to a light brown on the upper grating of the oven. Prepare a mixture of one cupful of dry cheese, grated fine (Parmesan, if you can get it), one tablespoonful of best salad oil, half a teaspoonful of mustard, half a teaspoonful of salt, a mere pinch of cayenne, and the yolks of three eggs beaten smooth. Incorporate faithfully; spread on the inside of the biscuits; set them in a quick oven to get heated through, and serve, covered with a napkin.

## POP OVERS.

One quart of prepared flour (Hecker's is best); one quart of milk; four eggs; one tablespoonful of melted butter; one teaspoonful of salt.

Beat the yolks light, and mix with the salted milk; add the butter, then flour, and whipped whites alternately. Do all this briskly; fill one dozen stoneware cups with the batter, and bake in a *quick* oven. Serve in the cups, and eat with liquid sauce. They should not stand one minute when you have taken them from the oven, but be served at once.

## DINNER.

Mulligatawney Soup.

Imitation Terrapin.

Mashed Potatoes.

Succotash.

Marmalade Pudding.

Fruit.

Coffee.

## MULLIGATAWNEY SOUP.

Two quarts of the liquor in which a calf's head has been boiled, simmered down to three pints; half an onion; a blade of mace;

juice of a lemon; half a cupful of raw rice, soaked in a cupful of cold water for two hours; one tablespoonful of butter, cut up in one of flour; one teaspoonful of curry powder.

Strain the liquor through a cloth, put in the mace, chopped onion and rice, and cook until the latter is very tender. Wet the curry powder with the lemon-juice, and when you have stirred it in, add the floured butter. Boil sharply for one minute, and serve.

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#### IMITATION TERRAPIN.

Boil a calf's head the day before you wish to make soup and this dish, and let it get cold in the liquor. Slice the meat from the head, and cut into dice. Mince the tongue fine, and make into forcemeat-balls with fine crumbs, pepper, salt, and a raw egg. Roll in beaten egg, then in flour, and leave in a cold place until you are ready for them. Season a large cupful of liquor sharply with Worcestershire sauce and salt, stir in two tablespoonfuls of butter rolled in as much browned flour, and bring to a boil. Put in the meat, and stew gently ten minutes before adding the juice of a lemon and a glass of brown sherry. Lastly, drop in the forcemeat balls, cover the saucepan closely, and set in boiling water for ten minutes before dishing. The yolks of half a dozen hard-boiled eggs improve this dish.

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#### SUCCOTASH.

Empty a can of corn, and one of string beans, several hours before you wish to use them, draining off the liquor from both. Put together into a saucepan half an hour before dinner, and barely cover with milk and water in equal parts, boiling hot and slightly salted. Cook gently twenty minutes, and stir in a tablespoonful of



butter rolled in one of flour. Season with pepper and salt, stew ten minutes more and dish. You may substitute Lima for string beans if you like.

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#### MARMALADE PUDDING.

One quart of milk ; four eggs ; one cup of sugar ; slices of stale bread, buttered.

Fruit marmalade,—peach is best if you have it, but apple, quince or raspberry will do if you have not. Scald the milk, and pour it on the eggs, which should have been beaten light with the sugar. Return to the farina kettle, and cook five minutes, but not until the custard thickens. Cut the bread an inch thick, pare off the crust, butter on both sides, and cover the bottom of a pudding-dish with slices fitted in neatly. Spread the marmalade thickly on this layer, and wet with the boiling custard, waiting to see it absorbed before putting another layer above it. Proceed in this order until all the materials are used up. Fit a plate, or other lid, on the bake-dish and let the whole stand for half an hour, to absorb the custard before it goes into the oven. Bake, covered, until the pudding is heated through, then, brown nicely. Eat cold with cream. This excellent pudding may be made more elegant by whipping the whites of three eggs to a meringue with a tablespoonful of powdered sugar, and spreading it over the top after it begins to brown. Shut the oven door until the meringue is faintly colored.

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#### FRUIT.

With the approach of the warmer weather, the prudent housewife will pay more attention to this part of her *menu*. Make the dish of cooling, anti-bilious fruits attractive by selection and arrangement.

Nuts belong to winter-time when fats are needed to produce carbon. Raisins, always unwholesome, clog digestion weakened by "spring fever," and irritate morbid livers. "Eating-apples" are nearly out of season, but oranges and bananas valiantly relieve guard between them and the grapes and late pears that lasted after the holidays, and the coming berries. The juice of a lemon, mixed with four times as much water, unsugared, and drunk just before bedtime, will do more to counteract malarial influences and correct a surplusage of bile than a dozen blue pills.

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No. 7.

**BREAKFAST.**

Graham Flakes.	Apples and Bacon.	Corn Bread.
Baked Potatoes.	Fruit.	Coffee.
		Tea.

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GRAHAM FLAKES.

These are otherwise known as "Granulated Graham," and furnish a pleasant variety in the list of breakfast cereals. They can be prepared at five minutes' notice. Put a scant cupful in a deep dish; cover with a quart of boiling milk and water; put on the dish-top, set in hot water, and let the flakes swell until you are ready to dish them. Add salt if you like. Eat with cream and sugar.

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APPLES AND BACON.

Core and slice tart apples, but do not peel them. Fry thin slices of breakfast bacon until clear and "ruffled." Take them up and keep warm while you fry the sliced apples in the bacon fat to a

light brown. Lay the apples in the middle of a heated platter, and dispose the bacon about them as a garnish. Drain both meat and apples in a hot colander before dishing them.

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### CORN BREAD.

One-and-a-half cups of white Indian meal, and half as much flour; four eggs whipped light; two tablespoonfuls of melted butter; one tablespoonful of sugar; two teaspoonfuls of baking powder, sifted twice with the flour and meal; two cups of milk; one even teaspoonful of salt.

Stir sugar and butter together to a cream; add the beaten eggs; beat two minutes, and put in the milk and salt; last of all, the meal and flour mixed together, and sifted with the baking powder; beat up one minute to aerate it thoroughly, and pour into a shallow pan. Bake steadily, rather than fast, and eat hot, cutting it into squares.

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### LUNCHEON.

Salmon Fingers.	Dressed Potatoes.	
Crackers.	Cheese.	Olives
Corn Starch Hasty-Pudding.		
Hasty-Pudding Sauce.		

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### SALMON FINGERS.

Soak a pound of smoked salmon four or five hours in tepid water, when you have scrubbed off the incrusting salt. Lay then in cold water, and bring it to a gentle boil. Take out the salmon and

cover with ice-cold water, leaving it thus for fifteen minutes, changing the water once for colder. Wipe the fish dry, and cut with a keen blade into strips about the length of your middle finger, and an inch wide. Have ready in a dish some melted butter in which have been mixed the juice of a lemon, a teaspoonful of Harvey's, or Worcestershire sauce, and a pinch of cayenne. Turn the strips of fish over in this, until well coated, then, roll in flour and fry in hot dripping. Arrange symmetrically on a hot dish. This is a piquant relish and easily prepared.

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#### DRESSED POTATOES.

Bake large Irish potatoes, turning them several times to keep the skin whole. When they yield to a hard pinch, cut a piece from the top of each, scrape out the insides carefully, and whip to a smooth paste with a little milk, butter, grated cheese, salt and pepper. Work the potato until it looks like cream, fill the skins with it put back the caps on the cut ends, and set the potatoes upright in a hot oven for three or four minutes. Line a deep dish with a napkin, and send the potatoes in it to table.

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#### CORN STARCH HASTY-PUDDING.

One quart of boiling milk; four tablespoonfuls of corn starch; one teaspoonful of salt; one tablespoonful of butter.

Wet the corn starch with cold milk and stir into the boiling. Cook in a farina kettle ten minutes, beat in the butter and, this dissolved and incorporated, turn into an open deep dish.

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#### HASTY-PUDDING SAUCE.

One cup of hot milk; one cup of sugar; two eggs; one tablespoonful of butter.

Stir the butter into the boiling milk, add the sugar, and pour this on the beaten eggs. Return to the custard-kettle and stir until it begins to thicken. Flavor with vanilla, adding, if you like, nutmeg, and set in hot, not boiling, water until needed.

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DINNER.

Fish Bisque.

Roast Sweetbreads.

Imitation Spaghetti.

Rice and Tomato.

Graziella Pudding.

Fruit.

Coffee.

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FISH BISQUE.

Strain the water in which fresh cod or halibut has been boiled, through a cloth, season with pepper and salt, and set away in a cold place for next day's dinner. Of this make a *bisque* as directed below.

To a quart of the liquor, heated to boiling, add a cupful of the cold fish left over, minced very fine; when it has simmered five minutes, stir in three tablespoonfuls of butter rolled in one of flour and a tablespoonful of minced parsley. Have ready in another vessel a cup of hot milk in which a scant cup of dry crumbs has been stirred, with a bit of soda no larger than a pea. Mix these with the soup, stirring all together well, simmer one minute, and serve. If made exactly according to the directions given and well seasoned, this bisque will be very good. Send sliced lemon and crackers around with it.

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ROAST SWEETBREADS.

Parboil the sweetbreads by cooking them for ten minutes in boiling salted water. Drop them into a bowl of ice-water and leave

them stand there fifteen minutes, changing the water as it warms. Wipe dry, roll in salted and peppered flour, and arrange in dripping pan. Put a teaspoonful of butter on each, and roast forty-five minutes, basting often with butter-and-water. Take up, and keep hot in a chafing-dish while you strain the gravy into a saucepan; add a little hot water, and a tablespoonful of butter cut up in one of browned flour. Season and boil up, add half a can of mushrooms, cut in halves, cook three minutes, and pour over the sweetbreads.

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#### IMITATION SPAGHETTI.

Boil and mash potatoes, adding salt and butter, but only a tablespoonful of milk, as you want a stiff paste. Rub this through a colander into a buttered pie or pudding dish. It will fall in small, pipe-like shapes. Leave them as they lie, and, when all the potato has passed through, set the dish on the upper grating of the oven to brown delicately.

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#### RICE AND TOMATO.

Boil a cupful of rice in salted water (plenty of it), shaking now and then until each grain is tender, but whole. Have ready a cupful of stewed and strained tomatoes, well seasoned with butter, pepper, salt and some minute atoms of onion. Dish the rice, stir a generous tablespoonful of butter through it, with two of grated cheese. Mix well, and pour the tomato sauce over all. Set in hot water for five minutes, covered, and serve. A little gravy is an improvement to the sauce.

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#### GRAZIELLA PUDDING.

Half a pound of figs; two cups of fine bread crumbs; one half-cup of powdered suet; two cups of milk; one half-cup of sugar;

four eggs ; two tablespoonfuls of flour ; a good pinch of cinnamon ; bit of soda, the size of a pea, in the milk ; one half-teaspoonful of salt.

Cover the crumbs with the milk, and let them soak while you prepare the rest of the materials. Mince the figs, when you have washed and dried them. Beat the eggs light and add to the soaked crumbs, next, the sugar and spice and salt, and, finally, the figs dredged with the two tablespoonfuls of flour. (All the flour must go in.) Beat very hard from the bottom to the top, pour into a buttered mold, fit on a close lid, and steam for three hours. Dip the mold into cold water for a second, turn out, and eat with hard sauce.

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No. 8.

BREAKFAST.

Hominy.

Pop-overs.

Eggs in Toast Cups.

Stewed Potatoes.

Strawberries.

Tea.

Coffee.

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POP-OVERS.

One pint of Hecker's prepared flour, sifted with half a teaspoonful of salt ; two cups of rich milk ; two eggs.

Sift flour into a bowl ; beat the yolks light, stir the milk and flour into this. Lastly, add the whites whipped stiff. Bake immediately in heated and greased "gem" or muffin tins. Send at once to the table.

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EGGS IN TOAST-CUPS.

Slice stale bread three-quarters of an inch thick, and cut with a large cake-cutter, or tumbler, into rounds Press a small cutter on

these about half the way through, and scrape out the crumb from the inner circles, leaving sides and bottoms unbroken. Set in the oven to dry for ten minutes; take them out and let them cool. Have ready some salted lard or dripping in a frying-pan; put in the bread-cups when it is hissing hot, and fry to a light brown. Take out, drain off the fat, arrange on a hot dish, and lay a poached egg in the cavity of each. I regret that I do not now recall the name of the maker of a convenient utensil called, "an egg poacher." It is to be bought at house-furnishing stores, and greatly simplifies the business of poaching eggs nicely, and with smooth edges.

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#### STRAWBERRIES.

Serve the larger varieties, whole, with the caps on. Send around powdered sugar with them, and let each person help himself, dipping the berries, one by one, in a little heap of sugar on his plate and eating them from the caps.

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#### LUNCHEON.

Savory Rice and Brains.

Tomato and Lettuce Salad.                  Crackers and Cheese.

Cold Bread and Butter.

Ambrosia.    Light Cakes.

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#### SAVORY RICE AND BRAINS.

One cup of rice; one cup of skimmed gravy or broth, well seasoned; one pint of boiling water; two tablespoonfuls of grated cheese; salt and pepper; one egg; brains of a calf.



Soak the rice three hours in cold water ; drain, and put over the fire in a farina kettle, with the broth and hot water. Cook until tender, shaking up now and then, but do not put a spoon into it. When done, it should be quite dry. Drain in a fine-holed colander ; mound on a platter ; sift powdered cheese over it, and let it brown slightly on the upper grating of the oven. To prepare the brains, boil them fifteen minutes in salted hot water, throw them into cold, and leave them there as long ; dry, mash them to a paste with a beaten egg ; pepper and salt them ; stir in a teaspoonful of flour, and drop, a spoonful at a time, into hot fat. Drain, when nicely browned, and lay around the hillock of rice.

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TOMATO AND LETTUCE SALAD.

Pick out the crispest leaves of lettuce ; lay a raw tomato, peeled and cut in half (horizontally) on each ; arrange on a cold dish ; scatter cracked ice among the leaves, and send to table. In serving, pour mayonnaise dressing over the tomato.

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AMBROSIA.

Pare and cut (or pull) a ripe pineapple into small pieces. Put a layer in a dish ; sugar well ; cover with grated cocoanut ; lay in more sugared pineapple, and so on, until the materials are used up, covering the top thickly with cocoanut. Pass sponge, or other light cake with it.

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DINNER.

Clam Soup.                      Leg of Mutton, with Caper Sauce.

Lobster Salad, with Cream Mayonnaise.

Mashed Potatoes.

Green Peas

Crushed-Strawberry Ice-Cream.

White Cake.

Coffee.

## CLAM SOUP.

One quart of clam liquor; fifty clams; one cupful of boiling water; one pint of milk; two generous tablespoonfuls of butter rolled in flour; a teaspoonful, each, of minced parsley and onion; a pinch of mace; pepper and salt to taste.

Put the liquor, water, onion, and the hard part of the clams over the fire; stir gently for twenty minutes after the boil begins; strain and season; return to the fire with the soft parts of the clams, chopped fine, and boil slowly twenty minutes longer. Have ready the milk, scalding hot, in another vessel; stir in the floured butter, cook two minutes, add the clam soup and turn into the tureen, which should be lined with split Boston crackers, dipped in hot milk, then buttered.

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## LEG OF MUTTON, WITH CAPER SAUCE.

Wash with vinegar, peeling off as much of the tough outer skin as will come away easily; boil, twelve minutes to the pound, in a pot of hot salted water; take out, wipe all over with a clean cloth and rub with butter. For the sauce, take out a large cupful of the liquor half an hour before the meat is done; set the vessel containing this in cold water to throw up the fat; skim carefully, strain into a saucepan, bring to a boil, stir in a great spoonful of butter rubbed in as much flour. When it has cooked three minutes, add two tablespoonfuls of capers.

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## LOBSTER SALAD—WITH CREAM MAYONNAISE.

Meat of two lobsters picked out and cut, not chopped, up; one large cup of mayonnaise dressing; one cup of whipped cream; lettuce.

Make the mayonnaise dressing by whipping the yolks of five eggs thick, then adding half a cup of best salad oil, drop by drop, until you have a smooth, batter-like mixture; beat in, then, two tablespoonfuls of vinegar, gradually,—a pinch of cayenne, and half a saltspoonful of salt; keep the mixing-bowl on ice while preparing the dressing, and leave it there while you sprinkle the lobster with salt, pepper and vinegar. Heap it in a bowl lined with crisp lettuce leaves. Do this just before serving it; beat the whipped cream into the dressing, cover the lobster thickly with it, and send it to table.

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#### CRUSHED-STRAWBERRY ICE-CREAM.

Mash a quart of strawberries, sweeten very liberally, and stir them into two quarts of half-frozen custard, made in the proportion of six eggs and a heaping half pint of sugar to each quart of milk. Beat the berries in thoroughly, and freeze quickly.  
*Delicious!*

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#### WHITE CAKE.

Three cups of sugar; one cup of butter; one half-cup of milk; whites of nine eggs; one quart of Hecker's prepared flour; essence of vanilla, or bitter almond.

#### FOR ICING AND FILLING.

Whites of three eggs; three cups of powdered sugar; juice and grated peel of a lemon.

Rub butter and sugar to a cream, whip in the milk, essence, the flour and stiffened whites by turns; bake in jelly cake tins, and when cool, spread the icing between and on top.

## SPRING BILLS OF FARE.

No. 9.

## BREAKFAST.

Milk and Rice Porridge.

Shad *au gratin*.

Aunt Chloe's Muffins.

Fried Potatoes.

Berries.

Tea.

Coffee.

## MILK AND RICE PORRIDGE.

One scant cup of rice, soaked over night in cold water; one quart of milk: one-half teaspoonful of salt.

Put salted milk and rice together in a farina kettle, fit on a close top, and keep the water in the outer vessel at a steady boil for one hour, shaking up vigorously, now and then, but not stirring. Turn out and eat with cream, and if you like, sugar.

SHAD *au gratin*.

Clean, split and cut a shad into eight pieces, four for each side, sprinkle with salt and pepper, roll in beaten egg, then in fine cracker crumbs, and fry in hot lard or dripping; drain off the grease. Serve on a hot dish garnished with sliced lemon and sprigs of parsley.

## AUNT CHLOE'S MUFFINS.

One even quart of sifted flour; one quart of buttermilk; two tablespoonfuls of Indian meal; one teaspoonful of soda, and one of salt, sifted three times with the meal and flour; two well-beaten eggs; one even tablespoonful of sugar.

Beat the eggs, mix with the sugar, then with the milk; add the flour sifted with soda and salt, beat hard one minute, and bake at once in muffin rings on a hot griddle.

LUNCHEON.

Chicken Croquettes.

Home-made Crackers.	Lettuce Salad.
Bread.	Cheese.
	Olives.
Cornmeal Cup Cake.	

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CHICKEN CROQUETTES.

Two pounds of cold chicken without bones, or one can of boned chicken; one cup of cold mashed potato—made soft with milk; two eggs; half a cup of gravy, or drawn butter; salt and pepper; cracker crumbs; dripping for frying.

Chop the chicken very fine, mix with the gravy, and season. Beat in the eggs, then the potato, and stir until smoking hot, in a buttered frying pan. Let the mixture cool quickly. Make into croquettes, roll in fine cracker dust and fry in plenty of nice fat.

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HOME-MADE CRACKERS.

One quart of prepared flour; three good tablespoonfuls of butter; two tablespoonfuls of sugar; one pint of milk; one half teaspoonful of salt.

Rub the butter into the flour, put the sugar with the milk, mix into stiff dough, lay on the floured pastry board, and beat from end to end with the rolling pin, stopping every five minutes, or so, to shift the mass, and double it over upon itself. Keep this up for twenty minutes; roll into a sheet, less than a quarter of an inch thick, cut into round cakes, prick these deeply with a fork, and bake in a moderate oven. They are better the second day than the first.

## LETTUCE SALAD.

Pick over the lettuce, selecting the crisp, young leaves, wash them and lay in ice-water for fifteen minutes before sending to the table in a glass bowl. Send with it a salad dish lined with a napkin. Pick the larger leaves to pieces, and fill the salad bowl with them. Gather up the corners of the napkin, shake it lightly, and turn out the lettuce into the bowl. Season with pepper, salt, sugar, vinegar and oil; toss up well with a salad fork and spoon, and send around at once. Salad left three minutes in the dressing begins to wilt and toughen.

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 CORNMEAL CUP CAKE.

Two even cups of white Indian meal; half a cup of wheat flour; four tablespoonfuls of powdered sugar; four beaten eggs; one tablespoonful of butter; half a teaspoonful of soda; one teaspoonful of cream tartar; one teaspoonful of salt, sifted with meal and flour; one-half teaspoonful of mixed mace and cinnamon; one quart of boiling milk.

Stir flour, meal, salt, soda, cream tartar into the hot milk; heat for fifteen minutes in a farina kettle surrounded with boiling water, stirring all the time; add the butter, turn out and beat hard; let the mixture get cold before beating in the eggs, whipped light with sugar and spice; stir hard and bake in buttered patty pans; turn out and eat warm with butter.

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 DINNER.

## White Soup.

Veal and Ham Cutlets.

Asparagus.

Young Beets.

Strawberry Trifle.

Coffee.

## WHITE SOUP.

Three pounds of a "knuckle" of veal, bones broken, and meat minced; one half-cup of raw rice; three quarts of water; two tablespoonfuls of butter, rubbed in flour; half an onion chopped; three eggs; one cup of milk; two tablespoonfuls of minced parsley; salt and pepper to taste.

Put water, meat, bones, rice and onions over the fire, and boil very slowly for four hours. Strain, pick out meat and bones and rub the rice through a fine colander. Season, return to the fire, boil up, skim well, and put in parsley and butter. Heat the milk in a saucepan, pour upon the beaten eggs, and stir into the soup, removing the latter from the fire as soon as they are fairly mixed together.

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## VEAL AND HAM CUTLETS.

Cut generous slices of cold boiled ham, and fry them in their own fat, remove to a hot chafing dish, and in the same fat, adding a little lard, cook the cutlets when you have beaten them flat with the broad side of a hatchet, salted and peppered, then dipped them in egg and cracker crumbs. Lay them in overlapping alternation with the ham on a hot dish.

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## ASPARAGUS.

Cut off about two inches of the woody end of each stalk, tie the tender "bud" ends into bundles of six stalks each, and boil tender—about thirty minutes, if large, in hot, salted water. Have ready slices of crustless toast on a hot dish, wet with the water in which the asparagus was cooked; lay the stalks on them, and pour drawn butter over all.

## YOUNG BEETS.

Cut off the tops, not too near the root, wash, without scraping or peeling, and cook from forty minutes to an hour in hot, salted water. Scrape off the skins, slice and dish, then cover them with a dressing made by heating four tablespoonfuls of vinegar with a heaping tablespoonful of butter, salt and pepper to liking.

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 STRAWBERRY TRIFLE.

One stale sponge cake, sliced; four eggs, whites and yolks beaten separately; four cups of milk; one cup of sugar; three pints of fresh strawberries.

Scald the milk, beat in the sugar and yolks, and cook, until it begins to thicken—about ten minutes. Let it get *cold*. Cover the bottom of a glass dish with sliced cake, wet with cold custard and strew with berries, sprinkle with sugar, cover with cake, wet this with custard, more berries, sugared, and so on until the cake is used up. Pour in all the custard, beat the whites to a meringue with a tablespoonful of powdered sugar, and heap on the top of the dish, sticking a few choice berries in the white mound. Set on ice until needed. It should be eaten soon after the berries go in.

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 No. 10.

## BREAKFAST.

Oatmeal Gruel.

Curried Eggs.

Flapjacks.

Baked Potatoes.

Cold Bread.

Fruit.

Coffee.

Tea.



## OATMEAL GRUEL.

One even cup of fresh oatmeal; one pint of cold water; one pint of milk; one even teaspoonful of salt.

Wet the oatmeal with the water, and set over the fire in a farina kettle, stirring often, and, as it stiffens, beating in a cupful of milk; stir steadily five minutes after it reaches the boil, adding gradually the rest of the milk. Cook, in all, half an hour, dating from the scalding point. Turn out, and eat with sugar and cream.

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## CURRIED EGGS.

Put a teaspoonful of minced onion into a cupful of weak broth; let it boil, strain out the onion, put the broth into a deep frying-pan, season well, and poach six or eight eggs in it until the whites are firm; remove them with a skimmer, and lay on rounds of buttered toast in a heated platter. Pour half a cupful of hot milk in the bottom of the dish, and let the toast soak it up while you make the sauce. Do this by stirring into the broth in the frying-pan a tablespoonful of butter and, as it dissolves, a good teaspoonful of curry powder wet up with water. Simmer until thick and pour over the eggs in the dish.

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## FLAPJACKS.

One cup of fine white meal; one cup of flour; two cups of boiling water; one tablespoonful of sugar; one teaspoonful of salt and the same of baking powder; two eggs; three cups of milk.

Put meal and salt into a bowl, and scald with the water; when it is cold, stir in the milk; sift flour and baking powder together, and beat in next, then, eggs and sugar whipped light together; beat for one minute hard up from the bottom, and bake on a hot griddle.

**LUNCHEON.**

Mock Snipe.

Thin Bread and Butter.

Rice Pilau.

Cold Meat.

Crackers.

Cheese.

Olives.

Oranges cut up with Sugar.

Cake.

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**MOCK SNIPE.**

Cut very thin slices of fat salt pork about the length of your middle finger and twice as wide; drain every drop of the liquor from large oysters; bind each about the middle with a slice of pork, skewer together with a wooden toothpick, or stout straw, thrust through both, and fry in butter or dripping to a nice brown; drain off the fat, and serve, without withdrawing the toothpicks. Lay within an edging of watercresses. The sharp points of the skewers give the dish some resemblance to broiled snipe. Eat hot.

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**RICE PILAU.**

One cup of weak broth, and the same of stewed tomatoes, strained through a fine sieve; one half-cup of raw rice; one table-spoonful of butter; minced onion, pepper and salt.

Simmer broth, tomatoes and onion together for fifteen minutes; strain out the onion, season well, and put over the fire with the rice, which should have soaked one hour in cold water; cook gently, until the rice is tender, shaking up the saucepan now and then, but never stirring it; add the butter, working it in lightly with a fork, and set it at the back of the range to dry off, as you would boiled potatoes. Serve in a heated, deep dish.

ORANGES CUT UP WITH SUGAR.

Peel, without tearing the fruit, divide deftly into eighths, and cut these crosswise, removing the seed when it can be done without mangling the flesh. The beauty of the dish depends upon care in dividing, and seeding, and the keenness of the blade used for cutting. Pile in a glass dish, and sugar each portion as you serve it out. If the oranges are left long in sugar, they wither, and lose their fresh flavor. Pass cake with them.

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DINNER.

Tomato Bisque:

Chicken Fricassee, *cache*.      Bermuda Onions, stuffed.

Potato Croquettes.

Chocolate Trifle.

Light Cake.

Fruit.

Coffee.

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TOMATO BISQUE.

One quart can of tomatoes; one quart of milk, with a tiny bit of soda stirred in; one even tablespoonful of corn-starch and a heaping tablespoonful of butter, rubbed together; salt and pepper to taste; one half teaspoonful of sugar.

Stew the tomatoes for half an hour with salt, pepper and sugar, rub through a fine colander back into the saucepan, and heat to boiling. Scald the milk in another vessel, add corn-starch and butter, and stir until well thickened. Mix with the tomato, bring to a quick, sharp boil, and a delicious soup is ready for eating.

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CHICKEN FRICASSEE, *Cache*.

Cut up the fowl and stew tender in enough cold water to cover it. Pour off the liquor to cool, that you may skim off the fat. Cut

the meat from the bones in neat pieces with a sharp knife. With these, neatly fill a bake-dish, cover and set aside. Put two tablespoonfuls of butter in a frying pan and cook in it, when hot, half an onion, sliced, until it is of a light brown. Strain the hot butter into a bowl, add two tablespoonfuls of flour, and, when you have a thick batter, the liquor (strained and skimmed) in which the chicken was stewed. Season well and pour upon the chicken. There should be enough liquid to fill the dish. Set in the oven, covered, while you mix quickly a pint of prepared flour into a soft biscuit-paste, with cold water or milk and shortening. Roll out into a sheet half an inch thick, cut into round cakes, and lay these, *just* touching one another, on the surface of the chicken-gravy. Shut up in the oven, and bake until the cakes are delicately browned and "puffy." Serve in the bake-dish.

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#### BERMUDA ONIONS, STUFFED.

Make a round hole in the upper end of each, dig out at least half the contents; set in a dish covered with warm, slightly salted water, and bring to a simmer. Throw away the water; carefully fill the onions with minced poultry or veal, put a bit of butter in the dish to prevent burning, scatter fine crumbs thickly over the onions, and bake, covered, half an hour.

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#### POTATO CROQUETTES.

Mash mealy potatoes to a soft paste with milk, and a little butter; work in a raw egg, well beaten, and a teaspoonful of prepared flour. Mold into rolls, rounded at the ends, dip in beaten egg, then in fine cracker crumbs, and fry in good dripping or salted lard. Croquettes are best when left to get cold and firm before they are cooked. Drain all the fat from them before dishing.

CHOCOLATE TRIFLE.

One quart of milk; four tablespoonfuls of Baker's chocolate, that flavored with vanilla, if you can get it; three-quarters of a cup of sugar; six eggs; one pint of whipped cream; a saltspoonful of salt; one teaspoonful of extract of vanilla; bit of soda.

Heat the milk in a farina-kettle with the soda and salt, wet up the chocolate with a little cold milk, and stir it in, keeping the spoon going until the chocolate is dissolved. Beat eggs and sugar together in a bowl, pour the hot milk and chocolate on them, mix thoroughly, and return to the fire, stirring industriously. When it has thickened nicely, pour it out, flavor, and set away to get cold. Just before dinner, turn into a glass bowl, and heap on top the whipped cream, slightly sweetened. Or, if you have custard cups, nearly fill them with the chocolate, and top them with the snowy cream. This is a pretty dessert. Send around fancy cakes, or arrange an attractive basket of alternate slices of sponge and angel cake.



No. 11

BREAKFAST.

Milk Porridge.

Brown Stew of Liver.

Egg Gems.

Baked Potatoes.

Bread Toast.

Coffee.

Tea.

Fruit.



MILK PORRIDGE.

One pint of oatmeal; one pint, each, of boiling water and milk; one teaspoonful of salt.

Sift the meal into the salted hot water, stir well, and leave it all night on the cooking stove. In the morning, surround with boiling water and cook one hour without stirring; add the hot milk, simmer ten minutes, and pour out.

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#### BROWN STEW OF LIVER.

Lay the sliced liver for half an hour in cold salt-and-water; wipe, and cut it into inch-square bits; fry half a sliced onion to a nice brown in dripping; strain out the onion, add a tablespoonful of browned flour to the fat, and stir to a smooth *roux*, adding a cupful of boiling water as you go on; turn all into a saucepan, put in the liver with another cup of hot water, cover, and stew *very* slowly one hour, or until tender; season with pepper, salt, parsley, a teaspoonful of tomato catsup, and serve in a deep dish.

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#### EGG GEMS.

Three cups of prepared flour; three cups of milk; three eggs; one saltspoonful of salt.

Beat the eggs light, add milk, flour and salt; beat fast upward for one minute and a half; fill hot, greased gem pans; bake in a *quick* oven. Graham gems made by this recipe, substituting Graham flour for white, are delicious.

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#### LUNCHEON.

##### Broiled Smoked Salmon.

Sweetbread Salad.

Oatmeal Scones.

Bread.

Butter.

Pickles.

Crackers and Cheese.

Soft Gingerbread.

Chocolate.

## BROILED SMOKED SALMON.

One pound of smoked salmon; two tablespoonfuls of butter; juice of a lemon; cayenne pepper.

Wash and soak the salmon for one hour; wipe, and with a sharp knife cut into strips three inches long and an inch wide; parboil in hot water to which has been added a tablespoonful of vinegar and four or five whole cloves. When it has simmered for fifteen minutes, drain, wipe dry, and broil on a gridiron to a nice brown; lay on a hot dish, butter well, squeeze the lemon over the strips, pepper, and serve.

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## SWEETBREAD SALAD.

Parboil three sweetbreads for ten minutes in fresh hot water; drain, and throw them into ice-water to blanch them; when quite cold, cook fifteen minutes in salted boiling water, take out, wipe, and set where they will cool suddenly. This will make them firm and crisp. Cut into round slices. Line a salad bowl with lettuce, lay the sliced sweetbreads on the leaves, and pour a mayonnaise dressing over them.

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## OATMEAL SCONES.

Three cups of oatmeal; one pint of white flour, prepared; one pint of boiling milk; two tablespoonfuls of butter; half a teaspoonful of salt.

Sift oatmeal, flour and salt twice together into a bowl, melt the butter in the milk, make a hole in the middle of the meal, &c., and pour this in. Stir into a soft dough as quickly as possible, roll into a sheet less than an eighth of an inch thick, cut into round cakes, and bake on a hot griddle. Butter while hot and serve. They are good cold, also.

## SOFT GINGERBREAD.

Two heaping cups of flour ; a scant half-cup of butter ; half-a-cup of milk ; one cup of molasses, and two tablespoonfuls of sugar ; two eggs ; one dessertspoonful of ground ginger ; a half-teaspoonful of cinnamon ; a quarter-teaspoonful of soda, sifted with the flour.

Rub sugar, molasses and butter to a yellow cream, add the spices, the beaten yolks, the milk, whites and flour. Bake in two loaves in a moderate oven.

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 DINNER.

Cream Soup.                      Glazed Cod.                      Larded Chicken.

Cauliflower with Cream Sauce.

Browned Potatoes.                      Stewed Carrots.                      Fatima's Puddings.

Fruit.                                      Coffee.

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## CREAM SOUP.

One quart of veal, or chicken, or mutton stock ; half cup of raw rice ; yolks of three eggs ; one cupful of hot milk ; one tablespoonful of corn-starch wet up with cold milk ; salt, pepper and minced parsley.

Simmer rice and stock together until the grains are soft ; rub through a colander or sieve, and put back into the soup pot ; season, stir in the corn-starch, and simmer gently while you beat the yolks and pour over them the hot milk ; add to the soup, cook one minute, but do not let it boil ; serve in a hot tureen.

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## GLAZED COD.

Cut a steak from the most solid part of the fish, lay in salt and water for two hours, wipe dry, wash with vinegar and put into a



dripping-pan, with half a cup of boiling water; turu another pan over it, and steam for half an hour; remove the upper pan, rub with butter, and season with salt and pepper; baste twice in the next ten minutes with the butter and water in the pan; drain this off into a sauce-pan; wash the fish over with two beaten eggs, and shut up in the oven for a minute to glaze; thicken the gravy with brown flour; add the juice of a lemon and half a glass of wine; boil up, pour a few spoonfuls about the cod when dished, the rest into a boat.

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#### LARDED CHICKENS.

Draw, wash thoroughly and wipe the chickens; truss as for roasting; lard the breasts with strips of fat salt pork in regular lines an inch apart, each lardoon being a half inch from the next in its row; lay the chickens, breast uppermost, in a dripping-pan, with a half cup of boiling water, and roast, basting often; allow about twelve minutes to the pound; keep the chickens warm while you mince the boiled giblets, and stir them into the gravy with a thickening of browned flour.

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#### CAULIFLOWER WITH CHEESE SAUCE.

Boil in the usual way when done, put into a deep dish, and pour over it a sauce made by heating a cup of milk, stirring into it a table-spoonful of butter, cut up in one of prepared flour, and, when this thickens, adding three great spoonfuls of dry, grated cheese. Season with salt, and a dash of cayenne.

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#### FATIMA'S PUDDING.

One half pound of "lady fingers," stale enough to crumble easily; one quart of hot milk; six eggs; one cupful of sugar; grated peel

of an orange, and half the grated peel of a lemon ; juice of two oranges ; soak the crumbs in the hot milk ; beat the eggs light, add the sugar and grated peel ; when light, the milk and crumbs. Before the juice goes in, have a row of stone custard cups (buttered) ready in a pan of boiling water at the oven-door ; add the orange juice with a few strokes of the " beater ;" pour into the cups, and shut up at once in the oven ; bake half an hour, and turn out on a hot dish ; eat with the following sauce : two tablespoonfuls of butter, stirred into one of arrowroot or corn-starch ; a cup of powdered sugar ; two eggs ; a cupful of boiling water ; juice and a teaspoonful of grated orange peel.

Heat the water in a sauce-pan, add sugar, butter and corn-starch, and when thick, the orange juice and peel ; finally, the beaten eggs ; cook two minutes.

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No. 12.

**BREAKFAST.**

Oatmeal Porridge.	Baked Fish Cake.	
Scrambled Eggs.	Corn Cakes.	
Fruit.	Tea.	Coffee.

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**BAKED FISH CAKE.**

Two pounds of cold, boiled fresh cod or halibut ; a cup of mashed potatoes ; half a cup of bread-crumbs ; a cupful of drawn butter, in which has been stirred a teaspoonful of anchovy paste ; a tablespoonful of finely cut parsley, and half as much minced onion ; a raw egg, butter, salt and pepper. Mix the fish, " picked " evenly, with herbs, potato and drawn butter ; season ; put into a buttered bake-dish and set in the oven, covered, fifteen minutes ; sift the

crumbs on top; stick bits of butter in them, and brown quickly. Wash over with beaten egg, shut the oven for a minute, and serve the cake in the bake-dish.

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#### SCRAMBLED EGGS.

Put a tablespoonful of butter, a gill of milk, a saltspoonful of salt, half as much pepper, and a tablespoonful of minced parsley in a frying-pan. When the mixture boils, break and stir into it eight or ten eggs. Beat and stir until they are well mixed, and cease to run over the pan. Line a dish with crustless toast dipped in hot milk, salted, peppered and buttered, and pour the eggs on this bed.

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#### CORN CAKES.

Three even cupfuls of white Indian meal; two cups of sour or buttermilk; one heaping tablespoonful of lard; one tablespoonful of sugar; two tablespoonfuls of flour; one teaspoonful of soda; three eggs well beaten; a cup of boiling water.

Sift meal, flour, salt and soda together three times into a bowl; mix sugar and lard in the boiling water, add the milk; make a hole in the meal and flour, and put this in, stirring down quickly. Now, add the beaten eggs, and whip upward hard, until you have a smooth, light batter. Bake in greased paté pans at once. Eat hot.

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#### LUNCHEON.

Steamed Clams.

String Bean Salad.

Cold Meat garnished with Parsley.

Bread, Butter, Crackers.

Fried Bananas.

Cocatina and Macaroons.

## SPRING BILLS OF FARE.

## STEAMED CLAMS.

Put the clams, without removing the shells, in your steamer, laying them flat, that the juice may not escape; set the steamer over a pot of boiling water shut up tightly, and keep this at a hard boil, but not touching the clams, half an hour. Peep in then to see if the shells have opened. If not, close down the top for ten minutes more; take out the clams, pry off the upper shells, and arrange the lower (holding the clams) on a flat dish. Lay on each, a sauce made by whipping a tablespoonful or more of butter to a cream with the juice of a lemon, a little chopped parsley, salt, and a touch of cayenne. Eat hot, with warmed crackers.

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## STRING BEAN SALAD.

Take a cup of cold, boiled string beans, and if they have not been cut into inch-lengths before they were cooked, do it now; heap on a flat dish; encircle with a row of cold boiled beet slices; on each one of these lay a slice of hard-boiled egg; garnish with crisp lettuce leaves as a frill and send around mayonnaise dressing with it. This will make a pretty and palatable dish.

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## FRIED BANANAS.

Pare a dozen bananas and cut each lengthwise into three slices; have ready a batter made by beating two eggs light with half a cupful of milk and four tablespoonfuls of prepared flour, slightly salted; dip the banana slices into this and fry in boiling lard to a golden brown. Drain off the grease and serve on a hot dish lined with white paper.

## DINNER.

Chicken Bisque.	Brisket of Beef <i>a la mode</i> .
Stewed Corn.	Lima Beans.
Browned Sweet Potatoes.	Batter Pudding.
Cream Sauce.	

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 CHICKEN BISQUE.

An old fowl ; a cupful of cracker crumbs ; a quarter pound of almonds, blanched and dried to crispness ; a large tablespoonful of minced onion, and the same of parsley ; a cup of hot milk ; four quarts of cold water ; pepper and salt ; two raw eggs, beaten light.

Clean and boil the fowl *slowly* in the water, until the flesh slips from the bones ; salt and pepper it, and set away in the liquor until next day. Skim it, then, and taking out the fowl, bone and mince the flesh fine. Shred the almonds into minute shavings, mix with the chopped meat ; onions and parsley, and put all into the broth when you have strained it into a pot. Simmer gently half an hour, taking care it does not scorch ; add the cracker crumbs, then, the beaten eggs when you have stirred them into the hot milk. Take from the fire, and set in boiling water five minutes, covered, before turning into the tureen.

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 BRISKET OF BEEF *a la mode*.

Take out the bones with a sharp knife, and bind the beef into shape with broad tapes. Make incisions quite through the meat perpendicularly, and thrust into them lardoons of fat salt pork. The holes should be less than an inch apart. Lay in a broad pot, put in two cupfuls of warm—not hot—water, fit on a tight lid, and cook slowly twenty minutes to the pound. Take up the meat, and

lay in the dripping pan. Cover the top an inch thick with a forcemeat of crumbs, fat salt pork, a dozen finely-minced oysters, a teaspoonful of chopped onion, and pepper to taste; set in the oven long enough to brown nicely. Meanwhile, cool and skim and strain the gravy; return to the fire in a saucepan, thicken with browned flour; add a glass of wine, and a teaspoonful of French mustard, boil up once and serve in a boat.

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#### STEWED CORN.

Open and turn out a can of corn three hours before using, drain off the liquor and set the corn in a cold place. Half an hour before dinner, put a cup of boiling water in one of milk in a saucepan; drop in a bit of soda; add the corn and cook gently half an hour. Salt and pepper to taste, stir in a tablespoonful of butter, rolled in one of flour, boil up once and serve.

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#### LIMA BEANS.

Canned Lima Beans are heated in the same way as corn, only leaving out the milk and flour. They should be drained also before the butter is stirred in.

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#### BROWNE SWEET POTATOES.

They are getting soft and watery at this season. Boil them fifteen minutes, peel, and lay in the oven to bake, basting them with butter until they are of a fine brown.

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#### BATTER PUDDING.

Two cups of Hecker's prepared flour; three cups of milk; four eggs; a quarterspoonful of salt; one tablespoonful each of lard and

butter. Chop the shortening into the flour with the salt until thoroughly mixed. Beat the eggs very light, add the milk to them, beat in the flour by the handful; pour into a cake-mold with a funnel in the middle and bake in a quick oven.

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CREAM SAUCE.

One cup of sugar; one cup of milk; whites of two eggs, beaten to a meringue; one tablespoonful of butter cut up in two teaspoonfuls of corn-starch; vanilla seasoning. Heat the milk to boiling. stir in sugar and floured butter. Boil up sharply, withdraw from the fire and beat in meringue and flavoring.

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No. 13.

BREAKFAST.

Mush and Milk.	Oyster Omelette.	
Waffles.	Stewed Potatoes.	
Fruit.	Coffee.	Tea.

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MUSH AND MILK.

One cup of Indian meal, scalded with two cups of boiling water; one quart and a pint of boiling water; two teaspoonfuls of salt; stir the scalded meal into the boiling salted water, and cook in a farina kettle for at least an hour. You cannot cook much too long; now and then beat up from the bottom and work out the clots. Serve in an open dish. Eat with milk and cream.

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OYSTER OMELETTE.

Six eggs, whites and yolks beaten separately; one tablespoonful of cream; a half teaspoonful of corn-starch wet with the cream; a salt

spoonful of salt and a "dust" of pepper; a dozen fine oysters, broiled.

Beat yolks well, adding the cream and corn-starch, stir in the stiffened whites lightly, have ready a tablespoonful of butter in a frying pan hissing hot, but not browned. Pour in the omelette, and as soon as it sets at the edges, loosen with a knife, and shake gently with a uniform motion from side to side, until the center is almost "set." The oysters should have been broiled before you began the omelette. To do this, roll them in fine cracker dust, salted and peppered, broil quickly over a clear fire, transfer to a hot dish, put a bit of butter on each, cover and keep hot while the omelette is cooking. When this is done, line one half of it, as it lies in the pan, with the oysters, fold the other over it dexterously and reverse the frying-pan quickly upon the heated dish in which it is to be served.

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#### WAFFLES.

Three scant cups of milk; two eggs; three cups of prepared flour; one heaping tablespoonful of butter, just melted; half a teaspoonful of salt; one tablespoonful of sugar.

Beat the eggs very light, cream butter and sugar, and put them in. Add the milk, then salted flour. Mix thoroughly, and bake in well greased waffle-irons. Try a spoonful of batter first to test it and them.

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#### STEWED POTATOES.

Peel, and cut in square bits, dropping these in cold water as you go on. Cook tender in boiling, salted water. Turn off half of this when they are nearly done, and replace with a like quantity of hot



milk in which has been dissolved a tablespoonful of butter cut up in flour. Simmer three or four minutes, pepper, salt, and stir in a teaspoonful of finely cut parsley. Boil up and dish.

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LUNCHEON.

Rechauffé of Fish.                  Tomato Toast.

Bread and Butter.

Crackers and Cheese.

Rusk.

Jam or Marmalade.

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RECHAUFFE OF FISH.

Pick cold boiled cod or halibut into even small flakes ; put into a frying-pan a cup of boiling water (for a heaping cupful of fish), season well with pepper and salt, stir in a tablespoonful of butter cut up in a great spoonful of flour. As it simmers, add the fish, toss and turn with a fork, and when smoking hot, put in three tablespoonfuls of cream. It should be just stiff enough to be mounded in the middle of a platter. Have ready the beaten whites of two eggs ; spread quickly on the mound and set the dish in a hot oven long enough to cook the meringue. Garnish with lemons, cut lengthwise into eighths.

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TOMATO TOAST.

Stew a quart of ripe tomatoes ten minutes, and run through a colander. Season with pepper, salt, a little sugar, and two teaspoonfuls of butter, and simmer to a smooth soft pulp. Another ten minutes is enough. In another vessel scald half a cup of hot milk with a bit of soda half the size of a pea dissolved in it, stir in a teaspoonful of butter, add to the tomatoes, and pour *at once* over slices of crustless toast buttered well, and laid on a heated platter. Let

it stand three minutes before serving. It will be a pleasing companion dish to the fish.

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CRACKERS AND CHEESE.

Make an intermediate course of these, heating the crackers slightly, and serving in a basket lined with a napkin. With olives, they make an agreeable *entr'acte*, and add elegance to a plain luncheon.

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RUSK.

Four cups of milk; four tablespoonfuls of yeast; about three cups of flour; one cup of butter; two cups of sugar; three eggs; a very little cinnamon.

Make flour, milk and yeast into a sponge, and let it rise over night. In the morning, work in more flour (if needed to make a soft dough), add the eggs, spice and butter and sugar; (creamed) knead for five minutes, and let it rise for four hours longer. Break off bits, and round, with floured hand, into small biscuits; lay closely together in a baking pan and set for a third rising of half an hour, or until they are light. Bake in a moderate oven, covering with paper should they brown too fast. When quite done, wash the tops lightly with butter and sugar to glaze them. Serve fresh, but not hot, and pass jam or marmalade, and if you can get it, iced milk with them.

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DINNER.

Black Bean Soup.

Fried Shad with Sauce Piquante.

Beefsteak and Onions.

Beets.

Spinach on Toast.

Rice Cream.

Brandied Peaches.

Light Cakes.

Fruit.

Coffee.

## BLACK BEAN SOUP.

Four cups of black, or purple, or "mock-turtle soup" beans; two quarts of stock, in which corned ham, or fat salt pork, or corned beef has been cooked; one onion, chopped; four tablespoonfuls of chopped celery; one great spoonful of butter rubbed in one of flour; pepper; one teaspoonful of sugar.

Soak the beans twelve hours. Skim and strain the stock, and put it cold at the back of the range, with the beans, onion and celery. Give it plenty of time to cook, and for two hours, do not let it boil. After that, take care it does not burn. When the beans are broken to pieces, turn the contents of the pot into a colander, set over a kettle and rub the beans through into the liquor below. Return to the fire, stir in the pepper, sugar and floured butter, and simmer fifteen minutes. Have ready dice of bread, fried crisp, and slices of peeled lemon to lay on the surface of the soup in the tureen. A little tomato juice is an improvement.

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FRIED SHAD WITH SAUCE PIQUANTE. (*A handsome dish.*)

Split the fish as for broiling, and, with a sharp knife, divide it into pieces nearly as wide as your hand. Roll these in beaten yolk of egg, when you have salted and peppered each,—then, in finely powdered cracker, also salted and peppered,—and set them on the ice for three or four hours. Fry them in deep fat to a yellow-brown, drain off every drop of grease, and lay lengthwise on a hot fish-dish.

To make the sauce, beat up three tablespoonfuls of butter to a cream, with three tablespoonfuls of lemon juice (strained), mix in, at the last, the same quantity of finely-minced parsley, beating all together until the sauce is green. Have ready eight half lemons,

emptied of pulp and juice; fill lightly with the sauce and lay about the fish when dished, serving one to each person.

You can garnish smelts and halibut in the same way.

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#### BEEFSTEAK AND ONIONS.

Broil the steak quickly, turning often. Give your whole attention to a steak while cooking it. Lay on a hot dish, pepper and salt, butter lightly, and set, covered, in the plate-warmer. Fry a sliced onion three minutes in two tablespoonfuls of butter, not letting it scorch. Strain the butter into a hot bowl, stir in the juice of half a lemon, and a saltpoonful of made mustard, pour over the steak, cover again, and keep hot for five minutes before serving.

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#### BEETS.

Boil whole, without breaking the skin, Old beets need at least three hours of cooking to be eatable. Scrape, and slice into a deep dish; pour over them three tablespoonfuls of vinegar scalded with two tablespoonfuls of butter.

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#### SPINACH ON TOAST.

Wash and pick the leaves from the stalks; boil for twenty minutes in hot, salted water, drain dry, rub through a colander into a saucepan; heat, and add a liberal tablespoonful of butter, a teaspoonful of sugar, pepper and salt to taste, and a pinch of nutmeg. Beat until it bubbles all over, put in two tablespoonfuls of cream, heat again, and heap on squares or rounds of buttered toast, a slice of boiled egg on each hillock.

RICE CREAM.

One cup of rice boiled soft, but not to a paste; two cups of milk; four eggs; a cup of sugar; vanilla extract; a cup of whipped cream.

Make the eggs, milk and sugar into a custard, season with vanilla. Scald the milk first, pour this upon the beaten eggs and sugar, and cook until it thickens well. While still hot, beat in the rice, season with vanilla, and let it get cold before you beat in the whipped cream. Set it to form in a wet mold on ice. When you are ready for it, turn out on a glass dish. Pass brandied peaches and light cake with it.

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No 14..

BREAKFAST.

Oatmeal Porridge (cold).

Liver and Bacon.

Stewed Potatoes.

Cornmeal Muffins.

Fruit.

Tea.

Coffee.

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OATMEAL PORRIDGE (Cold).

Soak a cupful of oatmeal five or six hours in cold water. Drain, and put it over the fire with a quart of warm water salted slightly; cook, stirring often, and adding boiling water if it stiffens unduly, for at least an hour. Turn out into small cups or tumblers, each holding a "help" for a single person. Next morning, empty these carefully upon a flat dish; serve in saucers and eat with sugar and cream.

## LIVER AND BACON.

Slice the liver, and lay it in cold salt-and-water for half an hour, while you fry slices of breakfast-bacon in a clean frying-pan until they are clear and somewhat crisp. Take those out and keep hot over boiling water. Wipe the liver dry, pepper and salt each piece, and roll in flour, then fry to a fine brown in the fat left by the bacon. Shake off the grease when all are done, lay in neat order on a hot platter and dispose the bacon, garnish-wise, about it. Some like the flavor imparted by frying a little sliced onion in the fat with the liver.

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## CORNMEAL MUFFINS.

Two cups of cornmeal; one cup of flour; two eggs; two cups of milk, and three of boiling water; half a yeast cake, or three tablespoonfuls of yeast; a tablespoonful of melted lard; a heaping teaspoonful of salt; a tablespoonful of sugar. Scald the meal with the boiling water, and let it cool, before mixing in the melted lard, milk, beaten eggs, sugar, yeast and flour. Beat up hard, and set it to rise over night. In the morning, half-fill muffin-tins with the batter, let them stand in a warm place for fifteen minutes, and bake in a steady oven.

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## LUNCHEON.

Baked Omelette with Herbs.

Cabbage Salad, with Boiled Dressing.

Bread.

Butter.

Cheese.

Olives.

Farina Blanc-Mange.

## BAKED OMELETTE, WITH HERBS.

Beat the yolks of six eggs light, stir in with them three table-spoonfuls of milk, in which has been rubbed smooth a quarter-teaspoonful of arrowroot. Have an assistant prepare, meanwhile, a pudding or pie-dish by melting in it a tablespoonful of butter beaten to a cream, with a tablespoonful of minced parsley, tender celery-tops and a slice of onion. All must be finely chopped. Pepper and salt them lightly. Froth your whites, set your bake-dish in the oven until the butter hisses; mix yolks and whites with a swift whirl of the "Dover;" pour the omelette into the dish, and shut up promptly in a brisk oven. As soon as it is high, and the middle "set," pass a knife around the edge, and turn out on a hot-water dish. Serve and eat at once.

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## CABBAGE SALAD, WITH BOILED DRESSING.

Shred the heart of a white cabbage fine with a sharp knife—a chopper bruises it. Heat in a saucepan a cup of vinegar, a table-spoonful of butter, one of sugar, half a teaspoonful of made mustard, a saltspoonful of salt and the same of pepper. In a second vessel, heat two-thirds of a cupful of milk; stir into it two beaten eggs, and cook until they begin to thicken. When the vinegar boils, pour it upon the shred cabbage; put all back into the saucepan, stir one minute with a silver or wooden fork, add the boiled milk and eggs, toss and stir well, turn into a covered bowl, and set where it will cool suddenly. Serve in a glass dish.

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## FARINA BLANC MANGE.

One quart of milk; two eggs; half a cupful of sugar.

Four table-spoonfuls of farina soaked for two hours in enough cold water to cover it. Half a saltspoonful of salt. Two teaspoonfuls of vanilla essence or rose water.

Heat the milk, salt and sugar it, and add the soaked farina. Stir and cook for half an hour, pour it upon the beaten eggs, beat all well, return to the farina kettle and cook five minutes, stirring faithfully to prevent lumping. Take from the fire, add the flavoring and set to form in a mold wet with cold water. Eat with cream and sugar, or custard.

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DINNER.

Canned Pea Soup.          Stuffed Halibut.  
 Curried Chicken.   Rice.   Bananas.   Kidney Beans.  
 Cocoanut Custard and Sponge Cake.  
 Fruit.          Coffee.

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CANNED PEA SOUP (*Without Meat*).

Open a can of American peas, drain and lay them in cold, salt water for half an hour. Boil them soft in three pints of hot salted water, with a slice of onion and a stalk of celery. A sprig of green mint improves the flavor. When broken to pieces, rub them, with the water in which they were cooked, through a colander; put over the fire and bring to a boil. Add two *heaping* tablespoonfuls of butter rolled in three of flour, half a cupful of hot milk, a small teaspoonful of sugar; salt and pepper to your taste (which may not be mine or your neighbor's). Simmer and stir for five minutes, and turn into a tureen in which is a handful of fried bread-dice.

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STUFFED HALIBUT.

Buy a thick piece of halibut, weighing five or six pounds, and let it lie in salt-and-water for two hours. Wipe it, pass a sharp knife down to the bone in several places, and thrust into the cuts a



forcemeat of crumbs, pork minced fine, pepper and salt. Lay in a dripping pan and cook in a good oven, basting for the first half-hour with butter-and-water, afterward with its own gravy. Five pounds should be baked in about an hour. Take up the fish, and keep hot. Add to the strained gravy from the dripping pan, the juice of a lemon, a teaspoonful of anchovy paste, a tablespoonful of butter rubbed into two of browned flour (more boiling water if needed)—boil up once and pour a little over the fish, the rest into a sauce-boat.

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#### CURRIED CHICKEN.

Clean and joint as for fricassee, cover with cold, weak broth, and stew slowly until tender. If you have no broth, chop a quarter pound of fat salt pork fine and cook with a little onion in three cups of water, until you have a pint of liquid. Strain and cool, before pouring over the jointed fowl. Ten minutes before taking it up, stir in a tablespoonful of good curry-powder, wet in cold water, and simmer gently. Lay the chicken on a hot dish and pour the gravy upon it.

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#### RICE.

Cook a cupful of raw rice in a generous quart of boiling water, without stirring, until tender, shaking up the saucepan vigorously several times. Drain off the water, salt the rice, and let it dry at the back of the range before dishing it. Give a portion of rice with each "help" of chicken, pouring the curry gravy on it.

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#### BANANAS.

The East Indian fashion of passing cool bananas with curried meat is pleasant, if it seems odd to us. They are a grateful adjunct, especially to palates unused to the pungent condiment.

Heat the milk, salt and sugar it, and add the soaked farina. Stir and cook for half an hour, pour it upon the beaten eggs, beat all well, return to the farina kettle and cook five minutes, stirring faithfully to prevent lumping. Take from the fire, add the flavoring and set to form in a mold wet with cold water. Eat with cream and sugar, or custard.

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**DINNER.**

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 Curried Chicken.   Rice.   Bananas.   Kidney Beans.  
 Cocoanut Custard and Sponge Cake.  
 - Fruit.          Coffee.

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## KIDNEY BEANS.

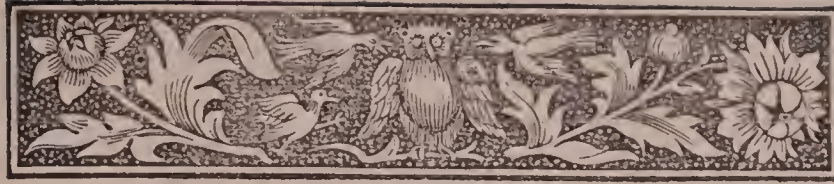
Soak a pint of beans over night in cold water. In the morning exchange this for tepid, and, two hours and a-half before dinner-time, put them over the fire in plenty of cold water and cook slowly until the skins begin to break. Turn off all the water, put a clean cloth on the beans left in the saucepan, and set at the side of the range to keep hot until you are ready to serve them. Put into a deep dish, pepper and salt, stir in a tablespoonful of butter, and send to table.

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## COCOANUT CUSTARD.

Heat a quart of milk in a farina kettle. Beat the yolks of five eggs and the whites of two, light; add five tablespoonfuls of sugar, and pour upon these scalding milk, stirring as you do so. Set over the fire again, and stir twelve or fifteen minutes, or until the custard begins to thicken. Have ready in a bowl, one-half of a grated cocoanut, and pour the thickening custard upon it, stirring them up together. Flavor, when cold, with rose-water or bitter almond: put into a glass dish and lay carefully on it the other half of the grated cocoanut. On this spread a meringue of the frothed whites of three eggs mixed with two tablespoonfuls of powdered sugar. Eat with sponge cake.





## SUMMER BILLS OF FARE.

No. 15.

### BREAKFAST.

Oatmeal Porridge.                      Mince of Ham and Eggs.

French Rolls.

Baked Potatoes.                      Berries.

Tea.                                      Coffee.

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### MINCE OF HAM AND EGGS.

Chop the remnants of a ham which will no longer furnish slices for the table, put into a frying-pan a tablespoonful of butter rolled in browned flour, a teaspoonful of vinegar, a little pepper and a quarter teaspoonful of mustard. Let it boil, and put in the minced ham. Stir until very hot, turn into a pie-dish, set in the oven, and break on the surface five or six raw eggs. Shut up in the oven and bake for five minutes, just long enough to "set" the eggs. Serve in the pie dish.

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### FRENCH ROLLS.

One quart of flour, sifted with a saltspoonful of salt and a teaspoonful of sugar; two cups of milk; half-cake of compressed yeast; two eggs; one tablespoonful of melted butter.

## DINNER.

Mock Turtle Soup.

Fried Whitefish.

Fresh Beef's Tongue *au gratin*.

String Beans.

Potatoes *au Geneve*.

Corn Starch Custard.

Pineapple Sliced, with Wine.

Coffee.

## MOCK TURTLE SOUP.

A calf's head dressed with the skin on; four quarts of cold water; four tablespoonfuls of butter, and twice as much browned flour; half a can of tomatoes, strained through a sieve; juice of a lemon, and one sliced lemon; a teacupful of brown sherry; pepper and salt to taste; a tablespoonful of allspice, powdered; a raw egg. Boil the head slowly for four hours and let it get cold in the liquor. Take it out and cut the flesh from the bones. Set aside the fleshy parts of the cheek with the tongue, to be cut into dice, and divide the rest into two parts when you have chopped it fine. Return one-half to the skimmed liquor with the bones, and set it where it will heat slowly. Make the other into forcemeat with the brain, binding it with a beaten egg, and seasoning well. Roll into balls with floured hands; set in a quick oven to harden, and, when a firm coat forms on the outside, take them out and set them away to cool. Rub the tomatoes through a sieve. When the soup has cooked for one hour, strain out bones and meat; put back over the fire with the tomatoes, and while it heats, make a "roux" in the frying-pan of the butter and flour, stirring to a smooth, brown, oil-like mixture, then thinning with a few spoonfuls from the soup-kettle. Add the spice, pepper and salt, and stir all into the soup. Cook a few minutes at a sharp boil, put in the meat-dice and lemon.

Ten minutes later, drop in the balls, after which the soup should not boil. The wine goes in just before the soup is poured into the tureen. The yolks of six hard-boiled eggs are an improvement.

Much of the excellence of this most popular of soups depends on the seasoning. If this is judiciously done, obedience to the directions given will result in success--and delight. It is even better the second day than the first.

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#### FRIED WHITEFISH.

Clean, without splitting, salt and pepper them, roll in cornmeal or flour, and fry in cleared dripping or in sweet lard. Drain off the fat and serve on a hot dish.

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#### FRESH BEEF'S TONGUE *au gratin*.

Boil for an hour, lay on a dish and skin with a sharp knife. Rub, while hot, with butter beaten to a cream with a little lemon juice, salt and pepper; put into a dripping pan, sift fine crumbs all over it thickly, pour a few spoonfuls of hot soup-stock into the pan to prevent burning, and bake for half an hour, wetting carefully, several times with the gravy from the pan. For sauce, add a table-spoonful of browned flour rubbed up with the liquor in which the tongue was cooked, to that left in the dripping pan, pepper and salt to taste; boil one minute, and pour into a gravy boat.

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#### STRING BEANS.

String them on both sides with a sharp knife, cut into inch lengths, and cook tender in hot salted water. The time will depend on the age and size; drain well, stir butter, pepper and salt through them, and dish.

## POTATOES AU GENEVE.

Boil and mash a dozen potatoes, making them soft with milk and butter, heap on a pie-plate in a smooth mound, scoop out a cupful from the center of the heap, leaving a conical cavity; glaze the inside of this, and the outside of the mound with white of egg, and set in a quick oven to harden the glaze. Meanwhile, beat into a small cupful of melted butter four tablespoonfuls of grated cheese, the whipped yolks of two eggs, salt and pepper to taste. Heat and stir, and when thick and hot, pour into the crater of the mound. Sift fine crumbs upon the sauce; set in the oven to brown slightly and send to table.

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## CORN STARCH CUSTARD.

One quart of milk; four eggs; three tablespoonfuls of corn starch; five tablespoonfuls of sugar; a tablespoonful of butter; a little salt and nutmeg.

Scald the milk, wet up the corn starch with cold milk, salt it, and stir into the boiling, until it is thick and free from lumps. Take it off, beat in the butter and let it get almost cold before whipping in the frothed eggs, the sugar and spice. Beat well and long, turn into a buttered pudding-dish, bake to a yellow-brown; sift sugar over it when perfectly cold, and eat with cream, or with brandied peaches.

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## PINEAPPLE SLICED, WITH WINE.

Pare and cut the fruit into dice, put a layer in a glass dish, sugar well, and wet with a few spoonfuls of sherry; more fruit, more sugar and wine, until the dish is full. Strew sugar over the top, set on ice and eat within an hour after the dish is prepared, as the wine toughens the fruit.



No. 16.

## BREAKFAST.

Hominy.	Stewed Eels <i>a la Francaise</i> .
Farina Waffles.	Savory Potatoes.
Berries.	Coffee.
	Frothed Chocolate.

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 STEWED EELS *a la Francaise*.

Clean, skin and cut the eels into pieces two inches long, lay in a saucepan with a little minced parsley, a sprig of thyme, a teaspoonful of minced onion, a tablespoonful of butter, the juice of half a lemon, pepper, salt and just enough boiling water to cover them. Cook gently until tender; take up the fish with a perforated spoon, keep hot on a chafing dish while you strain the gravy, thicken it with flour and boil it three minutes. Beat up two eggs, stir into the sauce quickly, and remove from the fire before they curdle. Pour over the eels, and serve.

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 FARINA WAFFLES.

One cup cold, boiled farina; half-cup of prepared flour; one pint of milk; two eggs; one tablespoonful of lard; salt.

Rub the farina smooth with the melted lard, work in milk and salt, beat hard before adding the flour and eggs, and afterward. The batter should be light and lumpless. Bake in greased waffle-irons.

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 SAVORY POTATOES.

Mince a quarter pound of fat salt pork; add a teaspoonful of chopped onion, and a tablespoonful of minced parsley, eight potatoes, peeled and quartered; cover with cold water, and cook until the potatoes are done. Drain, mash, mound on a pie plate, sift crumbs over them and brown in the oven.

## FROTHED CHOCOLATE.

Make in the usual way, turn into a hot bowl, and with a "Dover" egg-beater, whisk in the frothed whites of three eggs. Pour into the heated chocolate pot, and it is ready for use.

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 LUNCHEON.

Mince of Chicken and Eggs.

Shrimp Salad.

Thin Bread and Butter.

Crackers.

Cheese.

Olives.

Huckleberry Cake.

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 MINCE OF CHICKEN AND EGGS.

Chop cold boiled or roasted fowl; mix up with a cupful of drawn butter, season with pepper, salt, a pinch of nutmeg, and pour into a bake-dish. Set in the oven until a skin forms on top, and the surface shakes with the ebullition of the heated heart. Lay as many poached eggs on top as will lie easily in the dish, and serve.

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 SHRIMP SALAD.

Open a can of shrimps some hours before you want to use them, and turn upon a dish. Set on ice until needed. Line a salad bowl or a broad salver with leaves of cool, crisp lettuce; lay the shrimps on them, and pour mayonnaise dressing on the fish, or send it around with the salad. A popular dish in hot weather.

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 THIN BREAD AND BUTTER.

Cut fresh Graham bread thin, when you have buttered the end of the loaf before cutting each slice; pare off the crust, and pile on a folded napkin in a plate.

## HUCKLEBERRY CAKE.

Two cups of sugar; one cup of butter; three cups of Hecker's prepared flour; one cup of milk; five eggs; one teaspoonful of nutmeg, and one of cinnamon; one quart of huckleberries.

Cream butter and sugar; beat in the whipped yolks, the spice, milk, flour, the frothed whites, finally, the berries, dredged whiteily with flour, breaking them as little as possible. Bake in shallow tins or in paté-pans. It is better the second day after it is baked.

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 DINNER.

Tomato Soup.	Lobster Patés.
Beef Roast <i>a l'Orleans</i> .	New Potatoes.      Young Onions.
Banana Ice Cream.	Cake.      Coffee.

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 TOMATO SOUP.

Two quarts of tomatoes, peeled and sliced; three pints of broth—veal or chicken is best; one tablespoonful of minced parsley, and the same quantity of minced onion; one teaspoonful of sugar; pepper and salt to taste; browned flour thickening; a tablespoonful of butter; fried bread dice.

Stew the tomatoes in the broth until they are broken all to pieces, add herbs and onion, stew twenty minutes, rub through a colander, season, thicken with a tablespoonful of browned flour, rubbed in one of butter; boil two minutes, and pour upon the fried bread in the tureen.

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 LOBSTER PATES.

Meat of one large lobster, or two small ones; two cups of veal broth; two tablespoonfuls of butter; beaten yolks of two eggs;

juice of a lemon; one heaping tablespoonful of flour rubbed up with the butter; salt and cayenne to liking; puff paste for shell.

Heat the broth to a boil, skim, and stir in the buttered flour; put in the lemon-juice and seasoning, the beaten yolks, the lobster, cut up small, and set in boiling water over the fire ten minutes, stirring now and then. Have ready *paté-pans* lined with pastry, baked in a brisk oven, slip out the "shells," fill with the hot lobster mixture, set in the oven three minutes, and serve. If you do not care to take the trouble of pastry-making in hot weather, buy empty *paté-shells* from a pastry cook, heat and fill them with the lobster mixture. This is an elegant supper-dish, as well as an *entrée*.

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#### BEEF ROAST *à l'Orleans*.

A rolled rib roast is best for this purpose. The night before you mean to cook it, put into a broad pan three tablespoonfuls of salad oil, four tablespoonfuls of chopped onion, a dozen whole peppercorns, and the juice of a large lemon. Lay the roast in this, and at the end of two hours, turn it over, anointing the edges well with the sauce. In the morning, turn it again. When ready to cook it, put into the dripping-pan, dash a cupful of boiling water over the top, and as it heats, baste with the sauce in which it has lain over night, mingled with hot water and strained. Cook ten minutes to the pound, and just before taking it up, baste all over with butter, sift flour on the top, and as soon as this froths and browns, transfer the meat to a hot dish. Garnish with water-cresses.

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#### NEW POTATOES.

Are so indigestible until fully grown that to advise cooking them is like recommending a diet of boiled bullets. When ripe—and

*not until then*—they are a valuable contribution to a Summer bill of fare. Rub the skins off with a coarse towel, wash in cold water and drop into boiling, a little salted; cook fast for twenty minutes; turn off the water, sprinkle with salt and set at the back of the range in an uncovered pot to dry off into mealiness.

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BANANA ICE-CREAM.

One quart of milk and the same of rich, sweet cream; three cups of sugar; six eggs; six large, ripe bananas, peeled and cut up small; bit of soda in the milk.

Heat the milk to scalding; beat eggs and sugar together, and pour the hot milk over them gradually, stirring all the time; set over the fire in a farina kettle, and stir until well-thickened. Let it get cold; mix in the cream; put it into an ice-cream churn, and when half frozen, put in the minced banana and freeze hard.

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No. 17.

BREAKFAST.

Milk Mush.

Tom Thumb Omelettes.

Buttered Potatoes.

Rye Muffins.

Fruit.

Tea.

Coffee

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MILK MUSH.

Three cups of hot milk; one cup of boiling water; one scant cup of white Indian-meal; one even-teaspoonful of salt.

Scald the salted meal with the boiling water, and stir into the hot milk; boil in a farina-kettle for twenty minutes, stirring all the time; beat hard at the last, and serve in an uncovered dish. Eat with sugar and cream.

## TOM THUMB OMLETTES.

Eight eggs ; half cup of rich milk ; salt and pepper ; a table-spoonful of cheese.

Beat the eggs light, season, stir in the milk and grated cheese. Half fill eight paté-pans, buttered, and set in a dripping pan with half an inch of boiling water in it ; shut up in a hot oven, and as soon as they are " set," turn out on a hot dish. You may vary the dish by substituting minced parsley and thyme for the grated cheese, and when dished, pour drawn butter over the omelettes. They make a pretty show when garnished with curled parsley, a tiny sprig being stuck in the middle of each mold.

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## BUTTERED POTATOES.

Boil with the skins on ; peel carefully ; lay in a heated bake-dish ; butter plentifully ; pepper and salt ; cover, and set in the oven ten minutes, rolling them over in the melted butter several times. Remove with a split spoon to a hot deep dish ; add half a cup of hot milk to the butter left in the bake-dish, stir well and pour boiling hot over the potatoes.

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## RYE MUFFINS.

Three cups of rye flour ; one cup of Indian-meal ; one cup of hot water, and three of lukewarm milk ; an even table-spoonful of sugar and a full one of lard ; two teaspoonfuls of baking powder, and one of salt sifted three times with flour and meal ; three eggs, well beaten.

Sift meal, flour, salt and baking powder three times together in a bowl ; dissolve lard and sugar in the boiling water ; add the milk

and wet up the dry mass; lastly, beat in the eggs, whipped to a froth; stir hard for one minute and bake in small tins or in muffin rings on the griddle.

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LUNCHEON.

Curried Lobster.

Pickled Lambs' Tongues with Mayonnaise.

Buttered Brown Bread.

Oatmeal Crackers with Roquefort Cheese.

Junket and Cake.

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CURRIED LOBSTER.

Meat of a large lobster, or of two small ones, or the contents of a can of preserved lobster; two tablespoonfuls of butter; half a cup of strained oyster-liquor; half a glass of wine; one teaspoonful of curry powder; half a cup of raw rice; salt, and a pinch of grated lemon-peel.

Soak the rice three hours, then salt, and cook it in enough boiling water to cover it well, shaking up from time to time; when tender, drain off all the water, and set at the back of the range to dry off the rice; dish hot; heat butter and oyster-juice together, season with curry and lemon-peel; add the lobster, cut into half-inch bits, toss lightly with a silver fork until very hot, put in the wine and turn upon a heated dish; in helping, put a spoonful of rice on each plate, another of lobster upon it.

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PICKLED LAMBS' TONGUES WITH MAYONNAISE.

Split and lay the tongues in the center of a broad, cool, china dish; about them set thickly crisp lettuce leaves; have in a "fancy

bowl or pitcher plenty of mayonnaise dressing. In helping, lay on each plate first, a curled leaf of lettuce, within it, half a tongue, and pour a generous spoonful of the dressing over both.

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#### OATMEAL CRACKERS.

Two cups of oatmeal, and one of prepared flour; half cup of butter chopped up with the meal and flour; one teaspoonful of salt; two cups of cold water.

Mix into a pretty stiff paste, roll into a *thin* sheet, cut out as you would biscuits, and bake on a griddle, turning when the under-side is brown; leave them in a cooling open oven all night to dry.

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#### JUNKET.

One quart of lukewarm milk; one tablespoonful of liquid rennet; half a glass of sherry.

Stir all well together, and leave in the kitchen, covered to keep out dust and flies, until it is like freshly-lopped milk, then set on ice until you are ready for it. If left to stand in a warm place too long, it will break into curds and whey. Eat with cream and sugar. Pass cake with it.

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#### DINNER.

Calf's Feet Soup with Poached Eggs.

Potted Ducks.

Potatoes *a la Napolitaine*.

Stuffed Egg Plant.

Shrimp and Cheese Salad.

Charlotte *a la Royale*.

Brandied Peaches.

Coffee.



## CALF'S FEET SOUP WITH POACHED EGGS.

Two pairs of calf's feet; half an onion, two sprigs of thyme, and the same of parsley; a blade of mace; salt and pepper; glass of sherry; a slice of lean, corned ham; three quarts of cold water; six eggs.

Put feet, herbs, ham, onion and water over the fire, and cook slowly until the liquor is reduced to two quarts. Season, and set away with the meat in it. On the morrow, skim, take out the fat and strain the broth. Put on the range in a soup-pot, and when hot, throw in the white and shell of an egg. Boil slowly five minutes, strain through a double bag without pressing, heat again, add the wine, and pour into the tureen. Poach six eggs neatly and lay on the surface.

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## POTTED DUCKS.

Clean, wash well, and truss without stuffing, tying down legs and wings with tape. Fry half a dozen slices of fat pork crisp in a broad-bottomed pot, with half an onion, sliced, and a little powdered sage. Lay in the ducks, cover with warm—not hot—water, fit on a lid, and cook very slowly and steadily three hours. Take up the ducks, undo the tapes, and lay on a hot dish. Strain the gravy, thicken with brown flour; boil up sharply, pour a few spoonfuls over the fowls, the rest into a gravy-boat. Send around tart jelly with them.

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POTATOES *a la Napolitaine.*

Peel the potatoes, and lay in cold water for an hour. Cut into quarters lengthwise, pack in a bake-dish, salt and pepper them, pour in a cup of milk into which you have dropped a tiny bit of soda; strew among the quarters a tablespoonful of butter cut into bits and

rolled in flour ; also, a little finely-cut parsley. Set in a dripping pan of hot water, fit a tight cover on the bake-dish and cook tender, say about forty-five minutes. Serve in the dish.

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#### STUFFED EGG PLANT.

Parboil for fifteen minutes, if large ; for ten, if small. Make an incision in one side, and, inserting your finger, scrape out the seeds ; prop open the slit with a stick and lay in ice cold salt and water for an hour, then stuff with a paste of bread crumbs, minced fat pork, a little parsley, salt, pepper and melted butter ; bind with tape and lay in the dripping pan ; pour in a cupful of boiling water, and as it bakes, wash over with butter-and-water. When a straw will penetrate easily, take up the egg-plant, remove the tape, anoint well with butter, strew fine crumbs over it, and set in a tin plate—the cut side downward—on the top grating of the oven to brown lightly. Slice when served, cutting clear through and crosswise.

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#### SHRIMP AND CHEESE SALAD.

One can of pickled shrimps ; one cupful of dry, grated cheese ; salt, pepper and vinegar ; mayonnaise dressing ; lettuce.

Mince the shrimp rather coarsely, mix with the cheese, wet with a little vinegar—two tablespoonfuls should do—in which have been stirred a saltspoonful of salt and a pinch of cayenne ; mound in the center of a dish, surround with crisp lettuce, and send around mayonnaise dressing with it.

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#### CHARLOTTE *a la Royale*.

One package of gelatine ; a quart of milk—half cream if you can get it ; six eggs ; a cup-and-a-half of sugar ; a saltspoonful of salt ; two teaspoonfuls of vanilla extract ; a sponge cake sliced, or a pound of lady-fingers.

Soak the gelatine three hours in a cup of cold water; heat the milk (not forgetting the bit of soda) in a farina-kettle, and when hot, stir in the gelatine. When it is quite dissolved, pour on the yolks and sugar, beaten light; set in cold water until cool. Beat the whites to a stiff froth, add the congealed "jaune mange," spoonful by spoonful, beating steadily until you have a light yellow sponge, flavoring with vanilla as you work. Line a glass dish with cake, put in the sponge, cover with more cake and set on ice until needed. Pass brandied peaches with it.

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No. 18.

BREAKFAST.

Molded Wheat Germ Meal Porridge.

Scalloped Codfish, with Cheese.

Buttermilk Biscuit.

Chopped Potatoes.

Fruit.

Tea.

Coffee.

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MOLDED WHEAT GERM MEAL PORRIDGE.

Make the porridge as before directed, but over night, and mold it in cups wet with cold water. In the morning turn them out, and eat with sugar and cream, or with cream only.

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SCALLOPED CODFISH WITH CHEESE.

Soak a pound of salted codfish six hours in tepid water, then boil it. When cold, pick into flakes with a fork and season with pepper. Heat a cup of milk to a boil, stir into it a tablespoonful of butter rolled in two of prepared flour; mix with the picked fish, and

pour into a bake dish. Strew grated cheese thickly on top, and bake in a quick oven to a delicate brown. It is yet nicer if you add a raw egg to the mixture before cooking it.

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#### BUTTERMILK BISCUIT.

One quart of flour; one teaspoonful of soda sifted three times with the flour, and a teaspoonful of salt; one pint of *really* sour buttermilk; one tablespoonful of melted butter.

Sift flour, soda and salt into a bowl, stir butter and milk together, and pour into a hole in the flour. Mix quickly, and with as little handling as possible. Be careful on this point, also, not to get the dough too stiff. Have your oven ready and hot. As soon as the biscuits are cut out, put them in and bake. They are excellent if mixed—as the successful painter did his colors—“with brains.” A heavy hand and heavy wits can result in nothing but sodden solidity.

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#### CHOPPED POTATOES.

Mince cold boiled potatoes coarsely with a sharp chopper, and stir with a teaspoonful of finely chopped onion and three times as much parsley, into a little hot dripping. Toss until hot all through, and dish at once.

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#### LUNCHEON.

Patés de Veau.      Tomato Salad.

Chicken Sandwiches.      Berries and Cream.

Cocoanut Cake.      Iced Coffee.

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PATES DE VEAU.

Mince one pound of cold roast, or boiled, veal with half as much ham. Season sharply with pepper and a pinch of mace. Wet with enough gravy, or soup stock to make a soft mince, and stir in a tablespoonful of fine crumbs. Line paté-pans with pastry, and bake in a brisk oven. Slip from the tins while hot, fill with the hot "mince," sift crumbs on top, stick a bit of butter in each, and brown lightly on the upper grating of the oven.

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TOMATO SALAD.

Peel ripe tomatoes with a sharp knife, slice crosswise, lay in a salad bowl, and season on the table with salt, a little sugar, pepper, oil and vinegar. Keep the tomatoes on ice until actually served. They cannot be too cold. Never loosen the skins by pouring boiling water on them, and refrain as scrupulously from serving them with the skins on.

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CHICKEN SANDWICHES.

Pare the crust from thin slices of bread, and cut them into triangles of uniform size. Mince cold chicken freed from skin and fat, quite fine, rub in a little butter, season to your liking, and spread between every two triangles, pressing the pieces of bread gently but firmly on the mixture. Pass with the tomato salad.

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COCOANUT CAKE.

One scant cup of butter; two full cups of sugar; three full cups of prepared flour; one scant cup of milk; one half teaspoonful of soda, sifted three times with the flour; four eggs; half of a grated cocoanut; juice of half a lemon, and a teaspoonful of grated peel.

Cream, butter and sugar; beat in the lemon juice and peel until the mixture is very light. Next, go in the beaten egg-yolks, then the milk, stiffened whites and flour alternately; lastly, the cocoanut. Bake in small tins. Eat while fresh, but not warm.

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DINNER.

Green Pea Soup.		Fried Scallops.
Roast Fowl <i>a la Guyot</i> .		Young Onions.
Mashed Potatoes.	Lettuce Salad.	Queen of Puddings.
	Coffee.	

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GREEN PEA SOUP.

Two quarts of liquor in which corned beef or mutton has been boiled; two quarts of green peas; bunch of sweet herbs, including a shallot or young onion; one even tablespoonful of prepared flour, rubbed up with one of butter; pepper to taste; dice of fried bread.

Boil, skim and strain the liquor, and return it to the fire with the pea-pods. Cook them twenty minutes, strain them out and put in peas and onion. Cook until the peas are soft and broken; rub all through a colander back into the pot, stir in the floured butter; season, boil two minutes, and pour upon the bread in the tureen. The advantage of using flour in this receipt is to prevent separation of the pea-pulp and the liquor.

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FRIED SCALLOPS.

Wipe each, roll in beaten egg, then, in fine crumbs, and fry in hot lard or dripping to a fine brown. Shake off the fat in a split spoon, and lay in rows on a hot dish. Garnish with parsley. Pass hot crackers, mashed potato and cut lemon with them.

ROAST FOWL *a la Guyot.*

One tender, full-grown chicken ; a sweetbread, boiled, blanched and minced ; a dozen mushrooms chopped ; a tablespoonful of minced, fat salt pork ; half a cupful of fine crumbs ; slices of fat salt pork.

Draw and truss the fowl as usual, and stuff with a forcemeat, made of the minced sweetbread, mushrooms, pork, bread crumbs and seasoning. Bind thin slices of pork over the breast, lay in a dripping pan, with a little boiling water and a tablespoonful of browned flour wet up with cold water. Boil up sharply, and serve in a boat.

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QUEEN OF PUDDINGS.

One and a-half cups of sugar ; one quart of milk ; two cups of very dry, fine crumbs ; one tablespoonful of butter ; one quart of red raspberries.

Rub butter, and one cup of sugar to a cream ; beat in the yolks. The crumbs should, all this time, be soaking in the milk. Beat them into eggs and buttered sugar, and, when light, pour the mixture into a buttered bake-dish. Bake, until the middle is well-set ; draw to the oven door ; cover with berries, strew sugar thickly among and over them, and spread deftly over all a meringue of the frothed whites of the eggs, stiffened with two tablespoonfuls of powdered sugar. Shut the door, and brown the meringue lightly. Set away where it will cool quickly, then leave on ice until wanted. Eat with cream. This is not a new receipt, but among the many variations of the far-famed "Queen," I regard the above as the simplest and best. It is better made with strawberries than with any other fruit, but is always delicious and popular.

## No. 19.

## BREAKFAST.

Green Corn Porridge.	Deviled Kidneys.	
Mamma's Muffins.	Stewed Potatoes.	
Melons.	Tea.	Coffee.

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 GREEN CORN PORRIDGE.

Shave the grains from a dozen ears of green corn, using a sharp knife for the purpose, and leaving no grain whole. Put into a farina kettle; barely cover with milk, fit on a lid and steam, rather than stew, for half an hour after the boil is reached. Stir in then a tablespoonful of butter rolled in corn-starch, boil five minutes, beat in two eggs already frothed, cook for two minutes more and turn out. Eat with butter or with cream, or, still again, with sugar and cream. It is very good.

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 DEVILED KIDNEYS.

Split the kidneys (veal or lamb), in half, taking out the hard "cores," and dip in a mixture of butter (a teaspoonful for each kidney), made-mustard, lemon-juice and a suspicion of cayenne. Lay them within an oyster-broiler and cook gently fifteen minutes, turning them, over a clear fire. Rub a chafing dish (hot) with half an onion, lay in a teaspoonful of butter, and when this has melted, dish the kidneys.

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 MAMMA'S MUFFINS.

Three cups of prepared flour; one cup (even) of white cornmeal; a quart of lukewarm milk; four eggs; half a teaspoonful of salt; one tablespoonful of lard, and one of sugar, stirred with the warm milk.



Beat the eggs light, add the milk, lard and sugar; sift salt, meal and flour together twice, and put in last. Beat hard, and bake in muffin tins.

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### MELONS.

All varieties of the cantelope family, musk, and nutmeg melons, are welcome to the summer breakfast table. Cut each in half, lengthwise, scoop out the seeds, put a lump of ice in the hollows thus made, and send to table. They are eaten by Southerners with pepper and salt, at the North with sugar. Give your guests their choice of condiments.

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### LUNCHEON.

Codfish Scalloped, with Mushrooms.

Raw Tomato Salad.

Terhune Corn Bread.

Dried Rusk and Milk.

Berries.

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### CODFISH SCALLOPED, WITH MUSHROOMS.

Two cupfuls of cold, boiled codfish (fresh), "picked" rather coarsely; one cupful of good drawn butter; half a can of mushrooms; half a cup of fine crumbs; pepper and salt.

Mince the mushrooms, and strew between the layers of the fish in a buttered dish, moistening, as you go on, with the drawn butter, and seasoning with pepper and salt. Cover the topmost layer with the drawn butter, then with the crumbs, stick bits of butter in these, and bake, covered, half an hour, then brown. You can make this dish of salt cod, soaked before it is cooked. In this case, beat up a couple of eggs in the drawn butter.

## RAW TOMATO SALAD.

Peel very cold tomatoes, cut in two, crosswise, and serve with mayonnaise or plain dressing.

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## TERHUNE CORN BREAD.

Two cups of white corn meal ; one cup of flour ; two teaspoonfuls of white sugar ; three cups of sour or buttermilk. (Half "loppered" cream makes it particularly good.)

One rounded teaspoonful of soda, and one of salt sifted three times with flour and meal ; one large tablespoonful of lard.

Sift flour, meal, salt and soda into a bowl ; beat lard and sugar together and stir into the milk ; pour the latter into a hole in the middle of the flour, and stir all gradually to a good batter ; beat hard with upward strokes, raking the bottom of the bowl with each sweep, for two minutes ; turn into a greased pudding mold set in a pot of boiling water, and cook steadily four hours, keeping the water about it at a slow boil all the time. Turn out and eat hot. It will be found very nice.

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## DRIED RUSK AND MILK (Excellent).

Two cups of milk ; two eggs ; half a cup of butter ; half of a yeast cake, dissolved in warm water ; one quart of flour ; one even teaspoonful of salt. Mix the milk, butter, yeast and a pint of flour into a sponge, and let it rise five or six hours, or until light ; beat in the eggs, salt and the rest of the flour ; roll out the dough into a paste more than half an inch thick ; cut into round biscuits, set rows of them in a baking pan, rub the tops lightly with butter, and put another row on these ; let them rise for half an hour before baking. Remove from the oven, and let them get nearly cold before

dividing the upper from the lower stratum ; pile lightly in pans, and leave in a cooking oven all night to dry. They should not be browned at all in drying. Hang them in a clean bag in the kitchen closet, or other dry, warm place. In two days they will be ready for use. Set a bowl at each place ; lay a rusk, cracked in two or three places, in it, a bit of ice on this, and pour enough rich milk to cover the rusk well. In three minutes, if well dried, the desiccated biscuits will be soft and delicious. Pass sugar and berries as an accompaniment.

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**DINNER.**

Lakewood Chowder.      Chicken, fried whole.  
 Potato Fritters.      Summer Squash.      Cucumber Salad.  
 Peaches and Whipped Cream.      Sponge Cake.  
 Black Coffee.

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**LAKWOOD CHOWDER.**

Four pounds of cod or halibut ; half a pound of sliced fat salt pork ; two minced onions ; eighteen Boston crackers, split, toasted, and well buttered ; a glass of Sauterne or other clear, sour wine ; pepper and salt ; cold water ; pint of milk.

Fry pork and one sliced onion in the bottom of the chowder pot ; take out the pork and bits of onion with a perforated spoon and lay the fish in the fat ; sprinkle with raw onion and season with pepper and salt as you go on ; cover with cold water when all the fish is in ; put over the fire, bring to a boil and then cook gently forty minutes. Soak the split, toasted and buttered crackers ten minutes in boiling hot milk ; take them up carefully, as you must put a layer in the bottom of the tureen when the chowder is done.

Before taking the pot from the fire, stir in the wine. Put several strained spoonfuls of the chowder on the soaked crackers in the tureen, then more crackers, and more fish, until all are used up. Thicken the liquor left in the pot with a great spoonful of butter rolled in flour. Boil up and pour on top of fish and crackers. Pass sliced lemon with the chowder.

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### CHICKENS FRIED WHOLE.

A well-grown broiler. It *must* be young and tender. Sweet, salted lard, or clarified dripping; flour, salt and pepper; two or three slices of young onions dropped in the hot fat.

Draw, and wash out the chicken with soda and water, rinse well and wipe dry. Steam for half an hour. If you have no steamer, wrap the fowl in mosquito netting and lay in a colander; set over a pot of boiling water, fit a close cover on the colander and keep the water at a hard boil, but not touching the chicken, forty minutes. Wipe the fowl, roll in salted and peppered flour until well coated, and lay in deep salted fat, enough to cover it and boiling hot. When well browned, transfer to a hot dish, garnish with parsley and serve. A pretty and delightful dish.

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### POTATO FRITTERS.

One cupful of mashed potato, beaten light and smooth with a fork; three beaten eggs; half-cup of milk; two tablespoonfuls of prepared flour; salt and pepper.

Beat all well together, and drop by the large spoonful in the hot fat left from cooking the chicken, when you have strained and reheated it. Drain in a split spoon, as you take up each fritter.

## SUMMER SQUASH.

Pare, take out the seeds, lay in cold water for half an hour; then put into a pot of boiling water, salted, cook until tender; drain and mash smooth with a little butter, salt and pepper; whip to a creamy pulp, and dish hot.

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## PEACHES AND WHIPPED CREAM.

Peel fine, ripe, freestone peaches just before dinner, that they may not change color with standing. Cover the dish containing them, and set on the ice until the dessert is served. As you help them out, pile peaches on saucer, stew thickly with fruit sugar, and cover with whipped cream—plenty of it. Pass sponge cake with the peaches. The cream should be ice cold.

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## No. 20.

## BREAKFAST.

Wheat Germ Porridge.	Lobster Croquettes.	
Bread and Milk Muffins.	Fried Cucumbers.	
Fruit.	Meringued Coffee.	Tea.

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## WHEAT GERM PORRIDGE.

A receipt for this cereal will be found in No. 2, Spring.

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## LOBSTER CROQUETTES.

Chop the meat of a large lobster quite fine, stir into a cupful of drawn butter, beat up an egg and add it, with the juice of half a lemon, salt to taste, half a cup of cracker dust, and a little cayenne.

(The drawn butter should be rather stiff.) Set the paste thus made on ice until stiff and cold. Take out a great spoonful at a time, make into croquettes, roll in flour, then in beaten egg, again in pounded cracker. Fry carefully in hot lard, drain each as you take it up, and serve on a hot dish.

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#### BREAD AND MILK MUFFINS.

Two cups of fine, dry crumbs; two heaping tablespoonfuls of prepared flour; two cups of boiling milk; two beaten eggs; one cup of boiling water; half teaspoonful of salt; one tablespoonful of butter.

Pour the boiling, salted water on the crumbs, let them stand, covered, for half an hour; drain off the liquid without pressing the crumbs, and beat in the flour; add the butter to the hot milk, and put in next; beat until smooth and nearly lukewarm before the eggs go in; bake in muffin rings on a hot griddle. Send to the table hot and tear,—not cut,—open.

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#### FRIED CUCUMBERS.

Cut off the skin, slice lengthwise into thick pieces, and lay in cold water half an hour; wipe dry, dip in beaten egg, then, in fine cracker-crumbs, seasoned pretty highly with pepper and salt, and fry in hot lard; drain dry and eat hot. They are far more palatable than might be supposed. Some like to squeeze a few drops of lemon juice on each slice before eating it.

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#### MERINGUED COFFEE.

Make hot and strong; put into each cup one or two lumps of sugar, and two tablespoonfuls of scalding milk; fill up with coffee

and lay on the surface a heaping teaspoonful of a meringue made by mixing the white of an egg, frothed stiff, with a half pint of whipped cream.

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LUNCHEON.

Ragout of Sweetbreads.                  Potato Scallops.

Lettuce Salad with Plain Dressing.

Cousin Melissa's Sponge Cake.

Lemonade.

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RAGOUT OF SWEETBREADS.

Boil the sweetbreads for ten minutes; leave them in ice-cold water for half an hour; wipe dry, cut into dice, add half as much mushroom dice, and stew in enough broth to cover them, for ten minutes. Season well with pepper-and-salt; put in half a cupful of stewed tomatoes, strained, a tablespoonful of browned flour cut up in as much butter; boil up sharply, and serve.

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POTATO SCALLOPS.

Mash potatoes soft with butter and milk; season with pepper and salt; whip to a cream, and fill scallop-shells with the mixture, mounding it high and smoothly. Bake quickly, and as they brown, wash over lightly with beaten egg. Eat hot from the shells.

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COUSIN MELISSA'S SPONGE CAKE.

Twelve eggs; four cups of powdered sugar; four cups of Hecker's prepared flour; juice and grated peel of two lemons.

Beat whites and yolks separately and very light, add the sugar to the yolks, then, lemon-juice and rind, the whites, at last the

flour, stirred in quickly. Too much stirring toughens this cake. Bake in square or brick-shaped pans, lined with buttered paper. Be very careful as to the baking. Lay white paper over the pans when the cake goes into the oven, for the door should not be opened in less than twenty minutes. Turn the tins then, gently, or the batter may fall. This is for a large quantity of sponge cake, but it will be so good that it will disappear rapidly.

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#### LEMONADE.

Peel six lemons ; roll and slice them, and pack them in a pitcher, alternately with sugar, allowing for each lemon two heaping table-spoonfuls. Cover, and set in a cold place for ten or fifteen minutes before adding three pints of water and a lump of ice. Stir well and long ; fill tumblers one-third the way to the top with cracked ice, and pour in the lemonade.

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#### DINNER.

Salmon Bisque.	Brown Fricassee of Chicken.	
Stuffed Tomatoes.	Green Peas.	Mashed Potatoes.
Egg Salad with Sardine Mayonnaise.		
Huckleberry Pudding.	Coffee.	

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#### SALMON BISQUE.

Two full cups of minced salmon ; two cups of fine crumbs ; half a cup of butter ; two quarts of boiling water ; pepper and salt ; a tablespoonful of minced parsley ; two raw eggs beaten light. (You can use canned salmon, if you like.)



Rub the warmed butter into the minced salmon, season, and put over the fire with the boiling water. Cook gently half an hour, stir in the crumbs and parsley, simmer five minutes, add the beaten eggs, stir well and pour out. Send around crackers and lemon with it.

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#### BROWN FRICASSEE OF CHICKEN.

Joint a fowl, and lay in a dripping pan on a thin stratum of chopped salt pork, and a little minced onion. Pour in cold water two inches deep, cover with another pan, and cook slowly until tender; uncover, increase the heat, turning the chicken often as one side browns. When all the pieces are colored, take them up and arrange on a hot dish. Add to the gravy more boiling water, a spoonful of butter rolled in two of browned flour, some minced parsley, pepper, and if needed, salt; boil up and pour over the chicken.

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#### STUFFED TOMATOES.

Cut a piece from the smooth top of each fine, ripe tomato, and take out the inside. Chop the pulp, mix with a forcemeat of crumbs and butter, season with salt, sugar and pepper. Fill the hollowed tomatoes with this mixture, fit on the tops and bake from forty to forty-five minutes, packed neatly in a bake-dish. Fill the gaps between the tomatoes with forcemeat if any is left over before baking.

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#### EGG-SALAD WITH SARDINE MAYONNAISE.

Boil eight eggs hard, and throw them into cold water, to lie there while you make the mayonnaise. Do this in the manner already prescribed in this series, and, when thick and smooth, rub four sardines to a pulp, and whip them in gradually. Cut the eggs into

quarters, lay on crisp lettuce leaves, and, as you serve these out, pour the dressing over them. At this season, when salad is more than a luxury—almost a necessity, if one would keep well—study such agreeable novelties as the above. It will be found delicious.

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#### HUCKLEBERRY PUDDING.

Two cups of milk; two eggs; four cups of flour; half a cup of yeast, or half a yeast-cake dissolved in warm water; two teaspoonfuls of butter; a scant teaspoonful of soda, and half as much salt sifted three times with the flour; a quart of berries.

Whip the eggs, butter (warmed) and milk together, and pour gradually into a hole in the sifted flour. Mix well, put in the yeast, and set to rise in a bowl for four or five hours, or until light. Then stir in the berries, dredged thickly with flour, pour into a greased mold, and boil steadily for two hours. Turn out, and eat warm with hard sauce.

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#### No. 21

#### BREAKFAST.

Arrowroot Porridge.	Broiled Chickens (deviled).
Egg Biscuits.	Potatoes <i>a la Parisienne</i> .
Fruit.	Tea.                  Coffee.

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#### ARROWROOT PORRIDGE.

One quart of milk, the richer, the better; a large cupful of cold water; six full tablespoonfuls of arrowroot; half teaspoonful of salt.

Scald the milk, wet the arrowroot to a smooth paste with the water, gradually; take the hot milk from the fire and pour it, a few

spoonfuls at a time, slowly, on the arrowroot paste; salt, and, returning it to the fire (of course in a farina kettle), stir it five minutes after the water in the outer vessel boils. You can eat it hot with sugar and cream, or pour into cups to form, and when cold, set on the ice until next morning. Turn out, and eat with cream and sugar.

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#### BROILED CHICKENS (deviled).

Clean, split down the back, and broil over a clear fire in the usual way until they are done and begin to brown. Lay in a dripping-pan, and rub all over with a sauce made by whipping light a tablespoonful of made-mustard, a teaspoonful of vinegar, and a pinch of cayenne. Sift fine crumbs over all, and set on the upper grating of a hot oven to brown. Transfer to a hot chafing dish; lay a little of the sauce on each leg and breast, and serve.

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#### EGG BISCUITS.

One quart of prepared flour; a tablespoonful of lard, and twice as much butter; a teaspoonful of salt; two cups of milk; the yolks of two eggs beaten light.

Salt the flour, and sift it twice in a bowl, rub in the shortening thoroughly and lightly; mix yolks and milk together, pour into a hole in the flour, work into a paste with as little handling as possible; roll into a sheet half an inch thick; cut into round cakes, and bake in a floured pan. Eat hot.

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#### POTATOES *a la Parisienne*.

Cut into small, round marbles with a potato-gouge, and throw into ice cold water; leave them there for half an hour; dry them

well between two clean towels, and drop into a kettle of boiling lard, slightly salted and peppered. Cook—not too fast—to a yellow-brown ; drain, and serve in a dish lined with a hot napkin.

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LUNCHEON.

Ham Rarebit.	Corn Fritters.
Bread, Butter and Olives.	Radishes.
Pink-and-White Cake.	Lemonade.

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HAM RAREBIT.

One cupful of minced corned ham ; one cupful of dry, grated cheese ; two eggs ; three tablespoonfuls of cream or milk ; cayenne to taste ; slices of toasted bread, buttered.

Beat the eggs light, mix meat and cheese, stir the eggs into the milk, and put all together in a bowl ; work to a batter, spread thickly on crustless slices of buttered toast, brown quickly on the upper grating of the oven, and send at once to table.

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CORN FRITTERS.

Cut the corn from the cob, and mince with a keen chopper, bruising as little as may be ; allow two eggs to a heaping cupful of the minced grains, a half-cupful of milk, a tablespoonful of prepared flour, a saltspoonful of salt, and a teacupful of melted butter. Beat the eggs light, add the milk, butter, salt, finally the flour. Bake on a griddle and send in very hot.

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PINK-AND-WHITE-CAKE.

Three cups of prepared flour ; two cups of sugar ; whites of five eggs ; one cup of butter ; one cup of milk, one teaspoonful of

powdered cochineal; one teaspoonful of rose-water, and the same of essence of bitter almond; cream the butter and sugar.

Add the milk, and stir in alternately the frothed whites and the flour, beating up lightly. Halve the batter, and mix with one portion the powdered cochineal dissolved in a tablespoonful of cold water, and a tablespoonful of rose water, then, strain through double muslin; to the other add the bitter almond flavoring. Put alternate spoonfuls of pink and white batter into a buttered cake-mold and bake in a steady oven. If judiciously mixed, the cake will be prettily mottled.

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DINNER.

Baked Soup.

Oysters *au Gratin*.

Stewed Pigeons.

String Beans *au Maitre d'Hotel*.

Scallop of Corn and Tomatoes.

Apple Meringue.

Peaches.

Pears.

Coffee.

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BAKED SOUP.

Two pounds of lean beef, chopped small; half a pound of corned ham, also minced; one onion; one carrot; a quarter cabbage; a pint of string beans; a pint of corn cut from the cob; six large tomatoes, sliced; one turnip; four potatoes (parboiled); a tablespoonful of minced parsley; one tart apple, pared and quartered; four quarts of cold water; a heaping teaspoonful of salt, and half as much pepper; one teaspoonful of sugar.

Peel and cut the vegetables small; pack them, alternately with the meat, in a stone jar; season, cover with the water; fit a top on the jar and cover the cracks around the edges with a paste of flour

and water; set in a deep pan of cold water, put into the oven and cook steadily for six hours; as the water in the pan boils down, replenish from the boiling tea-kettle. A good family soup. Serve without straining.

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#### OYSTERS *au Gratin*.

One quart of oysters.

One cupful of thick, drawn butter, in which, after it is taken from the fire, have been mixed two beaten eggs and a teaspoonful of Durkee's salad-dressing, bread crumbs, pepper and salt. Drain the oysters, lay them on a soft cloth, and, spreading another over them, pat it to absorb all the moisture; on a layer of these, arranged in a bake-dish, salted and peppered, put one of drawn butter, more oysters, more drawn butter, etc., until the materials are used up; cover with fine crumbs, drop bits of butter on top, and bake, covered, half an hour, then brown.

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#### STEWED PIGEONS.

Draw and wash the pigeons, and lay them whole in a broad pot; scatter a little minced onion, pepper, salt and chopped parsley on them, and cover barely with weak broth or soup-stock; cover closely, and simmer, never boiling hard, until tender; take out the birds and keep hot, while you strain the gravy; skim off the fat, return to the fire and boil up sharply; thicken with browned flour, put in a dozen chopped mushrooms, cook five minutes, add a glass of sherry, and pour over the pigeons.

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#### STRING BEANS *au Maitre d'Hotel*.

String with care; cut into inch lengths and cook tender in plenty of boiling water slightly salted; drain dry; have ready in

a frying-pan a tablespoonful of butter, salt, pepper and a tablespoonful of vinegar, hot, but not boiling; stir in the beans, tossing lightly with a silver fork, and serve hot.

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#### SCALLOP OF CORN AND TOMATOES.

Shave the corn from the cob, and pack in alternate layers with tomatoes peeled and sliced in a bake-dish; sprinkle each stratum with butter, pepper, salt, a little sugar and a few bits of minced onion, and, if you like, some shreds of fat salt pork; cover with fine crumbs, peppered and salted, with bits of butter here and there; bake, covered, until the surface is bubbling hot, then brown lightly.

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#### APPLE MERINGUE.

Two cups of strained apple sauce; four eggs; four tablespoonfuls of sugar for the sauce, one for the meringue; one tablespoonful of butter stirred into the sauce while hot; some good pie crust; grated lemon-peel for seasoning.

Beat four yolks and two whites light with the sugar, and whip with the sauce; have ready a pie plate lined with nice crust, baked; fill with the mixture; spread with a meringue made of the remaining whites and sugar; brown lightly and quickly in a hot oven; eat cold.

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#### No. 22.

#### BREAKFAST.

Farina Gruel.

Stewed Sheeps' Tongues.

Oatmeal Bannocks.

Chopped Potatoes.

Fruit.

Coffee.

Tea.

## FARINA GRUEL.

One cup of farina; one tablespoonful of butter; one quart of milk; half-teaspoonful of salt; bit of soda in the milk.

Scald three cupfuls of milk; wet the farina with the remaining cup of cold milk, and stir into the hot. Cook, stirring often, half an hour; add the butter and salt, and cook ten minutes longer. Beat up well and pour out. Eat with, or without sugar, as you like.

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## STEWED SHEEPS' TONGUES.

Soak for an hour in cold water; drain, and cover with boiling water until you can peel off the skin. Do this over night, and leave on ice until morning. Then split lengthwise into four pieces when you have trimmed them neatly. Put for each tongue a tablespoonful of chopped pork into a saucepan, a teaspoonful of minced parsley, half a dozen chopped mushrooms, salt and pepper to taste, and the juice of half a lemon for the whole number. Lay the split tongues on this prepared bed, pour in a cupful of skimmed gravy or weak broth—cold water, if you have neither—and stew gently until tender. Thicken with browned flour; boil up and pour out. Your butcher will save the tongues for you at a small cost, if you give him timely notice. A half-cup of stewed and strained tomatoes is an improvement to the stew.

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## OATMEAL BANNOCKS.

Three cups of oatmeal; one cup of white flour, prepared; one pint of boiling milk; two tablespoonfuls of butter; half a teaspoonful of salt.

Sift oatmeal, flour and salt twice together into a bowl, melt the butter in the milk, make a hole in the middle of the meal, etc., and



pour this in. Stir into a soft dough as quickly as possible, roll into a sheet one-eighth of an inch thick, cut into round cakes, and bake on a hot griddle. Butter while hot, and serve. They are good cold, also.

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#### CHOPPED POTATOES.

Mince some fat roast beef coarsely and put into a frying-pan with a few spoonfuls of minced parsley. As it heats throw in chopped potatoes, pepper and salt, and toss until they begin to brown. Turn out upon a hot dish.

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#### LUNCHEON.

	Rissoles.	Cucumber Salad.	Rusk.
Bread.	Butter.	Olives.	Warm Gingerbread.
		Iced Milk.	

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#### RISSOLES.

Mince cold veal or chicken, season with pepper and salt, roll out a good pie crust, as for tarts, cut into squares or oblongs, as for turn-overs, put a tablespoonful of the seasoned meat in the center of each, brush the edges with white of egg, and make into a neat roll enveloping the meat. Pinch the edges of the paste firmly together; bake in a quick oven. When brown, wash over with beaten egg; leave in the oven for a minute to glaze, and serve hot. These are nice made of cold calf's liver.

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#### CUCUMBER SALAD.

Peel and slice the cucumbers and leave in ice-water for an hour, drain, slice an onion, and lay in a cold dish alternately with the cucumbers, and season with vinegar, pepper and salt.

## RUSK.

One quart of flour; one cup of sugar; half a cup of butter; half a yeast cake, dissolved in warm water; one teaspoonful of salt; two eggs.

Sift flour and salt together, pour in milk and yeast, and let it rise four or five hours before adding the beaten eggs, sugar and butter. Work these in well, and make it into small rolls; set closely together in a pan. Throw a cloth over them and let them stand until light. Bake in a steady oven. Just before taking them up, wash the top with white of egg in which a little sugar has been stirred.

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 WARM GINGERBREAD.

One cup of sugar; one cup of molasses; one cup of butter; one cup of "loppered" milk or cream; four and a-half cups of flour; one teaspoonful of soda, sifted twice with the flour; one tablespoonful of ginger; one teaspoonful of mixed mace and cinnamon; three eggs.

Beat together molasses, sugar, butter and spices until they are very light: put in the milk, beaten eggs, and finally, flour. Stir vigorously for five minutes, and bake in a "card." Break, instead of cutting it, and eat with iced milk as an accompaniment.

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 DINNER.

Curry Rice Soup.

Baked Pickerel and Mashed Potatoes.

Stewed Chops.

Green Peas.

String Beans.

Lettuce Salad.

Peach Ice-cream.

Lemon Cake.

## CURRY RICE SOUP.

One cup of rice; one tablespoonful of curry powder; two quarts of soup-stock, mutton, chicken or veal; half an onion, minced fine; two tablespoonfuls of minced parsley; salt to taste.

Boil the rice tender in the stock when the latter has cooked fifteen minutes with the minced onion in it; add the parsley, salt and curry; simmer twenty minutes, and turn out. It should be quite thick with the rice.

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## BAKED PICKEREL.

Clean a fine pickerel without removing the head, lay it in a dripping pan, and pour about it a large cupful of boiling water, in which has been melted a great spoonful of butter; cover with another pan, and cook half an hour; baste plentifully with the butter-and-water, and cook uncovered, basting often, at intervals of fifteen minutes or longer, until tender; transfer to a hot dish, and rub well all over with a sauce made by beating together a tablespoonful of butter, one of finely minced parsley, and two tablespoonfuls of anchovy paste. Garnish with sliced lemon, and send around mashed potatoes with it.

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## STEWED CHOPS.

Broil the chops, and let them get cold. Put into a saucepan with a tablespoonful of minced onion, and two of butter; cover tightly, and set in a kettle of cold water. Bring slowly to the boil. At the end of an hour, add a cupful of hot broth (made from the trimmings of the chops), seasoned with pepper, salt, a pinch of cloves, and chopped parsley. Cover again, set the saucepan directly on the range, and stew gently until the chops are tender. Lay them on a

hot dish ; strain the gravy, thicken with browned flour, stir in a good teaspoonful of currant jelly, boil one minute and pour over the chops. A few mushrooms improve this dish. Tough, ungainly mutton chops may be made tender and palatable by this process.

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#### STRING BEANS.

Cut the strings from both sides of the beans, top and tail them, and cut into two-inch lengths. Few cooks perform this task properly. If it were always well done, beans would be a favorite dish with many who now "do not care for it." Put over the fire in boiling, salted water, and cook forty minutes if the beans are young and tender, longer, if they are not. Drain, stir a good piece of butter through them, pepper and salt to taste. Send around vinegar with them for such as like it.

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#### PEACH ICE-CREAM.

One quart of rich cream ; one pint of milk ; two and a half cups of sugar ; one quart of peeled and minced peaches.

Sweeten the cream with two cups of sugar, mix with the milk, and freeze. When half frozen, stir in the peaches, over which you have strewed the remaining half cup of sugar. Turn the freezer crank until the mixture is firm ; pack in finely pounded ice, and rock-salt until you are ready for it. Wrap a towel dipped in boiling water around the freezer and turn out.

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#### LEMON CAKE.

Two cups of powdered sugar ; one cup of butter ; half cupful of milk ; four eggs ; three cups of prepared flour.

Rub butter and sugar together, beat in the whipped yolks, the milk, then, flour, and frothed whites by turns. Bake in jelly-cake tins. When cold, spread between the cakes this filling:

Whites of three eggs and a pound of powdered sugar beaten to a meringue, then flavored with the grated peel of one lemon, and the juice of two. Should the juice thin the meringue too much, add more sugar. Cover the top of the cake with the same mixture, let it stand three or four hours to harden the frosting, and serve with the ice cream.

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No. 23.

BREAKFAST.

Wheaten Grits.

Ham fried in Batter.

Browned Potatoes.

Rice Waffles.

Fruit.

Tea.

Coffee.

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HAM FRIED IN BATTER.

Cut even slices of cold cooked ham, and pepper them lightly. Make a batter of a cup of milk, two eggs, and a scant cup of prepared flour; salt slightly, dip the ham-slices in it, and fry them in boiling lard, or dripping. Drain off the grease, and serve on a hot platter.

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BROWNED POTATOES.

Boil with the skins on; peel quickly, taking care not to break the potatoes. Lay in a pie-plate, pour half a cupful of strained gravy over them, coat each well with them and brown on the upper grating of the oven. Serve in the pie-dish.

## RICE WAFFLES.

Two cups of flour; two cups of cold boiled rice; three cups of sour or buttermilk; three eggs; a teaspoonful of soda, and one of salt, sifted twice with the flour; a tablespoonful of lard.

Melt the lard, and beat it well into the rice; add the milk, the eggs whipped light, finally the flour. The batter should not be stiff, so have "a light hand" with flour. Bake in well-greased waffle-irons.

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 LUNCHEON.

Beef Balls.	Corn Cakes.	Potato Salad.
Bread and Butter.	Crackers and Cheese.	
Lemon Cream Toast.		Wilbur's Cocoa-theta.

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 BEEF BALLS.

Chop cold corned beef evenly, and quite fine; put into a saucepan a cup of drawn-butter, having for its foundation some of the liquor in which the meat was boiled, flavored by stewing a little chopped onion in it, then, straining it out, before adding a great spoonful of butter, rolled in one of browned flour; while hot, stir in two beaten eggs, then the minced beef. Season with pepper only, if the beef is well-salted; stir all over the fire (there should be about two cupfuls of the chopped meat), until very hot; set away to get cold and stiff; make into round balls about an inch and a half in diameter; roll in beaten egg, then, in pounded cracker, and fry in boiling fat. Drain and dish.

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 CORN CAKE.

Shred the grains of green corn quite fine; beat into them a tablespoonful of melted butter, a teaspoonful of sugar, three eggs, a cup of

milk with two tablespoonfuls of prepared flour, half a teaspoonful of salt and a little pepper. Mix well, and fry on a griddle as you would buckwheat or flannel-cakes. Send in relays to table, as they should be eaten hot.

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## POTATO SALAD.

Two cups of boiled potato, mealy and white, rubbed through a colander, and left to get cold. Half a cupful of white cabbage, shredded fine with a sharp knife, and criss-cross with the same—chopping would bruise it. Two tablespoonfuls of celery shred in the same way. Yolks of two hard boiled eggs, rubbed to a powder; toss all together with a silver fork, and pour this dressing over it:

Yolks of two eggs, beaten smooth; one tablespoonful of melted butter; one teaspoonful of sugar, and the same of corn-starch; half-spoonful each, of salt and mustard, and a *very* little cayenne; a liberal half cupful of vinegar.

Heat the vinegar and pour upon the yolks, sugar, butter and seasoning, well beaten together; wet the corn-starch with water, and stir into the mixture; cook all, stirring constantly, two minutes, or until it thickens, then, whip with a silver fork into the potato salad. Set aside until very cold.

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## LEMON CREAM TOAST.

Rounds of stale baker's bread, crustless, and cut with the top of a baking-powder box or a tin cake-cutter; one pint of milk; half a cup of sugar; three eggs; grated peel of half a lemon; three tablespoonfuls of prepared flour.

Make a thin batter of the milk, eggs, sugar and flour, season with lemon-peel, dip each round of bread in this, coating both sides, and fry in boiling lard; heap on a hot platter, spreading each piece

with a sauce made by whipping a cup of powdered sugar to a cream with the juice of a large lemon and a tablespoonful of warmed butter. Pass cocoa-theta with it.

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## DINNER.

Fish Bisque <i>Maigre</i> .	Fricasseed Rabbits.
Potato Croquettes.	Baked Cauliflower.
Peach Pudding.	Peach Sauce.
Fruit.	Coffee.

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## FISH BISQUE MAIGRE.

Three pounds of black bass, halibut or any other fine white fish; half an onion; three stalks of celery; a tablespoonful of chopped parsley; two quarts of boiling water; one cupful of cracker crumbs; a cupful of milk; two tablespoonfuls of butter, pepper and salt; six Boston crackers.

Cut the fish into inch-square pieces, and put over the fire with the onion, celery and boiling water. Cook until the fish is tender; take out the pieces with a skimmer; remove the bones, and chop the fish fine. Strain the liquor left in the pot, and return to the fire with the minced fish, parsley and crumbs. Season judiciously; stir to a gentle boil; add the butter, and lastly the milk, which should have been scalding hot in another vessel. Simmer one minute, and pour upon the split crackers, these having been soaked in hot milk, salted, peppered and buttered, and arranged as a lining to the tureen. This soup is delicious.

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## FRICASSEED BROILERS.

Clean carefully and joint a pair of broiling chickens; roll each piece in salted flour, and put in a saucepan, in which are simmering



two tablespoonfuls of clarified dripping, and one of butter; add a teaspoonful of chopped onion and shake over the fire until the meat is browned lightly; pour in a cupful of boiling water, season with parsley, pepper, salt, and a pinch of cloves; cover closely, and cook slowly until tender. Take up the meat and keep in a hot chafing-dish; strain the gravy, thicken with browned flour, boil up sharply, add the juice of a lemon and a glass of claret; pour upon the chickens, and let all stand over hot water five minutes before sending to table. The fricassee is improved by the addition to the gravy of a can of mushrooms.

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#### POTATO CROQUETTES.

Boil a dozen potatoes, rub them through a colander, or whip them light with two forks; work in, while hot, a tablespoonful of butter, half a cupful of hot milk, a little salt and pepper; stir in a saucepan until smoking hot, beat in two eggs, and continue to beat until you have a smooth mass, boiling hot; turn out on a dish, and let it get cold; flour your hands, make the mixture into croquettes and roll in beaten egg, then in cracker-crumbes; fry in plenty of hot lard. Drain off the fat and serve.

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#### BAKED CAULIFLOWER.

Boil tender, but not until it breaks; split down the middle with a sharp knife; lay the cut sides downward in a bake-dish; pour over and about it a large cupful of drawn butter, sift fine crumbs on top, and set it in the oven until it begins to brown. Serve in the bake-dish. Pass vinegar, or cut lemon with it.

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#### PEACH PUDDING.

Peel and stone a dozen fine peaches; strew thickly with sugar, and set in a cold place for an hour. Make a batter of a quart of

milk, two cups (even ones) of prepared flour, four eggs, a table-spoonful of melted lard, and half a teaspoonful of salt, beat the eggs light, add the milk, the lard, salt, flour, and whip together for a minute; drain and wipe the peaches and lay them in a buttered pudding-dish, pour the batter over them, and bake, covered, forty-five minutes in a steady oven, then brown lightly.

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PEACH SAUCE.

Strain the liquor drained from the peaches, and heat it; sweeten with six tablespoonfuls of sugar; stir until hot and clear; add a tablespoonful of butter, a glass of brandy and a pinch of cinnamon. Simmer one minute, and pour into a boat.

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No. 24.

BREAKFAST.

English Oatmeal Porridge.

Beef Sausages.

Raised Muffins.

Stewed Potatoes.

Brown and White Bread.

Tea.

Coffee.

Fruit.

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ENGLISH OATMEAL PORRIDGE.

Wet one cup of oatmeal and a teaspoonful of salt into a paste with cold water, and stir into a quart of boiling water; put into a farina-kettle; fill the outer vessel with boiling water, and set at one side of the range when you go to bed, and the fire is low; stir well before leaving it, and again before setting it over the fire in the morning. Do not put a spoon in it again, but cook for more than an hour before dishing.

## BEEF SAUSAGES.

Chop a tough or coarse "steak-piece" fine, or get your butcher to do it for you ; season with a little powdered thyme, salt, pepper, a very little mustard, a teaspoonful of lemon juice, and a pinch of grated lemon peel ; make into round, flat cakes, roll in flour, and fry in a little hot dripping or butter, turning as they brown. Drain, and serve hot.

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## RAISED MUFFINS (without eggs).

Two cups of milk ; a teaspoonful of lard or butter ; three cups of flour ; half a yeast cake ; a teaspoonful of salt sifted with the flour.

Heat the milk ; stir in the shortening, and when blood-warm add half the flour, and beat hard for three minutes ; let it rise in a moderately warm place all night ; in the morning, work in the rest of the flour and the salt ; make into balls and let it rise in greased muffin-rings, set on a floured board. When light, slip a cake-turner under each and transfer to a hot griddle well greased. Turn, when the under side is done. Eat warm, pulling them open to butter them.

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## LUNCHEON.

Scalloped Eggs.	Fried Sweet Potatoes.
Bread.	Butter.
Cold Meat.	Warm Jelly Cake.
	Pickles.
	Tea.

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## SCALLOPED EGGS.

Six eggs ; one cup of milk ; a tablespoonful of butter ; two teaspoonfuls of corn-starch ; pepper ; salt ; crumbs.

Boil the eggs hard and throw them into cold water; peel off shells and skin, when cold, chop the whites very fine and rub the yolks to powder; heat the milk to boiling, stir in the butter, cut up in the corn-starch; stir until they begin to thicken, then, add the minced whites and seasoning; drop bits of butter on them, pepper and salt, and cover with a layer of the powdered yolks; next, comes a stratum of the whites and drawn butter, and a final crust of the crumbs, salted, peppered, and buttered. Bake, covered, twenty minutes, brown slightly, and serve in a pie dish.

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#### FRIED SWEET POTATOES.

Peel parboiled sweet potatoes while hot, slice, and let them get cold; salt and pepper them, and fry to a nice brown in hot dripping, turning as the under side browns; take up as fast as they are done, and, shaking off the fat, lay on a heated dish; serve hot. A nice way of disposing of potatoes left over from yesterday's dinner. In this case, slice while warm.

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#### WARM JELLY CAKES.

Three cups of prepared flour; three eggs; three-quarters of a cup of butter; two cups of sugar; a generous half-cup of milk; one cup of apple, peach, or other sweet jelly; cream, butter and sugar; add the beaten yolks, the milk, then, the flour and whites alternately; bake in jelly cake tins, and, while still warm, spread with the jelly, and serve. Pass tea or chocolate with it.

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#### DINNER.

Beef and Sago Soup.	Cod and Macaroni.
Liver, <i>a la Jardiniere</i> .	Stewed Celery (brown).
Potato Croquettes.	Hedgehog Pudding.
Coffee.	Fruit.

## BEEF AND SAGO SOUP.

Three pounds of coarse beef minced fine; three quarts of cold water; one tablespoonful of minced onion; half a cup of German sago, soaked for two hours in a cup of cold water; salt and pepper to taste.

Put beef, onion and water on together, and cook gently four hours, and until the liquid is reduced to two quarts; season, and set aside until next day; skim off the fat, strain through a coarse cloth; put the stock back over the fire, and, when it boils, throw in the white and shell of an egg; boil slowly five minutes; strain again without squeezing, return to the fire with the soaked sago, and simmer fifteen minutes.

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## COD AND MACARONI.

Half-pound of macaroni; three tablespoonfuls of grated cheese; one cupful of cold boiled cod (fresh), minced fine; one cupful of warm milk; one great spoonful of butter, cut up in one of prepared flour; salt and dust of cayenne.

Break the macaroni into inch lengths, and boil in salted water until clear, but not broken. While it is boiling, heat the milk, stir in the floured butter, pepper, salt and cheese. As it thickens, add the minced fish, lastly the macaroni, drained, and turn into a deep dish. Let it stand in hot water five minutes before sending to table. Make a separate course of it.

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LIVER *a la Jardiniere.*

Wash the liver, and lay it whole in cold salt-and-water for one hour; lard it then, diagonally, with strips of fat salt pork projecting on each side; slice, and cut into dice one carrot, half an onion, two roots of oyster plant, and one turnip. Parboil them for ten minutes, drain, and throw into cold water until cooled; drain again,

cover the bottom of a broad pot with them, and lay the liver on them; pour in two cupfuls of cold water, cover closely, and cook very slowly—turning the liver once—for three hours. Take up the liver, and lay it on a hot platter; then, the vegetables with a skimmer, shaking off the grease, and put about the base of the liver. Strain the gravy left in the pot, thicken with browned flour; boil up, season with lemon juice and catsup, and pour some over the liver, most of it into a gravy-boat.

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#### STEWED CELERY (brown).

Scrape the stalks of a bunch of celery, cut into inch-lengths and cook tender in a cup of soup-stock or gravy, diluted and strained; heat a tablespoonful of butter in a frying-pan, and stir into it a tablespoonful or so of browned flour until you have a smooth *roux*. Drain the celery, add the liquor (strained) to that in the frying-pan, season with pepper and salt, boil up, and pour over the celery in a deep dish.

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#### POTATO CROQUETTES.

Two cups of smoothly mashed potatoes; one egg beaten light; half cup of milk; one teaspoonful of butter, pepper and salt.

Beat all together until light, stir in a saucepan until hot and stiffened. Turn out upon a flat dish to get cold. Form it into croquettes, roll in beaten egg, then in fine crumbs, and fry in hot dripping. Drain from the fat in a split spoon and arrange on a hot platter.

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#### HEDGEHOG PUDDING.

Two cups of milk; three eggs; half cup of sugar; quarter pound of citron; one cup of wine; one glass of brandy; one "brick" sponge cake.

Cut the citron into strips an inch long, and perhaps a sixteenth of an inch thick, and stick in regular rows along the top of the cake. Some hours before dinner pour over it, as it lies on the platter, or in a long glass dish, the wine, then the brandy; make a custard of the sugar, yolks-and-milk; cook, until it begins to thicken, and while lukewarm, pour over the cake; when quite cold, heap a meringue, made by whipping the whites stiff with a little powdered sugar, on the custard, leaving the bristly back of the "hedgehog" in sight.

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No. 25.

**BREAKFAST.**

Wheaten Grits.	Breakfast Bacon.	Boiled Eggs.
Waffles.	Cold Bread.	Fruit.
	Tea.	Coffee.

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WHEATEN GRITS.

A recipe for the preparation of this cereal may be found in No. 2 Spring.

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BREAKFAST BACON.

Boneless breakfast bacon, usually dubbed "English" by courtesy, is for sale at every grocer's. It is an inevitable adjunct of the English breakfast, and a valuable appetizer. "Ferris'" is an excellent brand.

Slice it smooth and thin, and fry in its own fat until clear and "ruffled" at the edges. What some people call "crisp bacon," is overdone and ruined. Drain off the fat, and serve dry on a hot dish.

## BOILED EGGS.

Wash and lay in warm—*not* hot—water until you are ready to put them on the breakfast-table. Have then ready in an egg-boiler or other vessel, water that is *actually* on the boil. Change the eggs into it, and instantly extinguish the spirit-lamp beneath, or take from the fire. Cover the vessel closely, and wrap a thick cloth about it to keep in the heat. Leave the eggs in the water six minutes, then transfer to cups or glasses. Eggs cooked thus are of uniform softness throughout, and far more wholesome than when boiled fast, long enough to cook the whites into indigestible toughness, leaving the yolks liquid. Eat from the shell once, and you will never again prefer to empty them into glasses.

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 WAFFLES.

One quart of milk ; one quart of sifted flour, in which is mixed one even teaspoonful of fine salt ; three tablespoonfuls of melted butter ; half a yeast-cake dissolved in warm water ; two eggs ; one teaspoonful of sugar.

Sift flour, salt and sugar into a bowl, make a hole in the middle, and pour in the milk and butter. Work down the flour from the sides until all is smoothly mixed in, then add the yeast beaten in thoroughly. Set to rise over night ; early in the morning put in the beaten eggs, whip hard, and let the batter rise half an hour longer, before baking it in well-greased waffle-irons.

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 LUNCHEON.

Beef Loaf.	Sardines on Toast.	
Cold Bread.	Crackers.	Cheese.
Cocoanut Cake.	Tea.	



## BEEF LOAF.

Chop very fine, or have your butcher mince two pounds of coarse lean beef. Season spicily with pepper, salt, nutmeg, summer savory, or sweet marjoram, and a cautious sprinkling of minced onion. Beat two eggs light and beat up with the mass. Press hard into a bowl; fit a saucer or plate (inverted) upon the meat and set in a dripping-pan of boiling water to cook slowly for an hour and a quarter. Lay a weight on the surface when it is done, and let it get perfectly cold before turning out. Cut in perpendicular slices.

## SARDINES ON TOAST.

Take the sardines from the box, lay on soft paper to absorb the fat, pressing another sheet of paper on them. Have triangles of delicately browned and buttered toast on a dish; lay a sardine on each, and garnish with sliced lemon.

## COCOANUT CAKE.

Two cups of prepared flour; one heaping cup of powdered sugar; half a cup of butter; half a cup of milk; three eggs; one grated cocoanut, mixed with a cupful of powdered sugar, and left to stand two hours.

Rub butter and sugar to a cream; stir in the beaten yolks, the milk, then the frothed whites and the flour. Bake in jelly cake tins; spread the cocoanut and sugar between the layers and on top.

## DINNER.

Lobster Chowder.      Braised Veal.      Potato Hillocks.

Stewed Tomato.      Indian Meal Pudding.

Fruit.      Coffee.

## LOBSTER CHOWDER.

Meat of one fine lobster, picked out from the shell, and cut into bits; one quart of milk; six Boston crackers, split and buttered; one even teaspoonful of salt; one scant quarter-teaspoonful of cayenne; two tablespoonfuls of butter rolled in one of prepared flour; a pinch of soda in the milk.

Scald the milk, and stir in seasoning, butter and flour; cook one minute; add the lobster, and simmer five minutes. Line a tureen with the toasted and buttered crackers, dipping each quickly in boiling water before putting it in place, and pour in the chowder. Send around sliced lemon with it.

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BRAISED VEAL.

Chop a half-pound of fat salt pork fine, and put half of it in the bottom of a broad pot; sprinkle it with minced onion, sweet herbs, and a teaspoonful of chopped carrot. Lay a breast of veal on this bed, and cover it with a similar layer. Pour in carefully a quart of weak broth, if you have it. If not, cold water; season with pepper and salt. Fit a tight lid on the top and set it where it cook slowly—very slowly—for two hours at least. Now take up the meat, rub butter all over it, and dredge thickly with browned flour. Put it into a dripping-pan, strain the gravy from the pot into this, not pouring it on the meat, and bake half an hour in a good oven, basting every five minutes with the gravy. Transfer the veal to a hot dish, thicken the gravy in the pan with browned flour wet with cold water; boil up, and serve in a boat.

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POTATO HILLOCKS.

Whip boiled potatoes light with a little butter and milk, and season with salt and pepper. Beat in a raw egg to bind the mix-

ture, shape into small conical heaps ; set in a greased pan, and as they brown, glaze with the butter. The oven must be very hot. Slip a cake turner under each hillock, and transfer to a hot platter.

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## STEWED TOMATO.

One dozen ripe tomatoes ; one tablespoonful of butter ; one tablespoonful of sugar ; salt and pepper to taste.

Pour boiling water over the tomatoes to loosen the skins. Peel, cut into quarters, and stew for twenty minutes. Add butter, sugar, salt and pepper, and leave them on the fire for twenty minutes longer. Turn into a deep vegetable dish.

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## INDIAN MEAL PUDDING.

One cup of yellow Indian meal ; one quart and a cupful of milk ; three eggs ; half a cup of molasses ; one generous tablespoonful of butter ; one teaspoonful of salt ; one pint of boiling water ; half teaspoonful each, of cinnamon and mace.

Scald the salted meal with the water. Heat the milk in a farina kettle ; stir in the scalded meal and boil, stirring often, for half an hour. Beat the eggs light, put in the butter-and-molasses stirred together until they are several shades lighter than at first, add the spice, lastly, the batter from the farina kettle, beaten in, a little at a time, until all the ingredients are thoroughly incorporated. Grease a pudding-dish, pour in the mixture and bake, covered, in a steady oven three-quarters of an hour. Remove the lid and brown. This is the genuine, old-fashioned New England "Indian" pudding. Eat with sauce, or with cream and sugar. It is very nice.



## THE PLAGUE OF FLIES.

**I**T became apparent by the time the last month of our nominal American spring was half-gone, that the year of which I write was to be cursed by a full "fly season." One week of unseasonably warm weather brought the buzzing horde out in force from the mysterious corners into which the dear old clean-out-of-fashion-and-out-of-mind "*Cobwebs to catch flies*" used to tell us, the harmless little fly "crept to sleep all winter." In our home, we burn the contents of our dust-pans, and, as winter shows signs of abdicating in favor of beauteous spring, we redouble our zeal in sweeping rooms and suspicious examination of carpet edges. Rugs are shaken harder and oftener, closets inspected, and their contents sifted rigorously. The dogma that with the fluff collected by the broom go into the fire the eggs of house-flies, the larvæ of moths, etc., is held in cheerful sincerity of belief. Not that we—or any of our acquaintances—ever saw a house-fly egg (*genus Musca*). But, reasoning from analogy, we assume that this is the Muscan method of reproduction illimitable, of maddening multiplication.

In this fateful year, Tyndall's fascinating treatise on "Dust and Disease" had been read in our home circle, and, as a consequence, a mild craze on the subject of bacteria and infusoria possessed most of us. Spontaneous generation was demonstrated by our author to be an exploded myth.

Upon housewifely fidelity depended the health and comfort of the family. Where no dust was, disease-germs were *nil*. When our round of exploration was ended, we hugged ourselves in the conviction that not a loophole remained unguarded.

The hot spell in May awoke us rudely from our dream of security. If frogs had hopped into our kneading-troughs, or hailstones and fire that ran along the ground swept our thoroughfares, we could hardly have been more confounded than by ocular proof that *Musca ova* by the tens of thousands had lain untouched by broom or duster in more-than-ever mysterious "corners," and had awakened at the call of the south-wind along with violets, tulips and spring bonnets. Disdainful of larvæ and polywog precedent, each of the myriads, for all we could see to the contrary, was hatched full grown, with more than the regular number of legs, and a "staying power" of voracity that would have done credit to a condor.

They descended and ascended upon us, terrible as an army with banners and bagpipes. Their hum above our tables, their titillating touch upon our noses and lips in what we could not call "sleeping-rooms" after daylight—were tease and torment; the foray of legions in the kitchen was disgust and desperation.

Flies and dirt—seen or unseen—are too closely joined together in the housekeeper's mind to be put asunder while reason endures. The domestic brigade sprang to arms. Fly-doors were hung in all the portals that opened into the outer world; wire-screens fitted into every window; rooms that always have been clean, were subjected to such scouring and brushing and burnishing as raised them above hypercritical suspicion; cool dusks reigned throughout the house while the sun was above the horizon. Each morning, the brigade, armed with palm-leaf fans and damp towels, charged upon the winged battalions, beat out all that could be expelled from the fort, then massacred the stragglers. Each day, forgetful of past

disappointment, we panted that at last victory had perched upon our dusters. In half an hour, into library, sewing-room, most of all, kitchen and dining-room, stole the shrill droning of a hundred tiny bagpipes, the slogan of a reconstructed host. We had met the enemy and were, as usual, theirs.

The balloon-shaped fly-trap, made of wire netting, set above a saucer containing a seductive mixture of treacle and pepper, slew its thousands. We gave them the benefit of no probability of actual decease, but cremated the mass, animate and inanimate, "in one red burial blent" in the kitchen grate. Drowned flies, buried flies, flies that have been stunned and crushed, come to life. The tenacity with which they hold to a vampire-like existence is as miraculous as their incubation in "corners" nobody ever finds. They are never fairly dead except in the shape of coal-ashes.

The clock-work fly-trap revolved by day and by night, and slew its ten thousands, until it seemed as if the number consumed must make an appreciative difference in the quantity of fuel used *per diem*.

And still the buzz and tickling and swarming went on. We inhaled no air save such as was strained through reticulated wire, but the mustering of the *Musca* myriad was as if the filtered element had taken visible and auricular life. The plague was phenomenal. Where did they come from? What did their appearance and sojourn portend? We were ashamed with a humiliation every properly-trained housewife will comprehend. But for the danger to surrounding buildings, it is possible that we might have lent obedient heed to the proposition of the chief of our clan, and burned down the house to get rid of the flies.

To us, in extremity, drifted a newspaper-scrap which was neither official nor judicial. Somebody picked it up somewhere. A drowning man would have caught at it, as we did, had it bobbed at him

from the crest of the wave. It was not quite explicit in the directions it conveyed, but we got at the meaning of the extract and put it into practice as follows: We had Persian insect powder in the house, also the implement, in shape like a big hunting-watch, with a small pipe let into one side, with which we had projected the yellow dust into corners where might lurk the eggs or pupæ of moths. This we charged to the nozzle. That night, the kitchen and dining-room were cleared of such small articles as would have to be washed if the powder fell on them; windows and doors were made fast, and an operator, standing in the middle of the floor, worked the spring-top of the round case that expelled the powder, throwing it upward at an angle of forty-five degrees, toward every corner and side of the apartment. We used a boxful in each room, then half as much on each succeeding occasion. The rooms were not entered again until morning.

Cook declared that she swept up "a full pint of the little bastes." The waitress did not measure her trophies, but reported that floor and furniture were strewn with bodies. It was a miniature edition of the destruction of Sennacherib by an unseen agent. To make sure that our foes were like his army, all dead corpses, we consigned them without delay to the crematory.

This was done on Saturday night; an ineffable peace reigned over our Sunday breakfast.

"It is too good to be true!" said one. "I am reverently thankful. I have felt for weeks as if the shadow of Moses' rod rested on our house."

Another:—"The marvel is that Pharoah hardened his heart again. I have less respect for his common sense than ever before."

Still another:—"Our text runs in my mind continually:—'They did take their food with gladness and singleness of heart.'"

Toward evening, the vanquished leaders sent in scouts, few in number, and wary, to reconnoiter the battlefield. A repetition of the experiment of the preceding evening left not one to carry the tale.

If I have told it lightly, it is not because the infliction was not grievous, and the deliverance welcome beyond expression. Since then, we have held our own successfully in the height of "fly-time." In very hot weather the powder is used every night for a week or two at a time; in ordinary circumstances, and by observing common precaution in the matter of screen-doors and darkened rooms, twice or three times a week suffice to keep the premises clear. While the remedy leaves no trace of its recent presence to sight or smell, after the floor is swept and the furniture dusted, we have not thought it prudent to use it in bed-chambers. But we have learned that kitchen and dining-room are the enemy's headquarters, and that heroic measures here cut off supplies from the upper part of the house.

I shall esteem myself happy if this humble sketch may be the means of extending the knowledge of a device so simple, yet so efficacious, in abating one of the most annoying of minor nuisances of daily life in summer weather.







## THE DINNER-PAIL.

**W**HILE sitting on the piazza of a house in a New England town two or three years ago, a mirthful caprice moved me to count what the young people about me named the "pail-brigade." A few minutes after six o'clock, the pleasant street was the thoroughfare to the upper suburbs for many of the operatives in a large down-town factory. Out of 150 of these, 140 carried dinner-pails, 7, baskets, and 3 were empty-handed. The question was then suggested and discussed as to the superior convenience of the close, airless pail over the basket for conveyance of a cold lunch.

What is known as the "picnic basket" is heavy and costly. Otherwise, the neat service of plate and china stowed away in sockets made fast to the sides and top, would soon drive the unsightly tin vessel from the field. A stout willow basket of convenient size, with straight sides and a well-fitted cover, can be made as commodious by the exercise of a little feminine ingenuity. Let inch-wide strips of linen, doubled and stiched at the edges, be tacked in loops on the inside, with white flax thread that will be scarcely visible on the exterior. In these keep knives, forks, spoons, pepper and salt cruets, and napkins. Lay a folded napkin in the bottom, another over all, when the provisions are packed in the interior; tie the top in place with a bright ribbon or braid, and

you have what, while it is really a pannier (from the Latin *panis*—bread), might be a pretty hamper of fruit and flowers, such as an opulent householder would be willing to carry to a neighbor. Dr. Holland's celebrated essay on *The Little Tin Pail*, may do much to modify the essential commonness of the utensil to those who have read it. But it is not false pride that makes a man unwilling to proclaim to the street-car and sidewalk public: "I am taking my dinner with me to my shop or factory." The editor does not care to wear his pen behind his ear abroad, nor the clergyman his gown and bands. Good taste avoids the "shoppy" flavor in places of general resort.

The actual drawbacks of the "little tin pail" outweigh the æsthetic objections. Fresh bread becomes sodden, pastry heavy, and the most strongly flavored edible wins the day to the extent of steeping all the contents of the vessel in its own odor by dinner-time. To this are superadded the smell and taste of the unventilated chamber, large or small, in which provisions are kept.

Before offering recipes for some of the scores of dainty lunches, neither expensive nor difficult of preparation, with which the monotony of the mid-day meal may be varied, let me enter a plea for the stomach of a tired man whose appetite has been dulled by mechanical, in-door toil. He needs a more cunning caterer than does he whom fresh air and the fragrance of growing things provide with sauce for his daily saleratus biscuit and fat salt pork.

You cannot tempt the artisan with the revelation of hot roast, fricassees, and warm vegetables, as he opens pail or hamper, but neither need you give him every day slices of cold meat, packed between bread and butter "hunks," with pickles and pie as after-courses. Keep on hand tissue-paper in which to wrap his sandwiches; save up candy and Christmas-boxes for cake; buy fanciful

(and cheap) flasks and cruets for condiments. See that he has a clean napkin daily—not a cere-cloth in which the dead smell of yesterday's lunch is enfolded. In hot weather, tell him to buy ice at noon for the bottle of sugared tea or *café au lait* you have put in cold, lest the warmth should melt butter and soften meat.

THE SANDWICH FAMILY is most useful and popular when the business of the hour is the preparation of a portable lunch. The general directions for sandwich manufacture are the same in all cases. Butter the end of the loaf smoothly, slice thin with a keen knife, and pare off the crust. Cut in triangles, or in long, narrow strips, or give the full size of the loaf-slice, as you like. Lay the filling thickly on the buttered side of one piece, and press the fellow, buttered side inward, gently upon it. Make all into uniform shape and dimensions, that you may pile them into a neat parcel.

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#### HAM SANDWICHES.

Chop the meat, lean and fat, fine; season with pepper, and if agreeable, a very little mustard. The yolks of two or three hard-boiled eggs, minced and worked in with the meat, make a pleasant change.

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#### CHEESE AND EGG SANDWICHES.

Grate the cheese, and to each cupful add the yolks of three hard-boiled eggs, minced fine; rub to a paste with a teaspoonful of butter, season to taste with salt and pepper, and spread between buttered bread or crackers. These are nice made of graham bread.

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#### SARDINE SANDWICHES.

Wash the oil from a dozen sardines, wipe them dry, take out the back-bones, and scrape with a knife and fork to a paste; season with pepper and lemon-juice, and lay between buttered slices of bread.

## BACON AND MUTTON SANDWICHES.

Fry slices of breakfast-bacon in their own fat, and let them get cold; slice cold mutton, lamb or veal thin, pepper lightly, and lay on a buttered slice of bread; on the meat one or two bits of bacon, and cover with the fellow-slice of bread and butter. Proceed thus until all the materials are used up.

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## CRACKER AND ANCHOVY SANDWICHES.

These are rather an "appetizer," than substantial food. Toast split Boston crackers or whole "snow-flakes" lightly; butter while hot, and when cool, spread with anchovy paste. Put together of course, with the butter and paste inside.

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## DEILED EGGS.

Boil six eggs hard and throw them into cold water. Divide into halves cut crosswise, take out the yolks and rub to a paste with a generous teaspoonful of butter. Season with pepper, salt and a suspicion of mustard.

Mold into balls the size and shape of the abstracted yolks, put back into the hollowed whites, fit the halves neatly together and roll each egg up in tissue paper, as you would a bon-bon, twisting the paper at the ends. If you wish to make the *entree* ornamental, fringe the squares of paper before enveloping the eggs. They are yet more savory if you have some minced giblets (boiled and cold) to mix with the yolks, and a little gravy with which to moisten the paste.

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## CHICKEN SALAD.

A can of boned chicken will make enough for two days. Mince coarsely, season with pepper and salt, and pack into a small bowl

or cup. In another, put some crisp lettuce-leaves with a small lump of ice, tie a piece of cloth over the top, paper over this, and set securely in the bottom of the basket. Pour a few spoonfuls of Durkee's incomparable salad-dressing into a wide-mouthed phial, and cork it. With this, send thin slices of buttered bread, and instruct your John to drain the lettuce at lunch-time, and after lining the bowl with the leaves, to put the chicken on them, and pour the dressing upon the chicken.

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#### GALANTINE.

A recipe for this was given in No. 5 SPRING. It is spicily tempting to a hungry man, easily made, and keeps well.

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#### FRUIT.

Instead of the blunt triangle of leathery pie which will emerge from nineteen out of twenty dinner pails opened by his comrades, provide John with fresh fruit in its season.

Oranges, bananas and grapes cost no more than pie; apples, berries, and, in summer, peaches, less, when the original price is counted. If we estimate the ruin wrought upon digestion by pastry and doughnuts, we are ready to affirm that he could better afford hot-house fruits at their dearest, than to satisfy the cravings of nature with these home-made "delicacies."

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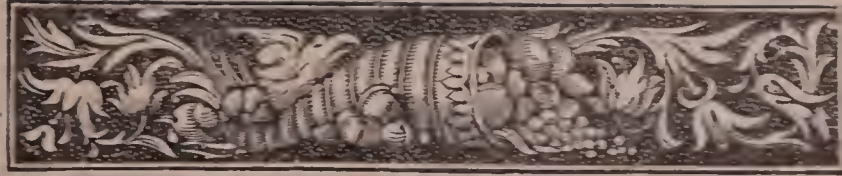
#### BREAD.

Do not butter bread or biscuits while hot, for John's luncheon, or put them in his pail or (basket) until they are quite cold. Always give him crackers and cheese to aid digestion and "top-off" the repast.

## PICKLED OYSTERS,

in their season, are not an expensive article of diet. A quart at forty cents, put up by yourself in ten minutes' time, at a cost of perhaps five cents for vinegar and spices, will make a couple of delightful lunches, with what the French call "bread at discretion," and for dessert, a couple of baked apples, with or without sugar and cream.





## AUTUMN BILLS OF FARE.

No. 26.

### BREAKFAST.

Wheaten Grits.

Mutton Chops and Mashed Potatoes.      Egg-Gems.

Cold Bread.      Toast.

Oranges.      Coffee.      Chocolate.

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### MUTTON CHOPS.

If your butcher has not trimmed the chops into shape, removing the skin and most of the fat, do it yourself; then flatten them with the broad side of a hatchet. Broil quickly and carefully over a clear fire, lifting the gridiron when there is danger of burning. Have ready the block-tin platter of a chafing-dish, heaped in the middle with mashed potatoes, which have been worked light with butter and milk. About this mound arrange the chops, the large ends downward, the small ones inclining toward the summit of the hillock. Pass currant-jelly with them.

## EGG-GEMS.

Four eggs; four cups of prepared flour; two cups of milk; one tablespoonful of butter chopped into the flour; one teaspoonful of salt sifted with the flour. Whip the yolks thick and smooth, add the milk, the whites, finally the flour, stirred in quickly and hard; half fill heated gem-pans with the batter, and bake in a quick oven. Send to table as soon as they are done.

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 LUNCHEON.

Stewed Lobster.

Toasted Crackers.

Saratoga Potatoes.

Bread and Butter.

Apple Pyramid.

Light Cakes.

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 STEWED LOBSTER.

One can of lobster; one cup of good broth, cleared of fat, and strained through a cloth; half a cup of milk; juice of a lemon; two tablespoonfuls of butter rolled in one of flour; cayenne pepper and salt.

Open the can early in the day, emptying the contents into a bowl, and setting this in a cold place. Cut the meat into clean dice, heat the broth, seasoned in a saucepan, and, as it boils, lay in the lobster; cook ten minutes gently, add the lemon, and cover at the side of the range for five minutes. Have the milk hot in a farina-kettle, stir it into the floured butter, and cook three minutes. Pour the lobster into a deep dish, then, carefully, mixing in well, the scalding thickened milk, and serve.



## TOASTED CRACKERS.

Toast split Boston, or whole snowflake crackers quickly and lightly on both sides, butter while hot and pass with the lobster. Also, lemon cut into eighths.

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## SARATOGA POTATOES.

If you have not time to fry these yourself, buy them fresh from your grocer. When good, they are really nice. When bad, few things more detestable find their way to the tables of civilized people. Heat them quickly in the oven and take them out before they are brown. Send to table in a deep dish lined with a hot napkin.

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## APPLE PYRAMID.

Pare, halve and core a dozen fine tart apples, dropping into cold water as you pare them. Have ready in a saucepan two tablespoonfuls of melted butter, a cupful of granulated sugar, the strained juice of two lemons and a blade of mace. Lay the apples in this, coating each piece with the mixture. Cover closely and set in a vessel of hot water, which bring to a slow boil. Leave the apples on until they are tender and clear; take out with care not to break them; pile them in the form of a cone on a stone china dish; cover with a meringue made by frothing the whites of four eggs, with four tablespoonfuls of sugar; pour the syrup around the base and set in the oven to color lightly. Eat cold with light cakes.

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## DINNER.

Turnip Purée.

Boiled Corned Beef.

Creamed Onions.

Tomatoes and Corn.

Batter Pudding.

Cream Sauce.

Fruit. Coffee.

## TURNIP PURÉE.

When the corned beef is half done dip out a quart of the liquor, cool and skim, and strain it through a thick cloth. Set it over the fire with a dozen turnips (white), pared and sliced; half of a small onion, chopped; a stalk of celery, and boil until soft. Rub through a colander back into the liquor; season with pepper and a handful of minced parsley, and return to the fire with two tablespoonfuls of butter cut up in as much flour. Heat in another vessel half a cupful of milk, with a bit of soda not larger than a pea. When the purée has cooked three minutes, stir in the milk and pour into the tureen.

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BOILED CORNED BEEF.

Let the beef lie in cold water for two hours to draw out the salt. Cover it then with plenty of boiling water, and cook fast for fifteen minutes. At this point, arrest the boil by pouring in a pint of cold water. The advantage of this process is to form a band of cooked flesh about the piece to be boiled which will keep in the juices. Henceforward, let the boiling be steady and slow, allowing fifteen minutes for each pound. When done, lift the pot from the fire, and even if the beef is to be served hot, let it stand in the liquor for ten minutes before dishing it. If you prefer it cold, leave it still longer, and on taking it out, lay a large dish or plate on top, with a couple of flat irons or other heavy articles to press it, not removing them until the meat is cold and stiff. This should be done after dinner when it is served hot. Send drawn butter in with hot corned beef; also horse-radish.

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CREAMED ONIONS.

Boil the onions in two waters—hot—putting a little salt in the second. If they are full grown they will require at least an hour

and a half to cook them tender. Drain, and pack them in a bake-dish; pour a cupful of drawn butter, in which milk is used instead of water, over them, sprinkle with fine crumbs, pepper and salt lightly, and bake, covered, fifteen minutes, then brown. There is no nicer way of cooking ripe onions than this.

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#### TOMATOES AND CORN.

Open a can of corn and one of tomatoes early in the day, and empty half the contents of each into a bowl, and leave it, uncovered, in a cold place, until you are ready to cook it. Put tomatoes and corn into a saucepan, and stew gently for twenty minutes. After it boils, add a teaspoonful of sugar, half as much salt, and a quarter as much pepper, with a tablespoonful of butter; cook five minutes longer, and serve in a deep dish.

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#### BATTER PUDDING.

Two even cups of Hecker's prepared flour; two cups of milk; four eggs; a quarter teaspoonful of salt.

Beat eggs very light, whites and yolks separately, add the milk and salt to the yolks, then whites and flour alternately, pour into a buttered mold, and boil or steam for two hours. Eat with cream sauce.

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#### CREAM SAUCE.

One cup of sugar; yolks of two eggs; one-half cupful of milk; one tablespoonful of butter; one even teaspoonful of arrowroot; vanilla flavoring.

Heat the milk to boiling, stir in the arrowroot, wet up with cold milk, and add the butter. Pour this on the beaten yolks and sugar, return to the fire, and stir one minute, just long enough to heat the yolks, not to curdle them. Pour into a sauceboat, flavor with a teaspoonful of vanilla and set in hot water (not boiling) until you are ready for it.

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FRUIT.

It is a pretty custom in some families to have a dish of fruit tastefully arranged on the table at every meal. Finger bowls, with ornamental doilies between them and the fruit plates, are half filled with water and a silver knife laid on each plate, all on the buffet, in case they are called for at breakfast and lunch, and are set on the table after the dinner-sweets are removed. Nobody is obliged to partake of this course, but nearly everybody likes a taste of grateful fruit acid to remove the cloyment of puddings, pies, etc., from the tongue.

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No. 27.

BREAKFAST.

Oatmeal Porridge.	Beef Hash <i>au gratin</i> .
Barbara's Griddle Cakes.	
Baked Potatoes.	Fruit.
Tea.	Coffee.

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BEEF HASH *au gratin*.

Chop cold boiled or roast beef quite fine, removing all the string and bits of tough skin; salt and pepper it, and mix with one-half

as much mashed (lumpless) potatoes as you have meat. Put a cup of good gravy and half a teaspoonful of mustard into a frying-pan with half a teaspoonful of Worcestershire sauce. If you have no gravy, substitute a cup of boiling water and a good spoonful of butter, seasoned as above. When the gravy boils, put in the meat and potatoes; toss and stir until it is very hot, and bubbles all over. Turn out upon a stone-china dish or the block-tin platter of your chafing-dish, strew thickly with fine crumbs, and brown lightly on the upper grating of your oven. Serve in the dish.

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#### BARBARA'S GRIDDLE CAKES.

Two cups of Indian meal; one cup of flour; three eggs; half a teaspoonful of salt; one tablespoonful of lard, and the same of molasses; three cups of milk; half a teaspoonful of soda.

Wet the meal into a good mush with *boiling* water; cook in a farina-kettle for an hour, stirring often; turn out and beat it smooth. Do this over night. In the morning beat in the melted lard, the molasses, the eggs, the milk, at last the flour, sifted twice with the salt and soda. Beat up well and bake on a greased griddle.

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#### BAKED POTATOES.

Select large, fine sweet, or Irish potatoes; wash them and bake in their skins in a steady oven until soft, turning them often as they cook. Send to table wrapped in a napkin.

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#### LUNCHEON.

Oysters in Bed.

Fried Pigs' Feet.

Deviled Tomatoes.

Bread and Butter.

Crackers and Cheese.

*Cafe au Lait* Cake.

## OYSTERS IN BED.

Cut off the top crust of a dozen stale rolls or biscuits, and scrape out the inside, leaving the sides and bottoms intact; set them with the crusts laid beside them in a half-open oven to dry and heat. Cut four dozen oysters in halves; put over the fire in their liquor to cook; when they boil add the inside of the rolls, crumbed fine, a full tablespoonful of butter rolled in flour, and half a cupful of hot milk; cook three minutes longer; butter the inside of the dried rolls, fill with the oyster-mixture, put on the crusts, and serve.

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## FRIED PIGS' FEET.

Boil them slowly in hot water, slightly salted, for three hours, or until tender. Take them out of the liquor when cold, not before, and lay in enough vinegar and water (half and half), to cover them for half a day: wipe; rub with French mustard, pepper, and if needed, salt; dip in beaten egg, then in crushed cracker, and fry in hot lard. Drain well and eat hot.

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## DEVILED TOMATOES.

Peel eight large, fair tomatoes and cut into thick slices. Put into a saucepan four tablespoonfuls of vinegar, two of best salad oil, one tablespoonful of sugar, a quarter-tablespoonful each, of pepper, made mustard and salt. Bring quickly to a boil, and pour hot over the tomatoes. Send at once to table.

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## CAFÉ AU LAIT CAKE.

Three cups of prepared flour; two cups of sugar; four tablespoonfuls of butter creamed with the sugar; four eggs; one cup of milk; rub butter and sugar to a cream, beat in the yolks, the milk, the whipped whites and flour by turns; bake in jelly cake tins.

## FILLING FOR CAKE.

One cup of milk and one of strong, clear coffee, strained ; one cup of sugar ; two eggs : two tablespoonfuls of corn-starch wet with milk ; scald the milk, add the sugar and corn-starch, and when these thicken well, the beaten eggs ; cook one minute, beat in the coffee and let the mixture get cold before spreading it between the cakes.

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 DINNER.

Turnip Purée (*without meat*).

Baked Flounder Cutlets.

Larded Beef's Tongue.

Fried Oyster-Plant.

Celery *au gratin*.

Mashed Potatoes.

Marie's Pudding.

Liquid Sauce.

Coffee.

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 TURNIP PUREE.

A dozen large, white turnips ; three tablespoonfuls of butter rolled in one of flour ; a cup of hot milk ; pepper ; salt ; a stalk of celery ; two quarts of boiling water.

Peel and slice the turnips ; boil with the celery in salted water until soft ; rub through a colander back into the pot with the water in which they were cooked ; stir in seasoning and floured butter ; simmer ten minutes, add the hot milk, and turn into the tureen.

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 BAKED FLOUNDER CUTLETS.

Lay the fish flat on a dish, and make a deep cut over the backbone, which extract neatly ; divide the flounders into four pieces each ; have ready a cupful of skimmed and strained broth, made by

boiling a pound of fish in a pint of salted water, and when you have strained it, stirring in a tablespoonful of butter rolled in flour, lay the cutlets in a dripping pan, cover with this liquor and bake, covered, half an hour; sprinkle them with crumbs and brown quickly; remove the cutlets to a hot dish, strain the gravy, add the juice of half a lemon, boil up and pour into a boat.

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#### LARDED BEEF'S TONGUE.

Boil a fresh, fine tongue one hour; lay in cold water at once to make it firm. When cold, pare off the skin, and lard it diagonally from side to side with strips of fat salt pork. Lay it, thus prepared, in a pan with half an onion, four or five cloves, a dozen peppercorns, and some minced parsley. Dash a large cupful of hot water over the tongue; cover closely and cook gently two hours, turning twice. Remove the cover, rub the tongue over with butter, dredge with flour, and brown. Lay on a dish, add a little hot water to the gravy, strain it, heat again, thicken with browned flour, stir in a tablespoonful of capers, boil up and pour into a boat.

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#### FRIED OYSTER-PLANT.

Scrape the roots and cut them into pieces an inch and a half long, dropping them, as you do so, into ice-water, in which you have mixed a tablespoonful of vinegar. This will prevent discoloration. Now boil the pieces in hot, salted water for nearly an hour. Drain them and let them cool; dip each piece in a batter made by beating up an egg, putting with it half a cup of milk and three tablespoonfuls of prepared flour, salted and peppered. Fry in hot lard, a few pieces at a time, drain off the fat and serve on a hot dish lined with tissue-paper, fringed at the ends. This vegetable cooked thus tastes very much like real fried oysters. Try it.



CELERY *au Gratin*.

Scrape, wash and cut the stalks into inch-lengths ; stew gently until tender in salted water ; drain this off, lay the celery in a bake dish, season with salt and pepper, cover with rich drawn butter, strew with fine crumbs, and brown lightly.

## MARIE'S PUDDING.

Two cups of fine, dry crumbs ; half a cup of currants, washed and dried ; half a cup of raisins, seeded and chopped ; a quart of milk ; four eggs ; a cup of sugar ; a tablespoonful of butter.

Soak the crumbs in the milk, beat the eggs light with the sugar, and put in next the butter, melted, then the fruit *well* dredged with flour ; boil in a buttered mold two hours and a half ; dip for a moment in cold water, to loosen the pudding, and turn out ; eat with liquid sauce.

## LIQUID SAUCE.

Pour a cupful of water into a saucepan, stir in a cupful of powdered sugar, a tablespoonful of butter, and a good teaspoonful of arrowroot wet with cold water ; season with nutmeg, stir for two minutes after it boils, and add a glass of sherry. Send to table hot in a sauce-tureen.

## NO. 28.

## BREAKFAST.

## Imperial Granum Porridge.

Stewed Eggs.

Risen Muffins.

Fried Potatoes.

Oranges and Bananas.

Tea.

Coffee.

## IMPERIAL GRANUM PORRIDGE.

One cup of Imperial Granum; three cups of boiling water; one cup of hot milk; half a teaspoonful of salt.

Soak the granum in enough cold water to cover it well for four or five hours, or all night, if more convenient; in the morning put over the fire in the boiling water, with the salt; cook half an hour, stirring often; add the warm milk and stir hard and long; cook ten minutes; beat up well and pour out.

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 STEWED EGGS.

Boil eight eggs hard and leave them in cold water until cold; take off the shells, slice them, and lay in a stone china or block tin dish; pour over them a well-seasoned gravy, thickened with browned flour; sift fine crumbs over all and brown in a quick oven. They are very savory if properly seasoned.

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 RISEN MUFFINS.

A quart of flour; two tablespoonfuls of lard, or one of lard and one of butter; a pint of milk (a generous one), half a cup of yeast dissolved in half a cup of warm water; the yolks of three eggs; a teaspoonful of salt.

Sift the salt with the flour and rub the shortening through it, mix the egg and milk together, wet up the flour, add the yeast, beat hard and set to rise over night. In the morning half-fill muffin tins with batter; let it rise for half an hour, and bake.

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 LUNCHEON.

Oysters scalloped with Mushrooms.	Fried Apples.
Mince of Potatoes and Corn.	Brown Bread and Butter.
Crackers.	Cheese.
	Olives.
	Jelly Roll.

## OYSTERS SCALLOPED WITH MUSHROOMS.

A quart of oysters; half a can of mushrooms; a heaping tablespoonful of butter; pepper, salt and cracker-crumbs; a cup of rich milk; one beaten egg.

Lay a stratum of oysters in a buttered bake-dish, season with pepper and salt, sprinkle with chopped mushrooms; cover with crumbs wet with milk and dotted with butter; proceed in this order until the dish is full; the topmost layer should be quite moist with milk, in which an egg has been beaten, and seasoned well with pepper, salt and butter. Bake, covered, thirty minutes, then brown. Pass crackers and lemon with it.

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## FRIED APPLES.

Peel and cut into eighths, taking out the seeds and core carefully from each piece; heat some butter in a frying-pan; coat the apples lightly with flour, and fry to a pale brown; drain off the fat from each slice, sprinkle with sugar and pile on a hot dish; if you like, you may mix a little cinnamon with the sugar; use only tart apples for frying. Send around slices of buttered brown-bread with them.

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## MINCE OF POTATOES AND CORN.

Chop cold boiled potatoes into dice, drain off the liquor from half a can of corn, boil ten minutes in salted water, and let the corn cool; mix well with the potatoes, seasoning with pepper and salt. Put three or four tablespoonfuls of nice dripping in a frying-pan, and when it boils, stir in the corn and potatoes with a fork, tossing about until they are thoroughly heated. Serve in a hot, covered dish. Cold potatoes and stewed corn "left over," will do for this dish.

## JELLY ROLL.

One and a-half cups of prepared flour; one cup of powdered sugar; four eggs; half cup of milk; one tablespoonful of butter; jelly.

Rub butter and sugar together, add the beaten yolks, the milk, then whipped whites and flour, lightly and quickly. Bake in a large buttered pan; turn out on a clean, damp cloth, spread with jelly, and roll up closely upon it.

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 DINNER.

Lima Bean Soup.

Curried Chicken Pie.

Stewed Cabbage.

Fried Celery.

Potatoes Boiled Whole.

Sweet Potato Pie.

Fruit.

Coffee.

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 LIMA BEAN SOUP.

Two quarts of soup stock; one quart of Lima beans; if dried, soak them all night, putting a bit of soda in the water; two eggs; half-cupful of corn meal scalded to a soft mush; two tablespoonfuls of minced parsley; pepper; salt; two stalks of celery; half an onion, sliced and fried to a nice brown in the butter or dripping.

The liquor in which corned beef was boiled will do nicely for the "stock." In that case, put no salt in the soup. Put all the ingredients except the eggs together in the soup-kettle and cook slowly until the beans are very soft; rub through a colander, season to taste, return to the soup pot, and when it boils, stir in the beaten eggs; pour into the tureen, lay on the surface some thin slices of lemon from which the peel has been cut, and serve.

## CURRIED CHICKEN PIE.

Joint a pair of tender chickens as for fricassee ; roll in flour and fry in dripping or lard until they begin to brown ; put into a deep bake-dish a layer of the fowl, cover with thin slices of fat salt pork. Have ready two cupfuls of boiled rice in which have been worked a tablespoonful of butter and two even teaspoonfuls of curry-powder ; cover the chicken with some of this ; put in more fowl and pork, more rice, etc. When all are in, pour in a cupful of broth made by stewing the feet, necks and pinions of the chickens in a pint of water, then straining and seasoning it. Cover the whole with a good crust, cut a slit in the middle ; bake, covered, forty minutes, and brown nicely. Wash the crust with beaten white of egg.

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## STEWED CABBAGE.

Shred a cabbage with a keen knife ; put over the fire in plenty of boiling water, slightly salted, with a bit of soda in it, and cook for twenty minutes ; drain off the water and put in *just* enough fresh and boiling to cover it. Cook ten minutes ; add two tablespoonfuls of vinegar, a tablespoonful of butter rolled in flour, pepper and salt. Stew ten minutes longer, and turn out.

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## FRIED CELERY.

Cut firm, white celery into pieces two inches long ; put on to boil in hot salted water, and cook twenty minutes ; take up with a split spoon and drop into ice-water. Leave them there ten minutes ; take out, lay between two cloths and pat dry ; spread on a dish to cool ; sprinkle with salt and pepper, dip each piece in egg, then in fine cracker crumbs, and fry in clarified dripping or salted lard. Drain well, and serve hot.

## SWEET POTATO PIE.

Parboil firm sweet potatoes and let them get cold with the skins on ; peel them, then, and slice crosswise. Have ready a pie-dish lined with a good crust (it never pays to make any other); put in a layer of sliced potatoes, sprinkle well with sugar, and drop bits of butter here and there ; allow a teaspoonful of brandy and five cloves to each layer ; also, a dozen or so drops of lemon juice ; more potatoes ; sugar, butter, brandy, cloves and lemon juice until the dish is full. Put in two tablespoonfuls of water and cover all with pastry. Cut a slit in the top, and bake. Eat cold with powdered sugar sprinkled over the top, and accompanied with good old cheese. There are not many more delightful pies than is this old Virginia dessert when properly made. The potatoes should be dry and sweet, the seasoning judicious.

I have heard that Irish potato pie is good made after the same receipt, but I prefer to wait for something more than hearsay evidence before recommending it. It would certainly require much more sugar than sweet potatoes, and very skillful "trimmings" altogether.

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 No. 29.

## BREAKFAST.

Rye Porridge.	Kidneys and Ham.
Flannel Cakes.	Toast.      Boiled Eggs.
Coffee.	Tea.      Fruit.

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 RYE PORRIDGE.

One cup of rye meal ; three large cups of boiling water, and one of hot milk ; one teaspoonful of salt.

When the salted water reaches the boil, stir in the meal; cook one hour after the water in the outer vessel begins to bubble again, add the hot milk, and simmer five minutes before turning out.

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#### KIDNEYS AND HAM.

Split each kidney lengthwise and cleanse from fat and strings. Have as many slices of cold boiled ham, fat and lean together, as you have pieces of kidney, cutting them into pieces of the same breadth and length. String half kidneys and bits of ham alternately on slender skewers, a piece of ham at each end. When the skewers are full, broil over a clear fire for eight minutes, turning often; lay the skewers in a row on a hot dish, pepper, salt, and baste with butter before sending to table.

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#### FLANNEL CAKES (without eggs).

One quart of milk; one cup of cornmeal, and nearly three of flour; half cake of yeast stirred in a half-cup of warm water; one large cup of boiling water; one teaspoonful of salt; one teaspoonful of molasses; bit of soda the size of a pea in the milk.

Scald the meal in the boiling water, stir in the milk, and strain through a colander, add flour and yeast, and let it rise until morning; beat in salt and molasses, and, when the batter is smooth and light, bake on a griddle. They are very nice.

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#### LUNCHEON.

Beef Scallop.

Cheese-Fingers.

Fried Potatoes.

Brown Bread and Butter.

Doughnuts.

Tea.

## BÈEF SCALLOP.

Two cups of cold, underdone roast beef; one cup of raw potatoes, cut into dice; two beaten eggs; mustard; pepper; salt; a teaspoonful of finely minced onion; one cupful of gravy or stock.

Peel and cut the potatoes, lay them in cold water for half an hour, drain, cover them with boiling, salted water and stew gently ten minutes; drain off the water, add the gravy and the beef chopped fine, cook slowly for ten minutes, turn into a bowl, beat in the eggs, the onion, salt, pepper and mustard, put into a greased bake-dish, strew crumbs on top, bake, covered, half an hour, then brown.

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## CHEESE FINGERS.

This is a good way to use up scraps of pastry left over from baking pies. Cut into strips as long as your middle finger, and twice as wide; strew with dry, grated cheese, a little salt, and just a pinch of cayenne; double them lengthwise; pinch the edges together along their length, sprinkle more cheese upon them and bake quickly; pile within a napkin on a hot dish, and serve at once.

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## DOUGHNUTS.

Two cups of milk; one cup of sugar; one quart of flour; three eggs; a teaspoonful of salt; one-half of a yeast cake; one full tablespoonful of butter; half teaspoonful of mixed cinnamon and mace; bit of soda in the milk.

Heat the milk and stir in the sugar and butter; while it is cooling, sift the salt twice in the flour and dissolve the yeast-cake in a little warm water. Mix all while the milk is blood-warm, and let the dough rise till morning. Then work in the whipped eggs;



knead the soft dough for one minute, and set for the second rising ; it should be very light before you roll it out into a sheet and cut it into shapes ; after cutting them, let them stand half an hour and fry in plenty of hot lard ; in frying doughnuts, always put them into the kettle with the side downward that was uppermost on the dish from which you take them ; they rise better thus ; fish out when done with a split spoon, and put in a hot colander, sifting powdered sugar over them while warm.

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DINNER.

Turnip Soup.		Deviled Oysters.
Braised Beef.	Spinach on Toast.	Fried Parsnips.
Mashed Potatoes.		Cup Plum Pudding.
	Fruit.	Coffee.

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TURNIP SOUP (without meat).

Eight or ten large white turnips ; half an onion, sliced and fried to a light brown ; one stalk of celery ; one pint of milk ; one tablespoonful of minced parsley ; one tablespoonful of flour rolled in three tablespoonfuls of butter ; two quarts of water ; bit of soda in milk.

Peel, slice, and lay the turnips in cold water for an hour, drain and put in the soup kettle with the fried onion, celery and parsley ; add the cold water, and cook all tender ; rub the soup through a colander, season, and return to the fire ; stir in the buttered flour, simmer five minutes, add the milk and pour out.

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DEVILED OYSTERS.

Wipe large, "frying size" oysters dry, and lay in a mixture made by allowing the juice of a lemon to two tablespoonfuls of butter, a

little salt and a pinch of cayenne. Turn the oysters over and over in this, then in fine crumbs, and broil on a wire broiler over a clear fire. Serve hot.

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#### BRAISED BEEF.

Put a brisket of beef into a broad-bottomed pot and set it over the fire. At the end of ten minutes turn it, and again in ten minutes more. Repeat this once more for each side; then pour in two cups of boiling water, fit on a close top and cook slowly one hour before turning the meat. After this, cook an hour longer if the meat weighs seven or eight pounds—keeping the top on. Set the beef in the oven, sift flour over it, baste freely with the gravy, and brown for five or six minutes before dishing. Skim and season the gravy, thicken with browned flour and serve in a boat.

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#### SPINACH ON TOAST.

Pick the leaves over carefully, rejecting the stems, wash and put into a saucepan, with a cup of water to a half-peck of leaves. Cover, and cook for twenty minutes, drain and chop it as fine as possible; put back over the fire, and beat in a tablespoonful of butter, a teaspoonful of sugar, salt, pepper, a dash of nutmeg and the juice of half-a-lemon. Whip smooth and press hard into heated egg or custard cups to mold it. Have ready crustless rounds of toast, buttered well, on a heated platter. Turn out a mold of spinach on each, and put a slice of hard-boiled egg on the top of the mold.

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#### FRIED PARSNIPS.

Scrape, and leave in cold water for an hour, then cook half an hour in hot, salted water, wipe, slice lengthwise, dip in melted butter, then in flour seasoned with salt and pepper, and fry in boiling dripping. Drain free of fat, and dish.

## CUP PLUM PUDDING.

Two cups of fine, dry crumbs; one cup of flour; one cup of milk; one cup of sugar; half cup of molasses; one cup of raisins, stoned and chopped, and the same of currants; half cup of sliced citron; half cup of powdered suet; four eggs; one teaspoonful mixed cinnamon and allspice; one even teaspoonful of soda, sifted twice with the flour.

Beat the eggs light, add molasses, milk, suet, crumbs, sugar, spice, fruit (dredged with flour), mix well; turn into a buttered mold and boil five hours. Eat with both hard and liquid sauce.

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 No. 30.

## BREAKFAST.

Oatmeal Porridge.

Deviled Rabbit.

Corn Bread.

Lyonnais Potatoes.

Graham Bread.

White Bread sliced thin.

Fruit.

Tea.

Coffee.

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 OATMEAL PORRIDGE.

Half a pint of oatmeal—full measure; one quart of boiling water, salted slightly.

If the meal is not steam-cooked, soak all night in enough cold water to cover it. In the morning stir into the boiling water, beating up well for a whole minute. Cook in a farina kettle. Do not leave the spoon in or stir it every few minutes, as the manner of some is. Four good stirs are sufficient, but they must be thorough. Keep covered, and boil steadily for an hour, and as much longer as you like. Serve in a deep dish and eat with cream, and, if desired, sugar.

## DEVILED RABBIT.

Skin and dress the rabbit, taking especial care to clean it well. This part of the business is often done in a disgracefully slovenly way. Lay it on the side in a dripping pan, pour a cupful of boiling water over it, cover with another pan and bake, basting often with the hot water in the lower pan until tender. Uncover then, and lay on a hot dish to keep warm while you make the sauce. Mix in a cup three tablespoonfuls of vinegar, one tablespoonful of butter, rolled in one of browned flour, half a teaspoonful of mustard and a good pinch of cayenne. Salt to taste—about half a teaspoonful. Strain the gravy left in the baking pan into a saucepan, add the vinegar, etc., and stir to a sharp boil. Pour over the rabbit gradually, turning and lifting it that the sauce may soak in well, cover, and set in the oven until very hot. Five minutes should be enough if the oven is good. Send to table in the chafing-dish in which it was kept hot.

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CORN BREAD.

One cup of white cornmeal, and the same of flour; one cup of fresh milk; one-half cup of sugar; half teaspoonful of salt; one teaspoonful of soda and two of cream of tartar sifted with meal and flour; two eggs beaten light; one tablespoonful of butter.

Rub butter and sugar together to a cream; add the eggs; when these are beaten in, add the milk, the salt, and lastly the flour, which should have been sifted twice with the meal, soda and cream of tartar. Beat hard one minute, turn into a shallow baking pan, well greased, and set at once in a steady oven. When done (test with a straw run into the thickest part) cut into squares and serve.

## LYONNAISE POTATOES.

Slice cold, boiled potatoes. Have ready in a frying-pan a great spoonful of nice dripping or of butter. Into this, when hot, put a tablespoonful of finely minced onion, pepper and salt, lightly, and fry to a light brown. Then add potatoes, and stir gently with a fork, not to break them, until very hot. Lastly, put in a full teaspoonful of minced parsley; toss together with a fork and serve very hot.

## LUNCHEON.

Veal and Ham Croquettes.	Baked Sweet Potatoes.	
Apple Sauce.	Sponge Cake.	Bread and Butter.
Crackers and Cheese.	Tea.	

## VEAL AND HAM CROQUETTES.

Mix the remnants of cold roast or fried veal, chopped, with one-third as much cold boiled ham, also minced. Leave out bits of skin and gristle. Season with pepper and a pinch of nutmeg. The ham supplies salt. Work in one-fourth as much bread crumbs as there is meat; wet slightly with gravy or drawn butter; add a beaten egg; make into rolls the length of your middle finger and a third as thick; roll in beaten egg, then in cracker dust, and set in a very cold place for half an hour. It is even better to make the croquettes several hours before cooking them, not rolling them in egg and cracker until you are quite ready to fry them. Have dripping enough in frying pan to cover them *entirely*. This is what is called "frying in deep fat." When it is hissing hot, put in a few at a time (first testing the heat with one) and fry to a light brown.

Turn carefully as they cook, to keep them round. As each is done take up with a split spoon and lay in a hot colander to drain off the fat. Lay neatly on a heated dish, and garnish with parsley.

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#### BAKED SWEET POTATOES.

Select those of uniform size, wash, wipe, and lay in a baking-pan. Set in a good oven and bake until the largest "gives" when pinched. Turn several times while baking, that the lower sides may not burn. Wrap in a napkin and serve on a hot dish.

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#### APPLE SAUCE.

Pare and slice juicy, tart apples; put into a tinned or porcelain-lined vessel, pour in half a cup of water to prevent scorching, and cook gently until tender and broken to pieces. Turn out into a bowl, sweeten abundantly, and rub through a *clean* colander. Set away to cool.

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#### SPONGE CAKE.

Six eggs; the weight of the eggs in powdered sugar; half the weight of the eggs in prepared flour; one lemon, juice and rind.

Beat whites and yolks separately and very light. When the yolks are smooth, beat in the sugar, then the juice of the lemon in which the grated peel has stood fifteen minutes or more, then been strained out through a cloth. Now stir in the whites, and, last of all, the prepared flour as quickly and lightly as will suffice to mix all into a light batter. Butter a mold and bake it, covering with paper as soon as it has puffed up to the desired height and is crusted over. Test with a straw to see if it is done, and bake steadily rather than fast. There is no better receipt than this simple one for sponge cake. A little practice will soon make you an adept in preparing it.

## DINNER.

Clear Soup.	Creamed Lobster.	
Stewed Beefsteak.	Cauliflower.	Potatoes in Cases.
Horse Radish.	Burnt Custard.	Light Cakes.
Fruit.	Coffee.	

## CLEAR SOUP.

Ask your butcher to send you six pounds of beef-shin and a knuckle of veal weighing half as much, and to crack the bones and joints faithfully. Put these over the fire with eight quarts of cold water; cover and set at the back of the range until the water is hot. Bring forward and increase the heat. When the scum rises, take it off and keep the soup at a slow bubble for three hours. Throw in three dozen whole black peppers, and half the number of whole cloves and boil—*always slowly*—for three hours more. Do this the day before the soup is to be eaten. Turn out the contents of the pot into a crock or bowl, and let all stand together until next day when you have salted to taste. The fat will rise to the top overnight in a solid cake. Remove every particle of it and set by for dripping. Return bones and liquor to the fire, and when hot, strain through a colander into a crock. This is “soup stock,” and if kept in a cool place, will remain good for days in winter. For the clear soup of to-day, dip out a quart, heat slowly to a boil, dropping in a quarter-onion as it heats, and when it simmers, the white and shell of an egg, stirred in until it coagulates. Stir again and again, that it may not “catch” on the bottom, and boil steadily—not fast—for five minutes. Strain without squeezing, through a thick cloth into a clean pot, boil up again, add half a teaspoonful of Worcestershire sauce and a teaspoonful of celery extract, and serve. The “stock” will serve as a foundation for many varieties of soups.

## CREAMED LOBSTER.

Meat of one lobster, or a can of preserved lobster or crab; one cup of creamy milk (all-cream is best); one half-cup of cracker-crums; two tablespoonfuls of butter rolled in flour; pepper, cayenne and salt; half a cup of bread-crums.

Strain off the lobster-liquor, if you use the canned fish; cut the meat into small dice with a sharp knife, season, and set aside while you heat the milk, or cream in a farina kettle, dropping in a tiny bit of soda. When it is hot, stir in the butter cut up in a tablespoonful of flour and, as this begins to thicken, the lobster. Have ready buttered silver, or china, or earthen scallop-shells, fill with the mixture, strew fine, dry crumbs on top, and brown in a quick oven. Send around sliced lemon with the shells, and crackers.

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STEWED BEEFSTEAK.

Drain the liquor from a can of tomatoes, then strain it through coarse muslin into a dripping-pan. Lay the steak in this, turning it over twice to wet both sides. If there is not enough juice to cover it well, add cold water. Invert a pan over it to keep in the steam, and set in a slow oven. Cook tender, turning the steak over twice an hour, and, should the liquor leave it uncovered, pour in a little hot water. Stew slowly for at least two hours-and-a-half. Transfer the meat to a hot platter, pepper, salt and butter, cover closely, and set over hot water. Skim the gravy well. Put the pan containing it on the top of the stove, add a tablespoonful of minced onion, a tablespoonful of butter rolled in one of browned flour, and boil up, stirring all the time. Then, put in the tomatoes from which the juice was strained, simmer three minutes or until they are scalding hot. Take up the tomatoes and lay around the steak; strain the



gravy through a soup sieve into a bowl; pour half over the steak, the rest into a boat. This is a good way of cooking a tough steak.

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## CAULIFLOWER.

Cut away the leaves and the stalk close to the body of the cauliflower; lay in cold water half an hour, tie in coarse mosquito netting and boil in hot, salted water, changing this for water from the kettle at the end of fifteen minutes. Salt this also and slightly. In twenty minutes more, if the cauliflower be not large and is fresh, take it from the fire, remove the netting, lay in a dish and pour a good drawn butter over it. Some add the juice of a lemon to the drawn butter.

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## POTATOES IN CASES.

Bake fine, large potatoes until soft. Cut a cap from the top of each, scoop out the contents without breaking the skin; beat the potato light with butter and milk, salting to your liking, return to the skins, filling each so full that the creamed potato protrudes from the top; set in a quick oven to brown lightly, and arrange, open ends up, upon a flat dish.

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## HORSE RADISH.

Grate and keep in vinegar as a condiment for beef.

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## BURNT CUSTARD.

Five eggs; one quart of milk, with a tablespoonful of corn-starch stirred in; five *good* tablespoonfuls of sugar; two teaspoonfuls of vanilla extract.

Beat the eggs light with the sugar; heat the milk to scalding in a farina kettle, pour on the eggs, flavor and turn into a buttered

bowl or mold; set this in a pan of boiling water, and this in the oven. Now cover the top of the mold with a plate or a tin pan or a pot lid, and bake until well-set, even in the middle. Take from the oven, dip the mold in cold water, taking care not to let any get into the custard; run a knife around the edge to loosen the pudding, and turn out cautiously upon a hot plate. Have ready to pour over it half a cup of caramel made by putting half a cup of sugar over a fire in a tin cup, and when it is all one brown bubble, adding a table-spoonful of boiling water, and stirring it on the range until it boils again. Strain it over the custard.

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#### LIGHT CAKES.

Pretty fancy cakes may be contrived by making a good cup cake, baking it in square pans, and when cool, cutting it into oblong or square pieces, and icing these on top and sides.

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#### No. 31.

#### BREAKFAST.

Hominy.	Breaded Scallops.
Potato Drop-Cakes.	Peach Short-cake.
Cold Bread, white and brown.	
Fruit.	Tea.                      Coffee.

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#### BREADED SCALLOPS.

Lay the fish on a clean cloth, and cover with another, pressing gently on the upper to rid them of moisture. Dip in beaten egg, then in fine cracker-crumbs, and fry in hot lard or dripping. Take up in a split spoon, shake off the fat, and serve on a hot dish with a border of water-cresses.

## POTATO DROP CAKES.

Two cupfuls of mashed potatoes, add two cupfuls of warm milk, a tablespoonful of melted butter, two beaten eggs, half a cupful of prepared flour and half a teaspoonful of salt. Beat the whole hard and drop in great spoonfuls on a greased griddle. Serve very hot as soon as they are baked.

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## PEACH SHORTCAKE.

One quart of prepared flour; two cups of milk, blood warm; two tablespoonfuls of lard and one of butter; half a teaspoonful of salt; one can of peaches.

Rub or chop the shortening into the salted flour, wet with the milk, and roll into a sheet half an inch thick. Line a broad, shallow baking pan with half of this; drain the liquor from the peaches, lay them out on a cloth to get rid of all the juice that will come away; put them in a thick layer on the paste in the pan, strew with sugar, cover with the reserved crust, and bake in a good, not too hot oven. When done, cut in squares and pile on a plate. Split and eat with butter and sugar.

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## LUNCHEON.

Scotch Herrings.	Hashed Potatoes.		
Cold Beef's Heart.	Crackers.	Cheese.	Olives.
Sponge, or Plain Cake Fritters.	Cocoa-theta.		

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## SCOTCH HERRINGS.

Lay them on a pie plate, cover closely, and set in the oven until very hot. Butter each lightly, pepper, and squeeze a few drops of lemon juice on it. Serve on a heated platter, and pass toasted and buttered crackers with them.

## HASHED POTATOES.

Cut cold boiled potatoes into dice, pepper and salt lightly, and add a cupful of milk for each pint of chopped potatoes. Turn into a farina-kettle, and cook until scalding hot. Add a teaspoonful of butter rolled in half as much flour, and a teaspoonful of minced parsley. Cook until the milk thickens, and dish.

## COLD BEEF'S HEART.

Wash the heart well and soak for half an hour in cold, salted water. Wipe and stuff the orifices well with a forcemeat of bread-crumbs, fat salt pork, minced fine, and a little onion, chopped and seasoned with pepper. Sew up in coarse muslin fitted to the shape of the heart, put on to boil in cold, salted water, with a tablespoonful of vinegar to the quart. Boil slowly two hours, turning several times. Put under a heavy weight when done, and leave it for twelve hours. Take off the cloth then, and your cold entrée is ready. Slice crosswise.

## SPONGE CAKE FRITTERS.

Cut inch-thick slices of stale sponge or very plain cake, and fry quickly in sweet lard. As each slice browns, take it up and dip for a hasty second in boiling milk, spread at once with sauce made by rubbing a tablespoonful of butter to a cream, with nearly a cupful of powdered sugar and the juice of a lemon. Pile the slices on a hot plate and keep hot in the oven until served.

## DINNER.

Chicken and Sago Broth.	Mutton and Macaroni.
Spinach.	Dundee Haggis.
	Rice Cream.
Fruit.	Coffee.

## CHICKEN AND SAGO BROTH.

Three pints of liquor in which a chicken has been boiled ; half cupful of German sago ; two cups of milk ; three eggs ; two table-spoonfuls of minced parsley ; pepper and salt.

Soak the sago four hours in enough cold water to cover it, then add it to the liquor, which should have been strained and skimmed, and put over the fire in a farina kettle. Heat to boiling, by which time the sago should be dissolved. Heat the milk in a separate vessel and pour, scalding hot, on the heated yolks ; add (with a pinch of soda) to the sago broth ; season, stir for five minutes ; beat in the frothed whites and parsley, and turn out.

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## MUTTON AND MACARONI.

Cover the bottom of a wide kettle with chopped salt pork. Lay on this a breast or shoulder of mutton—not too fat. Peel a lemon, slice thin and lay over the meat, then, more sliced pork, a little chopped onion and parsley, with a sprig of mint, if you can get it. Pour over all two cups of boiling water. Cover with a close lid, and cook gently for two hours, turning the meat once. Have ready half a pound of macaroni broken into inch-long pieces which has been cooked twenty minutes in boiling, salted water. Drain it, toss a tablespoonful of butter through it with a fork, pepper and salt it, and make into a flat mound on a platter. Strain the liquor from the mutton, add to it half a cup of stewed and strained tomato, thicken with browned flour and boil up sharply, settle the meat on the macaroni, and pour the sauce over both.

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## SPINACH.

Wash and pick off the leaves ; put them in a saucepan without water and set in a kettle of boiling water. Cook slowly for

fifteen minutes, then boil for twenty more. Turn into a colander, drain, and rub through the holes into a bowl. Return to the saucepan and outer vessel of boiling water, add a tablespoonful of butter, a little salt and pepper, half a teaspoonful of sugar and three tablespoonfuls of milk. Heat and beat to a cream. Heap on buttered rounds of toast, with a slice of hard-boiled egg on each.

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#### DUNDEE HAGGIS.

One quart of milk; one cup of oatmeal, soaked over night in cold water; one heaping cupful of cold veal, mutton or poultry; one cup of broth from your stewed mutton; half a cupful of bread-crumbs; one tablespoonful of butter; three beaten eggs; pepper and salt.

Stir the skimmed and strained gravy into soaked oatmeal, season, and cook in a farina-kettle for an hour before adding the milk in which the bread-crumbs must have been soaked; cook half an hour, stirring often, and turn the mixture into a bowl to get perfectly cold; then beat in the butter, melted, the chopped meat, the beaten eggs, and mix thoroughly; pour into a buttered mold, and boil or steam for an hour and a half. If you have the giblets of poultry, or part of a calf's or lamb's liver, you may substitute these for the minced meat. Turn out and eat hot.

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#### RICE CREAM.

One scant cup of rice; one heaping cup of sugar; one quart of milk; one-third package of gelatine; one pint of whipped cream; teaspoonful of bitter almond or vanilla essence.

Boil the rice tender, drain off the water and stir the rice into the scalding milk with the sugar; bring to a boil, and put in the gelatine soaked soft in enough cold water to cover it. When this

has dissolved, strain the mixture through a fine colander, and beat for three minutes with the "Dover." Flavor, and set aside until cold, when whip in the stiffened cream. Let it form in a wet mold; keep it on ice until wanted. It is very good.

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No. 32.

**BREAKFAST.**

Oranges.

Pork Chops, with Tomato Sauce.

Crumb Griddle Cakes.

Maple Syrup.

Toast.

Brown Bread.

Meringued *Cafe au lait*.

Tea.

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ORANGES.

As a preparatory course to the heavier business of breakfast, ripe, fresh oranges are held in high esteem. They are served whole, and eaten as individual taste dictates, either pared, then divided into lobes, which are eaten with or without sugar, or cut in half, without paring, and scooped from the shells with a spoon. Finger bowls and doilies are set on with them, and every vestige of this course is removed before the next is brought in.

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PORK CHOPS WITH TOMATO SAUCE.

Trim neatly, and beat them flat with a potato beetle. Heat a tablespoonful of butter in a frying-pan, and drop into it when it hisses, half a dozen slices of onion. Lay in the chops and fry slowly for five minutes. Then increase the heat until they are

nicely browned. Take them up and lay in a hot-water dish ; strain the onion out of the gravy. Return the latter to the frying-pan, add four tablespoonfuls of boiling water, a tablespoonful of butter cut up in two of browned flour, pepper, salt, half a teaspoonful of sugar, and half a cup of strained juice from a can of tomatoes. Boil up sharply, and pour over the chops.

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#### CRUMB GRIDDLE CAKES.

One pint of hot milk, and the same of hot water ; two heaping cups of fine, dry crumbs ; half a cupful of prepared flour ; one tablespoonful of molasses, and one of melted butter ; two eggs ; one tablespoonful of salt.

Soak the crumbs in the milk and water, and stir over the fire until they are smoking hot, when set them aside to cool. They should be just lukewarm when you beat in the butter, molasses and salt, the eggs whipped light, finally the flour. Try a spoonful on a hot griddle, and should it stick, add a little more flour. But do not get them stiff. They should be so tender as almost to melt in the mouth.

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#### MERINGUED CAFE AU LAIT.

Strain a quart of strong, clear coffee through a cloth into the urn ; add three cups of boiling milk, also strained to get rid of the "skin." Have ready in a pitcher or bowl the whites of two eggs whipped to a meringue, then beaten into a heaping cupful of whipped cream with a teaspoonful of sugar. Pour the coffee into hot cups and lay a dessertspoonful of the meringued cream on the surface of each in serving it.



## LUNCHEON.

Smoked Salmon *au Jeannot*.Potato Cakes *au gratin*.

Graham Bread.

Butter.

Pickles.

Thickened Milk.

SMOKED SALMON *au Jeannot*.

Cut a pound of smoked salmon into strips as long as your middle finger and twice as wide. Soak them in cold water for two hours, then put over the fire in a saucepan. Cover with more cold water, and bring to a gentle boil. Have ready in another saucepan a cupful of beef or veal broth, in which half an onion has been boiled tender, then strained out. Add to the broth while hot, a tablespoonful of catsup, walnut, tomato or mushroom, or "Chili sauce," another of vinegar, a small teaspoonful of made mustard and a pinch of cayenne. Drain the water from the salmon, wipe each piece and butter it well, laying it on a hot dish as you do so. When all are buttered, put them carefully into the hot gravy, cover, and set the saucepan where it will simmer, but not boil, for ten minutes. Lay the salmon in rows on a hot dish, cover with the gravy, and serve. Send around heated crackers and butter with it.

POTATO CAKES *au gratin*.

Rub cold mashed potatoes to a paste with a little milk and the yolk of an egg. Flour your hands and make into small flat cakes. Let these get cold and stiff, and just before cooking sift dry crumbs all over them. Set in a quick oven to brown lightly. Eat hot.

## THICKENED MILK.

One quart of boiling milk ; four tablespoonfuls of prepared flour ; one tablespoonful of butter ; one teaspoonful of salt.

Sift the salt into the flour, wet this to a soft dough with cold water, and stir it into the hot milk. Cook, stirring well, for ten minutes, put in the butter, cook five minutes longer, and pour into a deep dish. It should be neither gruel nor paste, but something between the two. Eat with sugar and cream.

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 DINNER.

Rabbit Soup.

Oyster Salad.

Steamed Turkey.

Cranberry Sauce.

Scalloped Cabbage.

Stewed Squash.

Myrtle's Charlotte.

Fruit.

Coffee.

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 RABBIT SOUP.

A pair of wild rabbits, skinned, cleaned and jointed, as for fric-  
assee ; half a pound of fat salt pork, chopped fine ; a small onion,  
sliced ; two tablespoonfuls of butter cut up in three of browned  
flour ; juice of a lemon ; as much cayenne as will lie easily put  
on a silver half-dime ; dripping for frying ; four quarts of cold  
water.

Heat the dripping to hissing in the frying-pan ; fry the onion  
in it until it colors nicely, then the jointed rabbits ; take the meat  
out with a split spoon ; put into a soup kettle ; cover with the  
chopped pork ; pour in the water and cook slowly until the meat  
has fallen from the bones ; season with pepper, and, if needed, more  
salt, and set away until next day. Remove the fat from the top of

the liquor; strain the latter, rejecting bones, and squeezing the nourishment out of the meat; heat to boiling; skim off the floating scum; stir in the butter and flour; cook five minutes; add the lemon-juice, and pour out. Some think this game soup improved when a glass of wine goes in at the last. It is an excellent use to which to put tough rabbits.

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## OYSTER SALAD.

Cut a quart of oysters into bits; mix with them two-thirds as much blanched, tender celery (also cut, not chopped to pieces), as you have oysters; put into a glass dish; pour over it a good mayonnaise dressing, and serve immediately. Until the oysters and celery are mixed, keep both in a very cold place. This salad is delicious, if eaten as soon as it is made.

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## STEAMED TURKEY.

Many a tough gobbler and hen-mother, whose coming-out preceded the time of their departure by several seasons, might have won toleration on their last exhibition-day had they been steamed, instead of roasted. Prepare the fowl by stuffing in the usual way with a good dressing of forcemeat. Bind the legs and wings down to the body with tape, put the turkey in the steamer, shut up closely and cook *slowly* fifteen minutes to the pound. Test then with a fork to make sure it is tender, undo the tapes and cover to keep hot, while you add to the drippings a cup of hot milk in which have been stirred a great spoonful of flour wet with milk, salt and pepper, and, when you have stirred it to a brisk boil, the yolks of two raw eggs, beaten light, and those of two hard-boiled, minced fine. Cook two minutes, stirring all the while, pour a few spoonfuls over

the breast of the turkey, the rest into a sauce-boat. A little chopped parsley improves the sauce ; half a can of minced mushrooms makes it still better.

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#### CRANBERRY SAUCE.

Pick over and wash a quart of cranberries ; add a little water, —about half a cupful—to keep them from burning, and cook until they are broken to pieces, stirring up well from the bottom every few minutes, until they begin to burst. When they are done—not until then—stir in two even cups of white sugar ; take from the fire as soon as it is dissolved ; and strain through mosquito-netting into a wet mold. Put on ice until firm.

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#### SCALLOPED CABBAGE.

Boil a firm cabbage in two waters. Drain and press, and let it get perfectly cold. Then mince fine, add two tablespoonfuls of melted butter, two eggs well beaten, three tablespoonfuls of cream or milk, pepper and salt to your fancy. Put into a buttered bake-dish, sift fine crumbs on top, and bake, covered, half an hour, then brown delicately.

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#### STEWED SQUASH.

Cut off the outer shell, seed, cut small and cook tender in boiling water, slightly salt. Drain and rub through a colander into a saucepan, stir in a generous tablespoonful of butter rubbed in one of flour, season with pepper and salt, and cook five minutes, beating well at the last with a wooden spoon. Serve in a hot deep dish.

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## MYRTLE'S CHARLOTTE.

Soak a quarter of a package of gelatine two hours in a cup of milk ; put over the fire in a farina-kettle, and let it get scalding hot. Strain and cool, but not until it hardens. To a quart of whipped cream add the whipped whites of four eggs with a cup of powdered sugar. Now, mix in the cooled gelatine with your egg-beater, and flavor with a teaspoonful of bitter almond essence. Line a glass dish with slices of sponge-cake or with " lady fingers," fill with the frothed mixture, and set in the refrigerator until wanted. A simple and popular dessert.

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 No. 33.

## BREAKFAST.

Mush and Milk.	Sausages.	Baked Potatoes.
Pancakes (sugared).	Bread—Brown and White.	
Fruit.	Tea.	Coffee.

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 MUSH AND MILK.

Scald a heaping cup of cornmeal with a pint of boiling water, and set it in a cool place over night. In the morning put it into a farina-kettle with a pint of fresh milk ; mash out the lumps, salt to taste, and cook for half an hour, or longer, after it reaches the boil. Beat hard, and turn into a deep dish. Eat with cream and sugar.

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 SAUSAGES.

Make the sausage-meat into small cakes, patting them firmly into shape. Lay in a frying-pan, add half a cup of cold water, and let them simmer until the water is boiled away and the sausages

cooked to a fine brown. This is a great improvement upon the usual method of frying sausages in their own fat. Link-sausages cooked in the same way do not burst or crack.

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PANCAKES (sugared).

Two cups of prepared flour; two cups of milk; one tablespoonful of butter; two eggs; lard for frying; powdered sugar.

Whip the eggs light, mix with the milk, add the flour and butter, and beat one minute. Heat an *even* tablespoonful of lard in a frying-pan, and when it hisses, pour in enough batter to cover the bottom thinly, cook quickly, and, when the batter is "set," turn dexterously with a spatula, unless you have practice in tossing pancakes. Sprinkle with sugar, roll up smoothly, sift more sugar on the roll, and send to the table hot.

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LUNCHEON.

Italian Rice Pudding.      Tomato Sauce.      Fried Bread.

Crackers.                  Cheese.                  Olives.

Apple Charlotte.

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ITALIAN RICE PUDDING.

To two cups of boiled rice add a cupful of hot milk, in which has been stirred a bit of soda the size of a pea, and a dessertspoonful of corn-starch. Mix well, and stir in a tablespoonful of melted butter and two well-beaten eggs. Add next a cupful of minced veal, chicken, turkey, duck or mutton; moisten with three tablespoonfuls of highly seasoned gravy, stir all thoroughly, put into a buttered mold, and bake, covered, in a baking-pan of hot water for an hour. Turn out on a hot flat dish, and pass tomato sauce with it.

## TOMATO SAUCE.

To half a can of tomatoes allow half an onion sliced. Stew both together for half an hour, rub through a colander and return to the saucepan with a tablespoonful of butter rolled in a teaspoonful of corn-starch, half a teaspoonful of sugar, pepper and salt to your fancy. Boil one minute, and serve in a gravy dish.

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## FRIED BREAD.

Cut the crust from slices of stale bread; dip each in a thin batter made of a cup of milk, two eggs and a heaping tablespoonful of flour salted slightly, and fry in lard or clarified dripping to a yellow-brown. Drain off the fat from each piece as you take it up. Serve hot.

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## APPLE CHARLOTTE.

Stew a dozen pared, cored and sliced tart apples soft; sweeten well and rub through a colander; set again over the fire while you stir in the yolks of three eggs. As soon as it is hot (it must not boil) turn into a bowl to cool. When cold, beat in the whites of the eggs mixed with a tablespoonful of powdered sugar. Line a glass dish with sliced sponge cake or lady fingers, pile the apple within it, and cover with macaroons neatly fitted together. Set on ice until wanted.

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## DINNER.

Barley Broth.	Buttered Lobster.	
Pot-Roast of Beef.	Potato Soufflé.	Pea Cakes.
Amber Pudding.	Fruit.	Black Coffee.

## BARLEY BROTH.

Three pounds of coarse mutton, or veal, or a "scrag" of mutton and a knuckle of veal; three quarts of water; half an onion, sliced and fried to a good brown; one carrot; pepper and salt; one cupful of pearl barley, soaked three hours in water.

Put the meat, cut up small and the bones broken, over the fire with the onion and cold water; cook slowly for five hours, season, and set away until next day. Skim off the fat, strain out bones and meat, put the liquor into a pot with the soaked and strained barley and the carrot cut into dice. Simmer one hour, and serve.

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 BUTTERED LOBSTER.

Empty a can of lobster some hours before you wish to use it, and keep in a cold place. To prepare it, break the meat into coarse bits, avoiding the mincemeat or "stringy" look that disfigures much salad and many *entrees*. Put a clean saucepan on the range with three large tablespoonfuls of butter, as much cayenne pepper as will lie on the point of a pen-knife, the juice and a quarter of the grated peel of a large lemon. When the mixture simmers, put in the lobster, with a tablespoonful of fine crumbs, and let it get smoking hot, stirring it cautiously with a silver fork to prevent scorching. Fill a buttered bake dish or scallop-shells with this, strew fine crumbs on top, stick minute bits of butter in them, and brown lightly in a quick oven. Send heated crackers and sliced lemon around with this dish.

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 POT-ROAST OF BEEF.

Lay a fillet or rib-roast, from which the bones have been taken, and which is then skewered into a round, in a broad, deep pot. Pour



in a cupful of boiling water; add two slices (no more) of onion, cover closely, and cook gently ten minutes to the pound. Then transfer to a dripping-pan, rub over with butter, dredge with flour, and brown in a brisk oven. Fifteen minutes should do this. Strain and cool the gravy left in the pot; take off the fat, put the gravy into a frying-pan, pepper, salt, and thicken with a heaping tablespoonful of browned flour. Boil up well and serve in a gravy-boat.

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#### POTATO SOUFFLE.

Add to a cupful of cold mashed potato half a cupful of milk, worked in gradually; mash out all lumps and beat very smooth. Whip three eggs and beat them into the potato with pepper and salt. Heat two tablespoonfuls of nice dripping in a frying-pan, pour in the potato, shake, as it cooks, to keep it clear of the bottom, and when "set" all over, turn it into a hot dish as you would an omelette. Serve and eat at once.

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#### PEA CAKES.

Empty the peas from the can, drain, and let them lie for half an hour in cold salted water. Cook tender in boiling water, slightly salt, rub while hot through a colander, work in a teaspoonful of butter, pepper and salt to your liking, and let them cool. When ready to cook them, beat up two eggs, soften the peas with a cupful of milk, worked in by degrees, add a tablespoonful of prepared flour to hold the batter together, and fry as you would griddle-cakes. Send to table hot.

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#### AMBER PUDDING.

One cup of butter; two cups of sugar; yolks of six eggs, and the whites of eight; juice and grated rind of two lemons; half a glass of brandy; half a nutmeg.

Rub butter and sugar to a cream, beat in the yolks, the lemon, nutmeg and brandy, lastly, the whites of four eggs. Whip very light and bake in open shells of nice pastry. As soon as the mixture has set and a skin formed on the top, spread quickly, without taking the puddings from the oven, with meringue made of the frothed whites of four eggs, two tablespoonfuls of sugar, and juice of half a lemon. Shut up again until the meringue begins to color. Eat cold.

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No. 34.

BREAKFAST.

Hominy Porridge.	Fried Liver.	White Scones.
Chopped Potatoes.		Boiled Eggs.
Toast.	Fruit.	Tea.
		Coffee.

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FRIED LIVER.

Wash well; slice, lay in cold salted water to draw out the blood; wipe dry, salt, pepper, coat each piece with beaten egg, and roll in cracker-crumbs. Try out slices of very fat salt pork in a frying-pan in which is a sliced onion. Strain the fat, return to the pan with a great spoonful of lard and fry the liver, a few pieces at a time, and not too fast. Drain off the grease before dishing.

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WHITE SCONES.

One quart of prepared flour; a pint of milk; two liberal table-spoonfuls of lard; a teaspoonful of salt sifted with flour.

Chop the lard into the salted flour, wet with the milk; roll out thin, cut into biscuits, and roll each of these into thinner cakes twice as large. Prick all over with a fork, bake quickly, butter and leave in the oven a minute longer. Pile up on a plate.

## CHOPPED POTATOES.

Chop cold Irish and sweet potatoes together. Put some nice dripping into a frying pan, heat, pepper and salt it, put in the potatoes, and shake and toss lightly, not to break them, until smoking hot.

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## BOILED EGGS.

When possible, boil them on the table. If you have no egg-boiler, put the eggs into a tin pail of boiling water in the kitchen, fit on a close top, wrap in a napkin, and send thus to the dining-room. In six minutes, if the water was boiling when they went in, they will be of custardy consistency throughout, and far more digestible than when suffered to cook on the fire.

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## LUNCHEON.

Home-Made Sausage.	Celery and Sardine Salad.	
Fried Bananas.	Bread and Butter.	Crackers and Cheese.
Soft Gingerbread.	Chocolate.	

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## HOME-MADE SAUSAGE.

One-third cold roast beef; two-thirds corned ham or fresh pork, roasted or boiled; a little powdered sage and sweet marjoram; pepper and salt to your liking; chop all together fine; make into flat cakes; roll in flour, and fry in peppered and salted lard.

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## CELERY AND SARDINE SALAD.

Cut the celery into inch-lengths, season lightly with pepper, salt and vinegar; heap on a cold, flat dish, and lay sardines about the base of the pile. Pour a good mayonnaise dressing over all.

## SOFT GINGERBREAD.

One cup of butter ; one cup of milk ; one cup of brown sugar ; one cup of molasses ; five cupfuls of sifted flour ; a teaspoonful of mixed cinnamon and mace ; a heaping tablespoonful of ground ginger ; a teaspoonful of soda, sifted with the flour ; four eggs.

Warm molasses, butter, sugar and spices slightly together, and stir them to a yellow-brown cream ; add the milk, the beaten eggs, the flour ; whip up well and bake in two large, shallow pans. Eat fresh, with cheese and chocolate.

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 DINNER.

## Vegetable Soup.

Broiled Bluefish.      Veal and Ham Pie.      Scalloped Squash.

Sweet Potatoes *au gratin*.      Rice and Peach Pudding.

Cream Sauce.      Coffee.

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 VEGETABLE SOUP.

Three pounds of coarse beef, minced ; three quarts of cold water ; two carrots ; two turnips ; one onion, minced ; three stalks of celery ; can of tomatoes ; quarter of a cabbage ; one root of salsify ; two tablespoonfuls of chopped parsley ; pepper and salt ; a teaspoonful of sugar.

Put beef and water together and bring slowly to a boil. Simmer gently for four hours. Pepper and salt, and set away meat and liquor together until next day. Take off the fat and strain out the meat. Pare and cut turnips, carrots, celery and salsify into dice of uniform size. Shred the cabbage, mince the onion. Put all into a pot, cover with boiling salted water, drop in a bit of soda no larger

than a Lima bean, and cook gently twenty minutes. Drain well, and turn the vegetables into the soup-stock. Rub the tomatoes through a colander and add them with the parsley. Cook half an hour, keeping the contents of the pot at a slow, steady boil all the time; put in the sugar and pour into the tureen.

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#### BROILED BLUEFISH.

Split down the back, clean, and wash thoroughly with vinegar and water. Broil over a clear, hot fire. When done, rub all over with butter, pepper and salt, and serve on a hot-water dish. For sauce, whip a tablespoonful of butter to a cream with a teaspoonful of anchovy-paste, a teaspoonful of finely cut parsley, and the juice of half a lemon.

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#### VEAL AND HAM PIE.

Cut cold cooked veal and half as much corned ham, also boiled and cold, into neat dice, season with pepper, a little nutmeg, sweet herbs, and add a handful of chopped mushrooms. Heat a cupful of gravy in a saucepan, season well, thicken with browned flour, add a great spoonful of tomato catsup, put in the meat, bring to a boil, stir in the beaten yolks of two eggs, and take from the fire. Fill a deep bake-dish with this, cover the surface with sliced hard-boiled eggs, lay a good crust over all; cut a slit in the center and bake to a fine yellow-brown. Wash over with white of egg, shut up in the oven for one minute, and serve.

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#### SCALLOPED SQUASH.

Two cups of boiled squash, run through a colander, and then left to cool; two eggs; a tablespoonful of melted butter; half a cup of milk; pepper and salt; half a cup of bread crumbs,

Beat eggs, butter, milk and squash light, season, pour into a buttered bake-dish, sift the crumbs over it, and bake, covered, half an hour and then brown lightly. Send to table in the pudding dish. Never throw away the remnant of a dish of squash left after dinner. It can always be utilized as above. Or, if you have only a few spoonfuls, beat in an egg, a half cupful of milk, pepper, salt and about three tablespoonfuls of prepared flour, just enough for soft batter, and bake as you would griddle cakes.

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#### SWEET POTATOES *au gratin*.

Boil, peel and slice a quarter of an inch thick. Fill a buttered pudding-dish with layers of the slices buttered, salted and peppered. Unless the potatoes are very sweet, sprinkle a little sugar over each stratum. Sift fine crumbs on the top, stick tiny bits of butter in them and bake, covered, until hot through, then brown delicately.

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#### RICE AND PEACH PUDDING.

Boil a cupful of rice in plenty of salted water, until the grains are tender, but not until you have a paste. Shake the kettle from time to time, and do not touch the rice with a spoon. Drain off all the water; set the inner farina-kettle on the side of the range until the rice is dry. Have ready in a bowl three eggs beaten light, with a cupful of sugar, and one of milk. Mix the rice up well with this, using a silver fork for the purpose, not to mash or break the grains. Drain the liquor from a can of peaches, put a layer of rice in a buttered mold; cover with peaches laid in evenly; more rice, etc., until the materials are used up. Cover the mold, and boil steadily for an hour and a half. Turn out, and eat with cream sauce. You can make this of evaporated peaches if you like.

## CREAM SAUCE.

A cup of milk and one of cream (if you can get it, if not two cups of milk); a cup of sugar; whites of two eggs (the yolks of which went into your meat pie); nutmeg or cinnamon to taste; one tablespoonful of corn-starch, wet with cold milk; vanilla, or bitter almond-essence.

Scald the milk, add sugar and corn-starch, stir three minutes, and put in the stiffened whites, spices and flavoring. Keep hot, but not boiling, until you are ready for it, by setting it in a vessel of hot water.

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 No. 35.

## BREAKFAST.

Brewis.	Clam Fritters.
Risen Corn Bread.	Stewed Sweet Potatoes.
Toast.	Boiled Eggs.
Tea.	Coffee.
	Fruit.

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 BREWIS.

One cupful of very fine, dry crumbs—those made from crusts and old slices of bread dried in the oven, then crushed with a rolling-pin, are the best; one pint of hot milk, and half as much boiling water; one full teaspoonful of butter, and a scant one of salt; white of an egg, beaten light.

Soak the crumbs in the boiling water ten minutes, and stir into the salted milk. Simmer together five minutes, add the butter, stir for two minutes, cover, and leave on the fire three minutes longer. Take from the stove, beat in the whipped whites, and send to the table in a deep dish. Eat with cream and sugar.

## CLAM FRITTERS.

Twenty-five clams, chopped fine; one cup of milk with a bit of soda no larger than a pea, stirred in; one heaping cupful of prepared flour; one teaspoonful—even—of salt, and a little pepper; two eggs.

Beat the eggs light, add milk, salt, pepper, flour, lastly the clams. Mix thoroughly; have plenty of fat or dripping in a kettle, and drop in great spoonfuls of the batter. When done, take out with a split spoon, shake off the fat, and serve on a hot dish.

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## RISEN CORN BREAD.

Two cups of white corn meal, and one of flour; four cups of milk; one cup of boiling water; a cupful of freshly mashed potato, hot; a tablespoonful of sugar, and half as much butter or lard; a heaping teaspoonful of salt; half a cake of compressed yeast; tiny bit of soda in the milk.

Rub the potatoes through a colander. While hot, work in butter, sugar, salt, and a cupful of flour alternately with two of milk. Scald the meal with the hot water, and add next. Beat two minutes, and put in the yeast while the batter is blood-warm. Let it stand all night in a covered bowl. In the morning work in the rest of the milk, and if needed, flour enough to make a soft manageable dough. Knead lightly, make into small loaves that will fit pâté-pans, let them rise until light, perhaps half an hour, and bake in a steady oven forty-five minutes. Keep them covered until they have risen to full height, then, brown.

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## STEWED SWEET POTATOES.

Cut cold, boiled potatoes into dice. For a cupful of these allow a heaping tablespoonful of nice beef or poultry-dripping, or butter.



Put this into a frying-pan, and when hot, stir and toss the dice in it until slightly browned and well glazed. Have ready in a saucepan a cupful of gravy or stock; season well, thicken with browned flour, empty the frying-pan into it, and draw to one side of the range where it cannot cook at all, but will keep warm. Leave it thus for five minutes, and turn out into deep covered dish.

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LUNCHEON.

Deviled Ham.	Potato Puff.
Bread, Butter and Pickles.	Baked Apple Charlotte.
Chocolate.	Boiled Chestnuts.

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DEVILED HAM.

Cut even slices of corned or smoked ham, and fry in a pan until the edges begin to crisp. Transfer to a chafing-dish, and keep hot. Into the fat left in the pan stir half a teaspoonful of made mustard, a dash of cayenne pepper, half a teaspoonful of tart jelly, and three tablespoonfuls of vinegar.

Bring to a quick boil, add a great spoonful of sherry, and pour over the ham. Serve hot.

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POTATO PUFF.

Allow a cupful of milk to two of finely mashed potatoes, with two eggs, a teaspoonful of butter or dripping, a little salt and pepper. Rub the butter and seasoning into the potato, then, the beaten eggs. When light add the milk gradually; pour into a greased bake-dish, and set in a quick oven, covered, until it has puffed up well, then brown rapidly. Serve in a bake-dish at once before it falls.

## BAKED APPLE CHARLOTTE.

Pare, slice and chop one dozen tart pippins or greenings. Cover the bottom of a buttered pudding-dish with fine crumbs, put in a thick layer of apples; sprinkle plentifully with sugar, lightly with cinnamon; another stratum of crumbs, and so on, until the dish is full. The topmost layer should be crumbs, but, before adding this, pour in half a cupful of water in which are mixed two tablespoonfuls of sugar and one of brandy; cover with the crumbs; invert a deep plate over it; bake, covered, half an hour, then brown. Eat with sweet sauce.

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## BOILED CHESTNUTS.

Pick out those which are free from worm-holes, boil twenty minutes fast in hot salted water. Drain, turn into a deep dish, and stir a lump of butter the size of a walnut into each quart. Eat hot.

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## DINNER.

Rabbit Soup.

Browned Beef's Tongue.

Curry of Tomatoes and Rice.

Turnips with White Sauce.

Boiled Indian Pudding.

Fruit.

Coffee.

## RABBIT SOUP.

One large rabbit; one small onion, sliced and fried; quarter pound of salt pork; four tablespoonfuls of rice; three quarts of cold water; parsley, salt and pepper.

Joint the rabbit, put into the soup kettle with the pork and onion, cover with the water, and cook slowly for two hours; strain out meat and bones, put back over the fire with the rice and parsley;

simmer until the rice is soft, mince the meat left in the colander very fine, and stir into the soup. Boil up and pour into the tureen. A good soup.

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#### BROWNEB BEEF'S TONGUE.

Boil a large fresh beef's tongue gently until a skewer passes easily through it; have ready in a saucepan a pint of weak stock, or some of the pot-liquor, strained and skimmed, to which you have added a tablespoonful of chopped onion, as much minced parsley, a couple of stewed tomatoes strained, a pinch of mace, and the same of cloves; salt, pepper, and a teaspoonful of sugar. When these ingredients have simmered together for half an hour, lay the tongue, skinned and trimmed neatly, in a dripping-pan, pour the gravy over it, bake, covered, and basting often, one hour; take the tongue up and keep warm while you thicken the gravy with browned flour, adding a little made mustard; pour over the tongue.

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#### CURRY OF TOMATOES AND RICE.

One can of tomatoes; three-quarters of a cup of rice; one even tablespoonful of curry powder; one half teaspoonful of salt; two tablespoonfuls of butter; one tablespoonful of sugar.

Stir the curry-powder and sugar into the tomatoes; put a layer in the bottom of a pudding dish; cover with raw rice; salt, and drop bits of butter over the rice; more tomatoes; more rice, salt and butter, until the materials are all in. The uppermost layer must be tomatoes. Let all stand together two hours. Bake in a steady, not quick oven, forty minutes, covered, then brown. Send to table in the pudding dish.

## TURNIPS WITH WHITE SAUCE.

Peel and slice white turnips ; lay in cold water for half an hour ; put over the fire in boiling, salted water, and cook tender ; drain, pepper and salt, put into a deep dish, and cover with a cupful of drawn butter, made with milk instead of water. Serve very hot.

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## BOILED INDIAN PUDDING.

Two cups of Indian meal ; two cups of milk ; four eggs ; half cup of powdered suet ; half teaspoonful of cinnamon ; one cup of molasses ; quarter teaspoonful of soda, sifted with the meal, twice.

Heat the milk to scalding, add the suet and the meal. When the suet is melted, put in the cinnamon and molasses, and let all get perfectly cold. Then beat in the eggs hard, and pour into a buttered mold with a tight top. Boil steadily four hours. Dip the mold into cold water for a minute to loosen the contents. Turn out on a hot dish, and eat with butter and sugar, or with hard sauce.





## THE THANKSGIVING DINNER.

**A** THANKSGIVING dinner should be the visible rendering of thought and emotion. In clearing away the idolatries of Paganism, we hacked so fiercely that some pretty, clinging vines of custom and affection fell with the obnoxious trunks. One of these was the religious feast in its season—the tender offerings of spring-time; the grapes, figs and mulberries, with a host of other summer delicacies; the corn, wine and oil, which were sacrificed with song and dance to Ceres in the bounteous autumn.

It is meet that we should make merry and be glad at the Thrice-Blessed Christmas-tide, and there is sweet significance in the gathering of the family, young and old, from near and from far, about the table (or altar), laden with the kindly fruits of the earth. "All this hath GOD given us!"

This is my little sermon-grace, if you will have it—over our Thanksgiving table.

The table is not furnished as our grandams loaded theirs in the olden time, so much more rude than ours. The board no longer groans, literally or metaphorically, under its burden of divers meats, vegetables and sweets.

Whatever may be the press of duties that on other days drives the business of eating into a gobble and a race, dyspepsia and apoplexy hovering, viewless, but very-present ghosts about the dumb devourers—take time on Thanksgiving-day to dine. If I were a religious and civil dictator for this one day, I would ordain certain ceremonies in cottage as in palace, as hygienic regulations and means of grace.

First, then, my pale-faced sister, sorely beaten in the long wrestle with the problem how to make fifty cents do the work of seventy-five, resist the disposition to “set everything on at once, and get the bother out of the way.” Lay what our ecclesiastical forefathers used to call quaintly and aptly, “a fair cloth,” upon the table. Adjust a large napkin, or carving-cloth, over the spot where the chief dish of meat is to stand.

Grudge not your best belongings of crockery, china, glass and silver. To each plate allot a glossy (not starched) napkin, a soup-spoon laid in front of the plate and parallel with the edge of the table, at the left side, two forks—at the right, two knives.

If you use “individual” salts, have one, newly filled and imprinted, at the right hand; also a goblet and a butter-plate. If you have larger salt-stands, assign one to each corner of the table, and one midway up each side, if the party be large.

As a central ornament, have a bowl, or, if you have no better vessel, a soup-plate of flowers. Or—for these are beginning to be very expensive now—make a beauty of economy, and fill the dish with autumnal treasures, the hardy ferns that can still be found under the fallen shrubs and leaves in the woods; bearded grasses, silver-gray “Life-Everlasting,” the fluffy clusters of the wingéd seeds of clematis, and bright berries from wayside hedges, with a shining brown cone or two. Make your decoration mean something, and blend the fancy with all the appointments of the feast.

Within the napkins slip squares or thick bars of bread, and lay on the outer fold of each a delicate spray of variegated foliage, or a bit of fern and bunch of bitter-sweet, or blue-gray cedar berries.

Distribute the dishes with an eye to effect of color and grouping, rather than to rectilinear symmetry. Avoid rows and "match-dishes." Motley now-a-days is your only wear, and the zigzag the direction of artistic beauty.

On a side-board, or table, arrange methodically relays of knives, forks, plates, etc., and be sure the order is comprehended by the cook and waiter before the family and guests sit down.

Begin the meal with a good soup.

To this should succeed fish—if you live near the seaboard, boiled cod with drawn butter, boiled halibut with egg-sauce poured over it—or better than either, a pretty thick piece of baked halibut with sauce tartare.

None of these are costly, and all are good.

Most well-bred people—I may hint just here—in eating fish, boiled in particular, rarely touch it with their knives, even when these are silver. The fork is used for breaking apart the flakes, for separating from these and removing the bones, and for conveying the prepared morsel to the mouth. No vegetables, unless it be potatoes in some form, are passed with fish.

Still leading up to the main business of the hour, let the next offering be a nice *entree*, or made-dish, chicken patés or croquettes, in memoriam of the ponderous chicken-pie which was a standing dish with our grandmothers on the fourth Thursday of November. With it send around stewed salsify (oyster-plant) and pickles.

Then—for the central theme, the point of clustering interests—the Thanksgiving Turkey!

He should be well stuffed, carefully basted, judiciously turned from time to time, be a constant if not oppressive solicitude, never lifted from the mind of the cook, be she amateur or professional, from the moment he is put down to roast until he is drawn—rich in coloring, done to a turn in the thickest joint, but nowhere scorched, a goodly type of plenty—from temporary seclusion.

Is it not Dickens who paints a family of poor children sitting around the spit to see the Christmas goose cooked, and almost dining on the odor?

Surround our Bird, when dished, with small fried sausages not larger than a dollar, interspersed with blanched celery-tops. Accompany him by a sauce-boat of gravy from which the fat was skimmed before the chopped giblets were stirred in; a dish of cranberry sauce or jelly, and sweet potatoes.

When the savory portion laid on each plate has been duly discussed, pass a glass-stand or salver of crisp celery, both as an assistant to the gastric juices and a tonic (we do not admit the word "stimulant" here) to the palate, that shall prepare it for the remainder of the banquet.

If you introduce game, let it succeed the turkey, and some lettuce with it. If it is not convenient to get quails, grouse or venison, content yourself with a salad of lettuce. Break apart the heads and wash each leaf, before dinner, rejecting all that are not sound and fresh. Heap these upon a dish or plate, and leave in the refrigerator until called for. This dish should be brought to table, and set before the hostess, with a salad-bowl.

This last must be lined with a small, clean napkin. Daintily, with the tips of your fingers, break in pieces the larger leaves, and lay with the smaller, upon the napkin. When all are looked and picked over, gather up the four corners of the napkin upon the



heap; shake lightly to get rid of the clinging moisture, and turn out into the salad-bowl.

Lay the wet napkin upon the emptied dish in which the lettuce was brought, and send away. Dress the lettuce with salt, white sugar, pepper, oil and vinegar, allowing to three tablespoonfuls of oil twice the quantity of vinegar, toss with a wooden spoon and fork, until the seasoning permeates the salad, and send around the table.

Salad-dressing at table is a graceful, housewifely accomplishment which every woman should practice.

Eat the lettuce—and indeed all salads—with the fork alone. If the leaves have been properly selected, there is no excuse for touching the knife, and lettuce is unfit for table-use which cannot be cut with a fork-tine.

Crackers and cheese follow this course, and, if you like, olives. This is the breathing-space in a "course-dinner," a season of leisurely and luxurious resting on the gastronomic oars before the next long pull.

The cheerful chat, that has been the best sauce of the meal, is here especially in order—a running fire of jest and repartee re-acting wholesomely upon appetite and digestion.

To-day, allow the children a modest share in table-talk—an exercise in which, by the way, Americans of the middle-class are usually egregiously unskilful. As with other fine arts, practice in this is indispensable to perfection, and the cultivation of it involves what our utilitarian stigmatizes as "trifling over one's victuals."

If we dallied longer over the family meal, we would pay fewer serious calls to the doctor's office and apothecary's shop.

The pumpkin-pie is the next consideration. Keep the mince for Christmas. The pumpkin is the homelier, yet luscious domestic product, the representative of our garnered harvest.

The crust should be short and flaky—not friable, and tasting like dessiccated lard. It must crackle with an agreeable sound, like the rustle of dry leaves, under the knife, and melt upon the tongue. The filling must be of a golden-brown, in the enjoyment of which the palate cannot discern the various elements of milk, eggs, sugar and pumpkin, but is abundantly satisfied with the combined whole.

Fruits and nuts are eaten at ease, and in indolent contentment, and, these disposed of, send black coffee after the withdrawing company into the parlor, as a grateful stomachic sequel.

“Heaven pity the dish-washers!” cried an old lady, admitted to inspect the glories of the Lord Mayor’s banquet.

Perhaps in the mind of my fellow-housekeeper who can afford to hire but one “girl” and does not often “entertain,” a similar ejaculation may arise in reading the above sketch of a holiday feast.

Get one plume less for your winter bonnet, and lay by the money thus saved to pay for extra help on Thanksgiving Day.

Or, if you prefer, let the soiled dishes of the later courses be rinsed in hot water, and set by in the back kitchen until next morning. There will be no violent convulsion of Nature should you depart once in a great while, from established laws.

Spare no pains to make your few *fetes* landmarks in the memory of your children. The stately progress of a dinner such as we have described is an educational step to them, and a solemn joy in the recollection. It is worth while—*how* well worth while many are prone to leave out of sight—to make for ourselves and our juniors golden days that shall never lose their lustre.

Who thinks, even once a year, of the true meaning of “holiday?” The dinner here proposed costs no more than the very promiscuous “spread” that will crowd many a table in farmhouse and unfashionable street upon the anniversary, to be swallowed in half the time the decorous succession of ours will require.



## WINTER BILLS OF FARE.

No. 36.

### BREAKFAST.

Browned Rice Porridge.

Fricasseed Eggs.

Crumpets.

Stewed Potatoes.

Fruit.

Tea.

Coffee.

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### BROWNED RICE PORRIDGE.

Parch a cupful of dry rice in the oven to a light brown, as you would coffee, stirring it to prevent scorching, and to preserve a uniform tint. Put over the fire in a farina kettle, with more than a quart of cold water, salt slightly and cook tender, but not to breaking. Shake up from the bottom now and then, but do not stir it. When done, drain off the water; set the kettle uncovered at the back of the stove to dry off the rice. Eat with sugar and cream. This is especially wholesome diet when laxatives, such as wheaten grits, or such heating cereals as oatmeal are to be avoided by the eater.

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### FRICASSEED EGGS.

Boil for fifteen minutes, throw at once into cold water, and let them lie there for the same time. Peel, cut each in half lengthwise;

extract the yolks, and rub smooth with a teaspoonful of anchovy paste, a little made mustard and the tiniest suspicion of cayenne. Mould this pasty mixture into balls of the same shape and size as the yolks, put them into the cavities left in the halved whites, fasten them in place by tying firmly with cotton twine when you have skewered them together with wooden toothpicks, one through each bisected egg. Have ready in a saucepan a good cupful of drawn butter (drawn with milk, not water), seasoned with pepper, salt and minced parsley. Lay the eggs in carefully; set the saucepan covered in boiling water, and cook gently, keeping the water outside at a slow boil for ten minutes. Arrange the eggs in a pile on a heated platter, and pour the sauce over them.

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#### CRUMPETS.

One quart of milk; half a yeast-cake dissolved in warm water, or four tablespoonfuls of yeast; one tablespoonful of lard, and the same of butter; one half teaspoonful of salt; one quarter teaspoonful of soda sifted twice with the salt in a quart of flour.

Mix well over night; beat up hard in the morning; let it rise for an hour longer; half fill heated and greased muffin tins, on a heated and greased griddle with the batter, and bake on the top of the range, turning once. Run a sharp knife around the inside of each ring to loosen the crumpet. Eat hot. The cold ones left over are nice, if split, toasted and buttered.

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#### LUNCHEON.

Oysters on Toast.

Thin Bread and Butter.

Jellied Tongue.

Hot Crackers.

Cheese.

An Excellent Cup Cake.

Cocoatheta.

## OYSTERS ON TOAST.

Drain the liquor from a quart of oysters; cut each into four pieces, and drain again in a colander for fifteen minutes. Heat the liquor, and strain through coarse muslin back into the sauce. When it boils again, dip out a small cupful and keep it hot. Stir into that left on the range a liberal teaspoonful of butter rolled in a scant teaspoonful of corn-starch. In another vessel, heat half a cupful of milk. Stir the oysters into the thickened liquor; season with pepper and salt, and cook, after they are scalding hot, five minutes before adding the milk. Line a hot platter with net slices of crustless toast, buttered, wet with the reserved liquor, and cover with the oysters.

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## THIN BREAD AND BUTTER.

Cut the "kissing slice" from the end of a loaf; butter the exposed surface, and slice very thin. Butter again, and slice until you have enough cut. Draw a sharp knife across the middle of each slice and fold it over upon itself, buttered sides inward.

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## JELLIED TONGUE.

Clear a pint of the liquor in which a smoked tongue was boiled, by heating to a boil, and stirring in the white of an egg, then boiling slowly for five minutes. Strain through a thick cloth without squeezing, and pour it boiling-hot on half a package of gelatine, which has been soaked two hours in enough cold water to cover it. Add to this a blade of mace, half a dozen black peppercorns, and four tablespoonfuls of sharp, clear vinegar. Stir until the gelatine is dissolved, and strain, without pressing, through a flannel bag. When it is cold, and begins to congeal at the edges, fill a mold or

bowl (wet with cold water) with slices of tongue arranged in perpendicular rows, and pour the jelly over them. Set in a cold place until firm; turn out on a cold platter. You can jelly the tongue whole, if you like, by cutting off the root, and trimming the rest into a neat shape, paring away every particle of skin, and omitting the tough tip altogether. Lay it in an oval pan or mold, and cover with the semi-liquid jelly. It will be a handsome dish when turned out.

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AN EXCELLENT CUP CAKE.

Two rounded cups of powdered sugar; one even cup of butter; one cup of milk; three cups of prepared flour; four eggs; one lemon, juice and rind.

Rub butter and sugar to a cream, beat in the lemon, the whipped yolks, the milk; then frothed whites and flour by turns. Bake in small tins, or in two square tins.

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DINNER.

Giblet Soup.

Roast Beef, with Yorkshire Pudding.      Sea Kale.

Mount Blanc Potato.      Creamed Sponge Cake.

Brandied Peaches.      Fruit.      Coffee.

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GIBLET SOUP.

Cook the giblets of a turkey, or those from a pair of chickens, in a pint of cold water until tender; salt, and set away in the liquor until cold and stiff. Take them out, and chop fine, when you have

skimmed the fat from the liquor, and put it over the fire with a pint of soup stock. Boil up well, skim, strain back into the pot, add the minced giblets, and season to taste. Put into a frying-pan two tablespoonfuls of butter which has been cut up, and worked into two of browned flour. Stir steadily until it melts and simmers, when add a small teaspoonful of Worcestershire sauce. Turn into the soup, rinsing out the frying-pan with a few spoonfuls of the hot liquor to get all the flour and butter. Cook gently for ten minutes, and serve.

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#### ROAST BEEF WITH YORKSHIRE PUDDING.

When a roast of beef is within half an hour of the "turn," drain off the gravy in a bowl, leaving about two tablespoonfuls in the dripping pan. Lay a gridiron over the pan, if you have one that will go into the oven. If not, prop the meat on clean sticks of oak or hickory (not pine) laid across the top of the dripping pan. Pour in the pudding, letting the fat from the roast drop on it as it cooks.

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#### YORKSHIRE PUDDING.

Four eggs beaten very light; two cups of milk; two cups of prepared flour; one teaspoonful of salt. Beat whites and yolks into separate bowls; into the latter stir the milk, then frothed whites and salted flour by turns; mix quickly, and bake at once. Cut the pudding into strips an inch wide by three long, and lay about the beef when dished, helping one or two pieces with each slice of meat.

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#### SEA KALE.

This is a vegetable that needs only to be better known to become widely popular. Lay in cold water for half an hour, when you

have washed and picked it over to get out dead leaves, coarse stems, bits of sand, &c.; cook twenty-five minutes in boiling water, salted; drain, and press in a colander, chop fine, return to the fire in a saucepan and beat into it a great spoonful of butter, a little pepper and a great spoonful of vinegar; stir and toss until very hot and dish.

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#### MONT BLANC POTATO.

Instead of mashing boiled potatoes, whip light and dry with a wooden or silver fork. At this point, begin to whip in a cupful of hot milk for a quart of mashed potatoes, and when all is in, beat in the frothed white of two eggs. Heap conically in a deep silver or stoneware dish; set in a quick oven until the surface hardens slightly. Withdraw before it catches a shade of brown, wash over lightly with butter, and send to table.

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#### CREAMED SPONGE CAKE.

Cut the top from a stale sponge cake loaf in one piece, half an inch thick. Dig and scrape the crumbs from inside of loaf and upper slice, leaving enough to keep the outside firm. Spread a thick layer of fruit jelly on the inside. Heat a cup of milk to a boil, stir in a teaspoonful of corn-starch wet with cold milk, and the cake crumbs rubbed fine. Stir until thick, take from the fire, beat in two whipped eggs and two tablespoonfuls of sugar. Make all into smooth batter; set in boiling water on the range and stir for five minutes after the mixture is really hot through. Turn into a bowl, flavor with a teaspoonful of bitter almond essence, and let it get cold. Fill the cake with it, fit on the top, wash all over with whipped white of egg; sift powdered sugar evenly over it until no more will adhere to the surface, and let it harden.

Send around brandied peaches with this.



## No. 37.

## BREAKFAST.

Hominy Boiled with Milk.	Creamed Eggs.	
Fried Mush.	Brown Muffins.	Maple Syrup.
Tea.	Coffee.	Fruit.

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 HOMINY BOILED WITH MILK.

One cupful of small hominy ; one quart of boiling water, salted ; one cupful of milk ; salt to taste.

Wash the hominy in two waters and stir it into the boiling water. Cook half an hour (in a farina kettle, of course), drain off all the water that will come away, add the milk, already heated, and cook half an hour longer. Eat with cream, and, if you like, sugar.

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 CREAMED EGGS.

Break as many eggs in a buttered pie-dish as it will hold without crowding each other. Sprinkle with pepper and salt, and put a bit of butter on each. Have ready a cup of hot milk in which has been cooked for one minute a teaspoonful of corn-starch, or, better yet, of arrowroot wet up with cold water. Pour this, a spoonful at a time, about the raw eggs, and bake in a quick oven until the eggs are fairly set. Five minutes should do it. Send to table at once in the pie-plate.

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 FRIED MUSH.

One heaping cup of Indian meal ; one quart of boiling water, and one of cold, in which stir a teaspoonful of salt—a full one.

Stir the meal, wet with cold water, into the pot of boiling water, and cook one hour, stirring up from the bottom once in a while.

Wet muffin tins in cold water, and fill with the mush over night. In the morning slip the stiffened shapes out, flour them well and fry in hot dripping.

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### BROWN MUFFINS.

Three even cups of Graham flour; one even cup of white flour; four cups of milk; four tablespoonfuls of yeast; one tablespoonful of butter; two tablespoonfuls of brown sugar; one teaspoonful of salt.

Rub butter and sugar together; add the milk, sift the flour, white and brown, with the salt; make a hole in the middle, stir in the milk and then the yeast; beat well, set to rise over night, and bake in small tins in a good oven. Let the batter stand in the tins in a warm place twenty minutes before going into the oven.

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### LUNCHEON.

Bread and Butter.

Barbecued Ham.

Cream Toast.

Baked Potatoes.

Steamed Potatoes.

Marmalade Cake.

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### BARBECUED HAM.

Fry slices of cold, boiled ham; keep warm while you stir into the gravy left in the pan four tablespoonfuls of vinegar, mixed with a tablespoonful of mustard, a teaspoonful of sugar, half a teaspoonful of catsup, or Chili sauce, and a little pepper. Boil up once and pour on the fried ham. This dish is sometimes called "deviled ham," and is a good spur to appetite.

## CREAM TOAST,

Eight or ten slices of stale baker's bread. Cut off the crusts; two cups of hot milk; two tablespoonfuls of butter; whites of two eggs; boiling water, salted.

As each slice of bread is toasted, dip in a saucepan of salted boiling water, kept on the range; pile in a deep covered dish. Put on the top of the dish when all the dipped toast is in, and make the sauce. Heat the milk to scalding, add the butter, and when it is melted, the whites of the eggs beaten to a froth. Pour upon the toast, lifting the lower slices to let the dressing get at them, cover and keep hot for five minutes before sending to the table.

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## BAKED POTATOES.

Select fine, fair potatoes, wash and wipe, and bake them in a moderate oven until the largest yields to a vigorous pinch of thumb and finger. Line a dish with a napkin, and serve them without peeling.

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## STEAMED APPLES.

Wash and wipe sweet apples; dig out the blossom-end and the upper part of the core with a sharp-pointed knife, and lay them close together in a baking-pan. Half submerge in cold water; cover closely and cook tender. Let them get cold, still covered, in a glass dish, and eat with sugar and cream.

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## MARMALADE CAKE.

One cup of prepared flour; one cup of sugar; two tablespoonfuls of butter; one tablespoonful of milk; three eggs; marmalade or jelly (sweet) for filling.

Work butter and sugar to a light sauce, beat the eggs light. Whip the beaten yolks into the creamed sugar and butter, add the milk, the whites, and the flour. Bake in three jelly cake-tins, and spread marmalade, sweet jelly or jam between.

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DINNER.

Clam Chowder.            Boiled Chicken in Rice.

Stewed Celery.        Mashed Potatoes.        Lettuce Salad.

Crackers and Roquefort Cheese.

Coffee, Jelly and Cake.    Fruit.    Coffee.

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CLAM CHOWDER. (The best on record.)

Two quarts of long clams, chopped; two quarts of tomatoes (or one quart can); a dozen potatoes peeled, or cut into dice; one large onion, sliced thin; eight pilot biscuits; half a pound of fat salt pork, minced; twelve whole allspice, and the same of cloves; as much cayenne pepper as you can take up on the point of a knife; salt to taste; two quarts of cold water.

Fry the chopped pork crisp in a pot, take the bits out with a skimmer, and fry the minced onion until it is colored. Now put with the fat and onion the tomatoes and potatoes, the spices tied up in a bag, the water and the pepper. Cook steadily four hours. At the end of three hours and a half, add the clams and the pilot bread. This last should be broken up and soaked in warm milk. Some consider that the chowder is improved by stirring in, five minutes before serving, a tablespoonful of butter cut up in browned flour. It is delicious with, or without, this final touch.

## BOILED CHICKEN ON RICE.

Prepare the fowl as for roasting, bind in a piece of muslin or mosquito net; put into a pot of boiling water, and cook twelve minutes to the pound. Half an hour before taking it up, dip out a cupful of liquor from the pot, strain it, and set in ice-cold water to throw up the grease. Skim this off, and season the cup of broth well with pepper and salt. Have ready two cupfuls of rice which has been boiled ten minutes, and then drained. Mix this with the skimmed broth, and cook in a farina kettle until the rice is tender. Shake the kettle, now and then, but do not put a spoon into the rice. When all the broth is absorbed, stir in very lightly a tablespoonful of butter and a little minced parsley, with a beaten egg. Cook one minute, and take from the fire. Spread the rice two inches thick in the bottom of a hot platter, and settle the boiled chicken in the middle. For gravy, heat another cupful of broth, strain, and add a tablespoonful of butter cut up in one of flour, and when it thickens, salt and pepper, a beaten egg and minced parsley. Cook ten minutes, and send to table in a boat.

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**STEWED CELERY.**

Scrape and wash the celery, cut it into inch-lengths, and cook ten minutes in boiling, salted water. Turn this off, and cover with cold water. As this reaches the boil, drain it off and add a cup of milk, dropping in a bit of soda not larger than a grain of corn; heat, and stir in a tablespoonful of butter rolled in flour, pepper and salt, and stew gently five minutes longer. As you scrape and cut the celery, drop each piece into cold water to keep it white.

## LETTUCE SALAD.

Wash the lettuce faithfully, and pick out the best pieces, *i. e.*, the whitest and crispest leaves for the table. Do this just before dinner is served, and leave in ice-water until it is wanted. Line a salver with a small napkin, and pile the lettuce on it. Tear the leaves into smaller pieces daintily, and lay in the salad bowl. Scatter salt, pepper, and white sugar over and among them; when they are ready for seasoning, pour in two or three tablespoonfuls of salad oil, and double the quantity of vinegar; toss (still daintily), with a salad fork and spoon, until the dressing is impartially distributed, and pass the bowl at once. Salad dressed in this way, and eaten before the crisp succulence of the lettuce is destroyed by the vinegar, is quite a different thing from the wilted greens often passed under the much-perverted name. It should never be touched with the knife in preparing or in eating. You may send around crackers and cheese with it.

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## COFFEE JELLY.

One package of Coxe's gelatine soaked for four hours in enough cold water to cover it an inch deep when it is put in.

Two cups of clear black coffee; one tablespoonful of white sugar; two cups of boiling water.

When the gelatine has soaked long enough, put it with the sugar into a large bowl, and let them stand for half an hour. Stir in, then, the water, actually boiling, and when the gelatine is dissolved, strain. Add the coffee, strain without pressing the flannel bag, and set in a wet mold to form. When you are ready to serve it, turn out carefully on a flat dish, and serve with sugar and cream.

## No. 38.

## BREAKFAST.

Hominy Porridge.	Fish Balls.
Risen Muffins.	White and Graham Bread.
Chocolate.	Tea. Fruit.

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 HOMINY PORRIDGE.

One cupful of small hominy; one quart of boiling water; one tablespoonful of butter; salt to taste.

Wash the hominy in two waters, leaving it in the second for an hour or so; drain in colander lined with coarse cloth, and stir into the salted water, which should be boiling in a farina kettle; cover, and cook half an hour; beat up from the bottom with a wooden spoon, and boil, uncovered, fifteen minutes; beat in the butter, and pour into a deep dish. Eat with sugar and cream, or with cream only.

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 FISH BALLS.

Mince, or pick into fine shreds a cupful of salt cod, soaked, boiled and cold. Put with it an equal quantity of freshly mashed potato, and half a cupful of drawn butter in which a raw egg has been beaten. Work lightly until well mixed and soft; flour a rolling-board, and drop a spoonful of the mixture on it. Roll into a ball, and lay on a cold platter. When all the balls have been made, set in a cold place. Do this over night. Heat lard or dripping enough to cover the fish-balls in a deep frying-pan; try one to see if it is hot enough to cook it quickly, and fry, a few at a time, to a fine golden brown. As you cook, lay them in a hot colander to free them from grease. Heap on a heated platter, slice a lemon thin, and garnish the edges of the dish with it.

## RISEN MUFFINS.

Four cups of flour; four tablespoonfuls of yeast; two eggs; one tablespoonful of butter or sweet lard; one cup of milk; one teaspoonful of salt.

Beat the eggs light, add milk, salt, yeast, shortening (melted), sugar, at last, the flour. Let the batter rise all night, setting it at bed time. In the morning, bake in muffin-rings on a griddle, or in small tins.

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 LUNCHEON.

Calf's Brains.

Scalloped Tomatoes.

Steamed Corn Bread.

Mock East India Preserves.

Cookies.

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 CALF'S BRAINS.

The brains of a calf; two beaten eggs; one tablespoonful of butter; half a cup of gravy; some rounds of fried bread, or of toast.

Wash the brains in cold water, and take out fibres and skin. Drop into boiling water, and cook fast fifteen minutes. Leave in ice water until perfectly cold. Mash them, then, with the back of a spoon, beat in the eggs with salt and pepper to your liking. When you have a smooth paste, heat the butter to hissing in a frying-pan, stir the brains in, and cook, keeping the spoon busy, two minutes. Have ready some rounds of fried bread on a hot dish, pour on each a teaspoonful or so of scalding broth or gravy, and heap the smoking mass of soft brains on them, as you would scrambled eggs.

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 BOILED CORN BREAD.

Two cups of white cornmeal; one cup of Graham flour; two tablespoonfuls of sugar; two and a half cups of milk; two tea-



3 spoonfuls of Baking Powder; one great spoonful of shortening (half butter and half lard) and a spoonful of salt.

Sift baking-powder with the flour, add the meal, and sift again; rub butter and sugar together; salt, and stir in the milk; the latter should be slightly warmed. Pour this liquid in a hole made in the mingled meal and flour, gradually stirring down the dry flour toward the center; beat all hard, two minutes at least; two hours will be better. Dip for a second in cold water, and turn the bread out upon a warm plate. Eat at once. It is very good.

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#### SCALLOPED TOMATOES.

Strain most of the liquor from a can of tomatoes, butter a bake-dish, spread a layer of tomatoes in the bottom, season with bits of butter, salt, pepper, sugar, and a few shreds of onion. Cover this layer with fine bread crumbs, put over it another of tomatoes, seasoning, and so on until the dish is full. The top should be a stratum of seasoned crumbs. Set in the oven, covered, and bake, removing the lid ten minutes before taking it out, that it may brown delicately.

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#### MOCK EAST INDIA PRESERVES.

Six pounds of pared and minced pippins, or other winter apples; six pounds of sugar; three lemons; three roots of white ginger sliced thin.

Put the sugar over the fire with a cup of boiling water to prevent burning; as it dissolves, increase the heat and bring to a brisk boil. Cook thus, twenty minutes without stirring, but watching to see that it does not scorch; skim and add the apples, the lemons minced (all except the seed) and the sliced ginger; boil to a clear yellow, as briskly as is safe; pack in small jars.

## COOKIES.

One large cup of sugar; one scant cup of butter; two beaten eggs; four tablespoonfuls of milk; one half teaspoonful of salt; nutmeg and cinnamon, each, a half teaspoonful; nearly three cups of prepared flour, enough to enable you to roll it into a soft dough.

Rub butter and sugar, beat in the whipped eggs, the spices, salt, milk, and stir in the flour. Roll into a thin sheet and cut into shapes with a cake-cutter. Bake in a quick oven.

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 DINNER.

## Calf's Head Soup.

Halibut Steak.

Beef's Tongue *au gratin*.

Potato Puff.

Stewed Oyster Plant.

Baked Apple Dumpling, Brandy Sauce.

Fruit.

Coffee.

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 CALF'S HEAD SOUP.

A calf's head cleaned with the skin on; six tablespoonfuls of butter, and a like quantity of browned flour; six quarts of cold water; one onion sliced and fried, and one grated carrot; bunch of sweet herbs; pepper and salt; teaspoonful of allspice; one tablespoonful of Worcestershire sauce, and one of sugar; one glass of brown sherry.

Boil the head tender, and set it aside in the liquor. Next day, take it out of the stock, scrape off the jelly, and cut the meat neatly from the bones. Reserve that from the top of the head and cheeks to cut into dice, and set, for this purpose, with the tongue, in a cool place. Set the stock over fire and add to it the bones, the refuse meat,

the herbs, fried onion and carrot, and cook one hour; strain, when you have picked out the bones, and rub the vegetables through the colander. Put the butter into a frying-pan, and when warm, stir in the flour to a brown *roux*, as it is called; add the spice, the pepper and the salt, and turn into the soup; boil two minutes, drop in the dice of meat cut with a sharp knife, heat to a quick boil, and put in the sauce. The wine is added in the tureen. Lay thin slices of peeled lemon on the surface of the soup. You may, if you like, make forcemeat-balls of the brains, stirred up with raw egg and flour, also add a cup of tomato juice. There is no better soup than this when it is properly made, nor is it so difficult as one might imagine from the length of the recipe.

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#### HALIBUT STEAKS.

Wash and wipe the steaks, dip in beaten egg, then roll in cracker-crumbs, seasoned with pepper and salt, and fry in hot dripping; or, you may broil the steaks on a gridiron as you would beefsteak. Serve on a hot dish, rub on both sides with a mixture of butter, pepper and salt, and the juice of a lemon.

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#### BEEF'S TONGUE *au gratin*.

Wash, trim and scrape a fine, fresh beef's tongue, and cook in boiling water, slightly salted, one hour.

Take up, wipe off the liquor, cover with beaten egg, roll it in cracker-crumbs, put into a dripping-pan and brown, brushing it twice with melted butter while it is in the oven. Keep hot in a chafing-dish, while you add to the gravy in the dripping-pan, a cupful of the liquor in which the tongue was boiled, a tablespoonful of butter cut up in browned flour, half a teaspoonful of made mustard, salt and pepper, and the juice of a lemon. Boil up, and strain into a gravy-boat.

## POTATO PUFF.

Boil, and mash the potatoes in the usual way, with butter and milk; beat in two eggs, and pour into a buttered bake dish. Brown on the upper grating of the oven, and serve in the dish in which it was baked.

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## STEWED OYSTER PLANT.

Scrape, and cut into inch-lengths a bunch of oyster plant, dropping it into cold water, as you cut it, to keep the color. Stew tender and white, in boiling water, a little salt. Turn off the water, and supply its place with a cup of hot (not boiled) milk, stir in a tablespoonful of butter cut up in one of flour, pepper and salt to taste, stew three minutes, stirring once or twice to prevent lumping, and serve.

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## BAKED APPLE DUMPLINGS.

Four sifted cups of prepared flour; one tablespoonful of lard, and the same of butter; two cups of milk; eight fine tart apples; half a teaspoonful of salt.

Chop the butter and lard into the flour (salted) and mix with milk to a soft dough, roll into a sheet nearly half an inch thick; cut into squares about five inches across; pare and core the apples, and put one in the middle of each square; fold over the four corners of the paste, pinching the edges together, and arrange in a floured baking-pan, the folded part downward; bake to a light brown; rub with butter when done, and sift sugar on the top.

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## BRANDY SAUCE.

Two tablespoonfuls of butter; two cups of powdered sugar; three tablespoonfuls of brandy; quarter of a grated nutmeg.

The butter should be rather soft, but not melted. Cream it light with the sugar, spice, and beat in the brandy, whip hard, heap on a glass dish, and set in a cold place until it is wanted on the table.

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No. 39.

**BREAKFAST.**

Oatmeal Porridge.	Codfish Omelette.
Southern Batter Bread.	Potato Loaves.
Cold Bread.	Fruit.
Tea.	Coffee.

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**CODFISH OMELETTE.**

One cup of "picked" salt cod which has been soaked, boiled and allowed to get cold; one cup of milk; one tablespoonful of butter rubbed in one of flour; seven eggs beaten light; pepper, and minced parsley; seven rounds of crustless toast, dipped in boiling water, then buttered.

Heat the milk, stir in the floured butter, pepper, parsley and minced fish. Take from the fire after two minutes cooking, add the eggs quickly and pour into a frying-pan in which is hissing a spoonful of butter, shake and stir until the mixture begins to form at the edges, when heap on the buttered toast spread on a hot dish. Serve hot.

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**SOUTHERN BATTER BREAD.**

Three cups of Indian-meal; half cup of boiled rice (cold); one pint of boiling water; one teaspoonful of salt; three eggs; one cupful of buttermilk, or sour milk; one tablespoonful of lard; one even teaspoonful of soda.

Sift salt, soda and meal together twice; wet up with the hot water, and beat in the lard and rice. Now, whip in the beaten eggs, lastly, the sour milk and lard. Bake in a shallow tin, or pie-plate. This is best when made with Southern corn-meal.

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POTATO LOAVES.

Work cold mashed potatoes soft with a little butter and the yolks of one or two eggs, say, one yolk to each cupful, season with pepper and salt and make into neat loaves, flouring your hands to enable you to handle the paste. Do not get it too stiff. Flour well, lay a little distance apart in a hot dripping-pan, and brown quickly. As a crust forms upon them, wash with beaten white of egg to glaze the tops. Slip a spatula under them and transfer to a hot dish.

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LUNCHEON.

Fried Tripe.

Baked Eggs.

Bread and Butter.

Crackers and Cheese.

Tea Cakes.

Chocolate.

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FRIED TRIPE.

Cut cold boiled tripe into pieces three inches square, and lay them for half an hour in a mixture of salad oil (a tablespoonful), twice as much vinegar, a little salt and pepper; roll in salted flour or in cracker crumbs, and fry in hot dripping or lard. Drain off the grease, and dish.

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BAKED EGGS.

Soak a cupful of bread-crumbs in half a cupful of hot milk for twenty minutes, stir in a teaspoonful of butter, the yolk of an egg, a tablespoonful of grated cheese, two tablespoonfuls of savory broth,

a little minced onion, and a teaspoonful of minced parsley. Pour the mixture into a neat pie-plate and set, covered, in a quick oven. In six minutes lift the cover, break as many eggs on the bubbling surface as the dish will hold, sift fine crumbs on top and leave in the oven for three minutes longer. Serve in the dish.

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TEA CAKES.

A quart of prepared flour; an even cupful of butter; four eggs; half teaspoonful of nutmeg or mace, half cupful of raisins; one heaping cupful of sugar.

Beat eggs light, stir butter and sugar to a cream, and put with the nutmeg. Mix well together, work in the sifted flour lightly until you have a good paste. Roll into a sheet less than a quarter of an inch thick, cut into round cakes, bury a raisin in the center of each, and bake in a brisk oven. Eat fresh. Do not let them get too brown in the oven.

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DINNER.

Potato Purée.	Larded Pike.	
Veal and Ham Cutlets.		
Creamed Turnips.	Potato Soufflé.	
Stewed Tomatoes.	Baked Roley-Poley.	
Hard Sauce.		
Fruit.	Nuts.	Coffee.

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POTATO PUREE.

Three cups of mashed potatoes; one small onion; two large tablespoonfuls of butter rolled in one of flour; two quarts of boiling water; two eggs; two stalks of celery chopped; one cup of hot milk; one tablespoonful of finely cut parsley; salt and pepper.

Put potato, onion (chopped) and celery with the hot water over the fire, season, and cook gently half an hour, stirring often to prevent scorching, strain and rub through a colander; return to the kettle with the parsley and floured butter, and stir to a simmering boil, heat in another vessel the milk, turn upon the beaten eggs, mix well, add to the contents of the soup-kettle; stir over the fire for one minute, and pour into the tureen.

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#### LARDED PIKE.

Clean and wash the fish; make incisions, crosswise, in the sides and put into each, well imbedded, a strip of solid fat salt pork; lay in a dripping-pan, pour over it a cupful of boiling water, and bake, covered, half an hour, basting often with the liquor in the pan; repeat this at intervals of five minutes until the fish is tender and nicely browned; lift carefully to a hot-water dish; strain the gravy, thicken with browned flour, boil up, add half a glass of claret, and serve in a boat. Pass the potato soufflé with the fish. Red snapper may be cooked in the same way.

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#### VEAL AND HAM CUTLETS.

Cut enough veal cutlets to make a good dish, and a like number of slices of cold boiled ham. Corned ham is best. Dip both in beaten egg, then, in fine crumbs mixed with salt, pepper, finely cut parsley and a dust of nutmeg. Fry in boiling dripping, or lard; drain, and arrange in alternate slices of veal and ham on a hot dish. Garnish with cresses.

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#### CREAMED TURNIPS.

Peel, lay in cold water for half an hour and cook tender and fast in hot salted water, drain, pressing well, put into a clean tin or



porcelain saucepan and beat smooth over the fire with a wooden spoon (never an iron one), mixing, as you go on, a good spoonful of butter and three spoonfuls of milk or cream; season with pepper and salt. The lumps should be rubbed out and the turnips a smooth purée.

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#### POTATO SOUFFLE.

Beat two cupfuls of hot mashed potato light and soft with warm milk and a little butter, add the yolks of three eggs, pepper and salt, and turn into a greased pudding-dish; set in the oven until it begins to brown, spread with a meringue of the whites whipped stiff with a little salt and pepper; drop tiny bits of butter on the top, and when this has colored slightly, take from the oven. Serve at once before it falls.

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#### STEWED TOMATOES.

To a can of tomatoes add a teaspoonful of minced onion, as much white sugar, salt and pepper to taste, a tablespoonful of butter and two tablespoonfuls of fine crumbs; stew fast for twenty minutes, and rub through a hot colander into a deep covered dish. This is a decided improvement on the usual style of stewing tomatoes.

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#### BAKED ROLEY-POLEY.

One quart of Hecker's prepared flour; two full tablespoonfuls of lard; two cups of milk; yolk of an egg; one teaspoonful of salt; a large cup of jam, marmalade, or canned (and strained) berries, well sweetened.

Sift flour and salt together, beat the yolk light, and stir into the milk; chop up the shortening into the flour until well incorporated;

wet the flour with the milk into a good dough; roll out half an inch thick, spread with the fruit, and roll up closely; pinch the outer edges together and lay the roll, the joined sides downward, in a floured baking-pan; bake until browned, wash over with whipped white of egg, and send to table; eat with hard sauce.

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No. 40.

**BREAKFAST.**

	Oranges.	
Corn Beef Hash.		English Muffins.
	Potatoes Stewed Whole.	
Tea.		Coffee.

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CORNED BEEF HASH.

To two cupfuls of cold corned beef, minced, allow one and one-half of mashed potatoes. Mix them well together, and season with pepper. Put a cupful of broth or gravy into a frying-pan, heat to a boil and stir in the meat and potato, tossing and scraping it toward the center from the sides and bottom, until you have a smoking heap, just soft enough not to run over the pan. Stiff hash is a culinary abomination. Serve on a hot platter with triangles of fried bread laid about the base of the heap, points upward. If you have no gravy, put boiling water into the pan, mix in two tablespoonfuls of butter with a teaspoonful of tomato catsup or Worcestershire sauce, and when it simmers, proceed as above.

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ENGLISH MUFFINS.

On baking-day, take a pint of dough from the batch which has risen all night; work in a cupful of warm water, and when you

have a smooth, stiffish batter, beat in a couple of eggs. Set to rise in a pitcher near the fire for an hour, or until quite light; have greased muffin-rings ready on a hot griddle, half-fill them with the batter, and bake on both sides, as you would griddle-cakes. Send to table hot, and split them by tearing them open. You can make them without eggs, but they are not quite so nice.

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#### POTATOES STEWED WHOLE.

Boil, with the skins on, the small potatoes the cook thinks not worth the trouble of peeling, until done through. Turn off the water, and dry in the hot pot for a minute; peel quickly, and drop in a saucepan where you have ready the sauce. This is made by scalding a cup of milk, adding one of boiling water, stirring into it a tablespoonful of butter cut up in flour, and a tablespoonful of chopped parsley. Pepper and salt, and simmer with the potatoes in it ten minutes before pouring out. It is well to mellow each potato, before putting it in the sauce, by pressing it hard enough with the back of a spoon to crack, but not to split it.

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#### LUNCHEON.

Shrimp Salad, with Mayonnaise Dressing.

Cheesecups.

Crackers, Bread, Butter and Olives.

Oatmeal Gingerbread.

Cocoa-theta.

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#### SHRIMP SALAD.

Open a can of shrimps some hours before you want to use them, and keep in a cold place. An hour before lunch-time, cover them

with vinegar in which has been mixed a tablespoonful of salad oil; leave them in this fifty minutes, then arrange in a broad, cold, glass dish, saucers or cups made of crisp lettuce; put a tablespoonful of shrimps, drained, in each, scatter pounded ice among the leaves, and, as you serve, pour on a great spoonful of mayonnaise dressing for each person.

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#### MAYONNAISE DRESSING.

Yolk of six eggs; one cup of salad-oil; two tablespoonfuls of vinegar; one saltspoonful of salt, and half as much cayenne pepper.

Keep eggs, vinegar and oil on ice until you begin to mix the dressing. Set a bowl in a pan of cracked ice; break the yolks carefully into it, that not a drop of the whites may mingle with them. Have another pan of ice at hand in which the bottles of vinegar and oil are set. Begin to beat the yolks slowly and evenly, and, as soon as they are broken, let fall one drop of oil upon them, each minute, keeping the egg-beater going for ten minutes. Then put in three drops each minute, until the mixture is a smooth yellow batter, when begin to mix in the vinegar, a half-teaspoonful every two minutes, alternating it with a teaspoonful of oil, beating steadily until both are used up. Now go in salt and pepper. Whip vigorously five minutes, and pour into a glass or silver pitcher. Keep this on ice until the salad is served.

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#### OATMEAL GINGERBREAD.

Two and a half cups of fine oatmeal; one tablespoonful of butter; half a cup of molasses, and the same of brown sugar; one cup of sour milk; one teaspoonful (an even one) of soda, and one of salt, sifted twice through the meal; one teaspoonful of ginger, and twice as much cinnamon.

Stir molasses, spice, sugar, and melted butter until they are a yellow-brown cream, add the milk and flour, beat hard, and bake in small buttered tins. Eat warm.

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COCOA-THETA.

This delicious and delicate preparation of chocolate can be made in five minutes, and will be found a peculiarly agreeable accompaniment to the wholesome gingerbread for which directions are given above.

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DINNER.

Cod Chowder.	Baked Calf's Head.
Canned Corn Stew.	Mold of Potato.
Fruit.	Indian-Meal Pudding.
	Coffee.

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COD CHOWDER.

Three pounds of fish; one onion, sliced and fried; twelve Boston crackers; half a pound of salt pork; butter; corn-starch; one pint of oysters, chopped; one cup of milk; chopped parsley; pepper.

Cut the cod into dice, lay a double handful in the bottom of the soup-pot, on this strew pork, sliced onion and pepper, and cover with crackers. Proceed in this order until the materials are all in, cover with cold water, put on the pot-lid, and stew gently until the fish is tender—perhaps for an hour after the boil begins. Take out the fish and crackers with a split spoon, and put into the tureen, setting the platter in hot water. Strain the liquor through a colander to get out the bones, return to the kettle, and this to the fire.

Cut up two tablespoonfuls of butter in a tablespoonful of corn-starch, stir this into the liquor, boil up and put in the oysters (chopped) and a tablespoonful of parsley. Simmer five minutes, add a cupful of hot milk, and pour into the tureen. Pass hot crackers and sliced lemon with it.

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#### BAKED CALF'S HEAD.

This should have been cleaned with the skin on. Take out the brains, boil them ten minutes in hot water, then throw them into cold, and set aside. Bind the halves of the head in place with wide tape, put over the fire in plenty of boiling, salted water, and cook gently for an hour. Take up, wipe, score the cheeks slightly with a keen blade, and lay the head in a dripping-pan. Dash over it a cupful of the scalding liquor in which it was boiled, and bake, basting it three times with butter, afterwards with its own gravy. When it is a fine brown, remove to a hot dish, strain the gravy into a saucepan, add the brains beaten to a paste, thicken with browned flour, season to taste, boil up and send to table in a boat. Send around Chili sauce, or tomato catsup, with the head.

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#### CANNED CORN STEW.

Empty a can of corn some hours before you want to use it, to get rid of the "close" taste of the air-tight vessel. Chop a bit of fat salt pork an inch square into tiny atoms, put it over the fire with a cup of cold water, and stew, covered, for an hour. Pepper, and add the corn. Cook twenty minutes, pour in half a cup of hot milk in which a teaspoonful of butter rolled in one of flour has been dissolved, also, half a teaspoonful of white sugar. Simmer five minutes, and serve in a deep dish.

## MOLD OF POTATO.

To two cupfuls of mashed potato, allow two tablespoonfuls of butter, half a cupful of hot milk, two beaten eggs, a teaspoonful of salt, and a quarter as much pepper. Mix up well; butter a mold or bowl with plain sides, strew these thickly with fine crumbs, put in the potato, and set in a dripping-pan of hot water in a good oven. Bake half an hour and turn out carefully on a heated platter.

## INDIAN MEAL PUDDING.

Three cups of Indian meal; one quart of milk; three eggs; four tablespoonfuls of molasses; one teaspoonful of salt; three tablespoonfuls of suet; one teaspoonful of cinnamon; a quarter-teaspoonful of soda, stirred into the milk.

Scald the meal with the milk heated to boiling, stir in suet and salt, and let it get cold; then add the eggs, molasses and spice and beat faithfully; pour into a well-buttered mold, and steam, or boil, four or five hours, keeping the water in the pot or steamer at a steady boil all the time. Turn out, and eat at once with hard sauce.

## No. 41.

## BREAKFAST.

Baked Sweet Apples.

Brain Fritters.

Oatmeal Griddle Cakes with Maple Syrup.

Fruit.

Coffee.

Tea.

## BAKED SWEET APPLES.

Wash, wipe and cut out the blossom-end of pound sweets, or other large sweet apples; and bake them until soft, turning them several times as they brown. Sift sugar over them while hot. Let them get perfectly cold, and eat with sugar and cream.

## BRAIN FRITTERS.

After washing, and ridding the brains of fibres and skin, drop them into boiling water, and cook gently for fifteen minutes, then throw into ice-cold water. When they are stiff and white, wipe and mash them to a batter with a wooden spoon, seasoning with salt and pepper. Beat into this an egg, half a cup of milk, and two or three tablespoonfuls of prepared flour. Fry a little in the boiling fat before venturing more, drop in by the tablespoonful, fry quickly, shake in a heated colander to free them of fat, and serve very hot. They are *nice*.

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## OATMEAL GRIDDLE CAKES.

One cupful of cold oatmeal porridge; two eggs; two cupfuls of buttermilk, or sour cream, or loppered milk; one tablespoonful of molasses, or brown sugar; one teaspoonful of soda, sifted with half a cupful of Graham flour; one teaspoonful of salt; one teaspoonful of butter, melted.

If you use cream, you do not need this last ingredient. Whip the eggs, and beat them into the porridge, then salt, sugar, butter, milk, lastly, the Graham flour. Beat and stir for two minutes and bake on the griddle.

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## LUNCHEON.

Chicken or Veal Fondu.

Baked Beans.

Brown Bread.

Walnut Cake.

Chocolate.

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## CHICKEN OR VEAL FONDU.

Two cupfuls of finely minced meat; one cupful of milk, and the same of dry crumbs; one heaping tablespoonful of butter; three eggs; bit of soda the size of a pea, in the milk; pepper and salt;



stir the crumbs into the hot milk, and cook in a farina-kettle to a lumpless, smoking batter. Add the butter, turn into a bowl, and beat with a wooden spoon for two minutes. Set where it will cool fast. When nearly cold, add the seasoning, whipped eggs and minced meat. Mix thoroughly, beating high and fast, and pour into a buttered pudding-dish. Bake in a good oven, keeping it covered for half an hour. Brown on the upper grating, and serve before it falls.

If you have gravy left from the roast, heat, and send it around with the *fondue*.

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#### BAKED BEANS.

Soak a quart of beans all night. In the morning, cover them with boiling water, and set at the side of the range until swollen and soft, but not broken. If you have no bean-pot, put them into a deep bake-dish; thrust a half pound "chunk" of salt pork, par-boiled, and scored on top, down into the beans; add a teaspoonful of salt, half as much made-mustard and a tablespoonful of molasses, to them, with enough hot water to cover them nearly—fit a top on dish, or pot, and set in a slow oven. Bake six hours, peeping at them three or four times to see if they need more boiling water. If so, supply it. For the last half-hour, cook them faster and uncovered. This is the genuine New England dish, and cannot be improved upon.

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#### BROWN BREAD.

One-half cup of Graham flour; one cup, each, of rye flour and Indian meal; one cup of milk; one-half cup of molasses; one even teaspoonful of salt; one even teaspoonful of soda, sifted three times with meal and flour; one tablespoonful of lard.

Put the flour and meal, sifted with salt and soda, into a bowl. Mix milk, lard and molasses together, warm slightly, and add to

the contents of the bowl gradually, stirring it well. Work for three minutes, put into a greased mold, and steam for three hours. Eat while hot.

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WALNUT CAKE.

Three cups of prepared flour; one cup of butter, and two of sugar; four eggs; one cup of cold water; two even cupfuls of English walnut kernels, cut into small bits.

Cream the butter and sugar, add the beaten yolks, the water, then the flour, and whipped whites alternately, last of all, the nuts. Mix thoroughly and bake in small tins, or, if in a large mold, in one that has a funnel in the center.

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DINNER.

Potato Soup.

Steamed Chicken, Stuffed.

Oyster-Plant Fritters.

Scalloped Squash.

Sponge Cake.

Custard.

Fruit.

Coffee.

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POTATO SOUP.

Boil enough Irish potatoes to make two cupfuls when mashed. Whip them light, and keep hot. Into two quarts of boiling water shred a small onion, two stalks of refuse celery and three sprigs of parsley. Cook until the vegetables are soft. Put them through a colander with the water in which they were boiled, then pass the potato through the holes into the same pot. Return to the fire, season with pepper and salt, and bring to a gentle boil. Take care it does not burn. Now stir in four generous tablespoonfuls of

butter, cut up, and rubbed into two tablespoonfuls of prepared flour. Boil two minutes more, and pour out. It will be found delightful, although "a soup maigre." The excellence of such depends much upon seasoning and smoothness. They are too often watery, insipid and lumpy.

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#### STEAMED CHICKEN, STUFFED.

Clean and dress as for roasting. Make a stuffing of crumbs seasoned with pepper, salt and butter, then, mix with a dozen oysters, each cut into three pieces. Bind legs and wings to the body with tape, and put into a steamer with a closely-fitting lid. If you have no steamer (which is a pity) put the fowl into a tin pail with a good top, and set in a pot of cold water. Heat gradually to a boil, and if the fowl be full-grown, cook steadily for two hours after the boil begins. Open the steamer at the end of the second hour for the first time, and try the breast with a fork. If tender, remove the chicken to a hot-water dish, and keep covered while you make the gravy. Strain the gravy from the steamer or pail into a saucepan; stir in two tablespoonfuls of butter, four of oyster-liquor (also strained), a tablespoonful of flour wet up in three tablespoonfuls of cream, and a tablespoonful of chopped parsley. Bring to a boil, stir in quickly a beaten egg, season to taste, and pour some of it over the fowl, the rest into a boat. This is so savory a dish that it should be better known.

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#### OYSTER PLANT FRITTERS.

Scrape the skin carefully from the roots, and grate them into a batter made of one cup of milk, half a cup of prepared flour, and one beaten egg. Unless the roots are grated directly into the mixture, they darken immediately. Season with salt and pepper; try

a little of the batter in the hissing-hot dripping before risking more. If too thin, add flour cautiously. If too solid, put in more milk. Drain off the fat by shaking each fritter vigorously in the split spoon as you take it out of the frying-pan. Eat while very hot.

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### SCALLOPED SQUASH.

The Hubbard, or green winter squashes, are best for this dish. Scrape out the seeds, pare off the shell, and leave in cold salt and water for one hour; cook in hot water, a little salt, until tender. Mash well, and let it cool. When quite cold, whip into it a table spoonful of butter, one of corn-starch wet up in half a cup of milk (for a large cupful of squash), three whipped eggs, pepper and salt. Turn the mixture into a buttered pudding dish; strew thickly with fine crumbs, and bake in a quick oven.

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### SPONGE CAKE CUSTARD.

I know of no other use to which baker's sponge cake can be put that brings such satisfaction to the consumer as to make it into this pudding. Buy a stale card of sponge cake; lay on a stone china platter; pour around—not over—it a hot custard made of a pint of milk, the yolks of three eggs and three tablespoonfuls of sugar boiled together until the mixture begins to thicken. Season with vanilla, coat the top of the cake thickly with jelly or jam, and on this spread a meringue of the whites, beaten stiff with a tablespoonful of powdered sugar. Set in the oven over a dripping-pan of hot water until the meringue is slightly colored. Eat cold.

No. 42.

**BREAKFAST.**

Rice Porridge.		Stewed Eels.
Gems.	Potato Balls.	Fruit.
Tea.		Coffee.

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**RICE PORRIDGE.**

One cup of raw rice ; one quart of boiling water, salted ; one cup of milk ; beaten whites of two eggs.

Soak the rice in cold water one hour, drain, and put over the fire in the boiling water, cook soft, shake up from the bottom now and then, pour in the milk heated to scalding, simmer ten minutes, add the beaten whites, cook just one minute, and serve in a deep dish. Eat with sugar and cream. It is delicate and nourishing.

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**STEWED EELS.**

Two pounds of eels ; three tablespoonfuls of butter ; one teaspoonful of chopped onion, and a tablespoonful of chopped parsley ; pepper and salt ; one tablespoonful of flour.

Skin and clean the eels, carefully removing all the fat, cut neatly through the backbone into pieces two inches long. Melt the butter in a saucepan, but do not color it before laying the pieces of eel in it. Sprinkle with onions and parsley, cover closely and set in a vessel of cold water. Cook gently over a steady fire for an hour and a half after the boil begins. The eels should be tender, but not boiled to rags. Remove them with a split spoon to a hot-water dish, stir into the liquor left in the saucepan, pepper, salt and flour, the latter wet up with cold water. Bring to a quick boil, and pour over the eels.

## GEMS.

Two eggs; two cups of milk; half-teaspoonful of baking-powder; two cups of sifted flour; half a teaspoonful of salt.

Beat the eggs light, add the milk and the flour with which have been sifted salt and baking-powder. Whip hard, and pour into buttered gem-pans already warm. Bake in a quick oven.

## POTATO BALLS.

Work into a cupful of cold mashed potato a teaspoonful of melted butter. When the mixture is white and light, add the beaten yolk of one egg, and season to taste. Make into balls between your floured palms, roll thickly in flour, and fry in plenty of nice hot dripping. Take up with a split spoon, shake off the fat and pile on a hot dish.

## LUNCHEON.

Anchovied Toast with Egg Sauce.

Potato Salad.

Bread and Butter.

Crackers.

Crullers.

Café au lait.

## ANCHOVIED TOAST WITH EGG SAUCE.

Spread rounds of buttered (crustless) toast with anchovy paste, and lay in a heated platter. Have ready a cupful of drawn butter, boiling hot, in a farina kettle; beat four eggs light and stir them into the drawn butter. Season with pepper (the anchovy should supply most of the salt) and cook and stir until you have a smooth thick sauce. It should not clot or harden. Four minutes should cook it sufficiently. Pour upon the toast.

## POTATO SALAD.

Rub a cupful of mashed potato through a colander; mix with it half a cupful of shred white cabbage, prepared as for cold slaw; two tablespoonfuls of chopped cucumber, or gherkin pickle (or one tablespoonful of minced pickled onion) and the pounded yolks of two hard-boiled eggs. Stir and incorporate the ingredients faithfully. Make a dressing as follows: Into half a cupful of boiling vinegar stir one tablespoonful of melted butter, one teaspoonful of sugar, one beaten raw egg, one teaspoonful of flour wet with cold vinegar, one teaspoonful of celery essence; salt and pepper to taste; one half-teaspoonful of mustard. Cook and stir until you have a smooth cream, and mix hot with the salad. Toss and mix thoroughly. Set in a cold place, or on the ice until wanted. It will be liked by all who eat it. Pass crackers—slightly warmed—with it.

## CRULLERS.

Six eggs; one half pound of butter; three quarters of a pound of sugar; flour to roll out in a good dough that will not adhere to board and fingers; mace and cinnamon, half teaspoonful of each; brown sugar and butter.

Mix, and work in flour, roll thin, cut into shapes and drop one into a deep frying-pan of boiling lard. If it rises quickly and does not brown too fast, put in as many as can be cooked without crowding, taking them out with a split spoon when they are plump and of a golden-brown color. Sift powdered sugar over them while warm. They are delicious.

CAFÉ *au lait*.

Strain strong hot coffee into a hot urn or coffee-pot, add an equal quantity of scalding milk, throw a thick cloth or a "cozy" over the urn and let it stand five minutes before filling the cups.

## DINNER.

Farina Soup.	Baked Halibut.	
Ragout of Mutton.	Cauliflower <i>au gratin</i> .	
Hominy Croquettes.	Cocoanut Custard.	Light Cakes.
Fruit.	Coffee.	

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## FARINA SOUP.

Heat and strain four cups of soup-stock of any kind, and bring it to a boil. Scald two cups of milk, beat three eggs light, and add to them gradually the hot milk. Heat and stir until the sugarless custard begins to thicken, when turn into a tureen. Add the scalding stock, and stir in, finally, four tablespoonfuls of Parmesan cheese, grated. Pass grated cheese with it for those who would like to have more. You can buy real Parmesan cheese ready grated in bottles from the best grocers.

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## BAKED HALIBUT.

Buy the fish in a thick, solid cut, and lay in strong salt-and-water for an hour at least. Wipe all over, cut the skin on top criss-cross, just reaching the flesh below, and lay in a dripping-pan. Dash a cupful of boiling water over it, and cook twelve minutes for each pound. Have ready two tablespoonfuls of butter dissolved in hot water, mingled with the juice of a lemon, and baste often. When a fork penetrates easily the thickest part of the fish, take it up and keep hot while you add to the gravy a teaspoonful of Harvey's or Worcestershire sauce, and a tablespoonful of butter rubbed in two great spoonfuls of browned flour. Should this make the gravy too thick, add a little boiling water. Boil, and strain into sauce-boat.



## RAGOUT OF MUTTON.

Coarser chops than those sold as "French," will do for this dish. Heat half a cupful of clarified dripping, or as much butter, in a frying-pan; put in half of an onion sliced, cook three minutes, and lay in the chops dredged with flour. Fry quickly until they begin to brown nicely; take up with a split spoon, and put into a saucepan, add a tablespoonful of chopped parsley, and a pinch of powdered thyme; cover with cold water; put a close lid on the saucepan, and cook very slowly for two hours, or until the meat is ready to fall from the bones. Lift it, piece by piece, to a hot-water dish; skim the gravy, pepper and salt it, and add half a can of green peas which have been drained and laid in cold water for an hour. Stew until soft, rub through a colander; stir in a tablespoonful of butter rolled in browned flour; boil up once, and pour over the meat.

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CAULIFLOWER *au gratin*.

Wash carefully; tie up in mosquito-netting, and boil thirty minutes in hot salted water. Undo the netting, and lay the cauliflower, blossom upward, in a pudding-dish. Pour a cupful of drawn butter over it, strew with dry crumbs, and brown lightly on the upper grating of the oven. Send round with it drawn butter in which has been squeezed the juice of a lemon.

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HOMINY CROQUETTES.

Rub a cup of cold boiled "small" hominy smooth with a tablespoonful of soft butter. When you have worked them well together, add a beaten egg, a tablespoonful of sugar and a little salt. Beat up well, flour your hands and make into croquettes, rolling each over and over on a thickly floured dish. Set aside for some hours in a cold place, and fry in hot lard. Drain off every drop of grease in a colander, and serve the croquettes on a hot flat dish.

## COCOANUT CUSTARD.

Grate a cocoanut, and set aside, while you heat a quart of milk in a farina-kettle (dropping in a tiny bit of soda). Add a cupful of sugar, pour the sweetened milk upon six beaten eggs, and leave over the fire until just lukewarm. Then season with vanilla, or bitter almond, stir in the cocoanut, turn into a buttered pudding-dish, and set at once in the oven to bake to a yellow-brown. Eat cold with light cakes.

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 No. 43.

## BREAKFAST.

## Golden Mush.

A Winter Hen's Nest.

Graham Biscuit.

Potatoes *au Maitre d'Hotel*.

Fruit.

Tea.

Coffee.

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 GOLDEN MUSH.

Scald a cup of granulated yellow meal with a pint of boiling water over night. In the morning put a pint of milk and a cup of boiling water, salted, into a farina-kettle, and when it boils, stir in the soaked meal. Cook, stirring often, for one hour. Eat with sugar and cream.

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 A WINTER HEN'S NEST.

Boil eight eggs hard, and throw them into cold water. When cool, take off the shells carefully, divide the whites, and extract the yolks. Mash them to powder, and mix with twice as much minced chicken, turkey, duck, veal, lamb, or ham. Make into egg-shaped balls when you have worked a spoonful of butter into the paste,

season it, and heap on a hot-water dish. Cut the whites into fine shreds, arrange them about the balls to simulate straw, and pour a cupful of good gravy, scalding hot, over all. The dish needs no other cooking, if there is boiling water under the platter. If not, set in the oven for ten minutes.

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#### GRAHAM BISCUIT.

One pint of Graham flour, and half as much rye; one heaping tablespoonful of butter, and an even one of lard; two-and-a-half cups of lukewarm milk, as fresh as possible; one tablespoonful of sugar.

One teaspoonful of salt, and two teaspoonfuls of Royal baking-powder, sifted twice through the flour. Rub butter and lard into the salted and sifted flour, stir the sugar into the milk, and wet the flour into a soft dough. Handle lightly, roll out with a few strokes into a sheet half an inch thick, cut into cakes, prick them, and bake in a steady oven. They are good, warm or cold.

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#### POTATOES *au Maitre d'Hotel.*

Cut cold boiled potatoes into small dice, pepper and salt them, heat a cup of milk to a boil, add a great spoonful of butter rolled in flour, and a tablespoonful of chopped parsley. When it thickens, put in the potatoes, and simmer until they are hot all through; remove from the range, stir in quickly the juice of half a lemon, and as much grated lemon-peel as will lie on a silver half-dime. Serve hot.

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#### LUNCHEON.

How to use the last of "Th: Mutton."

Cheese Bars.	Bread and Butte:	Pickles.
Scalloped Tomatoes.	Soft . . .	aisin Gingerbread.

## HOW TO USE THE LAST OF "THAT MUTTON."

Cut every bit from the bone, and mince it rather finely. Have ready a cupful of good gravy. You can cut the meat from the bones early in the day, crack, and make the broth from them if you have no other. If you have half a can of mushrooms in the pantry, mince, and add them to the mutton; also a very little onion pickle chopped. Season the gravy highly, and wet the mince with it. Put a layer of fine crumbs in a greased pudding-dish, pour in the chopped meat, sift more crumbs over it, cover closely, and set in the oven until the gravy bubbles up through it. Draw to the oven-door, and pour on the surface four or five eggs, beaten light, then mixed with three tablespoonfuls of cream. Drop minute bits of butter on the egg, with pepper and salt, and shut up until the omelette crust is set. Serve at once in the pudding dish.

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 CHEESE BARS.

Make these on "pastry day" from the pieces left over from pies. Cut strips, three inches long, and two inches wide. Cover the upper side thickly with grated cheese, and the merest dust of cayenne, fold the pastry lengthwise over this, sift cheese on the top, and bake quickly. Eat hot.

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 SCALLOPED TOMATOES.

Cover the bottom of a buttered pie-plate with fine crumbs, salted and peppered; drain the juice from a can of tomatoes, season them with butter, salt, pepper, a little sugar, and half a teaspoonful of onion, minced very finely. Pour this into the pie-dish, and cover with a thick coat of crumbs. Stick dots of butter on this, sprinkle with salt and pepper, cover, and bake for half an hour, then brown.

## SOFT RAISIN GINGERBREAD.

One cup, each, of sugar, butter, molasses, and sour cream, or milk—cream is best; one scant cup of seeded raisins; one teaspoonful of mixed mace and cinnamon; one teaspoonful of ginger; one rounded teaspoonful of soda, sifted twice with four full cups of flour; two eggs.

Rub butter and sugar to a cream, then beat in the molasses and spice, working it until it is several shades lighter than when you began. Add the eggs whipped light, the milk, at last the flour. Stir well, put in the raisins dredged thickly, and beat two minutes upward. Bake in shallow "cards" or in patty-pans. Eat warm with cheese.

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**DINNER.**

## Vegetable Family Soup.

Scalloped Oysters.	Stewed Duck.	Glazed Potatoes.
	Canned Peas.	
Suet Pudding.		Jelly Sauce.
Fruit.		Coffee.

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**VEGETABLE FAMILY SOUP.**

Two pounds of lean beef cut into dice; one onion; one large carrot; one turnip; quarter of a cabbage heart; two fair-sized potatoes; one tablespoonful of minced parsley; two stalks of celery; pepper and salt; three quarts of cold water; browned flour.

Put the beef over the fire in the cold water, and cook slowly three hours. An hour before taking it from the fire, prepare the vegetables. Shred the cabbage, cut turnips, celery, carrots and potatoes into dice; slice the onion, and fry it brown. Cook half an hour in boiling salted water, all except the onion. Drain the

water off, and throw away. By this time the meat should be tender, but not in shreds. Add the parboiled vegetables and onion to it and the broth, put in the parsley; pepper and salt to taste. Cook all for twenty minutes, slowly stir in a great spoonful of browned flour wet with cold water, boil up, and pour out.

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#### SCALLOPED OYSTERS.

Put a layer of cracker-crumbs in the bottom of a buttered pudding-dish, pepper and salt, and cover with raw oysters, season these with bits of butter, and a little pepper, and pour on a few spoonfuls of milk and oyster liquor; more crumbs, and more oysters, until your dish is full, the top-layer being crumbs, dotted with butter, and wet with milk. Do not make the cracker strata too thick; give the oyster honor above the "scallop;" bake, covered, until the moisture bubbles to the surface, then brown lightly. Serve with sliced lemon, bread and butter.

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#### STEWED DUCK.

Joint neatly, cover the bottom of a saucepan with thin slices of salt pork; pepper, and lay in pieces of duck, another layer of salt pork on the top, and cover with sliced onion; fit on a close lid, set at the back of the range, and cook slowly until tender. An old duck will require four hours, but will be good when conquered. Take up the meat, and keep hot. Strain the gravy; add a little powdered sage, parsley, a teaspoonful of currant-jelly and a tablespoonful of browned flour. Boil up sharply, and pour over the duck.

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#### GLAZED POTATOES.

Peel, then boil whole; dry off at the back of the range, lay in a dripping-pan, salt, butter liberally, and brown in a quick oven, basting with butter, from time to time.

## CANNED PEAS.

Get the best French peas. Empty the can two hours before cooking them, drain off, and throw away the liquid, and lay the peas in ice-cold water, slightly salted. When you are ready to cook them, put them over the fire in boiling salted water, and boil for fifteen minutes. Drain well, butter and season.

## SUET PUDDING.

Three cups of flour; half a cup of powdered suet; two cups of sour milk; one rounded teaspoonful of soda, sifted twice with the flour; one teaspoonful of salt; half a cup of raisins, seeded and chopped.

Put the flour, sifted with salt and soda, into a bowl; make a hole in the middle, and pour in the milk gradually. Lastly, add suet and raisins, mixed together and dredged with flour. Boil or steam in a buttered mold for three hours. Eat with jelly sauce.

## JELLY SAUCE.

Dilute half a cup of currant jelly with a cup of boiling water; stir in two tablespoonfuls of butter, and double the quantity of powdered sugar. Set over the fire, and when it boils, add the juice of a lemon, a little nutmeg, and an even teaspoonful of corn-starch wet with cold water. Boil up again, and set in hot water until needed.

## No. 44.

## BREAKFAST.

Farina.	Salt Mackerel with White Sauce.	Stewed Potatoes.
	Quick Biscuit.	Cold Bread.
Butter.	Coffee.	Tea.
		Fruit.

## FARINA.

Two cups of milk, and the same of boiling water; four heaping tablespoonfuls of farina; half a teaspoonful of salt; a tiny bit of soda in the milk.

Heat the water in a farina kettle, and when it boils, stir in the farina wet up with the milk. Cook for twenty minutes, stirring and beating faithfully. At the last, put into a clean Dover egg-beater and give a dozen whirls before pouring into a deep dish. Eat with milk and sugar.

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## SALT MACKEREL WITH WHITE SAUCE.

Soak the fish all night in cold water; wash it well with a whisk broom to get off salt and loose scales, and lay in boiling water; cook gently for twenty-five minutes; drain, and lift carefully to a hot dish. Have ready a cup of boiling milk in which has been stirred a tablespoonful of butter rolled in one of flour. Beat into this the white of an egg, whipped stiff, boil and stir for one minute, season with salt and pepper, and pour over the fish.

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## QUICK BISCUIT.

Sift a quart of Steven's Imperoyal Flour into a bowl, rub in a heaping tablespoonful of butter—mix up quickly with milk—or water, if more convenient—into a soft dough. Roll out, with few and rapid strokes, into a sheet nearly half an inch thick, cut with a biscuit cutter into round cakes, and bake in a brisk oven. They are exceedingly nice.



## STEWED POTATOES.

Heat a cup of milk to scalding ; stir in a tablespoonful of butter cut up in a rounded teaspoonful of corn-starch ; season with salt and pepper, and a teaspoonful of minced parsley ; boil one minute, and drop in cold boiled potatoes, cut into dice. Simmer gently until the potatoes are hot all through and serve. A good way of using "left over" boiled or baked potatoes.

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**LUNCHEON.**

Veal and Macaroni Scallop.

Cheese Fondu.

Bread and Butter.

Baked Sweet Apples and Cake.

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**VEAL AND MACARONI SCALLOP.**

If you have no cold boiled or baked macaroni left from yesterday's dinner, boil a quarter-pound until tender ; drain, and cool it quickly to make it the more crisp ; cut with a sharp knife into half-inch lengths. In another vessel chop about a pound of cold boiled, or roast veal ; season with pepper, salt, a scant teaspoonful of curry, a pinch of lemon peel. Into a buttered bake-dish put a layer of macaroni, sprinkle with pepper and salt, and wet with the milk ; cover this with a stratum of the chopped meat, dot with bits of butter, and proceed thus until your materials are all used up. When all are in, smooth the top layer, which should be of meat ; butter well, cover with two beaten eggs in which has been mixed a teaspoonful of curry wet with cream ; strew profusely with fine crumbs, cover, and set in a good oven for fifteen minutes, or until heated through, when brown quickly on the upper grating.

## CHEESE FONDU.

Two cups of sweet milk; three beaten eggs; a cupful of dry, grated cheese; one rounded cup of bread crumbs, very fine and dry; one tablespoonful of melted butter; half a teaspoonful of salt, and half as much pepper; bit of soda, the size of a pea, stirred into the milk.

Set the crumbs to soak in the milk; mix with this, when it is a soft paste, the eggs, butter, seasoning, finally, the cheese; beat hard and fast, pour into a buttered pudding-dish, sift fine crumbs on top, and bake in a quick oven until high and delicately browned. Send at once to table, as it soon falls and becomes heavy. You may use cayenne, instead of black pepper if you like, putting but a third as much as you would of black.

## BAKED SWEET APPLES.

Peel carefully, and dig out blossom and stem-ends with a sharp knife until the core is reached, but do not extract the seeds. Put into a pan, add a cupful of cold water, and bake, closely covered, until tender. Drain the liquor through a strainer, and set aside for syrup. Pack the apples in a wide-mouthed bowl, or jar with a close cover, and keep warm while you add a cupful of sugar to each one of apple-liquor and boil fast, without stirring, until it is a good thick syrup. Drop in as many whole cloves as you have apples, and pour hot over the fruit in the jar. Set away, still covered, for twenty-four hours; turn into a glass dish, and eat with plain cup-cake. If the apples are carefully handled in cooking, this will be a handsome, as well as palatable sweetmeat.

## DINNER.

Russian Soup.	Salmon Pudding, with Lemon Sauce.
Roast Rabbits.	Potatoes <i>au Milan</i> . Cold Slaw.
Graham Fruit Pudding.	Hard Sauce. Fruit. Coffee.

## RUSSIAN SOUP.

Make a good clear soup by covering two pounds of lean beef and one of veal (all chopped) with three quarts of cold water, and *slowly* boiling it down to half the quantity of liquor. Salt and pepper and leave the meat in until cold. Skim off all the fat, strain out the meat without pressing it; color with a tablespoonful of caramel made by burning two spoonfuls of sugar in a cup, then adding as much boiling water. Heat slowly to the boil, and pour into the tureen. Lay on the surface six or eight nicely-poached eggs, and serve one with each plateful of soup. A glass of wine improves the flavor.

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## SALMON PUDDING WITH LEMON SAUCE.

One can of salmon; three eggs; a scant cup of fine crumbs; three tablespoonfuls of melted butter; salt, and a pinch of cayenne pepper; juice of half a lemon and a pinch of grated lemon peel.

Drain the fish dry (setting aside the liquor) and mince it finely. Mix with butter, crumbs, seasoning, and beat in the eggs. Turn into a buttered mold with a tight top, and set in a pot of hot water, which keep at a fast boil for one hour. The water should not rise over the top of the mold. Dip the latter into cold water to loosen the contents from the sides and turn out the pudding upon a hot platter. The sauce must be ready to pour over it when this is done. Mix in a saucepan three tablespoonfuls of butter, the juice of a lemon, a pinch of grated peel and the same of powdered mace, with pepper and salt. Heat to scalding by setting it in hot water over the fire, then pour on two whipped eggs, beating in hard. Pour upon the pudding.

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## ROASTED RABBITS.

Skin, clean carefully, and fill with a forcemeat of crumbs and fat pork chopped very fine, with seasoning to taste. Some insist upon

adding minced onion. Sew up the rabbits and cover with thin slices of fat pork bound on with pack thread. Roast longer than you would fowls of the same weight—say two minutes more for each pound. Baste freely, at the last, mingling a little vinegar with the dripping. Unbind the strings, remove the crisp pork and draw out the thread from the rabbits. Lay the pork around them in a hot dish. Thicken the strained gravy with browned flour, boil up, and send to table in a boat.

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#### POTATOES *au Milan*.

Whip mealy boiled potatoes to powder with a fork; add enough butter and milk to make a creamy paste, the beaten yolks of two eggs, pepper and salt. At the last whip in the stiffly-frothed whites. Heap on a well-buttered pie-plate, wash over with melted butter, and brown lightly on the top grating of a quick oven. Slip a spatula under the mound, and lift carefully to a heated platter.

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#### COLD SLAW.

Shred a hard white cabbage with a sharp knife (never chop it). Put into an ice-bowl just before dinner, and cover with this dressing, stirring and tossing with a silver fork:—Beat the yolks of three raw eggs stiff, adding gradually three tablespoonfuls of oil, and when the mixture is thick, a teaspoonful of white sugar, one of salt, half as much made mustard, a pinch of cayenne, and four tablespoonfuls of vinegar. Mix the dressing in a bowl set in ice or snow.

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#### GRAHAM FRUIT PUDDING.

One and a half cups of Graham flour; two eggs; half a cup of milk; half a cup of finely chopped suet; a cup of currants (well

washed) and seeded raisins, mixed ; half a cup of best molasses ; a teaspoonful of cinnamon and mace mixed ; a teaspoonful of salt, and a half teaspoonful of soda stirred into the milk.

Warm molasses, suet and spices slightly together, and stir hard until cool ; add the beaten eggs, milk, salt, flour, and lastly the fruit well dredged with flour ; beat up well, pour into a buttered mold and boil or steam for nearly three hours. Turn out and eat hot.

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#### HARD SAUCE.

Four tablespoonfuls of butter ; eight of powdered sugar ; frothed white of an egg ; nutmeg ; half a glass of wine.

Cream butter and sugar to feathery lightness ; add wine, spice, then the white of the egg, and set in a cold place to harden.

(END OF MENUS.)





## THE CHRISTMAS DINNER.

**I**N ornamenting the table, the march of æsthetic taste (or fashion) has, without so much as "by-your-leave," swept from our festive boards, and banished to attic and the rubbish-shelves of closets, the china and majolica "flower-pieces" which were lately our innocent pride. Most practical housewives, especially those of moderate incomes, deprecate the innovation of center-cloths of linen embroidered with bright silks, or squares and ovals of velvet and plush on which the flower-stand is set.

Better than this is the simple mode of arranging ferns and blossoms in an old-fashioned china bowl, or one that looks as if it had come from a great-grandmother's cupboard, or in a glass dish without feet or stem.

The flowers should have long and real stalks, and be set in the water loosely with due regard to gracefully careless groupings. The day of rose-buds, orange-blossoms and japonicas, tied with wire and bound into the stumpy formality of brooms, has gone by together with the close rows of leafless blooms packed into banks and pillows, and crowding straight-sided glass shapes, like the forms one sees in an undertaker's window.

A low dish of ferns, scarlet geraniums and white carnations, eupatoria, or other snowy flower, having for a base a round mirror

upon which some stray leaves and blossoms have fallen, as by accident, is an elegant ornament for a Christmas dinner.

Evergreens, such as were wreathed about pictures, window and door frames, are not amenable to the requirements of the occasion, being hard and stiff in form and in color too uniform.

For it should be remembered that Christmas is not like Thanksgiving, a national feast of the season. The emotions that recur with its coming belong to the whole world and to all time. To crown the day aright in view of the event it commemorates, we should bring richer gifts than those which symbolize our gratitude for the ingathering of the harvest. If there is but one flower in bloom among the house-plants on this glad morning, let it be culled to embellish our feast.

Let raw oysters be an introductory course. Open these an hour before they are to be eaten, and set them on the ice. Wash the shells, and put them likewise in the ice-box.

Unless you have oyster-plates with cavities prepared for the bivalves, serve them upon these cooled half-shells, and not on a flat surface, where they will slide about and leak all over the china. Arrange six shells, an oyster within each, on a dessert plate, the narrow part of the shells inward, and meeting in the center where a quarter of lemon is laid.

Pass oyster or cream crackers in addition to the squares or strips of bread already on the napkins.

No minor table-fashion is more sensible than the custom of keeping pepper in small silver vessels of fanciful shapes, such as owls, monkeys, etc., with pierced covers. One of these articles is within reach of every hand.

The disappearance of the clumsy and always remote "castor" is a joy to those who remember the insipidity of viands for which

salt, vinegar and pepper did not reach him until the meal was nearly concluded.

Mock-turtle soup comes with grateful piquancy and generous richness to the lovers of good living on a mid-winter gala-day when there is plenty of time for digestion, and light hearts to aid in the assimilation.

Deviled lobster, made comparatively innocuous by the use of cayenne, instead of black pepper, and served attractively in silver scallop-shells if you have them—in clam-shells, if you have not—follows harmoniously in line. These are eaten with the fork alone, as were the oysters.

Withhold vegetables until the next course—breaded chops trimmed *a la française* by your butcher. That is, the skin, gristly parts and most of the fat are cut away, leaving nearly two inches of clean bone at the small end.

When the chops are done, let the cook wind about this bone a piece of white tissue paper four inches long and two wide, fringed on the outer edge for more than half the width.

With the chops send around canned French peas. Open the cans two hours at least before cooking, drain off all the liquid, rinse the peas in clean water, shake them in a colander, and leave in a cold place until they are wanted for cooking. Then set them over the fire in boiling water, slightly salted. Drop in a very small lump of loaf-sugar and cook them gently twenty minutes. Drain thoroughly, stir in a large spoonful of butter, pepper and salt to taste, and turn into a hot, deep dish.

Canned peas thus treated lose the close, smoky flavor that too often spoils them for most people, and taste surprisingly like fresh green ones. Baked, scalloped, or stewed tomatoes should attend this course.



A mighty turkey, although altogether *au fait* at Christmas, is, to the minds of some especially punctilious Thanksgiving Day keepers, less a "must-be" than at the November anniversary.

Should your culinary conscience or the family appetite demand the sacrifice of the Bird of Plenty, garnish him with fried oysters, carefully crumbed and cocked to a nicety. In helping, put an oyster with each apportionment of meat. Cranberry sauce is always passed with roast turkey.

A haunch or saddle of venison is, however, a noble substitute for the provincial *piece de resistance*. Purchase it a week beforehand, hang it in the cold cellar, wash it off every day with vinegar, and on Christmas morning with warm, then with cold water.

Wipe it perfectly dry; encase in a stiff paste of flour and water, and this in two layers of thick white wrapping paper. Fill the dripping-pan one-third full of hot water, and baste often with this, adding to it from the teakettle should it evaporate too fast.

Keep the paper from scorching by basting, and you need not fear for the meat. Three-quarters of an hour before dinner, take it from the pan, strip off the coverings, test with a fork to make sure that it is done; return to the oven, rub well with butter, and as this is absorbed, dredge with flour. Repeat the butter-baste three or four times while the meat is browning. This will form a fine "glaze."

For gravy, stir into that in the dripping-pan after the meat is dished, a little brown flour for thickening, a teaspoonful of walnut catsup, a great spoonful of currant jelly and the juice of half a lemon. Garnish the venison with alternate slices of lemon and pickled beet-root laid on the edge of the dish.

For vegetables (which are always passed from the buffet or side table), have boiled cauliflower with drawn butter poured over it, and potatoes *au gratin*. That is, mound the potatoes, smoothly mashed with butter and milk, upon a pie-plate, butter and strew thickly

with dry bread-crumbs, then brown lightly in the oven. Slip carefully to a heated platter.

Currant jelly or grape belongs as naturally to venison as does cranberry to turkey.

Chicken-salad, with a mayonnaise-dressing, may come next. Sprinkle the top with pickled capers, and garnish around the sides with hard-boiled eggs, cut into quarters, and white celery tops.

Next, crackers, cheese and olives, and having lingered a reasonable time (a phrase of much meaning in this connection) over these, give the order for the entrance of the MINCE-PIES.

There is no cross-cut to excellence in the manufacture of this dainty. Advertisements of, and receipts for "Mince-meat made easy," are traps for the unwary, the hard-pressed, the lazy.

Meat should be boiled and chopped, suet crumbed, raisins stoned, sultanas and currants washed, citron shred, apples pared and minced, sugar and spices weighed and measured, and liquor poured out with deliberate thought-taking, and the ingredients compounded at least a week before the crust is made, that the mixture may ripen and mellow.

The paste must be the best of the year, the shells be liberally filled and the contents criss-crossed with serrated or twisted bands of crust.

When the knife enters the generous bosom of the Christmas-pie, the whiff of fragrance escaping from the cut should set every pulse a-beating to the lively rhythm of old "Greenland;" the flower bedight table should become a "Ceylon's Isle" in beauty and balminess.

Everybody, except hopelessly confirmed dyspeptics, should taste mince-pie on Christmas day. If properly made, it is far less harmful than dietetic (and vegetarian) pessimists would persuade us

into believing. Grated, or powdered old cheese is a pleasant adjunct to it, and to some extent, a corrective of possible evil consequences.

Ices and jellies cool the system after the highly-seasoned pastries, and link the cooked sweets agreeably with fruits *au naturel*.

A pretty fancy-dish is made by filling with amber orange-jelly the skins of oranges, emptied and scraped through a small hole cut in the blossom-end.

Insert the finger cautiously to rid the inside of the skin of strings and pulp, wash with cold water, and pour in the jelly. Leave it to form over-night, and set on ice until the dessert is sent in. Cut lengthwise into halves with a knife, and pile on a glass dish with orange, or lemon leaves as a setting.

Light cakes are passed with ices.

Fruits—bananas, white grapes, oranges and late pears—will probably be partaken of sparingly, but must not be omitted. Nor should the tiny cup of black coffee, served at table, or sipped later in the library or parlor.

It is very fashionable to take coffee "clear," without cream or sugar, but offer both for such as may like to qualify the strength of the beverage. It should be very strong and very clear. Well-bred people, and sensible ones, do not affect pale or watery decoctions after a hearty dinner.

Those who do not like coffee, or who fear its effect upon their nerves, are at liberty to decline it now.

All ought to indulge, on this day, in three hours of pleasurable inaction—quiet chat, a few pages of a sprightly novel, a dreamy, not sleepy loll in a favorite chair—while Nature brings forward the forces of a healthy body to make right use of the provisions committed to her care.

It is not the hearty, post-prandial laugh that helpeth digestion, but the gentle, smiling content of a heart at peace with itself and full of good-will to men.

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MINCE-PIE.

A standard Christmas-joke is the story of the blunder of a French cook who took service on an outward-bound East Indiaman. The festival fell while the ship was hundreds of miles from land, and, meditating a surprise for homesick English passengers, he begged a recipe for plum-pudding from a lady on board. Three days of preparation and six hours of execution resulted in some gallons of brown porridge, streaked, speckled and spotted, complacently served up in big bowls. His confidante and ally had forgotten to mention the pudding-bag—taking it for granted, as do many other excellent housewives, that “everybody knew some things.”

As pudding, the Gallic *chef's* exploit was a failure. The product of his art, jeered at by those he strove to please, might have asserted near kinship with, and greater antiquity than the National Noël dish. Walter Scott is an acknowledged authority on gastronomical archæology.

“And well our Christian sires of old  
 Loved, when the year its course had rolled,  
 And brought blithe Christmas back again,  
 With all his hospitable train.  
 Then was brought in the lusty brawn,  
 By old blue-coated serving man ;  
 Then the grim boar's head frowned on **high**,  
 Crested with bays and rosemary.  
 The wassail round in good brown bowls,  
 Garnished with ribbons, blithely trowls.  
 There the huge sirloin reeked ; hard by  
*Plum porridge stood* and Christmas pie ;  
 Nor failed old Scotland to produce  
 At such high tide, her savory goose.”

The amorphous "plum porridge" was, as time grew toward ripeness, crystallized into the ultimate texture of a solid by incasement within a stout integument (with "felled" seams). At a still-later epoch, culinary genius as daring as our Frenchman's and more successful, eliminated the flour from the original formation, kneaded it into a concrete, built with its foundation walls and reticulated roof, and presented to admiring ages, then and to come—MINCE-PIE.

Genealogically considered, it is one remove from plum porridge, two removes from plum-pudding, and has no consanguineous connection with Scott's Christmas Pie. The latter was undoubtedly a "pastry" of venison and other game. It still holds a place of honor in the British cook book. It contains pheasants, partridges and woodcock, sweet herbs, lemon-peel, mushrooms, fat bacon, egg-yolks, butter, gravy, spices and bay leaves, and is surrounded by a raised crust of surprising thickness and solidity. The Puritan good woman ventured a timid reminiscence of the ancient and consecrate structure in her Thanksgiving chicken-pie. While wiry fibres all along the tap-root of memory hold hard to anniversary-dishes with love that has no affinity with fleshy appetite, we cannot divorce Cookery and Sentiment

Those of us who can buy French rolls and good brown bread; who care for, or know so little of cake as to tolerate the square inches of frosted indigestion supplied at famine-prices by mercenary confectioners; who are not fastidious as to rancid-butter-pastry and ambiguous filling—may shirk baking for fifty-one weeks in the year. If Christmas Mince-Pie is to deserve its name and honorable estate, it must be made at home. Nay, more, the dogma that no part of the process can be slighted without endangering the fair construction as an entirety, must be etched, and the lines well bitten in upon the domestic conscience.

At least ten days before the World's Festival, clear decent space and wide, for the ceremony of mince-meat making. A sort of jocund dignity should attend preliminaries and manufacture. The kitchen must be clean and set in order; irrelevances and distractions of laundry-work and every-meal cookery must be shoved out of sight. The middle distance should be occupied by reserves of material. In the foreground, let mistress and assistants seat themselves at a spacious table, and, serenely resolute, engage first of all the currants.

"Never trust hirelings to do the currants!" said a stately housekeeper to me, confidentially, thirty years ago. "Four washings are *my* rule."

In that day, the Lady enunciated her rules with calm pride that neared the sublime. My chatelaine checked her's off with a shapely thumb on taper fingers.

"First—A rinsing with cold water in a colander to loosen the lumpy masses. Second—I rub them between my palms as I would soiled laces, in a pan of tepid water. (You would not believe, my dear, what this process brings to light.) Third—I drain them in a colander, put them back into the pan, cover them with cold water and give them another rub. Lastly—I shake them briskly in the colander while I pour water on them—plenty of it. After that, I spread them on a clean cloth to dry, and pick them over. I assure you I have found mummied—*bugs*—in currants, and once took out a teaspoonful of gravel from three pounds of fruit!"

Sultana raisins may pass with two washings. They need no seeding, but are prodigal of stems, and on this account cannot be slurred over.

Citron is made flabby by washing. Content yourself with scraping it, then slice it into thin shavings with a keen knife, and clip the shreds into dice.

Free the large raisins from stems, cut each in half, and take out the seed. The business is tedious and sticky. To enliven the task, two or three may work together, chatting merrily, or as was the way of one ingenious family, one of the group may read aloud while the others are busy. Dickens' *Christmas Chimes* and *The Cricket on the Hearth*, have always for the ears of my fancy the low accompaniment of the "snip-snap" of raisin-scissors, the shrill sigh of the December wind between the window sashes, the sough of the draught under the heated plates of the range, the bubble and savoriness of the beef boiling at the back of the fire. This beef should be a solid chunk of the round. Cook it as you prepare raisins, currants and citron, the day before the ingredients are to be compounded into a whole of incomparable deliciousness.

On the eventful morrow, chop the meat, clear suet of strings and membranes, crumb it daintily with cool, deft fingers; select firm, juicy apples—pippins or greenings—pare, slice and mince them when everything else is ready. Bare your arms, and mix the accumulated riches—from North, East, South and West—in a mighty bowl or pan. First, meat, suet and apples, then, the prepared small fruits and citron, sugar and spices, tossing and turning, but not bruising or crushing. Finally, add wine and brandy to mellow and preserve the incorporate mass.

I am moved to insert a digressive paragraph here.

In my own household the place of ardent spirits is in the medicine-chest and among flavoring extracts in the kitchen-closet. They are never used as beverages on the table or elsewhere. But our eyes are not yet opened to see death in wine-jelly, or certain destruction in brandy-sauce for occasional puddings. I do not hesitate to say that mock-turtle soup is not at its princely best unless a glass of wine is added to the contents of the tureen, and to aver yet more flatly that I never tasted genuine mince-meat that was not

brightened by an infusion of excellent brandy. Not content with others' experiments, I have made up huge batches of it upon so-called temperance principles. Like all imitations, they were burlesques and caricatures, and each slice had more dyspepsia in it than could be evolved from a whole *real* Christmas pie.

Instead of imprisoning the harmful volatiles in a close crust, make your pie more wholesome and prettier by laying strips of pastry, notched with a jagging iron, on the full, brown breast of the Mince-Meat. Then let none of the household partake during the holidays and year of aught more intoxicating than that which is bound up in an obtuse angle of our American Christmas Pie, and you will thank, not curse, the humble biographer of this daughter of high degree and ancient ancestry.







## PICKLES.

### EAST INDIA ; OR, MIXED PICKLES.

Have ready a large stone jar, or perfectly clean wooden firkin, and drop into it, from day to day, strewing salt thickly between each layer, tiny cucumbers—not longer than your little finger, and even smaller—radish pods, minute clusters of cauliflower, small string beans, baby onions, nasturtium seed—in fact, almost any small green vegetable. Add cold water to the second layer of salt to keep the pickles under brine. Lay an inverted plate, with a stone upon it, on the top of them to prevent them from floating.

At the end of two or three weeks, you will probably have enough collected. Pour off the brine, pick out the firm pickles, rejecting the soft, wash well and cover in the cold, clear water. Change this in twenty-four hours, fill up with fresh, and leave until next day.

Line a porcelain, or carefully scrubbed brass kettle; or, better than either, one of agate-iron ware, with green grape leaves; put in a layer of the mixed pickles, strew powdered alum over it; another layer of green things, more alum, and so on until all are in. An ounce of alum to a gallon of pickles should suffice. Cover carefully with very cold water, and this with three thicknesses of grape leaves,

fit a close lid on the pot, and cook *very* slowly for four hours after the water becomes scalding hot, which should not be within an hour.

Lift from the fire, take out the pickles and drop into ice-cold water, changing this in half an hour for more cold.

In your kettle, meanwhile, put for each gallon of vinegar, one even cup of brown sugar, half an ounce of whole white (or black) peppers, the same quantity of cloves, one dozen allspice and one dozen blades of mace with some small bits of red peppers—only a few,—also a tablespoonful of celery-seeds. Boil five minutes, drop the pickles into a jar—a few at a time, not to break them—and cover with the boiling spiced vinegar. Cover, and set away for two days. Drain off the vinegar then—every drop—into the kettle, heat to scalding, and again cover the pickles with it. Do this a third time, after three days, and again after the lapse of a week. Put away in glass jars, sealing hot after the last “scald,” and keep in a dark, cool, dry place. Inspect them every month until their integrity is a fixed fact. I have been thus explicit in the directions for preparing these, because the same general rules of salting, soaking, greening and scalding are applicable to all green pickles.

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#### TINY TIMS.

Select small cucumbers of uniform size, each as nearly two inches long as you can get, prepare as directed above, and when the last scalding is over, take up each with a pair of blunt nippers and pack them in regular layers, perpendicularly, in glass jars. Strain the spices out of the vinegar and pour in until the jar is full. Cover closely and set away. A little care in selection and packing will give pretty jarfuls, better in flavor and as pleasing to the eye as the pickles sold under the name of “Tiny Tims.”

## CHOW-CHOW (No. 1).

To the East India pickles, a recipe for which has been given, add three teaspoonfuls of curry-powder on the second "scald," and mix in well. This will color the pickles yellow, and impart a flavor much relished by the lovers of piquante condiments.

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## CHOW-CHOW (No. 2).

Mince the hearts of two fine cabbages somewhat coarsely. Chop six white onions fine. Slice four cucumbers. Pack these in a crock, sprinkling each layer with salt (lightly) and leave them in the cellar until next day. Prepare the seasoning in these proportions:—

One pint of vinegar; one even cup of white sugar; one teaspoonful of white pepper (ground) and one of celery-seed; one half-teaspoonful, each, of mace and cloves; one tablespoonful curry-powder. Scald, and add cabbage, onions and cucumbers. Cook gently half an hour, and seal in glass jars. It will be ready for use in a week, and very nice.

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## CUCUMBER SOY.

Fifty cucumbers, sliced; two ounces celery-seed; one ounce ground white (or black) pepper; six onions; one ounce mixed mace and cloves (ground).

Three pods red pepper chopped; four cups brown sugar; three quarts of vinegar; two tablespoonfuls of curry-powder; two tablespoonfuls mustard seed.

The cucumbers should be peeled and sliced, and laid, with alternate layers of sliced onions, in strong salt and water for five or six

hours. Drain off the brine, put into a colander, a cupful at a time, and dash very cold water through them before draining again, and stirring into the scalding vinegar and spices. Cook and stir for half an hour after they reach the boil. Put up in small glass jars. It will be fit for use in two days.

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#### GREEN TOMATO SOY.

One gallon green tomatoes. They can be bought cheap if you wait until the first frost stops the ripening of the fruit. Slice without peeling.

One quart of vinegar; one pint of onions; one cup of brown sugar; one tablespoonful of salt; one teaspoonful of allspice; two teaspoonful of cloves; one tablespoonful of celery-seed and one of ground pepper.

Slice tomatoes and onions, and pack in alternate layers in your kettle, strewing upon each the sugar and spices. Let them stand together for an hour before adding the vinegar. Cook gently for half an hour after they really boil. Pack while hot in small glass jars. A useful and good sauce and pickle.

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#### RIPE TOMATO SOY.

Three quarts of firm ripe tomatoes, peeled and sliced; two onions, minced fine; six tablespoonfuls of brown sugar; one tablespoonful of cinnamon, and same of cloves; one teaspoonful of ground pepper; one pint of best cider vinegar; one teaspoonful of salt. Mix up well and cook steadily for one hour.

## CHERRY PICKLE.

Two pounds of cherries—Morellas, short stems, or amber; one full cup of sugar; three cups of best cider vinegar; one ounce of cinnamon in broken sticks.

Heat the vinegar, sugar and cinnamon together. Put the cherries, with stems on, in a jar, and pour the vinegar, boiling hot, upon them. Do this every morning for a week, when they will be fit for use.

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## PICKLED PEACHES.

Choose firm ripe peaches, Morris Whites, or Heaths, if you can get them. Rub free of down, and prick each twice with a coarse needle. Wash *well*, and put over the fire in cold water enough to cover them. Set at one side of the range, and bring them slowly to scalding point. If they boil, they will break.

Then, allow for ten pounds of fruit:—Four pounds of sugar; two quarts of vinegar; three tablespoonfuls of *whole* cloves, mace and pepper corns mixed; one teaspoonful of celery-seed.

Heat all together, and drop in gently the hot peaches. Cook slowly fifteen minutes, but not until they break. Take the peaches out, and spread to cool quickly in large platters. Boil the syrup left in the kettle for half an hour, fast; put the peaches into jars, strain the spices out of the syrup, and fill up the jars with the latter while hot.

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## PICKLED PEARS.

Eight pounds of pears, carefully peeled; four pounds of white sugar; three cups of vinegar; one tablespoonful each, of whole mace and stick cinnamon.

Put a layer of pears into a porcelain or agate-iron kettle ; sprinkle thickly with sugar ; another layer, more sugar, and so on until all the materials are in except the spices. Let them stand for an hour, put over the fire, and bring slowly to a boil. When this is reached, add vinegar and spices ; cook slowly ten minutes after the boil recommences. Take out the pears with a skimmer, and spread to cool while you boil down the syrup. Strain out the spices, at the end of an hour's cooking ; fill jars with the fruit, and cover with the boiling liquid. Seal while hot.

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#### PICKALLILLI.

Two large firm cabbages ; shred fine with a sharp knife, and criss-cross into bits ; one pint of onions, also minced ; one head of cauliflower cut up in the same way. (Do not use a chopper ; the thick blade will bruise and crush). Half-gallon of vinegar ; three tablespoonfuls of celery-seed ; one tablespoonful of ground mustard ; one tablespoonful pepper ; one tablespoonful mace ; one tablespoonful ground cloves ; two cupfuls brown sugar ; two tablespoonfuls curry-powder.

Pack cabbage, cauliflower and onions in salt (about two tablespoonfuls), and let them stand in a cold place for twelve hours. Drain off the liquor. Heat vinegar and spices to a boil, put in the salted mixture, and cook slowly, after it begins to simmer, fifteen minutes. While hot, turn into small jars and close tightly.

It will be fit for use in two days.





## FRUIT JELLIES.

### CURRANT JELLY.

Stem and pick over the fruit; pack it hard in a stout stone jar and set in a kettle of lukewarm water. Bring slowly to the boil, and keep it over the fire until the currants are all broken to pieces. If you have no fruit press, turn the currants into a stout coarse cloth, fastened at each corner to the legs of an inverted chair, and let the juice drip into a bowl set beneath. When all has come away that will, without squeezing—and not until then—work down the contents into the bag with a wooden spoon. Lastly, untie the corners of the cloth and squeeze *hard* to extract every drop of liquid.

Measure, and pour into a preserving-kettle. Heat quickly to a rapid boil. Allow a pound of the best white sugar to each pint of liquid, and when the latter nears the boil, put the sugar into broad pans and set in the oven. Stir frequently to keep it from burning. Let the juice boil fast for twenty minutes, skimming off the scum. If it cooks too long it will darken. Now “dump” in the heated sugar, stir fast until it is dissolved and the syrup begins to simmer at the edges; take instantly from the fire and fill the glasses, which should first be rolled in hot water to prevent cracking.

When cold, press upon the surface of the jelly, tissue-paper, cut to fit the inside of the glasses, and wet with brandy. Fit on metal covers, or paste stout paper over the glasses.

## JELLIES.

## CHERRY JELLY.

Stone the cherries, but crack about a handful and add the "pits" to the fruit when it goes into the stone jar to be heated.

Proceed exactly as with currants, and, should the jelly not form readily, leave the glasses, uncovered, upon the tin roof or other flat surface, exposed to the hottest sun several days, taking them in at night and filling one tumbler from another, as the contents shrink, until the requisite firmness is secured.

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## BLACKBERRY AND RASPBERRY JELLY,

Are made in the same way as currant, but are greatly improved and form more readily if, to every pint of blackberry juice, a tablespoonful of strained lemon juice be added. Raspberry jelly is made delicious by mixing one cup of currants with every quart of berries and cooking them together.

If currants are not procurable, add lemon juice, as with blackberries.

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## STRAWBERRY JELLY.

Nothing is more delicious for making layer-cake than this. But unless the fruit be very acid, here, again, take the precaution to put in a dash of lemon juice to ensure the needed jellification.

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## PEACH AND PINEAPPLE JELLY.

Pare the peaches and treat as already directed, but with the addition of a dozen "pits" to every pound of the fruit. They impart a piquancy which takes off the "cloy" of the cooked peaches.



To every pound of peaches allow two large slices of pineapple, minced fine. The more active acid of the pine improves this jelly immeasurably.

This, also, makes delightful layer-cake.

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#### APPLE JELLY.

It should be better understood that, while the Siberian crab makes the best apple jelly known to the cook, yet the common wild, or seedling, or neglected orchard fruit, can be made into a delicious conserve. Apples which we consider hardly worth picking up, so tart and crude are they, may be used for this purpose.

Cut up the apples without peeling, and do not remove the cores. The seeds improve the taste. Slice small, that they may heat the more quickly, and pack in the jar, as with other fruit. Long standing injures the color. It is sometimes necessary to add a little water to Siberian crabs to make the juice flow readily; this is seldom required with other apples. Stir up the contents of the jar often while heating. Squeeze out the liquid, and proceed as directed in the first receipt given for jellies.

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#### QUINCE JELLY.

Cut up without paring. Most of the jelling principle is in the skins and seeds. Put over the fire, with just enough water in the bottom of the kettle to prevent burning, and heat slowly at the side of the range until soft. Afterward, boil faster, stirring up often, and breaking the fruit to pieces with a wooden or silver spoon. Strain the pulp, pressing hard, boil twenty minutes, add heated sugar, boil one minute and fill your hot, wet glasses.

Quince jelly is healing to sore throats and good for coughs.



## PRESERVES, JAMS AND MARMALADES.

### PRESERVED STRAWBERRIES.

The most delicious and beautiful strawberry preserve I ever saw was made in the following manner:—

The finest and firmest berries were selected and picked upon a clear day. They were weighed, with as little handling as possible, and laid upon broad, flat stone china dishes. To each pound of fruit was allowed the same weight of best white sugar, which was strewed over and among the berries. About a pound of each went into the largest platter. The dishes were set upon the tin roof of a southern piazza, where the fierce sun poured for many hours of each day. Over each was laid a large pane of glass, to keep off dust and insects. At night the dishes were taken into the house. In ten days there remained in them the thick, "lucent syrup," with great ruby globes of sweetness set in it—and warranted to keep.

Of course, a few rainy days would have ruined everything, but the accomplished housewife whose table bore this incomparable sweetmeat, assured me that she had never lost fruit and sugar through such mischance.

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### PINEAPPLE PRESERVES.

Can be also cooked by the sun in July or August. Allow pound for pound; pare the fruit; cut into dice, and heat as you

would the berries. When the sun serves, the product is eminently satisfactory.

In cold weather, nice preserves may be made by preparing the fruit as above; putting it and the sugar together, and letting them stand for four hours. Meantime, boil a root or two of green ginger in a pint of water, first slicing it. Cool and strain; pour over the sugared pineapple and cook steadily to a gentle boil. Take up the pineapple with a perforated skimmer; spread upon platters to cool while you boil down the syrup until thick and clear. Put in the pineapple again; cook twenty minutes, gently; fill glass jars with it, fill up with syrup and seal while hot.

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#### PRESERVED CHERRIES.

Stone them, weigh, and allow pound for pound of sugar. Add a dozen "pits" chopped fine, to each pound. Let fruit and sugar stand together for an hour in a cool place. Put over the fire and cook gently fifteen minutes after the boil begins. As with other fruit, remove from the syrup with a perforated skimmer, and leave upon dishes to cool while you boil down the syrup thick. Return the cherries to this, boil five minutes, and seal while hot.

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#### IMITATION EAST INDIA PRESERVES.

Six pounds of fine well-flavored pippins; one pineapple; two ounces of green ginger-root; seven and one-half pounds of white sugar; juice and pulp of one large orange.

Pare, core and quarter the apples. Pare, and cut up the pineapple into dice. Scrape and mince the ginger and put over the fire

in cold water; bring to a boil; change for cold and bring again to a boil. This should be done before you prepare the other fruit.

Put into a large farina-kettle, or, if you have none large enough, into an ordinary pail, and set in a kettle of tepid water, the orange, juice and pulp, removing seeds and fibres, the ginger, sugar, the pineapple and the water in which the ginger was boiled the second time; there should be about a pint. Cook fast until the pineapple is clear; let it get almost cold; turn into a preserve-kettle and drop in the quartered apples—*just* peeled and cut. Set at one side of the range where they will not boil for twenty minutes; increase the heat, but stew slowly until the apples are clear in their turn. Remove with care to platters, boil down the syrup fast; pack the cooled amber apples into wide-mouthed jars, strain over them the hot syrup and seal. The straining removes pineapple and ginger, but leaves their essence. A delicious conserve if properly made.

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#### RED RASPBERRY JAM.

Allow for each pound of fruit, three-quarters of a pound of sugar. Put the berries over the fire and cook until they break. Turn into a colander, and let all the juice run off that will come away without pressing. Return to the fire, add the sugar, and cook for half an hour, stirring well. Put up in small jars or tumblers.

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#### BLACKCAP JAM.

Is made in the same way, as is also blackberry jam. The addition of currant or lemon juice to these improves the flavor.

## QUINCE MARMALADE.

Fifty quinces ; three oranges, juice and pulp—none of the fibre ; juice of one lemon ; the weight of the fruit in sugar.

Peel and core the quinces, dropping each piece when thus prepared, into cold water to preserve the color. Put parings and cores into a kettle with cold water enough to cover them, and cook until they break ; strain and press out all the water through a piece of cheese-cloth, and let it cool. Then put over the fire with the quinces, the oranges and lemon juice, and cook rapidly, stirring to a pulp. Add sugar to this, and continue to stir and stir for half an hour.

Put up in glass tumblers with brandied papers pressed closely upon them. The marmalade should be of a fine red color, and firm enough to cut. It is very fine.

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ORANGE MARMALADE.

Grate away three-quarters of the yellow and thin outer rind of Messina oranges ; the Floridas have usually too much skin. Now, remove the whole rind in quarters or eighths ; put over the fire in enough cold water to cover them ; cook fifteen minutes after the boil begins ; throw off the water and replace with fresh and cold. As soon as they begin to boil again, drain off this, and cover a third time with cold water. Cook again for fifteen minutes from time of boiling. Throw the water away, lay the rinds in ice-cold water for ten minutes, then spread out to cool quickly. Prepare the orange pulp by removing every bit of the inner membrane, the seeds and fibres. Cut into bits *over* the sugar (pound for pound of the fruit) not to lose a drop, and set over the fire. Stir until the sugar dissolves, and bring to a speedy boil. Let an assistant clip the boiled and cooled peel into bits with a pair of scissors, and lend a hand as

you have time. This is the most tedious part of the operation, but a chopper would not do as well. When all are cut up add to the orange syrup on the fire ; boil for half an hour, and fill small jars or tumblers with the marmalade. It should be clear amber in color, and much less bitter than most of the imported marmalades.

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#### PEACH MARMALADE.

Pare the peaches and take out the stones. Fruit which is not dead-ripe or very choice can be used to advantage in this way. For every pound of the prepared peaches allow one dozen "pits," cracked and chopped, and a pound of sugar. Put the fruit and "pits" in a kettle and heat very slowly, breaking it, as it softens, with a wooden ladle. Increase the heat when they are hot all through and boil to pieces, quickly, taking care to stir up from the bottom frequently. Drain out all the syrup that will come away without pressing, before putting in the sugar. Cook to a bright-colored paste, free from hard pieces or lumps, take from the fire, stir in a glass of brandy for every four pounds of fruit, and put up in tumblers. The brandy serves to keep it, and prevents moulding.





## A FEW DISHES FOR THE INVALID.

### BEEF-TEA, OR BOUILLON.

Mince a pound of fresh lean beef, freed of strings, and put into a quart of cold water. Let it stand one hour; break the clotted meat to pieces and put with the water, *near* the fire. That is, where it will reach the boil in an hour. Cook slowly then for two hours longer, take from the fire, salt (and pepper, if desired) and let it get cold with the meat in. Remove *all* the fat, strain through cheese-cloth, without pressing; put back over the fire, and when lukewarm, drop in the shell and white of an egg. Boil ten minutes, and strain through double cheese-cloth, without squeezing.

Some think the "tea" more nutritious if cleared by the addition of a tablespoonful of chopped raw beef—perfectly lean—instead of the egg.

Give ice-cold, or very hot.

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### JELLIED TOAST.

Cut with a cake-cutter rounds out of thick slices of stale baker's bread. Toast lightly and quickly. Butter *well*, sprinkle lavishly with salt, lay in a stout china or silver bowl, and cover deep in scalding milk a little salted, cover and set in the oven until the milk is all soaked up. Have in another vessel as many table-

spoonfuls of cream as you have rounds of toast, scalding hot. Lift the edges of each piece of toast and pour in the cream by the spoonful. Taste to see if it is salt enough; cover closely and leave in the oven ten minutes longer. Serve in the bowl.

It is savory and nourishing, if made exactly according to directions.

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#### CUSTARD TOAST.

Prepare as above, but pour over the toasted and buttered rounds a *sugarless* custard—allowing a beaten egg to a cup of hot milk, and when it has soaked up this, add the cream, as with the jellied toast.

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#### ARROWROOT JELLY.

Two heaping teaspoonfuls best Bermuda arrowroot; two cups of boiling water; a pinch of salt; half-teaspoonful granulated sugar; juice of half a lemon.

Wet the arrowroot with cold water; stir the sugar and salt into the boiling water, set over the fire, and when it bubbles hard, stir in the arrowroot. Stir (still) over the fire until clear. If the arrowroot is good, this should be in three or four minutes. Add the lemon juice (if permissible) and pour into wet glasses.

Eat *cold* with sugar and cream.

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#### ARROWROOT BLANC-MANGE.

Is made by substituting hot milk for water in the above recipe and omitting the lemon juice.





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