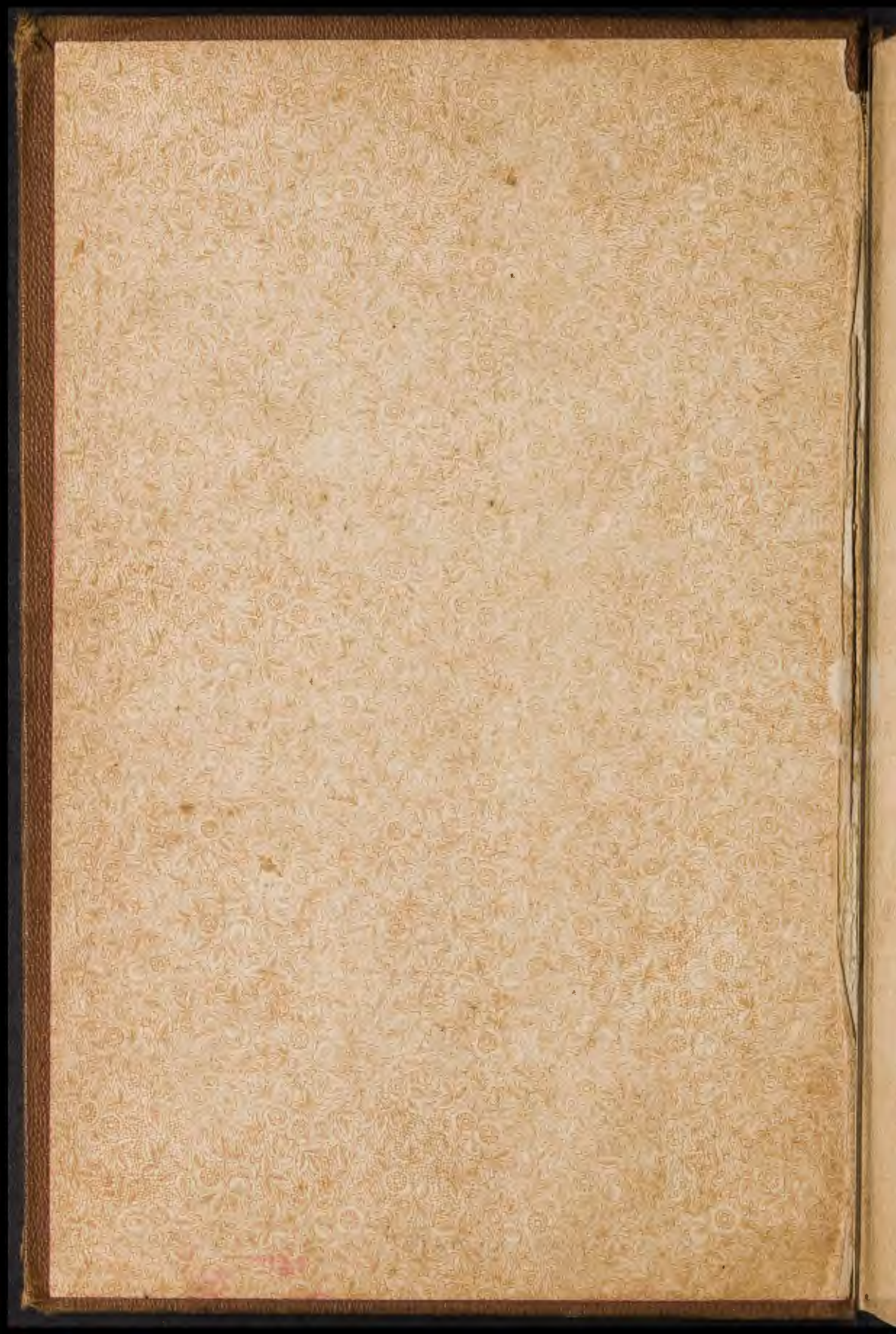
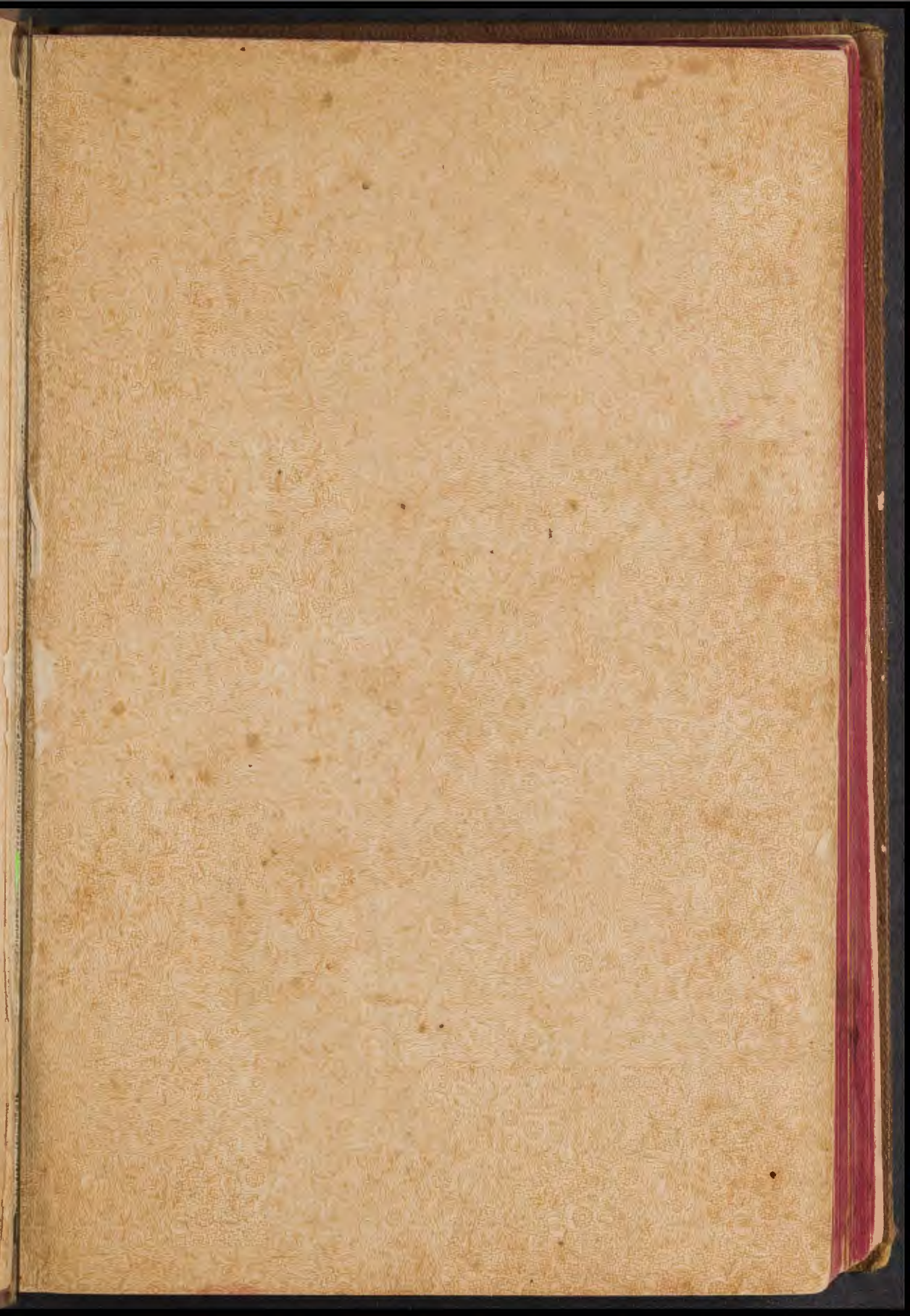


Temperance

Cook Book.







Ida Steele,

From

Mother Moore.

Dec 25, 1893.



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*Composed of the highest grade of Cream of Tartar  
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There are no thumb screws to turn, to burn the fingers with and to confuse people. The patent lever valve is a "dead open and shut." When the little knob is pushed over to the word "Open," it is open, and when it is pushed to the word "Closed," it is closed, and no mistake. That is all there is to it. No one can use it wrong. Our Patent Safety Tank Attachment, with which all the "QUICK MEAL" are furnished, has been so improved and perfected that it not only necessitates the extinction of every light, but no burner can be relit before the "Filler Cap" has been properly closed. The fittings and finish of the Stoves are of the best.



The Strong Point in the "QUICK MEAL" is the Simplicity  
of the Lever Handles with which the  
Stove is operated.

**MILTON CAMPBELL,**

— \* AGENT, \* —

152 South First Street, SAN JOSE.

TEMPERANCE  
COOK BOOK


WRITTEN BY

Mrs. Mary G. Smith,

FOR THE BENEFIT OF

ALL HOUSEKEEPERS.

SECOND EDITION.



SAN JOSE, CAL.:  
MERCURY BOOK AND JOB PRINTING HOUSE.  
1887.

“All things that are,—both great and small,  
One glorious author formed them all.  
This thought may all repining quell—  
What serves our purpose, serves us well.”

## PREFACE.

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“Up with the temperance banner!  
And let it float on high!  
Our sacred watchword, duty.  
Our motto, victory.”

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A Temperance Cook Book is one of the great necessities of the age. There should be nothing in our eatables to awaken the appetite of the reformed, and we certainly want nothing to cultivate a taste for intoxicating drinks in the young. With this view, I bring this, my second volume before the public, as a guide and assistant to all housekeepers—not claiming superiority over the many cook books already in the market—only so far as liquor and extravagance is concerned. Most of the cook books are made up of recipes too expensive for common cooking, and lack explanations, which the housekeeper sadly needs in arranging her cookery. This want I have supplied by explaining minutely every recipe, showing just how all the ingredients should be put together, and have adopted measures instead of weights as far as I could, so that any person using them cannot fail to cook well if the rules are strictly followed.

Having had years of experience in cooking, I feel competent to offer this book as the long-needed help to housekeepers. There are many valuable recipes in it, which I have selected and tried with good results.

In submitting this work to the judgment of the public, the writer indulges the hope that the protracted labor and unremitting care she has bestowed upon it have resulted in the production of a cook book which will be found to answer the purpose for which it is intended.

SAN JOSE, CAL., April 1st, 1887.

— PRINTED AT THE —  
MERCURY STEAM BOOK AND JOB OFFICE,  
— SAN JOSE, CAL. —

## —\*SOUPS.\*—

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The delicate and proper blending of savors is the chief art of good soup making. There is no dish, perhaps, which comes to the table that gives such general satisfaction as well prepared soup. Put the meat into cold water, and let it heat slowly. This dissolves the gelatine, allows the albumen to disengage, and the scum to rise, and diffuses the savory part of the meat. But if the soup is over a hot fire the albumen coagulates and hardens the meat, prevents the water from penetrating, and the savory part from disengaging itself. Thus the broth will be without flavor, and the meat tough. Allow about two tablespoonfuls of salt to four quarts of soup, where there are many vegetables, and one and a half where there are few. If more water is needed, use boiling water, as cold or lukewarm spoils the soup. Soup should never be suffered to stand in any vessel (tin, copper or iron), to get cold, but if not to be used at once, pour it off while hot into a shallow, well glazed earthen dish. It should be strained before putting away. Soup is much better to be allowed to cool, and used the second day, as then all grease can be removed. A shank bone should be well cracked (that the marrow may be extracted), put on to cook in cold water, allowing a full quart for every pound of beef, and by a very gradual heat come to a slow simmer, which should be kept up five or six hours. Soup on no account should be allowed to boil, except for the last fifteen minutes, to cook the vegetables in finishing. Do not add the salt until the meat is thoroughly done, as it has a tendency to harden the fibers and restrain the flow of juices. Thickened soups require more seasoning—nearly double the quantity used for thin soups. Stock made from meat without bone or gristle, will not

jelly, but will taste very much like good beef tea. Never boil vegetables with it, as they will cause it to become sour. An economical soup-stock may be made of steak or roast beef bones, adding a piece of fresh meat, or none at all, and allowing it to simmer at least five hours; strain, remove all the fat the next day, and it will be ready for use.

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#### BEEF SOUP.

Six pounds of lean beef. The shin is a good piece for this purpose. Have the bone well cracked, carefully extracting the marrow, every bit of which should be put into the soup. Six quarts of water. The stock must be prepared the day before the soup is needed. Put the beef, bones and all, with the water, in a close vessel and set it where it will heat gradually. Let it boil very slowly for six hours at least, only uncovering the pot once in a while to see if there is danger of the water sinking too rapidly. Should this be the case, replenish with boiling water, taking care not to put in too much. During the seventh hour, take out the meat and set the soup away, closely covered, until next morning. About an hour before dinner, remove the cake of fat from the surface of the stock, set the soup over the fire, and throw in a little salt to bring up the scum. When this has been skimmed off carefully, put in your vegetables. These should be: Two carrots, three turnips, one-half head of white cabbage, one pint of green corn—or dried shaker corn, soaked over night, one head celery, one quart tomatoes. These should be prepared for the soup by slicing them very small, and stewing them in barely enough water to cover them, until they break to pieces. Cook the cabbage by itself in two waters—throwing the first away. The only exception to the general dissolution, is in a single carrot, which should likewise be cooked alone and whole, until thoroughly done, and set aside to cool, when the rest of the vegetables, with the water in which they were boiled, are added to the soup. Return the pot to the fire with the vegetables and stock, and boil slowly for half an hour from the time ebullition actually begins. Strain without pressing, only shaking and lightly stirring the contents of the colander. The vegetables having been



added with all their juices already cooked, much boiling and squeezing are not needed, and only make the soup cloudy. Cut the reserved carrot into dice and drop into the clear liquor after it is in the tureen; also, if you like, a handful of vermicelli, or macaroni which has been boiled tender in clear water. The seasoning of this excellent soup is a matter of taste. Some use only salt and white pepper. Others like with this a few blades of mace, and boil in the stock a handful of sweet herbs. Send to the table very hot, and have the soup-plates likewise heated.

#### AMBER SOUP, OR BOUILLON.

This soup is served at almost all company dinners. There can be no better choice, as a heavy soup is not then desired.

Ingredients: A large soup-bone (say two pounds), a chicken, a small piece of ham, one onion, two sprigs of parsley, half a small carrot, half a small parsnip, one stick of celery, three cloves, pepper, salt, a gallon of cold water, whites and shells of two eggs, and caramel for coloring. Let the beef, chicken and ham boil slowly for five hours; add the vegetables and cloves, to cook the last hour, having first fried the onion in a little hot fat, and then in it stick the cloves. Strain the soup into an earthen bowl and let it remain over night. Next day remove the cake of fat on the top, take out the jelly, avoiding the settlings, and mix into it the beaten whites of eggs with the shells. Boil quickly for half a minute; then, placing it on the hearth, skim off carefully all the scum and whites of the eggs from the top, not stirring the soup itself. Pass this through the jelly bag, when it should be quite clear. The soup may then be put aside, and reheated just before serving. Add then a large tablespoonful of caramel, as it gives it the rich color, and also a slight flavor. Of course, the brightest and cleanest of kettles should be used. This soup is to be served in cups at dinner parties.

#### TO MAKE CARAMEL FOR COLORING BROTH.

Put into a porcelain sauce-pan, say half a pound of sugar and a tablespoonful of water. Stir it constantly over the fire until it has a bright, dark-brown color, being very careful not to let it burn; then add a teacupful of water and a little salt.

## MOCK-TURTLE, OR CALF'S HEAD SOUP.

One large calf's head, well cleaned and washed; four pigs' feet, well cleaned and washed. This soup should be prepared the day before it is to be served. Lay the head and feet in the bottom of a large pot, and cover with a gallon of water. Let it boil three hours, or until the flesh slips easily from the bones. Take out the head, leaving in the feet, and allow these to boil steadily while you cut the meat off the head. Select with care, enough meat to fill a teacup, and set it aside to cool. Remove the brains to a saucer and also set aside. Chop the rest of the meat with the tongue very fine, season with salt, pepper, powdered marjoram and thyme, a teaspoonful of cloves, the same of mace, half as much allspice, and a grated nutmeg and return to the pot. When the flesh boils from the bones of the pig's feet, take out the latter, leaving in the gelatinous meat. Let all boil together slowly without removing the cover, for two hours more; take the soup from the fire and set it away until the next day. An hour before dinner, set on the stock to warm. When it boils, strain carefully and drop in the meat you have reserved, which, when cold, should be cut into small squares. Have these all ready, as well as the force meat balls. To prepare these, rub the yolks of five hard-boiled eggs to a paste, in a wedgewood mortar or in a bowl, with the back of a silver tablespoon, adding gradually the brains to moisten them; also a little butter and salt. Mix with these two eggs beaten very light; flour your hands and make this paste into balls about the size of a pigeon's egg. Throw them into the soup five minutes before you take it off the fire; stir in a large tablespoonful of browned flour rubbed smooth in a little cold water, let it boil up, and finish the seasoning by adding the juice of a lemon. It should not boil more than half an hour on the second day. Serve with sliced lemon. Some lay the slices on top of the soup, but the better plan is to pass to the guests a small dish containing several slices.

## WHITE SOUP—Very nice.

Take a knuckle of veal, one carrot, one turnip, one onion, and boil four hours. Before taking it up, stir in a tablespoonful of ground rice, wet up with cold water. Strain through a sieve,

always. Next day, half an hour before dinner, put it over the fire; just before serving, take half a pint of cream, one-half of milk, and pour, or rather mix, with three small eggs, beaten. Add this to the soup, stirring rapidly. Lift immediately from the fire. Season with salt and pepper before adding the eggs and cream.

#### OKRA SOUP.

Fry one chicken, when cut up, to a light brown, and also two slices of bacon. Pour on to them three quarts of boiling water. Add one onion and some sweet herbs, tied in a rag. Simmer them gently three hours and a half. Strain off the liquor, take off the fat, and then put the ham and chicken, cut into small pieces, into the liquor. Add half a teacupful of okra, cut up; if dry, the same quantity; also half a teacupful of rice. Boil all half an hour, and just before serving add a dozen oysters, with their juice. Okra is a fine vegetable, especially for soups, and is easily cultivated. It is sliced and dried for soups in winter.

#### NOODLE SOUP.

Take two chickens (old ones are best) and prepare them as you would for roasting, filling them with a bread dressing, and put them in a pot with boiling water to cover them. Simmer them slowly till they are tender enough to run a fork through easily, then you can put them in the oven and brown them for the table. Take the water the chickens have been boiled in and stir in a pint of prepared noodles. Season with pepper and salt.

#### ITALIAN SOUP.

Put into three pints of boiling water the remains of a cold fowl, or a piece of cold roast beef, or a ham bone; add one handful of Lima beans; one quart of tomatoes with their skins off; one teacupful of rice, and two onions sliced and fried a good brown; one large spoonful of butter; pepper and salt to taste. Let the soup boil about twenty minutes; then cut off the corn from three cobs and add to the soup. This soup requires about three-fourths of an hour to make, and is very nice. The fried onion is absolutely necessary. A few sliced Irish potatoes can be added.

## MACARONI SOUP.

Take six pounds of beef, and put it into four quarts of water, with two onions, one carrot, one turnip, and a head of celery. Boil it down three or four hours slowly, till there are about two quarts of water, and let it cool. Next day take off the grease, without shaking the sediment, and pour it off into the kettle, half an hour before dinner (leaving the sediment out), and add salt to suit the taste, a pint of macaroni, broken into inch pieces, and a tablespoonful and a half of tomato catsup.

## BOUILLON.

Six pounds beef, six quarts of water, pepper and salt to taste. Take a piece of round or next to the neck, wash clean and put it into the kettle with the water. Simmer it all day till there are about two quarts of soup, and let it cool. Next day take off the grease and pour the soup into a clean kettle, leaving the sediment out; add salt and pepper to suit the taste. Let it come to a boil, and serve in cups.

## OX-TAIL SOUP.

Two ox-tails, one onion, two carrots, one stock of celery, a little parsley, and a small cut of pork. Cut the ox-tails at the joints, slice the vegetables, and mince the pork. Put the pork into a stew-pan. When hot, add first the onions; when they begin to color, add the ox-tails. Let them fry a short time. Cut them to the bone, that the juice may run out in boiling. Put both the ox-tails and fried onions into a soup-kettle, with four quarts or cold water. Let them simmer for about four hours; then add the other vegetables with three cloves stuck in a little piece of onion, and pepper and salt. As soon as the vegetables are well cooked, the soup is done. Strain it. Select some of the joints (one for each plate), trim them, and serve them with the soup; or, if preferred, the joints may be left out.

## GIBLET SOUP.

Take the feet, neck, pinions, and giblets of two fowls, and add a pound and a half of veal, and a slice of lean ham. Pour on three quarts of cold water, and boil gently till the meat is

very soft. Strain off the liquor, and when cold, take off the fat. Cut the giblets and meat into half-inch pieces; add a tablespoonful of flour with one of butter, and some of the soup to thin it. Then put into the soup the butter and meat, with some sweet herbs tied in a bag, with salt to your taste. Boil it half an hour and serve.

#### VENISON SOUP.

Three pounds of venison. What are considered the inferior pieces will do. One pound of ham or salt pork, one onion, one head of celery. Cut up the meat; chop up the vegetables, and put on with just enough water to cover them, keeping on the lid of the pot all the while, and stew slowly for one hour. Then add two quarts of boiling water, with a few blades of mace and a dozen whole peppers. Or, should you prefer, a little cayenne. Boil two hours longer; salt and strain. Return the liquor to the pot; stir in a tablespoonful of butter, thicken with a tablespoonful of browned flour wet into a smooth thin paste, with cold water; add a tablespoonful of Worcestershire or other pungent sauce.

#### HARE OR RABBIT SOUP.

Dissect the rabbit, crack the bones, and prepare precisely as you would the venison soup, only putting in three small onions instead of one, and a bunch of sweet herbs. Hare which are too tough to be cooked in any other way, make excellent game soup. Also the large gray squirrel of the Middle and Southern States.

#### RICH VEAL SOUP.

Take three pounds of the neck of veal, cut it in pieces and put it with the bones (which must be broken up), into a kettle with two quarts of water. Stew it till the meat is done to rags, and skim it well; strain it and return to the kettle. Blanch and pound to a smooth paste a quarter of a pound of sweet almonds, and mix them with the yolks of six hard boiled eggs mashed smooth, and a pint of cream, which must first have been boiled or it will curdle the soup, and let it boil afterwards about three minutes, stirring all the time. Lay in the bottom of the tureen some slices of toast, pour the soup on it and send it to the table.

## TOMATO SOUP. (No. 1.)

Six pounds of beef (shank bone is the best), sixteen medium-sized tomatoes, one onion, four potatoes. Put the meat over to boil at seven o'clock A. M. (if you wish your dinner at one o'clock). Add the onion when you put the meat on to boil. At ten o'clock put in your tomatoes and potatoes nicely sliced. At twelve o'clock take out the meat, chop up enough to thicken the soup and put back into the kettle to boil. Half an hour before dinner strain all through a colander; put back into the kettle, season with salt and pepper to suit taste; give the soup a lively boil. Put in a tureen and send to the table.

## MEATLESS TOMATO SOUP. (No. 2.)

One quart tomatoes, one of water; stew till soft; add teaspoonful soda, allow to effervesce and add a quart of boiling milk, salt, butter, and pepper to taste, with a little rolled cracker; boil a few minutes and serve.

## TURNIP SOUP.

Knuckle of veal, well cracked; five quarts of water. Cover closely and stew gently for four hours, the day before the soup is wanted. On the morrow, skim off the fat and warm the stock gradually to a boil. Have ready an onion and six large winter or a dozen small summer turnips, sweet marjoram or thyme minced very finely. Put these into the soup and let them simmer together for an hour. Strain, return to the fire and add a cup of milk, in which has been stirred a tablespoonful of butter. Season with salt and pepper; let it boil up once, stirring all the time, as is necessary in all soups where milk is added at the last, and remove instantly, or it will scorch.

## VEGETABLE OYSTER SOUP.

Three dozen oysters pared and sliced thin; cook in one quart of water one hour; add pepper, salt and butter to taste. Let the soup boil fifteen minutes longer; then add one quart of rich milk; let it come to a boil; add three tablespoonfuls of rolled cracker. Serve hot.

## CORN SOUP.

One-half dozen ears of corn, and with a sharp knife score each row of grains, then with the back of the knife scrape out the milk. Have a quart of boiling water, put in the cobs and let them boil a few minutes, just to give the soup the sweetness of the cob. Lift them out and pour in the scraped corn, and let it boil ten or fifteen minutes, then add a pint of milk, a piece of butter about the size of an egg, let it just come to a boil; season with pepper and salt.

## GREEN PEA SOUP.

Four pounds of beef, or a knuckle of veal, to which you may add a pound of bacon. Cut them in pieces and put them in the soup-kettle with a sprig of mint and five quarts of water. Boil moderately fast and skim it well. When the meat boils to pieces, strain it out and put to the liquor a quart of young green pease. Boil them until they are entirely dissolved, and have thickened the soup and give it a green color.

## BEAN SOUP.

Soak a pint of white beans over night. Then put them on the fire, with three quarts of water; one onion fried or sauted in a little butter; two potatoes, partly boiled in other water; a small cut of pork, one red pepper, a small piece of cabbage, and salt. Let it all boil slowly for four or five hours. Pass it through a colander. Return the pulp to the fire. Put into the tureen croutons of bread, cut in half inch pieces, and fry brown on all sides in a little butter. Pour the soup into the tureen and serve hot. Some add broth, celery, one or two cloves and carrot to bean soup. A little mustard added to bean soup makes a pleasant change. Some add cream at the last moment. Or, a very good bean soup can be made from the remains of baked beans—the brown baked beans giving it a good color. Merely add water and a bit of onion; boil it to a pulp, and pass it through a colander.

## SPLIT PEA SOUP—Dried.

One gallon of water, one quart of split pease soaked over night, one pound of salt pork, cut into bits an inch square, one-half

pound beef. Put over the fire, and boil slowly for two hours, or until the quantity of liquor does not exceed two quarts. Pour into a colander, and press the pease through it with a wooden or silver spoon. Return the soup to the pot, adding a small head of celery, chopped up, a little parsley, or, if preferred, summer savory or sweet marjoram. Have ready three or four slices of stale bread, which have been fried in butter until they are brown; cut into slices and scatter them upon the surface of the soup after it is poured into the tureen.

#### POTATO SOUP.

Two quarts of water, five medium-sized potatoes, one fourth of a head of cabbage, three medium-sized onions, yolks of two eggs, two tablespoonfuls of flour, one pint of sweet milk, piece of butter the size of an egg. Put the water into a kettle, pare, wash and slice the potatoes, chop the onions, and cut the cabbage very fine; put them all into the kettle, and boil till tender; then mash all together, fine. Add more water if needed; beat the yolks very light and add them to the milk, with the flour previously rubbed to a smooth paste with a little cold milk. Stir this into the boiling soup. Butter, pepper, and salt to taste.

#### VERMICELLI SOUP.

Four pounds lamb, from which every particle of fat has been removed, one pound of veal, one slice of corned ham, five quarts of water. Cut up the meat, cover it with a quart of water, and set it back on the range to heat very gradually, keeping it covered closely. At the end of an hour, add four quarts of boiling water, and cook until the meat is in shreds. Season with salt, sweet herbs, one chopped shallot, teaspoonful of Worcestershire sauce; and when these have boiled in the soup for ten minutes, strain and return to the fire. Have ready about a third of a pound of vermicelli, which has been boiled tender in clear water. Add this; boil up once, and pour out. In all recipes in which ham is mentioned as seasoning, reference is made to corned, not smoked pork. The smoke imparts an undisguisable, and to many, an unpleasant flavor, especially to delicate soups and ragouts.



## ONION SOUP.

Put into a sauce-pan butter size of an egg. Clarified grease, or the cakes of fat saved from the top of stock, or soup. When very hot, add two or three large onions, sliced thin; stir, and cook them well until they are red; then add a full one-half teacupful of flour. Stir this also until it is red, watching it constantly that it does not burn. Pour in about one pint of boiling water; add pepper and salt. Mix it well and let it boil a minute; then pour it into the soup-kettle, and place it at the back of the range until almost ready to serve. Add then one and a half pints of boiling milk, and two or three well mashed boiled potatoes. Add to the potatoes a little of the soup at first, then more, until they are smooth, and thin enough to put into the soup-kettle. Stir well and smoothly together; taste, to see if the soup is properly seasoned with pepper and salt, as it requires plenty, especially of the latter. Let it simmer a few moments. Put pieces of toasted bread in the bottom of the tureen. Pour over the soup, and serve very hot.

## FISH SOUPS.

## OYSTER SOUP. (No. 1.)

Drain the oysters from the liquor and strain the liquor. Put in the stew-kettle a teacupful of hot water and a quart of rich new milk. When it comes to a boil turn in the oysters, and when hot again, add the strained liquor. Take a large lump of butter—a good tablespoonful and press it in a tablespoonful of flour to thicken it. Stir this into it and let it just come to a boil. You may add a blade of mace or a little grated nutmeg; also, a head of celery cut into small pieces, if you have it.

## OYSTER SOUP. (No. 2.)

One quart of oysters, one quart of milk, two tablespoonfuls of butter, one pint of water. Strain the liquor from the oysters, add to it the water, and set it over the fire to heat slowly in a covered vessel. When it is near boiling, skim off thoroughly; season with pepper and salt, and pour in the milk (which should

be heated to a boiling point in a separate vessel), after which, stir constantly. When the soup again nears the boiling point, add the oysters, and let them stew until they "ruffle," on the edge. This will be in about five minutes. Then put in the butter and stir well until it is melted. When the soup is ready to serve, add a little rolled cracker. Serve with sliced lemon and crackers. The crowning excellence in oyster soup is to have it cooked just enough. Too much stewing ruins the bivalves, while an underdone oyster is a flabby abomination. The plumpness of the main body and ruffled edge are good indices of their right condition.

#### CLAM SOUP.

Thirty clams, two quarts of water, one pint of milk, two tablespoonfuls of butter, two eggs. If you cannot buy the clams already opened, put them in a large pan or tray, and pour boiling water over them. This will open the shells. Take them out as fast as they unclose, that you may save all the liquor they contain. Drain off this and put it over the fire, and when it comes to a boil, put in the clams, chopped up fine, boil three minutes, add the milk, which has been heated to scalding (not boiling), in another vessel. Boil up again taking care the soup does not burn, and put in the butter, pepper, salt, and the eggs. Then serve without delay. If you desire a thicker soup, add two tablespoonfuls of flour to a little cold milk, and put in with the pint of hot milk.

#### CATFISH SOUP.

Six catfish, in average weight half a pound apiece, one-half pound of salt pork, one quart of sweet milk, two eggs, one head of celery, or a small bag of celery seed. Skin and clean the fish and cut them up. Chop the pork into small pieces. Put these together into the pot with two quarts of water, chopped sweet herbs, and the celery seasoning. Boil for an hour, or until the fish and pork are boiled to pieces; strain it, return it to the sauce-pan and add the milk, which should be already hot; next the eggs, beaten to a froth, and a piece of butter the size of a walnut; boil up once, and serve with dice of toasted bread on top.

## CODFISH SOUP.

Boil a teacupful of codfish (shredded fine) in three pints of water for twenty minutes, add three tablespoonfuls of butter mixed till smooth with one heaping tablespoonful of flour and a little hot water; boil up once, add two pints of milk, let boil, add three beaten eggs, serve with bread dice; or, when served in a tureen add one poached egg for each person.

## STOCK FOR SOUPS OR GRAVIES.

Put two knuckles of shins of veal or beef and two onions into eight quarts of water. Boil two hours. Strain into a stone jar and keep in a cool place. When cold, take off the fat. Nice to put into vegetable soups, gravies or meat pies, of any kind.

## TO CLEAR SOUP.

Let it cool; then beat up the whites of three eggs; stir them into the cold soup with the broken shells of the eggs; set the soup off the fire and keep stirring until the scum rises. Let it boil four or five minutes, then take it off; set it aside until it settles, then strain it and serve hot.

## NOODLES FOR SOUPS.

Beat up two eggs, add a pinch of salt, and flour to make it very stiff; knead about ten minutes. Roll out into a sheet so thin as to be almost transparent, rub it with flour and let it stand an hour to dry; then roll it up like a scroll, and beginning at one end shave it down fine as you would a head of cabbage for slaw; shake them up with more flour and put them into the soup. Boil ten minutes.

## FORCEMEAT BALLS FOR SOUPS.

One teacupful of beef marrow, four eggs, a little chopped parsley, three tablespoonfuls of sweet milk. Rub the marrow to a cream; add the beaten eggs, season with pepper and salt, add the milk, and bread crumbs enough to make into little balls the size of a pigeon's egg. Let them stand half an hour before boiling; boil ten minutes in beef soup.

## SOUP DUMPLINGS.

One-half teacupful of butter, one-half teaspoonful of salt, yolks of four eggs. Beat the butter and yolks of the eggs to a cream; season with salt and lemon peel if you like; make them into a soft paste and drop them into the soup with a spoon. These are nice for potato soup.

## CALF'S LIVER DUMPLINGS.

Grate two pounds of liver, rub three tablespoonfuls of butter to a cream, add six well beaten eggs; add this to the liver, season with garlic, marjoram, pepper and salt, and a little lemon peel; add bread crumbs enough to make into dumplings. Let them stand one hour before cooking. Boil ten minutes. If you do not like any of the seasoning, you can leave them out and season to taste.

## FISH.

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Fish are good and fresh if the gills are red, the eyes full, and the body of the fish firm and stiff. As soon as possible after fish are caught, remove all scales (these may be loosened by pouring on hot water), and scrape out entrails and every particle of blood and the white skin that lies along the back bone, being careful not to crush the fish more than is absolutely necessary in cleaning. Rinse thoroughly in cold water, using only what is necessary for perfect cleanliness, drain, wipe dry, and place on ice until ready to cook. To remove the earthy taste from fresh water fish, sprinkle with salt, and let stand over night, or at least a few hours, before cooking; rinse off, wipe dry, and to completely absorb all the moisture, place in a folded napkin a short time. Fresh water fish should never be soaked in water except when frozen, when they may be placed in ice-cold water to thaw, and then cooked immediately. Salt fish may be soaked over night in cold water; if very salt, change it. Fish should always be well cooked, being both unpalatable and unwholesome when underdone. For boiling, a fish-kettle is almost indispensable, as it is very difficult to remove a large fish without breaking from an ordinary kettle. The fish-kettle is an oblong boiler, in which is suspended a perforated tin plate, with a handle at each end, on which it is lifted out when done. From this tin it is easily slipped off to the platter on which it goes to the table. When no fish-kettle is at hand, wrap in a cloth, lay in a circle on a plate, and set in the kettle. When done the fish may be lifted out gently by the cloth and thus removed to the platter. In frying by dipping into hot fat or drippings (or olive oil is still better), a wire basket, in which the fish is placed and lowered into the fat, is a

great convenience. One of the most essential things in serving fish, is to have everything hot, and quickly dished, so that all may go to the table at once. Serve fresh fish with squash and green pease, salt fish with beets and carrots, salt pork and potatoes with either. In cooking fish, care must be taken not to use the same knives or spoons in the preparation of it and other food, or the latter will be tainted with the fishy flavor. In boiling fish, allow five to ten minutes to the pound, according to thickness, after the water begins to boil. To test, pass a knife along a bone, and if done, the fish will separate easily. Remove the moment it is done, or it will become "woolly" and insipid.

Fish is made firmer if a little salt and vinegar is added to the water in which it is boiled. The water should be cold when the fish is put in, except in the case of salmon, when the water should be hot, to preserve the rich color. Garnishes for fish are parsley, sliced beets, fried smelts (for turbot), lobster coral (for boiled fish).

#### WHITEFISH STEAMED.

After cleaning the fish, salt it and wrap it in a clean white cloth and steam one hour. Dressing: Take a teacupful of butter, two tablespoonfuls of flour, and stir to a cream. Pour over this one pint of boiling water and let it come to a boil. Stir in two hard-boiled eggs chopped fine, pour the dressing over the fish and serve.

#### BAKED FISH.

Take a fish weighing five pounds after cleaing; salt it. Make a dressing of bread crumbs, salt, pepper, summer savory, and a piece of butter the size of a walnut. Sprinkle with pepper, salt, and add about half a pint of water. Bake one hour and a half.

#### CREAM GRAVY FOR BAKED FISH.

Have ready in a sauce-pan a cup of cream, diluted with four tablespoonfuls of hot water—lest it should curdle in heating—in which has been stirred carefully two tablespoonfuls of melted butter and a little chopped parsley; heat this in a vessel, set within another of boiling water; add the gravy from the dripping-pan in which it was baked; boil up once to thicken, and pour over the fish.

## FRIED FISH.

Clean thoroughly, cut off the head, and, if large, cut out the backbone, and slice the body crosswise into five or six pieces; dip in Indian meal or wheat flour, or in a beaten egg; and then in bread crumbs (trout and perch should never be dipped in meal), put into a thick bottomed skillet, skin side uppermost, with hot lard or salt pork (never in butter, as it takes out the sweetness and gives a bad color), fry slowly, and turn when a light brown. Fish should not be put in to fry until the fat gets boiling hot. It is necessary to observe this rule. Serve with tomato sauce or slices of lemon.

## To BOIL FISH.

Place in an iron kettle with salt cold water. Add a little vinegar or lemon juice, boil gently so as not to break the fish. Remove from the water as soon as done, and drain thoroughly. A little onion, parsley, carrots or cloves, with other seasoning, adds to flavor and appearance. Serve with drawn butter sauce with hard boiled eggs sliced.

## FRIED SMELTS.

Any small fish may be cooked after this recipe. Wash a pound of small fish in cold salted water; draw them at the gills without splitting them, and wipe them on a dry towel; have ready over the fire a frying kettle, half full of fat; dip the fish first in milk, then in cracker or bread crumbs, then in beaten egg, and again in the crumbs; when the fat is smoaking hot put in the fish, as many as will float, and fry them until they are golden brown; take the fish from the fat with a skimmer; lay them on brown paper for a moment to free them from grease; sprinkle them with salt and serve them hot.

## BROILED SHAD.

Any medium-sized fish may be broiled this way: After the shad has been scaled and washed in cold water, split it down the back; remove the back-bone and entrails and lay the fish between the bars of a double wire gridiron which has been well buttered; expose the inside to the fire until it is brown and then brown

the skin; when the fish is brown on both sides lay in a hot platter without breaking it; spread over it a tablespoonful of butter; season it with a saltspoonful of salt and quarter of a saltspoonful of pepper, and serve it hot. Chop a tablespoonful of parsley; mix it with a tablespoonful of butter, a teaspoonful of lemon juice, a saltspoonful of salt and quarter of a saltspoonful of pepper; use this to dress the broiled fish.

#### BAKED SALMON, TROUT OR PICKEREL.

Clean thoroughly, wipe carefully, and lay in a dripping-pan with water enough to prevent scorching (a perforated tin sheet or rack fitting loosely in the pan, or several muffin-rings may be used to keep the fish from the bottom of the pan, and the fish may be made to form a circle by tying head and tail together); bake slowly, basting often with butter and water. When done, have ready a cup of sweet cream into which a few spoonfuls of hot water have been poured, stir in two tablespoonfuls melted butter and a little chopped parsley, and heat in a vessel of boiling water; add the gravy from the dish and boil up once to thicken. Place the fish in a hot dish, and pour over the sauce. Garnish with a wreath of crimson nasturtium-blooms and dainty sprigs of parsley, on the edge of the dish.

#### BOILED SALMON. (Fresh.)

Wrap the fish, when you have washed and wiped it, in a clean linen cloth—not too thick—baste it up securely, and put it in a fish-kettle. Cover with cold water in which has been melted a handful of salt. Boil slowly, allowing about quarter of an hour to each pound. When the time is up, rip open the cover of the cloth and test the salmon with a fork. If it penetrates easily, it is done; if not, hastily pin up the cloth and cook a little longer. Skim off the scum as it rises to the top. Have ready in another sauce-pan a pint of cream, or half milk and half cream will do, which has been heated in a vessel set in boiling water; stir into this a large spoonful of butter, a little salt and chopped parsley, and a half gill of the water in which the fish was boiled. Let it boil up once, stirring all the while, or what is better, do not remove from the inner vessel. When the fish is done, take



it instantly from the kettle, lay it an instant upon a folded cloth to absorb the drippings; transfer with great care, for fear of breaking, to a hot dish, and pour the boiling cream over it, reserving enough to fill a small sauce-boat. Garnish with curled parsley and circular slices of hard-boiled yolks—leaving out the whites of the eggs. After serving boiled salmon with cream sauce you will never be quite contented with any other. If you cannot get cream, boil a pint of milk and thicken with arrowroot. It is not so nice, but many will not detect the difference.

#### BOILED SALMON—TROUT.

Clean, wash, and dry the trout; envelop in a thin cloth fitted nearly to the shape of the fish, lay within a fish-kettle covered with salted water (cold), and boil gently half an hour or longer, according to the size. When done, unwrap and lay in a hot dish. Pour around it cream sauce made as for baked salmon-trout—only of course, with the omission of the fish gravy—and serve.

#### BAKED SALMON.

Wash and wipe dry, rub with pepper and salt. Lay the fish upon a grating set over your baking-pan, and bake, basting it freely with butter, and, towards the last, with its own drippings only. Should it brown too fast, cover the top with a sheet of white paper until it is cooked. When it is done, transfer to a hot dish and cover closely; add to the gravy a little hot water thickened with cornstarch, wet, of course, first with cold water, a tablespoonful of tomato sauce, and the juice of a lemon. Boil up and serve in a sauce-boat, or you may serve with cream sauce made as for boiled salmon. Garnish handsomely with alternate sprigs of parsley and the bleached tops of celery, with ruby bits of currant jelly here and there. This is a fine dish for a dinner party.

#### CREAM PICKEREL.

The pickerel ranks next to trout among game-fish and should be cooked in the same manner. Reserve your largest pickerel—those over three pounds in weight—for baking, and proceed with them as with baked salmon-trout, cream gravy and all. If you cannot afford cream, substitute rich milk, and thicken with rice

or wheat flour. The fish are better cooked in this way than any other.

#### BAKED HALIBUT.

Take a piece of halibut weighing five or six pounds, and lay it in salt and water for two hours. Wipe dry and score the outer skin. Set in the baking-pan in a tolerably hot oven and bake an hour, basting often with butter and water heated together in a sauce-pan or tin-cup. When a fork will penetrate it easily it is done. It should be of a fine brown. Take the gravy in the dripping-pan—add a little boiling water should there not be enough—stir in a tablespoonful of walnut catsup, a teaspoonful of Worcestershire sauce, the juice of a lemon, and thicken with browned flour previously wet with cold water. Boil up once and put into sauce-boat. There is no finer preparation of halibut than this, which is, however, comparatively little known. Those who have eaten it usually prefer it to boiled or broiled. If you have any fish left, save it until the next morning. Pick out as you would cod, with an equal quantity of mashed potato, moisten with the sauce, or with milk and butter if you have no sauce; put into a skillet and stir until it is very hot.

#### STURGEON STEAK.

Skin the steaks carefully and lay in salted water (cold), for an hour, to remove the oily taste, so offensive to most palates. Then wipe each steak dry, salt, and broil over hot coals on a buttered gridiron. Serve in a hot dish when you have buttered and peppered them, and send up garnished with parsley, and accompanied by a glass dish containing sliced lemon. Another nice way to cook sturgeon is to prepare it as the above; then dip it in beaten egg, then bread crumbs, and fry brown.

#### STEWED CODFISH.

Soak pieces of codfish several hours in cold water, pick fine, and place in skillet with water; boil a few minutes, pour off water and add fresh, boil again and drain off as before; then add plenty of sweet milk, a good-sized piece of butter, and a thickening made of a little flour (or cornstarch) mixed with cold milk

until smooth like cream. Stir well, and when done take from the fire, and add the yolks of three well beaten eggs; stir quickly and serve.

#### FISH CHOWDER.

Take a fresh codfish, two and a half pounds in weight, four medium-sized potatoes, four small onions, two slices of fat salt pork. First, cut the pork quite fine, put it in your kettle and let it fry brown. Cut the fish in pieces of an inch thick, and two inches square, remove all the bones possible. Cut the potatoes and onions also fine, put all in a kettle in layers, alternately, cover with hot water, cook thirty minutes; then add one pint of rich sweet milk, pepper and salt to taste. Serve hot.

#### CODFISH PIE.

Take a piece of codfish, soak over night in plenty of water. In the morning simmer until tender. When done, remove all the bones, and chop fine. Take one bowlful of fish, one and one-half bowlful of mashed potatoes, one bowlful of thick cream, one-half teacupful of butter, pepper to taste. Mix all well together, and brown nicely in the oven.

#### CODFISH HASH.

Prepare the fish as in the above recipe. Take one bowlful of fish, one and one-half bowlful of chopped potatoes, one bowlful of thick cream, two eggs, well beaten, butter and pepper to taste. Brown in the oven. Very nice for breakfast.

#### TURBOT.

Take a fine, large whitefish, steam till tender. Take out the bones and sprinkle with pepper and salt. For the dressing, heat one pint of milk and thicken with two-thirds of a cupful of flour. When cold, add two well beaten eggs and half a teacupful of butter. Put in the baking-dish a layer of fish, then a layer of sauce till full. Season with onions, parsley and thyme. Cover the top with bread crumbs, and bake one-half hour.

#### BOILED CODFISH.

Soak over night, put in a pan of cold water, and simmer two

or three hours. Serve with drawn butter, with hard-boiled eggs sliced on it. Codfish is also excellent broiled. After soaking sufficiently, grease the bars of the gridiron, broil, and serve with bits of butter dropped over it. This is a nice relish for tea.

#### BOILED SALT MACKEREL.

After freshening, wrap in a cloth and simmer for fifteen minutes; remove, lay on it two hard-boiled eggs sliced, pour over it drawn butter, and trim with parsley leaves. Boiling salt fish hardens it.

#### CODFISH BALLS. (No. 1.)

The first and most important thing to be remembered is, have the ingredients cooked on the day you wish them to be eaten. Put your codfish to soak the night before, then simmer (not boil), until tender. Have the potatoes freshly cooked and hot. When the fish is done, take out all the bones and pull every lump, no matter how small, apart, until it is light and feathery. Mash the potatoes until they are perfectly smooth; add a little cream or milk and the whites of four eggs and a little pepper. Mix all together, and make into round balls; dip in the yolks of four well beaten eggs, then in bread crumbs, and fry in hot lard like doughnuts. They will not absorb the fat, but will immediately crisp a beautiful brown; turn them over and in a moment they are done. Great care must be taken to have the lard boiling hot. Remember, the beauty is to have them fine and white inside, like a cream-puff. If rightly made, they are delicious, and far superior to the heavy, butter-soaked articles, usually termed codfish balls.

#### CODFISH BALLS. (No. 2.)

Prepare the codfish as in number one. Take one and one-half coffeecupfuls of the codfish, two cups of freshly mashed potatoes, three well beaten eggs; season highly with pepper and a little salt; beat the whites to a stiff froth, and put in last. Take a tablespoonful of the batter at a time and fry in hot lard like doughnuts.

## SHELL-FISH.

## FRIED OYSTERS.

Drain the oysters from the liquor. Have ready some finely rolled crackers or corn-meal into which sprinkle some pepper and salt. Have ready in the frying-pan equal quantities of butter and lard; dip the oysters into the fine crackers or corn-meal, and fry a light brown. Another way: Make a batter in the proportion of two eggs to a cup of cream, dip the oysters into the batter, then into the crumbs, seasoned with pepper and salt. Or, you may make the batter a little thicker and omit the cracker crumbs. Fry in hot lard and butter mixed—a light brown.

## STEWED OYSTERS.

Drain the oysters from their liquor. Put them on the fire without any water or liquor and cook them till nearly done. Then drain them from the liquor that has been drawn. To one quart of oysters, add one-half pint of sweet cream or new milk, a lump of butter the size of an egg, and yolk of one egg. Season with pepper and salt to suit your taste, and thicken with a spoonful of flour. Stew all together until the egg and flour are cooked. The butter, yolk, and flour should be beaten together and made smooth before stirring into the oysters.

## ESCALLOPED OYSTERS.

Drain the oysters from the liquor; butter the bottom and sides of a deep dish. Use bread crumbs instead of crackers; they are better. Place in the bottom a layer of oysters, bits of butter strewn over them, a little salt and pepper, just a shade of nutmeg, and so make each layer till the dish is full, having bread crumbs and butter on the top. Bake half an hour.

## FRICASSEED OYSTERS.

Take a quart of large, fine oysters, pick them from the liquor. Heat in the skillet a large piece of butter almost to boiling, turn into it the oysters without the juice. When they are heated through and have begun to swell, and the ruffles stand out, stir

into them a paste made of a piece of butter the size of an egg and a large tablespoonful of flour. Let it cook a minute or two longer, then serve.

#### FULTON MARKET STEW.

Butter a baking-dish; take a quart of the largest saddle rock oysters, take them from the liquor and lay them in the dish with bits of butter, salt and pepper, to your taste. Bake them ten minutes in a hot oven.

#### OYSTER PIE.

Stew the oysters in their own liquor, and thicken with a small lump of butter pressed in a tablespoonful of flour. Line the sides and bottom of a deep dish with paste; turn a small teacup bottom upwards in the center of the dish. It will hold the juice, and prevent the paste from becoming heavy. Pour in the oysters with the liquor, put on the top crust, and bake twenty minutes.

#### BROILED OYSTERS.

Dry large, selected oysters in a napkin, pepper and salt, and broil on a fine folding wire broiler, turning frequently to keep the juice from wasting. Serve immediately, in a hot dish, with little pieces of butter on them; or, pepper a cup of dry bread crumbs; dry one quart of oysters in a napkin, dip each in butter previously peppered, roll well in the crumbs, and broil over a good fire from five to seven minutes. Serve immediately in a hot dish with butter, pepper and salt.

#### STEAMED OYSTERS.

Wash and drain one quart of select oysters, put in pan and place in steamer over boiling water, cover and steam until oysters are plump with edges ruffled; place in a heated dish with butter, pepper and salt, and serve.

#### OYSTER PATTIES.

Put oysters in a sauce-pan, add a little milk and part of the liquor from the oysters; season with pepper and salt, a bit of lemon rind, and a piece of butter rolled in flour; stir together,

and let simmer for a few minutes, and put in shells which have been previously made of puff-paste baked in patty pans. They may be served hot or cold. If hot, the shells should be warmed before adding the oysters.

#### PICKLED OYSTERS.

Turn them into a colander to drain; pick them out one by one with a fork and put them in a spider—as many as will lay on the bottom—to cook. Season with salt and pepper; when the edges are curled take them out, put on a platter; be very careful not to burn them. The juice that is in the spider turn into a bowl and save; continue the same till all are cooked. Strain and measure the juice and add as much cider vinegar, a few pieces of mace, a tablespoonful of whole pepper, a piece of butter the size of an egg, and let it boil five minutes; then can them up in glass jars.

#### CREAM OYSTERS ON THE HALF-SHELL.

Put into your inner sauce-pan a cup of hot water, another of milk, and one of cream, with a little salt. Set into a kettle of hot water until it boils, when stir in two tablespoonfuls of butter and a little salt, with white pepper. Take from the fire and add two heaping tablespoonfuls of arrowroot or cornstarch, wet with cold milk. By this time your shells should be washed and buttered, and a fine oyster laid within each. Use clamshells; you will find them more roomy and more manageable, because more regular in shape. Range these closely in a large baking-pan, propping them with clean pebbles or fragments of shell, if they do not seem inclined to retain their contents. Stir the cream very hard and fill up each shell with a spoon, taking care not to spill any in the pan. Bake five or six minutes in a hot oven after the shells become warm. Serve on the shell. Some substitute oyster liquor for the water in the mixture, and use all milk instead of cream.

#### DEVILED CRABS.

Pick the meat from a boiled crab and cut in fine bits; add one-third as much bread crumbs, two or three chopped hard boiled eggs, and lemon juice; season with pepper, salt, and butter, or

cream. Clean the shells nicely and fill with the mixture; sprinkle over with bread crumbs and small bits of butter, and brown in the oven. Lobsters may be prepared in same way, and served in silver scallopshells. Or, boil one pint of milk, and thicken with one tablespoonful cornstarch mixed in a little cold milk; season with pepper and salt, and pour over the picked-up lobster; put in baking-dish, and cover with bread crumbs and a few pieces of butter, and brown in the oven.

#### CLAM CHOWDER.

Chop fifty clams, peel and slice ten raw potatoes, cut into dice six onions and half a pound of fat salt pork, slice six tomatoes (if canned use a coffeecupful), add a pound of pilot crackers; first, put pork in bottom of pot and fry out, partially cook onions in pork fat, remove the mass from pot, and put on a plate bottom side up; make layers of the ingredients, season with pepper and salt, cover with water and boil an hour and a half, adding chopped parsley to taste.

#### TO BOIL A LOBSTER.

Lobsters and crabs should be boiled as soon as caught. The most humane way to kill them is to drop them in a kettle full of boiling water. Choose a lively one, not too large, lest he should be tough. Put a handful of salt into a pot of boiling water, and having tied the claws together, if your fish merchant has not already skewered them, plunge him into the prepared bath. Boil from half an hour to an hour, as his size demands. When done, take him out and lay, face downward, in a sieve to dry. When cold, split open the body and tail, and crack the claws to extract the meat, throwing away the "lady-fingers" and the head.

#### TO PREPARE A CRAB.

Drop in boiling water and boil ten minutes, dip the head in first, that kills it at once. The nippers and tenaches are broken off, the shell broken open and the meat lifted out. Nothing is thrown away but the head, and stomach which lies close to the head. The liquor in the body is used for soup.



## MEATS.

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### TO SELECT MEAT.

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. If the beef is immature, the color of the lean part will be pale and dull, the bones small, and the fat very white. High-colored, coarse-grained beef, with the fat a deep yellow, should be rejected. In corn-fed beef the fat is yellowish, while that fattened on grasses is whiter. In cow beef the fat is also whiter than in ox beef. 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.

In selecting veal, take that which is firm and dry, and the joints stiff, having the lean a delicate red, the kidneys covered with fat, and the fat very white. If you buy the head, see that the eyes are plump and lively, and not dull and sunk in the head.

In choosing mutton, take that which is bright red and close grained, with firm and white fat. The meat should feel tender and springy on pressure. Notice the vein in the neck of the fore quarter, which should be a fine blue.

Lamb is good at a year old, and more digestible than most immature meat. The meat should be light red and fat.

Great care should 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. Hams are tried by sticking a knife in them. If when drawn out it has no bad odor, the ham is good.

#### BROILED BEEFSTEAK.

Lay a thick tender steak upon a gridiron well greased with beef suet, over hot coals; when done on one side have ready the warm platter with a little butter on it, lay the steak, without pressing it, upon the platter, quickly place it on the gridiron, and cook the other side. When done to liking, put on platter again, spread lightly with butter, season with salt and pepper, and place where it will keep warm (over boiling steam is best) for a few moments, but do not let the butter become oily. Serve on hot plates. Many prefer to sear on one side, turn immediately and sear the other, and finish cooking, turning often. Season with salt, pepper and butter.

#### FRIED BEEFSTEAK.

When the means to broil are not at hand, the next best method is to heat the frying-pan very hot, put in the steak, let it remain a few moments, loosen with a knife and turn quickly several times; repeat this and when done transfer to a hot platter. Salt, pepper, and put over it bits of butter. This way of frying is both healthful and delicate.

#### BEEFSTEAK SMOTHERED IN ONIONS.

Fry brown four slices of salt pork; when brown, take out the pork and put in six onions, sliced thin. Fry about ten minutes, stirring all the while; then take out all except a thin layer, and upon this lay a slice of steak, then a layer of onions, then steak, and cover thick with onions. Dredge each layer with pepper, salt, and flour. Pour over this one cupful of boiling water, and cover tight. Simmer half an hour. When you dish, place the steak in the center of the dish, and heap the onions around it. Serve the same vegetables as for broiled steak.

#### BOILED BEEF.

Take a piece of sirloin or round of beef, wash it clean and put it on to boil in two quarts of water; salt it and boil till tender.

When nearly done, pare some potatoes and let them steam with the meat. When half done, boil down the liquor and put in a piece of butter, and brown the meat and potatoes. When nicely browned, take them out and pour into the gravy one pint of boiling water, and thicken with flour paste. This makes a very nice dish for dinner.

#### MOCK DUCK—Very fine.

Take flank or round steak. Pound and sprinkle it with pepper and salt. Make a filling of sweet-breads. To prepare the sweet-breads, soak them over night in salt and water. In the morning put them in fresh water and par-boil them; chop them fine and make a dressing of one pint of bread-crumbs, two soda crackers rolled fine, two eggs well beaten. Season with cayenne, black pepper, and salt, a piece of butter the size of an egg. Put in the sweet-breads and moisten with one cup of cream or milk; stir all the ingredients well together, spread them on the meat, roll it up, and sew it tight. Put it into a pot and pour on a quart of boiling water, add a tablespoonful of butter. Boil one hour, then take it out and put it in the roast-pan with the water in which it has boiled, and bake until nicely browned, basting frequently. Thicken the gravy with a little flour and pour over the meat.

#### ROAST BEEF WITH YORKSHIRE PUDDING.

Never wash the meat, but if necessary, wipe with a damp cloth, sprinkle with salt, pepper, and flour; if not fat, put three or four pieces of butter the size of a hickory-nut on it; put in a dripping-pan without water, letting it rest on a wire frame or some small sticks to keep it from the pan; baste and turn it often, baking from fifteen to twenty minutes for every pound. Make the pudding, to eat like vegetables with the roast, as follows: One pint of milk, take three eggs, three cups of flour, teaspoonful of salt, stir to a smooth batter, pour into the dripping-pan, half an hour before the meat is done. Cut into square pieces, and put around the beef. It should be a fine brown.

#### BEEF A LA MODE.

Six pounds of the round of fresh beef. In the absence of a

larding needle, use carving steel to make holes all through the piece an inch or two apart. The piece of meat should be six inches thick. Cut pieces of pickled pork the size of a dice, square, and two inches long, and stick them into these holes. Then rub the beef both sides with pepper, salt and ground cloves, mixed. Having heated some fresh lard in your pot, fry a medium-sized onion in it quite brown. Lay the meat in this and pour around it as much boiling water or stock as will almost cover it. Have a close lid to the pot, and stew slowly at least three hours. Tie a bunch of bay leaves in a cloth and throw them in when you first put in the meat. About an hour before it is done, pour in two tablespoonfuls of red tomato catsup or Chili sauce, or a large teacup of canned tomatoes; one or two carrots or turnips, or both, is by some considered an improvement. When the meat is taken out, add a little water and flour to make the gravy.

#### BOILED CORNED BEEF.

Wash a piece of beef weighing ten pounds; put it into two gallons of cold water; when it comes to a boil, skim carefully, and boil very slowly, six hours. Some boil all kinds of vegetables in the same pot; but there is one objection to this method; you lose the distinctive flavor of each vegetable, and the beef is flavored with the vegetables, which is very unpleasant when it is cold. The vegetables to serve with corned beef are beets, turnips, cabbage, parsnips, carrots and potatoes. When the beef is simply for one hot dinner, the part of the beef is not of so much consequence; but when it is to be pressed, there should be care taken in the selection of the piece to boil. The brisket, the flank, and the part of the ribs, are the best parts to press. Boil as before directed and take out the bones, lay the meat on a large platter, and place a tin sheet upon it; on the sheet place a weight, and set it in a cool place. When ready to use, trim the edges, and use the trimmings for meat hash. This makes a nice dinner with baked potatoes, squash, and macaroni.

#### TO COOK A FILLET OF BEEF.

The fillet is the under side of the loin of beef. The steaks cut from this part are called Porter house steaks. After it is trimmed

and larded, put it into a small baking-pan, in the bottom of which are placed some chopped pieces of pork, and beef suet; sprinkle some salt and pepper over it and put a large ladleful of hot stock into the bottom of the pan, or it may be simply basted with boiling water. Half an hour (if the oven is very hot as it should be) before dinner, put it into the oven, baste it often, supplying a little hot stock if necessary.

#### TO MAKE THE MUSHROOM SAUCE.

Take a ladleful of stock, free from grease, from the stock-pot; add to it part of the juice from the can of mushrooms; thicken it with a little flour and butter mixed; add pepper, salt, a few drops of lemon juice; now add the mushrooms, let them simmer a few minutes. Pour the sauce over the fillet of beef, and serve.

#### BREAKFAST STEW.

Cut three-fourths pound of cold roast beef into small pieces, heat slowly with half a pint of cold water, one tablespoonful of Chili sauce, a teaspoonful of salt, and half a teaspoonful of pepper. Rub two tablespoonfuls of flour with some butter and a little of the hot gravy, add to the beef, let it cook until the flour is done, and then serve with bits of dry toast.

#### BOILED SALT TONGUE.

Soak the tongue over night; in the morning put it on to boil in six quarts of cold water, and boil slowly six hours, if the tongue is large; if not, five hours will answer. Take it from the boiling water and throw it into cold water, and peel the skin off. Set it away to cool. For dinner, use the same vegetables as for cold corned beef. The roots will make a nice hash.

#### DRIED BEEF.

The most common way of serving dried beef, is to shave it into thin slices or chips, raw; but a more savory relish may be made of it with little trouble. Put the slices of uncooked beef into a frying-pan with cold water, to freshen it; set it over the fire for ten minutes; when it comes to a boil, drain off the water and pour

some milk on the beef—say to a pint of chipped beef, one quart of sweet milk. Thicken it with one-half cup of corn-starch or flour, a little butter and pepper, two well beaten eggs. Serve with baked potatoes for breakfast or supper. Fried ham is very nice prepared in this way.

#### FRIED LIVER.

Cut in thin slices and place on a platter, pour on boiling water and immediately pour it off (sealing the outside, taking away the unpleasant flavor and making it more palatable); have ready in the skillet on the stove, some hot lard or beef drippings, dredge the liver with flour nicely seasoned with pepper and salt, put in skillet, placing the tin cover on, fry slowly until both sides are dark brown.

#### LARDED LIVER.

Lard a calf's liver with bacon or ham, season with salt and pepper, tie a cord around the liver to keep it in shape, put in a kettle with one quart of cold water, a quarter of a pound of bacon, one onion, chopped fine, and one teaspoonful of sweet marjoram; let simmer slowly for two hours, pour off gravy into gravy dish, and brown liver in kettle. Serve with the gravy.

#### BROILED TRIPE.

Drain, dredge in flour, broil on a greased gridiron for ten minutes; season with salt, pepper and butter, and serve on very hot dishes. In buying tripe, get the "honey-comb," as it is the best.

#### FRIED TRIPE.

Dredge with flour, or dip in egg or cracker crumbs, fry in hot butter, or other fat, until a delicate brown on both sides, lay it on a dish, add vinegar to the gravy, and pour over the tripe (or the vinegar may be omitted, and the gravy added, or the tripe may be served without vinegar or gravy). Or make a batter by mixing gradually one cup of flour with one of sweet milk, then add an egg well beaten and a little salt; drain the tripe, dip in batter and fry in hot drippings or lard. Salt pork and pig's feet may be cooked by the same rule.

## SPICED BEEF.

Take a piece of beef from the fore quarter, weighing ten or twelve pounds. Take one pint of salt, one teacupful of molasses or brown sugar, one tablespoonful ground cloves, allspice and pepper, and two tablespoonfuls of pulverized saltpetre. Place the beef in a deep pan; rub with this mixture. Turn and rub each side twice a day for a week. Then wash off the spices; put in a pot of boiling water, and as often as it boils hard, turn in a teacupful of cold water. It must simmer for five hours on the back part of the stove. Press under a heavy weight till it is cold. You can use the pickle again, first rubbing into the meat a handful of salt. This is good to pickle tongue also.

## STOCK.

The liquor in which a joint of meat has been boiled, trimmings of fresh meat, poultry, shank bones, roast beef bones, any pieces the larder may furnish; crack the bones, put all into the soup pot, cover with cold water, and simmer gently six hours; skim carefully and strain; when cold, remove the fat from top. Put the stock over the fire and boil down until it is almost a thick jelly. This is used to glaze a roast fillet of beef; or to add when you cook beef a la mode.

## TO ROAST A FILLET OF BEEF.

Lard it, and bind it carefully to the skewer with a small wire; cover the fillet with sweet salad oil and a little lemon juice. Put it into a hot oven; baste it frequently; five minutes before taking it away from the fire, glaze the fillet three times with a glazing brush. When the fillet is carved at table, the little juice which falls into the dish should be poured over each of the slices.

## BOILED MUTTON WITH CAPER SAUCE.

Have ready a pot of boiling water, and throw in a handful of salt; wash a leg of mutton and rub salt through it. If it is to be rare, cook two hours, if well done, three hours or longer, according to size. Boil a pint of milk, thicken with flour well blended, add butter, salt, pepper and two tablespoonfuls of capers, or mint

sauce if preferred. Another way: Boil in six quarts of water. In a few minutes a scum will rise, which must be skimmed off carefully. Throw in a handful of whole black pepper, add salt and boil till done. Serve with caper sauce.

#### POT ROAST.

A nice way to cook a leg of mutton, lamb, or veal, is in this way: Put into a pot one pint of boiling water, put in the meat, and steam two hours, then add salt and pepper, steam till tender, add some butter, and brown in the pot. Put it on a platter and serve it with the gravy, thickened with a little flour.

#### FRIED MUTTON CHOPS.

For this dish the dainty French chops that are at once so delicious and so expensive need not be used. The large, coming further down the leg and resembling cutlets more than chops are quite as good. Beat them hard with the flat of a hatchet, crushing the bones, dip each first into beaten egg, then into cracker crumbs. Have ready plenty of boiling hot lard or drippings in a frying-kettle. Test it with a piece of bread, and if this browns almost instantly the fat is in proper condition. Fry the chops a good brown, remove with a skimmer and place on a hot platter, and serve hot.

#### LAMB CHOPS.

This is a favorite dinner-company dish, generally arranged in a circle, around green pease. They should be neatly trimmed, the bones scraped, then rolled in a little melted butter, and carefully broiled. When done, rub more butter over them and season with pepper and salt. Slip little paper, ruffled, over the ends of the bones. They may be served with a centre of almost any kind of vegetables, such as a smooth hemisphere of mashed potatoes or spinach, or with beans, cauliflowers or stuffed baked tomatoes, or with a tomato sauce.

#### LEG OF MUTTON ROASTED.

A leg of mutton intended for roasting can be kept much longer than for boiling, but must be wiped very dry, and dusted with



flour and pepper. Cut off knuckle, remove thick skin, and trim off piece of thick flank. Put a little salt and water into dripping-pan, baste joint for short time with it, then use gravy from meat itself, basting every ten minutes. A leg of mutton, if too large, can be divided, and knuckle boiled. By placing a paste of flour and water over part cut off, to keep in gravy, it can be roasted, by which means two roast dinners can be had from one joint.

#### ROAST LAMB.

The fore and hind quarter of lamb are used for roasting. Rub on a little butter, salt and pepper; put a pint of water into the dripping-pan, and a little lard or butter, allow about fifteen minutes to a pound; baste often. Lamb is to be cooked thoroughly.

The following is a very excellent sauce for roast lamb: Pick, wash and shred fine, some fresh mint, put on it a tablespoonful of sugar and four tablespoonfuls of vinegar; or, chop some hard pickles to the size of capers and put them to a half pint of melted butter, and a teaspoonful of vinegar.

#### MUTTON A LA VENISON.

Take a leg of mutton and lard it well with strips of salt pork; insert deep slits in the meat, which has been previously rolled in pepper and cloves; bake two hours or according to the size of the roast, basting frequently while in the oven. About an hour before serving, spread over it currant jelly. Return to the oven and brown.

#### SAUTED MUTTON CHOPS.

Trim the superfluous fat, and the skin from chops; heat a frying-pan until the chops siss, on being put into it; put the chops into the hot frying-pan, and brown them quickly, first on one side then on the other, and then move the pan away from the hot part of the stove, and finish cooking the chops to the desired degree. Chops fried in this way are juicy and nicely flavored; when they are done put them on a hot platter, season with salt, pepper and butter; serve them hot.

#### ROAST VEAL.

Prepare the dressing as for fowls. In the place where the bone has been removed, put in the dressing. Tie the fillet around

with a white string, in order to keep it in shape and compact, as it will look better so, and can be carved more readily. The string should be removed before sending to the table. Roast the veal in an oven, without water in the pan. Veal should be thoroughly done, but it takes longer time to even heat it through, than any other kind of meat. A fillet of ordinary size will require, certainly, three hours' roasting. Baste frequently with butter. Just before it is done, sprinkle over a little flour, and rub over some butter. This will give a frothy appearance to the meat. Serve with sliced lemons.

#### VEAL STEW.

Cut four pounds of veal into strips three inches long and an inch thick, peel twelve large potatoes, cut them into slices an inch thick, then spread a layer of veal on the bottom of the pot, and sprinkle a little salt and a very little pepper over it, then put a layer of potatoes; then a layer of veal seasoned as before. Use up the veal thus, and over the last layer of veal put a layer of slices of salt pork, and over the whole a layer of potatoes. Pour in water till it rises an inch over the whole, and cover it as close as possible; heat it fifteen minutes and simmer it an hour. Ten minutes before taking up, put in butter the size of an egg, stir in a thin batter made of two tablespoonfuls of flour.

#### VEAL CUTLETS.

Fry brown four slices of salt pork. Take them up, and add to the fat two large tablespoonfuls of lard or drippings. Have ready thin slices of veal (they are best cut from the leg). Season with salt and pepper. Dip them in an egg, which has been well beaten, then into cracker crumbs, and fry a light brown. Put on a hot platter and serve with the pork. To make the gravy: Add a teacupful of sweet milk to the gravy in the pan; stir in a tablespoonful of flour, previously wet in cold water, boil five minutes and serve with the cutlets.

#### VEAL TERRAPIN.

Take some nice cold roast veal (from the fillet or loin), and cut it into small mouthfuls; put it into a stew-pan; have ready a

dressing of six hard boiled eggs, minced fine, a small teaspoonful of French mustard, a saltspoonful of salt, and the same of cayenne pepper, half pint of cream. If you cannot conveniently obtain cream, substitute a tablespoonful of butter. All the ingredients for this dressing must be thoroughly mixed, then pour it over the veal and give the whole a hard stir. Cover it and let it stew over the fire for about ten minutes. Fresh venison is excellent cooked in this manner; so, also are ducks, pheasants, partridges or grouse, making a fine dish for company.

#### VEAL LOAF.

Three pounds of uncooked veal, one-fourth pound of salt pork (less will answer if butter is used), three eggs, three Boston crackers, one and one-half teaspoonful of salt, two teaspoonfuls of pepper; use powdered sage, thyme, or sweet marjoram if you like. Chop the meat and pork very fine, add the beaten eggs and the rolled crackers, with the rest of the ingredients. Press hard into a pudding-dish, and bake two hours. Slice thin, garnish with parsley, and eat cold.

#### VEAL ROLL.

Two pounds of pork steak; three pounds of veal, chopped fine; ten crackers, rolled; one tablespoonful of thyme, summer savory, or parsley; six eggs; salt and butter. Mix thoroughly. Bake one hour, then spread eggs and crackers over it and put in to brown.

#### VEAL SWEETBREADS.

Sweetbreads should be soaked in cold water for an hour as soon as they come from the market, as they do not keep well; cut through each, draw a piece of salt pork through the incision, and put on to boil in salt water or soup-stock until thoroughly done; take off, place in cold water for a few minutes, remove the little pipes and skin, and put away in a cold place until ready to cook for the table. When wanted, season with salt and pepper, roll in bread crumbs, and fry in a frying-pan, or like doughnuts, in hot fat. Serve with green pease, or with a gravy made by pouring a cup of milk thickened with flour into the frying-pan.

Or prepare as for frying, slice thin, sprinkle over grated nutmeg and chopped parsley, dip into a batter made of one cup of milk, one egg one cup of flour, a pinch of salt, and a half teaspoonful of baking-powder, and fry like fritters.

## CROQUETTES.

One sweetbread, two coffeecups of chopped chicken, one cup of bread crumbs; pour on boiling water enough to moisten them. Add the yolks of two eggs, stir over the fire till quite stiff, and set away to cool. Chop three teaspoonfuls of parsley, three of thyme, three of onions, one of mace, one of nutmeg, salt and cayenne pepper to taste; add one-fourth pound of butter; then beat in the mixture two eggs; mix well with the hand; shape like pears; dip in beaten egg then in bread-crumbs and fry in hot lard, a light brown.

## SWEETBREADS PATTIES.

Take three large sweetbreads. When you have washed them, and removed all bits of skin and fatty matter, cover with cold water, and heat to a boil. Pour off the hot water, and pour on cold water, enough to cover them nicely, and stew till tender. When done, season with salt, butter, black and a very little cayenne pepper, and a little chopped parsley. Add one cup of thick cream. They are now ready for use. For the patties, make a good puff-paste, and bake as you would tarts. Before you put them in the oven, brush them over with the yolk of an egg. They should be baked the day before you want to use them. Have your sweetbreads hot, and fill your patties just before sending them to the table.

## SWEETBREADS WITH MUSHROOMS.

Allow eight sweetbreads to a can of mushrooms. After they are par-boiled and trimmed, cut them up in pieces and stew till tender; cut up the mushrooms and stew in their liquor for twenty minutes, then add to the sweetbreads a coffeecupful of cream, pepper, salt, and a tablespoonful of butter. Serve hot. Sweetbreads broiled and served with a dressing of green pease, makes a delicious dish.

## SWEETBREADS WITH TOMATOES.

Take two large sweetbreads, par-boil and remove the skin. Put them into a sauce-pan with half a pint of water, salt and pepper to taste. Stew slowly. Mix a tablespoonful of flour with a small piece of butter, to which you may add a very little nutmeg, if you like. Stir this into the sweetbreads after stewing them for one-half hour. Set the sauce-pan in the oven and brown the sweetbreads on the dish. Pour the gravy into one-half pint of stewed tomatoes, thickened with one dessertspoonful of flour and a little piece of butter. Season with salt and pepper. Strain it through a small wire sieve into the stew-pan. Let it come to a boil and stir till done. Pour it over the sweetbreads and send to the table hot.

## CROQUETTES OF CALF'S BRAINS.

Wash the brains very thoroughly until they are free from membranous matter and perfectly white. Beat them smooth; season with a pinch of powdered sage, pepper and salt. Add two tablespoonfuls of fine bread crumbs moistened with milk, and a beaten egg. Roll into balls with floured hands, dip in the beaten egg, then in cracker crumbs, and fry in butter or veal drippings. These are nice with boiled spinach.

## BOILED HAM.

Have a coarse hand brush for cleaning hams, as it is impossible to get them clean by simply washing them. Cover with cold water, add one-half teacupful of molasses, and simmer slowly. A ham weighing twelve pounds, will require five hours boiling. After it is boiled, take off the skin and rub it all over with an egg, then strew bread crumbs over it; baste with butter, and set it in the oven until it is baked a light brown. A ham has an excellent flavor if boiled as follows: Before cooking, soak in vinegar and water, then boil in water with two heads of celery, two or three turnips, same of onions (if wished), and a handful of sweet herbs; put the ham in cold water and let it heat very gradually; allow an hour's boiling to every four pounds.

## BROILED HAM.

Cut the ham in slices of medium thickness, place on a hot gridiron, and broil until the fat flows out and the meat is slightly browned, take from the gridiron with a knife and fork, drop into a pan of cold water, then return again to the gridiron, repeat several times, and the ham is done; place on a hot platter, add a few lumps of butter and serve at once. If too fat trim off a part; it is almost impossible to broil the fat part without burning, but this does not impair the taste. Pickled pork and breakfast bacon may be broiled in the same way.

## FRIED HAM.

Place the slices in boiling water and cook till tender; put in a frying-pan and brown, and dish on a platter; fry some eggs by dipping gravy over them till done, instead of turning; take up carefully and lay them on the slices of ham. This is a tempting dish, and if nicely prepared, quite ornamental.

## 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.

## ROAST SPARE-RIB.

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

## TO ROAST A FILLET OR LEG OF VEAL.

Cut off the shank bone of a leg of veal, and cut gashes in what remains. Make a dressing of chopped raw salt pork, salt, pepper sweet herbs and bread crumbs, or use butter instead of pork. Stuff the opening in the meat with the dressing, put in a baking-pan with water, just enough to cover it, and let it bake, two hours for six pounds.

## PORK CHOPS.

Remove the skin, trim them, and dip first in beaten egg, then in cracker crumbs seasoned with salt, pepper, minced onion and a little sage. Fry in hot lard or drippings twenty minutes, turning often. The gravy of this dish is usually too rich or fat to accompany the meat. Pork cutlets are cooked in the same way. Send apple-sauce to the table with them, and season with tomato catsup.

## PORK PIE.

Make a crust as for chicken pie. Take the rind and chine-bone from a loin of pork, chop it fine, season with pepper, salt and powdered sage, and fill your pie. Put on the top crust, fasten the edges well, rub the top over with the yolk of an egg, and bake it two hours with a paper over it, to prevent the crust from burning.

## TO ROAST A PIG.

Take a pig that weighs from seven to twelve pounds, and as much as six weeks old. Wash it thoroughly outside and inside. Take any fresh cold meat, and twice as much bread as you have meat. Chop the bread by itself, and chop the meat and pork fine and mix all together, adding sweet herbs, pepper and salt, half a teacupful of butter, and one egg. Stuff the pig with it, and sew it up tight. Take off the legs at the middle joint. Put it into a dripping-pan with cross-bars or a grate to hold it up, and with the legs tied, and pour into the pan a pint of boiling water and set it in the oven. As soon as it begins to cook, swab it with salt and water, and then in fifteen minutes do it again. If it blisters it is cooking too fast; swab it, and diminish the heat. It must bake, if weighing twelve pounds, three hours.

When nearly done, rub it with butter. When taken out set it for three minutes in the cold, to make it crisp. Take the gravy which has run from the meat, chop the liver, brains, and heart small, and put them to it, (boil them before chopping, till tender,) and put in a stew-pan with some bits of butter, dredge in flour, give it one boil, and serve in a gravy-boat.

#### TO SWEETEN SALT PORK.

Cut as many slices as will be required for breakfast; cut them on the evening previous, and soak till morning in sweet milk and water; then rinse till the water is clear, and fry. The pork will be found nearly as nice as fresh pork.

#### SALT PORK COOKED IN BATTER.

Dip slices of salt pork in batter made with one egg, one cup of sweet milk, flour enough to make a batter as thick as that of griddle cakes. Fry in hot lard to a rich brown.

#### SOUSED TRIPE.

Cut the tripe into squares, and lay them in an earthen pot, and pour over them boiling vinegar, enough to cover, in which a blade of mace, a dozen whole cloves, and a stick of cinnamon has been boiled. It will be ready for use in twelve hours, and will keep for several weeks. Soused tripe may be either broiled, fried plain, or in butter.

#### HEAD CHEESE.

This is made of the head, ears, and tongue. Boil in salted water till the meat drops from the bones; chop it like sausage meat. Season the liquor with salt, pepper, sage, sweet marjoram, a little powdered cloves, and one-half a cup of strong vinegar. Mix the meat with it, and while hot tie it in a strong bag and keep a heavy stone upon it until cold.

#### SOUSE.

Cleanse pigs' ears and feet and soak them a week in salt and water, changing the water every other day. Boil till tender.



When cold put on salt, and pour on hot spiced vinegar. Fry them in lard.

#### HAM SANDWICHES.

Chop fine some cold dressed ham. To one quart of chopped ham, add a teaspoonful of chopped pickle, one of mustard, a little pepper. To three quarts, beat one teacupful of butter to a cream, and then add the ham and seasoning. Spread on thin slices of bread.

#### SANDWICHES.

Rub one tablespoonful of mustard into one-pound of sweet butter; spread on thin slices of bread; cut boiled ham very thin, and place in between two pieces of the bread.

#### TRAVELING LUNCH.

Sardines chopped fine; also a little ham; a small quantity of chopped pickles; mix with mustard, pepper, catsup, salt, and vinegar; spread between bread nicely buttered. To be like jelly-cake, cut in slices crosswise. Will keep fresh some time.

#### MIXED SANDWICHES.

Chop fine cold ham, tongue, and chicken; mix with two quarts of the meat one-half cup of melted butter, one of made mustard the yolk of an egg well beaten, and a little pepper; spread on bread cut thin. Or take equal quantity of ham and beef chopped fine, and to two quarts of meat, add two tablespoonfuls of butter or salad oil, teaspoonful of mustard, a little cayenne pepper.

#### SAUSAGE MEAT.

To twenty-five pounds of chopped meat, which should be one-third fat and two-thirds lean, put twenty spoonfuls of sage, twenty-five of salt, ten of pepper, and four of summer savory.

#### TO TRY OUT LARD. ←

Take what is called the leaves, and take off all the skin, cut it into pieces an inch square, put it into a clean pot over a slow fire, and try it till the scraps look a reddish brown, taking great care

not to let it burn, which would spoil the whole. Then strain it through a strong cloth, into a tin pan, and let it cool; then pack in a stone jar. Never put hot lard into a crock that you intend keeping it in, as it causes it to become rancid.

#### PICKLE FOR BEEF, PORK, TONGUES, OR HUNG BEEF.

Mix, in four gallons of water, a pound and a half of sugar or molasses, and of saltpetre two ounces. If it is to last a month or two, put in six pounds of salt; if you wish to keep it over the summer, use nine pounds of salt. Boil all together gently, and skim, and then let it cool. Put the meat in the vessel in which it is to stand, pour the pickle on the meat till it is covered, and keep it for family use.

Once in two months boil and skim the pickle, and throw in two ounces of sugar and half a pound of salt.

When tongues and hung beef are taken out, wash and dry the pieces, put them in paper bags and hang in a dry, warm place. In very hot weather, rub the meat well with salt before it is put in the pickle, and let it lie three hours for the bloody portion to run out. Too much saltpetre is injurious.

#### TO CURE HAMS.

Make a pickle of salt and water, with one ounce of saltpetre and half a pint molasses or one-fourth pound brown sugar for each ham of ordinary size; pack hams as closely as possible in barrel, sprinkle on a little salt, and pour over them the pickle, boiling hot. Let them remain two weeks, take out, drain a few days, and smoke according to taste. Corn-cobs or sawdust are best for this purpose. To keep hams after curing, wrap in brown paper, and place in a tight bag so as to secure from flies.

#### CRUST FOR MEAT PIE.

One quart of flour, three tablespoonfuls of lard, two cups of sweet milk, one teaspoonful of salt, three teaspoonfuls of Equity baking-powder. Work up very lightly and quickly, and do not get it too stiff.

#### POTATO CRUST. (For Meat Pies.)

To a large cupful of mashed potatoes, add two tablespoonfuls

of melted butter, a well beaten egg, two cups of sweet milk; beat all together until very light. Work in enough flour to enable you to roll out in a sheet—not too stiff. It looks very nice brushed over with beaten whites of eggs before it goes to the table.

#### DRESSING FOR POULTRY OR MEATS.

One quart of bread crumbs, four soda crackers, four eggs, one-half teacupful of nice fresh lard, one teaspoonful of pepper, two tablespoonfuls of chopped parsley. Roll the crackers very fine, add them to the bread crumbs, and moisten this with one teacupful of milk; beat the eggs very light and add them; put in the rest of the ingredients. You can use butter instead of lard, but lard makes the dressing much lighter. The dressing must be so soft that you will have to dip it with a spoon when you fill your fowls or meats.

#### DRESSING FOR TURKEY.

Three pints of bread crumbs, one cup of suet chopped fine, two eggs, giblets of turkey, sage, salt, and pepper. Boil the giblets till well done, chop very fine, add the bread crumbs and the suet, add milk enough to moisten the dressing, season it highly, then add the well beaten eggs. It is now ready for the turkey.

#### DRESSING FOR TURKEY AND CHICKENS.

Soak half a pound of bread (with the crust cut off), in cold water, then squeeze it dry. Put three tablespoonfuls of butter into a stew-pan, and when hot, stir in a small onion, minced, and brown slightly; then add the bread with three tablespoonfuls of parsley, chopped fine, half teaspoonful of powdered thyme, a little grated nutmeg, pepper, salt and a cupful of stock. Stir it over the fire until it leaves the bottom and sides. Mix in two eggs.

#### APPLE DRESSING.

Take two cupfuls of the pulp of tart apples which have been baked or steamed; add three coffee-cupfuls of bread crumbs, some powdered sage, a finely-shred onion, and season with cayenne pepper. This is a delicious dressing for roast geese, ducks, etc.

## POTATO DRESSING.

Take two-thirds bread and one-third boiled potatoes, grated, butter the size of an egg, salt, one egg, and a little ground sage. Mix thoroughly. Very nice for wild ducks and geese.

## CHESTNUT DRESSING. (For turkey or goose.)

Boil the chestnuts and shell them; then blanch them and boil until soft; mash them fine, and mix with a cupful of sweet cream; add a pint of bread crumbs, pepper and salt to taste. Or add to two cups of prepared chestnuts one cupful of veal gravy, two slices of chopped bacon or three tablespoonfuls of butter, yolks of three eggs, one teaspoonful of lemon peel and one of salt, one teaspoonful of mace or nutmeg, ground. Flour the inside of the turkey and put in the dressing.

## DRESSING FOR DUCKS AND GEESE.

Two onions, two teacupfuls soaked and squeezed bread, eight sage leaves, one tablespoonful of butter, pepper, salt, one egg, a little piece of pork, minced. Chop the onions and fry them in a saute-pan, before adding them to the other ingredients.

## SAUCES AND CATSUPS.

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### DRAWN BUTTER.

Beat one cup of butter and two tablespoonfuls of flour to a cream, then stir into it one pint of boiling water. Set it into a dish of boiling water and let it melt, and heat until it begins to simmer, and it is done. Never simmer it on coals, as it fries the oil and spoils it. Be careful not to have the flour in lumps. If it is to be used with fish, put in chopped eggs and nasturtions, or capers. If used with boiled fowl, put in oysters while it is simmering, and let them heat through.

### HOLLAND SAUCE.

Pour four tablespoonfuls of vinegar into a small stew-pan, and add some pepper-corns and salt; Let the liquor boil until it is reduced to half; let it cool; then add to it the well beaten yolks of four eggs, butter the size of an egg, more salt if necessary, and a very little nutmeg. Set the stew-pan on a very slow fire, and stir the liquid until it is about as thick as cream. Then remove it. Put the stew-pan into another of hot water, keep at the side of the fire. Work the sauce briskly with a spoon, or with a whisk, so as to get it frothy; add a piece of butter half the size of an egg. When the sauce has become light and smooth, it is ready for use. This sauce is used for boiled fish, asparagus and cauliflower.

### LEMON SAUCE.

To a half pint of drawn butter sauce add the inside of a lemon, chopped (seeds taken out), and the chicken liver boiled and mashed. Very fine for boiled fowl.

## SAUCE FOR VENISON.

Two tablespoonfuls of currant jelly, one stick of cinnamon, one blade of mace, two spoonfuls of grated white bread, ten tablespoonfuls of water; stew ten minutes; serve in dish with venison steak.

## SHRIMP SAUCE.

Wash clean one-half pint of shrimps, put them in the stew-pan with one spoonful anchovy liquor, one teacupful of drawn butter. Boil up for five minutes, toss it up and pour into sauce-boat.

## CRAB SAUCE.

One crab boiled and cold, four tablespoonfuls of milk, one teacupful of drawn butter, cayenne, mace and salt to taste. Make drawn butter as usual, and stir in the milk. Pick the meat from the crab, chop fine, season with cayenne, mace, and salt to taste. Stir into the drawn butter, simmer three minutes, but do not boil.

## LOBSTER SAUCE.

Before proceeding to make the sauce, break up the coral of the lobster and put on a paper in a slow oven for half an hour, then pound it in a mortar and sprinkle it over the boiled fish when it is served. To prepare the sauce itself, chop the meat of the tail and claws of a good sized lobster into pieces, not too small. Half an hour before dinner, make one-half pint of drawn butter sauce. Add to it the chopped lobster, a pinch of coral, a small pinch of cayenne pepper and a little salt.

## ANCHOVY SAUCE.

Six anchovies, a teacupful of drawn butter, three tablespoonfuls of vinegar. Soak the anchovies in cold water two hours; pull them to pieces, and simmer in just enough water to cover them, for half an hour. Strain the liquor into the drawn butter, boil a minute, add the vinegar, heat gradually to a boil, and stew five minutes longer. Serve with boiled fish.

## CHILI SAUCE.

One peck of ripe tomatoes, peeled and sliced, six onions, one pint of vinegar, one cupful of sugar, six red peppers, two tablespoonfuls of salt, one tablespoonful of cinnamon, one-half tablespoonful cloves. Chop the whole very fine and simmer the mixture until it is thick; then bottle and seal. Set in cool place and it will keep good. Or if you wish it clear you can boil it till you can put the mixture through a colander. When strained, add the spices, simmer for an hour, then bottle and seal.

## IMITATION WORCESTERSHIRE SAUCE.

One cup of molasses, one-half cup of brown sugar, four cups of vinegar, three large onions, two teaspoonfuls of cayenne pepper one teaspoonful of cloves, one tablespoonful each of cinnamon, nutmeg, allspice, and one teaspoonful of mace. Simmer till the onions are thoroughly done, then strain and bottle for use.

## HORSEBADISH SAUCE.

One dessertspoonful olive oil, melted butter, or cream, one of ground or prepared mustard, two tablespoonfuls grated horseradish, one of vinegar, one teaspoonful of sugar and a little salt, stirred and beaten together until thoroughly mixed. Serve with cold meats. When made with oil or melted butter, and not with cream, this will keep two or three days.

## TOMATO SAUCE.

Stew ten tomatoes with three cloves, and pepper and salt, for fifteen minutes (some add a sliced onion and sprig of parsley), strain through a sieve, put on the stove in a sauce-pan in which a lump of butter the size of an egg and a level tablespoonful of flour have been well mixed and cooked; stir all until smooth and serve. Canned tomatoes may be used as a substitute.

## ONION SAUCE.

Boil four white onions till tender, mince fine; boil half pint of milk, add butter half size of an egg, salt and pepper to taste, and stir in minced onion and a tablespoonful of flour which has been moistened with milk.

## CRANBERRY SAUCE.

Pour hot water over one quart of cranberries; when cool enough pick them over, the good will be bright red; put them into a sauce-pan with a teacupful of water. Stew slowly, stirring often until they are thick like marmalade. They require at least an hour and a half to cook. When you take them from the fire, add two cups of sugar, which have been heated very hot in the oven. If sweetened while cooking, the color will be dark. Put through a colander into a mould wet with cold water. When firm, turn into a glass dish.

## APPLE SAUCE.

Pare, core, and slice some ripe tart apples, stew in water enough to cover them until they break to pieces. Beat up to a smooth pulp, and stir in a good lump of butter, and sugar to taste. If you wish, you can add a little nutmeg. Serve with roast pork or fresh pork cooked in any way.

## TOMATO CATSUP. (No. 1.)

One gallon of tomatoes, four tablespoonfuls each of salt, and black pepper, three tablespoonfuls of mustard, one-half tablespoonful of allspice, four pods of red pepper. All ingredients should be made fine; simmer slowly in a porcelain kettle, in sufficient sharp vinegar to have two quarts of catsup, after simmering three or four hours, and strain through a wire sieve. Those who like it may add two tablespoonfuls of juice of garlic after the simmering is over and the ingredients are somewhat cool. This is superior to West India catsup; is an excellent remedy for dyspepsia; may be used in a week but improves much by age.

## TOMATO CATSUP. (No. 2.)

Boil tomatoes thoroughly, strain them, and to two gallons tomatoes, add six tablespoonfuls of salt, two tablespoonfuls of capscicum, one and one-half black pepper, three tablespoonfuls of mustard, two tablespoonfuls of powdered cinnamon, one quart of best vinegar. Boil slowly three or four hours. Bottle and seal.



## TOMATO CATSUP. (No. 3.)

One gallon of tomatoes thoroughly boiled and strained, one pint of vinegar, six tablespoonfuls of salt, three tablespoonfuls of mustard seed, ground fine, one teaspoonful of cayenne pepper, three tablespoonfuls of black pepper, one teaspoonful of cloves, and the same of allspice. Simmer as in the above recipe.

## TOMATO CATSUP. (No. 4.)

One gallon of tomatoes boiled and strained, one pint of vinegar, two coffee-cupfuls of brown sugar, one teaspoonful each of cayenne and black pepper, one tablespoonful of salt, four tablespoonfuls of cinnamon, two onions, chopped very fine. Boil down thick and seal for use.

## MUSHROOM CATSUP.

Two quarts of mushrooms, two tablespoonfuls of salt. Lay in an earthen dish, in alternate layers, the mushrooms and salt; let them lie six hours, then break into bits. Set in a cool place three days, stirring thoroughly every morning. Measure the juice when you have strained it, and to every quart allow half an ounce of allspice, the same quantity of ginger, half a teaspoonful of pounded mace, and teaspoonful of cayenne. Put into a stone jar, cover closely, set in a sauce-pan of boiling water over the fire, and boil five hours, hard. Take it off, empty into a porcelain kettle, and boil slowly half an hour longer. Let it stand all night in a cool place, until settled and clear. Pour off carefully from the sediment, and bottle, filling the bottles up to the mouth. Dip the corks in melted resin. The bottles should be very small, as it soon spoils when exposed to the air.

## WALNUT CATSUP.

Choose young walnuts, tender enough to be pierced with a pin or needle. Prick them in several places, and lay in a jar with a handful of salt to every twenty-five, and water enough to cover them. Break them with a wooden pestle, and let them lie in the pickle a fortnight, stirring twice a day. Drain off the liquor into a sauce-pan, and cover the shells with boiling vinegar to ex-

tract what juice remains in them. Crush to a pulp, and strain through a colander into the sauce-pan. Allow to every quart an ounce of black pepper, and one of ginger, half an ounce of cloves, and the same of nutmeg, beaten fine. Put in a pinch of cayenne, a shallot, minced fine, for every two quarts, and a thimbleful of celery seed, tied in a bag for the same quantity. Boil all together for an hour if there be a gallon of mixture. Bottle when cold, putting an equal quantity of the spice into each bottle.

#### CUCUMBER CATSUP.

Three dozen cucumbers and eighteen onions peeled and chopped very fine; sprinkle over them three-fourths pint table salt, put the whole in a sieve, and let it drain well all night; add a teacupful of mustard seed, half a teacupful of ground black pepper, mix well, and cover with good cider vinegar. Seal tight.

#### CURRANT CATSUP.

Four pounds of nice fully ripe currants, one and a half pounds of sugar, tablespoonful ground cinnamon, a teaspoonful each of salt, ground cloves and pepper, pint of vinegar; Stew currants and sugar until quite thick, add the other ingredients and bottle for use.

#### GOOSEBERRY CATSUP.

Nine pounds of gooseberries, five pounds of sugar, one quart of vinegar, three tablespoonfuls of cinnamon, one and a half each allspice and cloves. The gooseberries should be nearly or quite ripe. Take off the blossoms, wash and put them in a porcelain kettle, mash thoroughly, scald and put through the colander, add sugar and spices, boil fifteen minutes, and add the vinegar cold; bottle immediately before it cools. Ripe grapes prepared by same rule, make an excellent catsup.

#### OYSTER CATSUP.

One quart of oysters, one tablespoonful salt, one teaspoonful of cayenne pepper, one teaspoonful of mace, two teacups of cider vinegar. Chop the oysters and boil in their own liquor, with the vinegar, skimming the skum as it rises. Boil three minutes,

and strain through a hair sieve; return the liquor to the fire, add the pepper, salt and mace. Boil fifteen minutes more, and when cold, bottle for use and seal tightly.

#### NASTURTIUM SEED.

Take the green seed after the flower has dried off. Lay in salt and water two days, in cold water one day; pack in bottles and cover with scalding vinegar, seasoned with mace and white pepper-corns, and sweetened slightly with white sugar. Cork, and set away four weeks before you use them. They are an excellent substitute for capers.

#### CURRY POWDER.

(This is the genuine East India recipe). Take of fennel seed, cummin seed and coriander seed each four ounces with two ounces of caraway seed; dry them before the fire, then grind and sift them, add to this two ounces of ground turmeric and the same of black pepper, one ounce of ground ginger, and half an ounce of cayenne pepper. Mix well and keep dry and well stopped.

#### FINE FRENCH MUSTARD.

Take a quarter of a pound of the best, yellow mustard, pour over it enough vinegar and water, equal parts of each, to make a very thin paste; add a pinch of salt, and a bit of calamus root, not larger than a small pea. Set it on the stove, and while it boils, stir in a tablespoonful of flour. Let it boil for twenty minutes, stirring constantly. Just before it is done stir in a small teaspoonful of honey. When cool, put it in bottles and cork very tight. This is the recipe for the real French mustard, for which a very high price is paid.

#### HOW TO MIX MUSTARD.

In mixing mustard for the table care should be taken that the water has been previously boiled and become nearly cold; by using hot water its essential qualities are destroyed, and it becomes flat; or by mixing with raw cold water it is liable to ferment; neither should vinegar be used. Only one day's supply should be mixed at a time; if any is left over, throw it away.

In mixing, stir thoroughly until every dry particle has disappeared and the mass becomes oily and of the consistency of thick cream. Good, fresh-mixed mustard is not only an appetizing condiment and table luxury, but is valuable as a remedy for dyspepsia.

✓ To PREPARE HORSERADISH FOR WINTER.

Have a quantity grated while the root is in perfection. To a coffeecup of grated horseradish, two tablespoonfuls white sugar, half teaspoonful salt, and a pint and a half cold vinegar; bottle and seal.

KITCHEN SALT.

An article that will be found useful for all persons, and a perfect treasure when you have an inexperienced cook, or one who does not season well. Take two teacupfuls of fine salt, the same of sugar, and one-half a cup of black pepper—if you like a good deal of pepper you may take a whole cup. Mix thoroughly. Use for seasoning soups, hashes, etc.

✓ CELERY SOY.

One peck of tomatoes boiled; one teacupful of salt; one-half teacupful of fine white pepper; one teaspoonful of cayenne pepper; four onions chopped fine; one pound of sugar. Boil one hour, and just before removing from the fire add a quart of good sharp vinegar. When cold, add a half cupful of celery seed, rolled; two tablespoonfuls ground cloves and allspice. Let stand one night; then press through a sieve, and bottle closely.

## POULTRY.

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Do not feed poultry the day before killing; cut off the head, hang up by the legs, as the meat will be more white and wholesome if bled freely and quickly. Scald well by dipping in and out of a pail of boiling water, being careful not to scald so much as to set the feathers and make them more difficult to pluck; place the fowl on a board with the head towards you, pull the feathers away from you, which will be in the direction they naturally lie (if pulled in a contrary direction the skin is likely to be torn), be careful to remove all the pin-feathers with a knife or pair of tweezers; singe, but not smoke, over blazing paper; put one tablespoonful of alcohol in a saucer, light it with a match and singe the fowl; place on a meat-board, and with a sharp knife cut off the legs a little below the knee, to prevent the muscles from shrinking away from the joint, and remove the oil-bag above the tail; take out crop, either by making a slit at the back of the neck or in front (the last is better), taking care that every thing pertaining to the crop or windpipe is removed, cut the neck-bone off close to the body, leaving the skin a good length if to be stuffed; cut a slit three inches long from the tail upwards, being careful to cut only through the skin, put in the finger at the breast and detach all the intestines, taking care not to burst the gall-bag (situated near the upper part of the breast-bone, and attached to the liver; if broken, no washing can remove the bitter taint left on every spot it touches); put in the hand at the incision near the tail, and draw out carefully all intestines; trim off the fat from the breast and at the lower incision;

split the gizzard and take out inside and inner lining (throw liver, heart, and gizzard into water, wash well, and lay aside to be cooked and used for gravy); wash the fowl thoroughly in several waters (some wipe carefully without washing), hang up to drain and it is ready to be stuffed; skewered, and placed to roast. To make it look plump, before stuffing, flatten the breast-bone by placing several thicknesses of cloth over it and pounding it, being careful not to break the skin, and rub the inside well with salt and pepper. Stuff the breast first, but not too full or it will burst in cooking; stuff the body rather fuller than the breast, sew up both openings with strong thread, and sew the neck over upon the back or down upon the breast (these threads must be carefully removed before sending to the table). Lay the points of the wings under the back, and fasten in that position with a skewer run through both wings and held in place with a twine; press the legs as closely towards the breast and side bones as possible, and fasten with a skewer run through the body and both thighs. Rub over thoroughly with pepper and salt, place in a pan and lay on slices of pork, or fat taken out of the fowl, and dredge well with flour, and place to roast in an oven rather hot at first, and then graduate the heat to moderate until done, to test which insert a fork between the thigh and body; if the juice is watery and not bloody it is done. If not served at once, the fowl may be kept hot without drying up, by placing over a skillet full of boiling water set on top of stove or range), and inverting a dripping-pan over it. In roasting a turkey, allow fifteen minutes' time for every pound. Some steam turkey before roasting, and a turkey steamer may be easily improvised by placing the dripping-pan containing the turkey, on top of two or three pieces of wood laid in the bottom of a wash boiler, with just enough water to cover the wood; put on the lid, which should fit tightly on the boiler, and as the water boils away, add more. Add the liquor in the dripping-pan to the turkey when placed in the oven to roast (do not use the water from the boiler). Boil the giblets until tender in a separate dish, and add them, well chopped, together with water in which they were cooked, to the gravy.

The garnishes for turkey and chicken are parsley, slices of lemon, fried sausages and force-meat balls.

## ROAST TURKEY.

Prepare as directed above. For dressing, see page 49; or, mince a dozen oysters and stir into the dressing, and if you are partial to the taste, wet the bread crumbs with the oyster liquor. The effect upon the turkey meat, particularly that of the breast, is very pleasant. In stuffing the turkey be sure to leave room enough for the dressing to swell. After you have filled the turkey, sew it up with strong thread. This and the neck string are removed when the fowl is dished. In roasting, if the fire is brisk, allow about ten minutes to a pound, but it will depend very much upon the turkey's age whether this rule holds good. Rub the turkey with salt and pepper, and spit it; baste often with the drippings and flour, and occasionally with butter. fifteen minutes before dishing baste with butter, and dredge on a little flour; this will give it a frothy appearance. Roast to a fine brown, and if it threatens to darken too rapidly, lay a sheet of white paper over it until the lower part is also done. If the turkey is very large, make a paste of flour and water into a stiff dough, roll it out one-half inch thick, roll up the turkey in it, pinch the ends well together; put it into a dripping-pan and bake slowly; baste every ten minutes. Half an hour before the turkey is done take it out of the crust and brown it. If the gravy is too fat, skim it before making the gravy. To make the gravy.—Boil the heart, gizzard, liver and neck in two quarts of water two hours; take them out and chop very fine, and put them back again; thicken with one spoonful of flour wet with cold water, season with pepper and salt. Let this simmer one hour longer, and when you dish the turkey turn the drippings into the gravy. Boil up once and send to the table.

## TO BOIL TURKEY.

Make a dressing of bread crumbs, to which you may add a few large oysters (if you like); pepper, salt, herbs to your taste. Wipe the inside of the turkey with a dry cloth and fill with this dressing. Make a paste of flour and of water, and cover it, or you may scald a cloth and rub it with flour, and wrap the turkey in it; this will keep it white in boiling. A few spoonfuls of milk in the water also adds to the whiteness. Have the water boiling

hot when you put the turkey in; boil very slowly; it will take from two to two and one-half hours to cook it. Make a gravy of drawn butter, with a few stewed oysters and their juice. Chickens may be prepared in the same way.

#### TO BONE A TURKEY.

For this purpose your knife must be very sharp. A knife with a short, sharp pointed blade is best; a turkey weighing nine or ten pounds is best, and it must be fresh killed so that the skin on the joints has not dried. Cut down the back from the neck to the oil bag. Scrape the meat from the bones till you come to the shoulder blade. Scrape the meat from the shoulder blade, then give it a quick twist forward to break it from the first wing joint. Push the first wing joint up, and with your knife cut the tendons and muscles attached to this joint. Then scrape the meat from the bone down to the elbow joint. Sever the joint, keeping the blade of the knife close to the bone. Scrape the meat from the bone down to the back till you come to the hip joint. Take the leg in your hand, twist it forward to help you cut the tendons of the hip joint. Scrape the meat from the thigh bone down to the drum stick, at which point cut the joint. Then continue to scrape the meat off the hip bone till it is all off. Then cut the back bone in front of the extremity, leaving that on to give it a shape. Proceed in the same way with other side. This you see leaves in the two end bones of the wing and the drum sticks. After both sides are finished, scrape the meat carefully from both sides of the breast bone. This will leave only the neck, which cut off after leaving about three inches in the turkey. Lastly, remove the merry thought, and the turkey is ready for filling.

#### FILLING FOR BONED TURKEY.

Two pounds of sausage meat, a can of oysters (without the liquor), a pint of fine bread crumbs, pepper and salt, sweet marjoram, thyme, celery seed; any or all of these herbs and a can of champignons, and some boiled chestnuts, add to its flavor. Sew up the places in the wings and legs that have been accidentally cut in dissecting. Have a darning needle with a long thread of



strong darning cotton; begin at the back bone and fill and sew up to the neck, shaping it as you go, with a broad band of muslin. Roast to a fine brown color. Serve hot or cold.

#### BONED TURKEY.

Boil the turkey in as little water as possible, until the bones can easily be separated from the meat; remove all the skin, slightly mixing the light and dark parts; season with salt and pepper. Take the liquor in which the turkey was boiled, having kept it warm. Pour it on the meat, mix well. Shape it like a loaf of bread. Wrap it in a cloth, or put it into an oval-shaped dish, and press with a heavy weight, for a few hours. Shave thin. A spoonful of flour and butter branded together, and stirred into the water for boiling is an improvement.

#### ESCALLOPED TURKEY.

Moisten bread crumbs with a little milk, butter a pan and put in it a layer of crumbs, then a layer of chopped (not very fine) cold turkey seasoned with salt and pepper, then a layer of crumbs, and so on until pan is full. If any dressing or gravy has been left, add it. Make a thickening of one or two eggs, half a cup of milk, and quarter cup butter and bread crumbs; season and spread it over the top; cover with a pan, bake half an hour and then let it brown.

#### ROAST CHICKENS—Excellent.

Dress and stuff the chicken; lay it in a tin steamer; set it over a pot of boiling water and steam (covered closely) from one and a half or two hours according to size; then roast a nice brown, basting frequently with hot water and butter. One-half hour in a hot oven is sufficient. Boil the gizzard, liver, heart, in a sauce-pan; when done chop them fine and add them with the water in which they were boiled to the gravy in the baking-pan; thicken with a little flour and season to taste. I have cooked chickens in this way for years, and they are delicious. The toughest old fowl has to succumb to this kind of treatment. An old turkey served in the same way is just as tender as a young one.

## BAKED SPRING CHICKEN.

After cleaning the chicken nicely, put it in a dripping-pan, salt and pepper it, put plenty of butter on it, and water enough to keep it from burning; put it in a hot oven and bake till done. Take the chicken upon a platter, make a cream gravy; if you cannot get cream milk will answer. Pour one pint of cream into the dripping-pan in which the chicken was baked, thicken with one-half teacup of flour, previously stirred to a smooth paste, let it come to a boil, pour the gravy over the chicken, and serve.

## CHICKEN CROQUETTES.

Boil two fowls weighing ten pounds till very tender, mince fine, add one pint of cream, half a pound of butter, salt and pepper to taste; shape oval in a jelly glass or mould. Fry in lard like doughnuts, until brown.

## STEWED CHICKENS.

Cut up the chickens into small pieces, cover with water and stew gently till thoroughly done, adding a little salt. Make a rich gravy of two tablespoonfuls of flour, made smooth in one-half teacupful of milk, and add yolk of one egg. Make a paste of biscuit dough; roll out, and cut into squares, and bake a light brown; lay the squares on a dish and pour the chickens over. An excellent breakfast dish.

## CHILI COLORAD.

Take two chickens; cut up as if to stew; when pretty well done, add a little green parsley and two onions. Take half a pound of pepper pods, remove the seeds, and pour on boiling water; steam for ten minutes; pour off the water, and rub them in a sieve until all the juice is out; add the juice to the chicken; let it cook for half an hour; add a little butter, flour and salt. Place a border of rice around the dish before setting on the table. This dish may also be made of beef, pork or mutton; it is to be eaten in cold weather, and is a favorite dish with all people on the Pacific coast.

## CHICKEN PIE.

Cut up two chickens, put them in stew-kettle with barely enough water to cover them. When the chicken is boiled tender, make the gravy of two tablespoonfuls of butter and one of flour, and the yolk of an egg mixed smoothly together, and stir into the water the chicken was stewed in. Line the sides of a deep dish with paste, lay in a small teacup bottom upwards. Put in the stewed chicken with the gravy, and add if you like, some oysters, three or four hard boiled eggs. Put on the top cover, and bake in a moderate oven. Pigeon or veal pie may be made in the same manner.

## CHICKEN POT-PIE.

Cut up a good sized chicken in all its joints; (one a year old is the best for this purpose), have ready a smooth pot, put in the chicken with cold water enough to cover; salt, and boil it till tender. Half an hour before the chicken is done, make the following crust: One quart of flour, teaspoonful of salt, three teaspoonfuls of Equity baking powder, rubbed through the flour, a piece of butter the size of an egg, sweet milk enough to make a soft dough (as you would make biscuit dough); roll it out on a moulding-board to about the thickness of an inch, cut in square pieces, put them in the steamer and steam half an hour over the chicken. When done, thicken the chicken broth with flour paste, season it with pepper and butter, put the chicken on a large platter with the dumplings on top, and pour the gravy over all. Pot-pie steamed is much nicer than to boil it in the pot with the chicken. It never fails to be nice and light.

## BROILED CHICKENS OR QUAILS.

Cut chicken open on the back, lay on the meat board and pound until it will lie flat; lay on a gridiron, place over a bed of coals, broil until a nice brown, but do not burn. It will take twenty or thirty minutes to cook thoroughly, and it will cook much better to cover with a pie tin held down with a weight so that all parts of the chicken may lie closely to the gridiron. When the chicken is broiling, put the liver, gizzard and heart in a stew-pan and boil

in a pint of water until tender, chop fine and add flour, butter, pepper, salt, and stir a cup of sweet cream to the water in which they were boiled; When the chicken is done, dip it in the gravy while hot, lay it back on the gridiron a minute, put it in the gravy and let it boil for half a minute, and send to the table hot. Cook quails in the same way.

#### BALTIMORE FRY.

Joint the chickens, wash them clean and put them into cold water; take out and salt them, roll each piece in flour, and fry in hot drippings or salt pork fat, almost enough to cover them, put on a tight fitting cover, and fry slowly to a fine brown. When done, put it on a platter, set it in the oven while you prepare the gravy. To the drippings left in the spider add a bowlful of thick cream, let it boil up, add a little flour thickening, boil five minutes, then put it in the gravy-boat and serve it with the fried chicken.

#### FRIED GUMBO.

Cut up two young chickens, and fry in skillet; when brown, but not scorched, put in a pot with one quart finely chopped okra, four large tomatoes, and two onions chopped fine; cover with boiling water, boil very slowly; and keep the kettle tightly closed; add boiling water as it wastes, and simmer slowly three hours; season with salt, pepper, and a little butter and flour rubbed together; serve with boiled rice.

#### CURRIED DISHES.

Chickens and veal are most suitable for curries. Boil the meat till tender, and separate the joints. Put a little butter in a stewpan with the chickens, pour on a part of the liquor in which the meat was boiled, nearly enough to cover it, and let it stew twenty minutes more. Prepare the curry thus: For four pounds of meat, take a tablespoonful of curry powder, a teacupful of boiled rice, a tablespoonful of flour, and another of melted butter, a teacupful of the liquor, and half a teaspoonful of salt; mix them, and pour them over the meat and let it stew ten minutes more. Rice should be boiled for an accompaniment.

## JELLIED CHICKEN. (No. 1.)

Cut up two chickens, boil till tender, in water to cover. Take out, remove skin and bones, season the liquor (one and a half pints) with butter, pepper and salt, and the juice of a lemon; add a quarter of a box dissolved gelatine, put the chicken in the liquor, boil up once, and pour in mould.

## JELLIED CHICKEN. (No. 2.)

Dress one large chicken, cut it in joints, wash it clean, put on to boil. Be careful to remove all the skum that rises, salt and pepper it well, boil till it falls off from the bones. Boil six eggs hard—ten minutes will cook them,—take them from the boiling water and drop them into cold water; take the shells off and lay nicely on a plate. Take out the chicken, pick the meat from the bones, and chop it fine. Strain the liquor through a sieve and boil it down to a coffeecupful. Take a sponge cake pan, put a layer of the meat on the bottom of the pan, then lay your eggs in and put another layer of meat on top of the eggs, then pour on the liquor. Be sure you take off all the fat before you pour it over the chicken. Set it away to get cold, then slice nicely for tea or dinner.

## CHICKEN OR VEAL CROQUETTES.

Two chickens, chopped fine, or three and one-half pints of ground veal, one nutmeg, grated, one and one-half teaspoonfuls of salt, two small onions, chopped fine as possible, two level teaspoonfuls sweet marjoram, two of thyme, or basil, one-half teaspoonful of cayenne pepper, two tablespoonfuls of celery seed, one and one-half pints of thickened milk, two eggs, well beaten into the mixture. Mix all well, then make into pear-shaped balls and dip into beaten egg, then into bread crumbs. Have ready some boiling lard, and fry the croquettes a light brown.

## ROAST GOOSE.

Clean and wash the goose—not forgetting to put a spoonful of soda in next to the last water—rinse out well, and wipe the inside quite dry. Add to the usual dressing of bread crumbs, pepper, salt, a tablespoonful of melted butter, a large sized onion,

chopped fine, a tablespoonful of chopped sage, the yolks of two eggs, and some bits of fat pork. Stuff the body and craw, and sew up. It will take fully two hours to roast, if the fire is quick. Cover the breast until it is well done, with white paper, or a paste of flour and water, removing this when you are ready to brown. Make a gravy as for roast duck. Serve with cranberry or apple sauce.

#### ROAST DUCK.

Clean, wash and wipe the duck very carefully. To the usual dressing add a little sage (powdered or green), and a minced shallot. Stuff and sew up as usual, reserving the giblets for the gravy. If the fowl is tender it will not require more than an hour to roast. Baste well. Make a crust of flour and water and spread over the duck, and roast half an hour. Before it is done, take the crust off and brown. Skim the gravy before putting in the giblets and thickening. The giblets should be stewed in a very little water, then chopped fine, and added to the gravy in the dripping-pan, with a chopped shallot and a spoonful of browned flour. Serve with currant or grape jelly.

## GAME.

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Birds should be carefully plucked or skinned, drawn, wiped clean, and all shot removed. Game should not be washed, unless absolutely necessary for cleanliness. With care in dressing, wiping will render them perfectly clean. If necessary to wash, do it quickly and use as little water as possible. The more plainly all kinds of game are cooked, the better they retain their fine flavor. They require more brisk fire than poultry, but take less time to cook. Their color, when done, should be a fine brown color. Broiling is a favorite method of cooking game, and all birds are exceedingly nice roasted. To broil, split down the back, open and flatten the breast by covering with a cloth and pounding; season with pepper, and lay the inside first upon the gridiron; turn as soon as browned, and when almost done, take off, place on a platter, sprinkle with salt, and serve at once. The time required is usually about twenty minutes. To lard game, cut fat salt pork into thin, narrow strips, thread a larding-needle with one of the strips, run the needle under the skin, through, so that the ends of the strips exposed will be of equal length. The strips should be about one inch apart. Many prefer tying a piece of bacon on the breast instead. Pigeons should be cooked a long time as they are usually quite lean and tough, and they are better to lie in salt water half an hour, or to be par-boiled in it for a few moments. They are nice roasted or made into a pie.

Squirrels should be carefully skinned and laid in salt water a short time before cooking; if old, par-boil. They are delicious broiled, and are excellent cooked in any way with thin slices of bacon. Venison requires more time for cooking than beefsteak.

The haunch, neck, shoulder and saddle should be roasted; roast or broil the breast, and fry or broil the steaks.

Nearly all wild ducks are liable to have a fishy flavor. Before roasting them, guard against this by par-boiling them with a small carrot, peeled, put within each. This will absorb the unpleasant taste. An onion will have the same effect, but unless you use it in the dressing, the carrot is preferable.

The garnishes for game are fresh or preserved barberries, currant jelly, sliced oranges, and apple sauce.

#### ROAST DUCK.

Par-boil, as above directed; throw away the carrot or onion, lay in fresh water half an hour; stuff with bread crumbs seasoned with pepper, salt, sage and onion, and roast until brown and tender, basting for half the time with butter and water, then with the drippings. Add to the gravy, when you have taken up the duck, a tablespoonful of currant jelly and a pinch of cayenne pepper. Thicken with browned flour, and serve in a tureen.

#### STEWED DUCK.

Par-boil ten minutes, when you have drawn them, and put in a raw carrot or onion. Lay in very cold water for half an hour; cut into joints, pepper, salt and flour them. Have ready some butter in a frying-pan, and fry them a light brown; put them in a sauce-pan and cover them with gravy made of the giblets, neck and some bits of lean veal; add a minced shallot, a bunch of sweet herbs, salt and pepper; cover closely, and stew half an hour, or until tender. Take out the ducks, strain the gravy when you have skimmed it, put in half a cup of cream or rich milk, in which an egg has been beaten, thicken with browned flour, add a tablespoonful of vinegar and the juice of half a lemon, beaten in gradually, so as not to curdle the cream. Boil up and pour over the ducks.

#### QUAILS PAR-BOILED AND BAKED.

Tie a thin slice of bacon over the breast of each bird; cover it closely, and set it on top of the range, letting the birds steam ten or fifteen minutes. This plumps them. Then take off the



cover and the pork, and put the birds into the oven, basting them often with butter. Brown them and serve with currant jelly.

#### BROILED QUAILS.

Split them at the back. Broil, basting them often with butter, over a hot fire. As soon as the quails are done, add a little more butter, with pepper and salt, and place them for a moment into the oven to soak the butter. Serve them on thin slices of buttered toast, with a little currant jelly on top of each quail.

#### SNIPE.

Snipe are best roasted with a piece of pork tied to the breast, or they may be stuffed and baked.

#### FRIED WOODCOCK.

Dress, wipe clean, tie the legs, skin the head and neck, turn the beak under the wing and tie it; fasten a piece of bacon over it, and immerse in hot fat for two or three minutes. Serve on toast. Another favorite way is to split them through the back and broil, basting with butter, and serve on toast.

#### ROAST PIGEONS.

Clean, wash and stuff as you would chickens; lay them in rows, if roasted in the oven, with a little water in the pan to prevent scorching. Unless they are very fat, baste with butter until they are half done; afterwards in their own gravy. When done, take them out on a platter, add one cupful of milk to the gravy, thicken with flour, and pour over the pigeons.

#### BROILED PIGEONS.

Young pigeons are rightly esteemed a great delicacy. They are cleaned, washed, and dried carefully with a clean cloth, then split down the back, and broiled like chickens. Season with pepper, salt, and plenty of butter in dishing them.

#### PIGEON PIE.

Cut the pigeons into four pieces each. Par-boil them for ten minutes, while you prepare a puff-paste. Put in the bottom

some shreds of salt pork or ham; next a layer of hard boiled eggs, buttered and peppered; then the birds; sprinkle with pepper and minced parsley, squeeze some lemon juice upon them, and lay upon the breasts a piece of butter rolled in flour; cover with slices of egg, then with shredded ham; pour in some of the gravy in which the pigeons were par-boiled, and put on the crust (use no under crust), leaving a hole in the middle. Bake over an hour. Quail pie is made in the same way.

#### STEWED PIGEONS.

Clean and wash very carefully, then lay in salt and water for an hour; rinse the inside with soda and water, and stuff with a force-meat, made of bread crumbs and chopped salt pork, season with pepper. Sew up the birds, and put on to stew in enough cold water to cover them, and allow to each a slice of fat bacon cut into narrow strips. Season with pepper and a pinch of nutmeg; boil slowly in a covered sauce-pan until tender; take them from the gravy and lay in a covered dish to keep warm; strain the gravy, add the juice of a lemon and tablespoonful of currant jelly; thicken with browned flour. Boil up and pour over the pigeons.

#### RABBITS.

Rabbits, which are in the best condition in midwinter, may be fricasseed like chicken, in white or brown sauce. To make a pie, first stew till tender, and make like chicken pie. To roast, stuff with a dressing made of bread crumbs, chopped salt pork, thyme, onion, and pepper and salt, sew up, rub over with a little butter, or pin on it a few slices of salt pork; add a little water in the pan and baste often. Serve with mashed potatoes and currant jelly.

#### VENISON—The Shoulder.

This is, perhaps, the most distinguished venison dish. Make rather deep incisions, following the grain of the meat, from the top, and insert pieces of pork about one-third of an inch square, and two inches long; sprinkle over pepper, salt, and a little flour. Roast or bake the venison before a hot fire or in a hot oven, about two hours for an eight pound roast; baste often. Serve a currant jelly sauce, in the sauce-boat.

## REED BIRDS.

Cut sweet potatoes lengthwise; scoop out in the center of each a place that will fit half the bird. Put in the birds, after seasoning them with butter, pepper, salt, tying the two pieces of potato around each of them. Bake them. Serve them in the potatoes. Or they can be roasted or fried in boiling lard like other birds.

## COUPLETS OF QUAIL OR PIGEONS.

With a sharp-pointed knife, carefully cut the breast from quails or pigeons. At the small end of each breast stick in a bone taken from the leg, and trimmed. The breasts should now resemble cutlets. Sprinkle a little pepper and salt over each one, dip it in melted butter, and roll it in flour, or sifted cracker crumbs. Put the cutlets one side until ready to cook, as they should be cooked only just before sending them to the table. They should then be fried in a saute pan in hot butter. They may be served without further trouble in a circle with a center of green pease, which makes a most delicious dish for a company dinner course. However, there is a more elaborate way of finishing them, as follows: Put the carcasses into some cold water with very small pieces of salt pork and onion, sufficient only to produce the slightest flavoring. Simmer this about an hour, strain, thicken with a little browned roux, and season it with a little pepper and salt. As soon as the livers are done, take them out, mash, and moisten them with a little of the sauce. Prepare little thin pieces of toast, one for each breast; butter, and spread them with the mashed livers. Turn the cutlets over in this sauce, and use the little of it that remains for dipping in the pieces of toast. Serve the cutlets on the toast, in a circle, with a center of pease.

## ROAST HAUNCH VENISON.

If the outside be hard, wash off with lukewarm water; then rub all over with fresh butter or lard, cover it on the top and sides with a thick paste of flour and water, nearly half an inch thick, lay upon this a large sheet of thin, white wrapping paper, well buttered, and above this, thick foolscap paper; keep all in place with greased pack-thread; then put in to roast, with a little water in the dripping-pan. Pour a few ladlefuls of butter and

water over the meat, now and then, to prevent the paper from scorching. If the haunch is large, it will take at least five hours to roast. About half an hour before you take it up, remove the papers and paste, and test with a skewer to see if it is done. If this passes easily to the bone through the thickest part, set it down to a more moderate fire, and baste every few minutes with melted butter; dredge with flour to make a froth, and dish. It should be a fine brown by this time. Twist a frill of fringed paper around the knuckle.

For gravy, put into a sauce-pan a pound or so of scraps of raw venison left from trimming the haunch, a quart of water, a pinch of cloves, a few blades of mace, half a nutmeg, cayenne and salt to taste; stew slowly to one-half the original quantity; skim, strain and return to the sauce-boat when you have rinsed it with hot water; add three tablespoonfuls of currant jelly, two tablespoonfuls of butter, and thicken with browned flour. Send to the table on a platter. Serve with currant jelly. Venison steak and pie are cooked the same as beef.

#### LEG OF VENISON.

Wash a leg of venison and make an incision, and draw with salt pork. Put it in a crock and pour on it one pint of vinegar. Let it remain in this four days. It must be kept in a cool place. Turn it over every day. Take it out of the crock, put it in a dripping-pan, season with salt, pour on half of the vinegar the meat was soaked in, add six bay leaves, and one onion, cut fine, lemon peel sliced, six whole peppers, three cloves. Bake till done; baste often with melted butter; add half a pint of sour cream, and bake three hours.

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## SALADS.

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### CHICKEN SALAD. (No. 1.)

The yolks of six eggs well beaten, one-half pint of melted butter, or same of olive oil, three tablespoonfuls of mixed mustard, salt to taste, two teaspoonfuls of celery seed; mix thoroughly, then add three-fourths of a pint of strong vinegar. Place over fire, stir constantly until it becomes thick like boiled custard. Turn the mixture over the chickens which have been chopped (not very fine). Just before serving, add four heads of chopped celery. If not very strong with spice, add more mustard and cayenne pepper. This is enough for one turkey or three small chickens. This same dressing makes an excellent mixture for sandwiches, if used with finely chopped boiled ham or tongue.

### CHICKEN SALAD. (No. 2.)

One chicken (for ten persons), yolk of one egg, one tablespoonful of mustard, one large tablespoonful of sugar, one teaspoonful of salt, a pinch of cayenne pepper. Beat all together and add salad oil, a few drops at a time, until so stiff as to resist the beater. Add a little vinegar to thin it, then add more oil, and so proceed until you have sufficient quantity, and it must be very stiff. Now add the juice of one-half or one lemon, enough to thin just a little. About an hour before needed, chop the chicken and mix with equal quantity of celery. Pour over a thin dressing of two tablespoonfuls vinegar, one tablespoonful oil, a little salt and black pepper. Drain off and mix with one-half of the mayonnaise dressing; then spread the rest over the top and garnish with hard boiled eggs sliced.

## CHICKEN SALAD. (No. 3.)

This is made with equal quantities of chicken and celery. Turkey is equal to two chickens, and four bunches of celery makes an ordinary dish of salad. A pint of chicken and a pint of cut celery is a good rule. Steam or stew the chickens till tender and thoroughly done, so that the bones will pick out. Use only the meat of the breast and thighs, leaving out the neck and wings. Cut it up with scissors, do not on any account use the hash knife. Wash, and with a knife cut the celery in pieces the size of dice. Prepare the dressing thus: Put the uncooked yolks of two eggs into a clean cold soup plate, beat them with a wooden fork one minute; then add one-half teaspoonful of salt, a pinch of cayenne pepper, one-half teaspoonful of mustard. Work these well together and then add, drop by drop, a half pint of olive oil. You must stir rapidly and steadily in one direction while adding the oil; a reverse motion may curdle it. Add two tablespoonfuls of vinegar, and put in a cool place until serving time: When ready to serve, mix celery and chicken, dust lightly with salt and pepper, add a cup of whipped cream to the dressing, pour it over the chicken and celery, mix carefully, dish, and garnish with the white celery tops.

## CHICKEN SALAD. (No. 4.)

The white meat of a boiled or roasted chicken, or turkey, three-fourths the same bulk of cut celery. Two hard boiled eggs, one raw egg, well beaten, one teaspoonful each of salt, pepper, and made mustard, three tablespoonfuls of salad oil, two of white sugar, one-half teacup of vinegar. Mince the meat well, removing every scrap of fat, gristle, and skin; cut the celery into bits, mix them, and set aside in a cool place while you prepare the dressing. Rub the yolks of eggs to a fine powder, add the salt, pepper, and sugar, then the oil, grinding hard and putting in but a few drops at a time. The mustard comes next; and let all stand together while you whip the raw egg to a froth. Beat this into the dressing, and pour in the vinegar spoonful by spoonful, whipping the dressing well as you do it. Sprinkle a little salt over the meat and celery; toss it up lightly with a silver fork; pour the dressing over it, tossing and mixing until the bottom of the

mess is as well saturated as the top; turn into the salad bowl, and garnish with whites of eggs (boiled) cut into rings, and sprays of bleached celery tops.

#### VEAL SALAD.

Boil veal until tender, chop fine, take equal quantity of veal, celery or cabbage, and stir into it a salad dressing; put in a shallow dish and garnish with slices of lemon and celery. Boiled ham chopped and seasoned and served in the same way, makes a very nice salad. For the dressing, take the yolks of four raw eggs, two-thirds of a cup of oil, red pepper, salt, and mustard to taste, juice of two lemons, and last of all, one cup of thick cream. If the dressing is for chicken salad, use the oil or fat from the chicken instead of sweet oil. Be sure to put in the cream just before sending to the table.

#### SALMON SALAD.

Take cold steamed salmon, cut into pieces two inches long, place in a dish and season with salt, pepper, a very little oil, and plenty of vinegar, some parsley, and a little onion, cut up; then cover, and let stand two or three hours. Serve the dish with lettuce leaves, place the slices of salmon on the leaves and pour over the mayonnaise sauce. Garnish with hard boiled eggs.

#### LOBSTER SALAD.

One fine lobster, boiled, and when cold picked to pieces, or two small ones, one cup of best salad oil, one-half cup of sweet cream, whipped light, one lemon—the juice strained—one teaspoonful of mustard wet up with vinegar, one tablespoonful of sugar, one teaspoonful of salt, a pinch of cayenne pepper, four tablespoonfuls of vinegar, beaten yolks of two eggs. Beat eggs, sugar, salt, mustard, and pepper until light, then add very gradually the oil. When the mixture is quite thick, whip in the lemon. Beat five minutes before putting in the vinegar. Just before the salad goes to the table, add half the whipped cream to this dressing, and stir well into the lobster. Line the salad bowl with lettuce leaves, put in the seasoned meat, and cover with the rest of the whipped cream. This salad deserves its name.

## HAM SALAD.

Cut up small bits of boiled ham, place in salad-bowl with the heart and inside leaves of a head of lettuce. Make dressing as follows: Mix in a sauce-pan one pint sour cream as free from milk as possible, and half pint good vinegar, salt, a small piece of butter, sugar, and a small tablespoonful of mustard mixed smooth; boil, add the well-beaten yolks of two eggs, stirring carefully, as for float, until it thickens to the consistency of starch, then set in a cool place or on ice, and when cold pour it over the salad and mix well.

## CREAM DRESSING.

Two eggs, three tablespoonfuls of vinegar, one of cream, one teaspoonful of sugar, a little salt and one-fourth teaspoonful of mustard. Beat the eggs well, add sugar, salt and mustard, then the vinegar, lastly cream. Place the bowl in a basin of boiling water and stir until it thickens, no longer. Cool and use when needed.

## RED MAYONNAISE.

To give bright color to mayonnaise, lobster coral pounded to a powder and rubbed through a sieve, then thoroughly blended, or juice from boiled beets.

## SARDINE SALAD.

Arrange about a pint of any cold fish, previously shredded and freed from bones, on a bed of crisp lettuce leaves. Cover the fish with a sardine dressing; over this arrange six sardines split, having the ends meet at the center. Around the dish place thin slices of lemon and a wreath of parsley or young lettuce leaves.

## SARDINE DRESSING.

Pound in a mortar until perfectly smooth the yolks of four hard boiled eggs and three sardines, freed of bones. Add this to either of the above and you have an excellent fish dressing.

## TOMATO SALAD.

Twelve medium-sized tomatoes, peeled and sliced, four hard

boiled eggs, one raw egg, well beaten, one-half teaspoonful of cayenne pepper, one teaspoonful of white sugar, and two of made mustard, one tablespoonful of olive oil, one teacupful of vinegar, one teaspoonful of salt. Rub the yolks to a smooth paste, adding by degrees the salt, pepper, sugar, mustard and oil. Beat the raw egg to a froth, and stir in lastly, the vinegar. Peel the tomatoes and slice them a quarter of an inch thick; then set the dish on the ice, while you are making ready the dressing. Stir a great lump of ice rapidly in the dressing until it is cold; take it out, cover the tomatoes with the mixture and set back on the ice, until you send to the table. This salad is delicious, especially when ice cold.

#### HERRING SALAD.

Soak over night three Holland herrings cut in very small pieces; cook and peel eight medium potatoes, and when cold chop with two small cooked red beets, two onions, four sour apples, some roasted chopped veal (about one quart), three hard-boiled eggs; mix with a sauce of sweet oil, vinegar, stock, pepper and mustard to taste. A tablespoonful of thick sour cream improves the sauce, which should stand over night in an earthen dish.

#### CELERY SALAD.

Prepare the dressing as for tomato salad; cut the celery into bits half an inch long, and season. Eat at once, before the vinegar injures the crispness of the vegetables.

#### CELERY SLAW.

One-half head of cabbage; one bunch of celery; two hard-boiled eggs, all chopped fine. Mix with it two teaspoonfuls of sugar, two of mustard, one-half of pepper and salt. Moisten with vinegar.

#### LETTUCE SALAD.

Two or three heads of white lettuce, two hard-boiled eggs, two teaspoonfuls of olive oil, one-half teaspoonful of salt, one teaspoonful of white sugar, one-half teaspoonful of French mustard, one teaspoonful of pepper, four tablespoonfuls of sharp vinegar. Rub the yolks fine, add the sugar, salt, mustard and oil. Let

them stand five minutes, and then beat in the vinegar. Cut the lettuce up with a knife and fork,—a chopper would bruise it; put into a dish, add the dressing and mix by tossing with a silver fork.

#### LETTUCE PLAIN.

Pull the leaves apart and wash carefully each leaf for fear of insects; arrange nicely on a flat dish, and ornament with hard-boiled eggs, sliced round, and cover with vinegar and sugar if you like.

#### CABBAGE SALAD.

One cup vinegar, six tablespoonfuls milk, three tablespoonfuls butter, two eggs, well beaten, one tablespoonful mixed mustard, one teaspoonful of black pepper, one tablespoonful sugar, one tablespoonful of salt. Put it on the stove and boil twenty minutes. Pour it on a half head of cabbage, chopped fine.

#### LOBSTER SALAD DRESSING.

One tablespoonful of mixed mustard, one teaspoonful of salt, black and red pepper to season well; yolks of two raw eggs, one pint of sweet oil, well mixed with the eggs, a little at a time, one wineglassful of vinegar, well mixed, a little at a time; as you are mixing the oil with the vinegar, dissolve the yolks of two hard-boiled eggs with a cruet of vinegar; mix this with the above, add one tablespoonful of cream. At the last, use the whites of the boiled eggs chopped with the lobster.

#### DRESSING FOR LETTUCE.

One-half pint of very strong vinegar, one tablespoonful of flour, one tablespoonful of mustard. Cook well and add one tablespoonful of butter. Let it get cold. When wanted for use, take a tablespoonful of it and add nice thick cream.

#### CABBAGE SALAD OR COLD SLAW.

Shave a head of white cabbage very fine. For one quart of slaw, take the yolks of three eggs, beat them well, stir into them one tumbler and a half of good vinegar, two teaspoonfuls of loaf

sugar, piece of butter the size of a walnut, one teaspoonful of mixed mustard, salt and pepper to taste. Mix all together with the yolks, and put into a stew-pan. When boiling hot, add the cabbage, and stew five minutes. Toss it frequently from the bottom with a silver fork. Dish the slaw and set it where it will become perfectly cold—on ice if possible. Add one coffeecupful of thick cream just before serving, stirring it with a silver fork. If the vinegar is very strong, use less in proportion.

#### CREAM CABBAGE.

One-half cup of white sugar, one-half cup of good vinegar, one cup of thick cream, one teaspoonful of salt, piece of butter the size of an egg, a little cayenne pepper. Stir all together, except the cream, put the mixture into a sauce-pan, and stir until it boils; then add the cream, and let it boil. Pour it over the cabbage while hot. The cabbage should be shaved very fine.

#### POTATO SALAD. (No. 1.)

One-half dozen baked potatoes, two hard-boiled eggs, one-fourth of a medium-sized onion, one-half dozen sprigs of parsley, one-half cup of sour cream, three tablespoonfuls of vinegar, one-half teaspoonful of mustard, one tablespoonful of sugar, salt and pepper to taste. Chop the parsley, onion and egg very fine; add the potatoes, and chop coarsely; put all in an earthen dish, add the seasoning, vinegar and cream; stir all well together, and let stand two hours.

#### POTATO SALAD. (No. 2.)

Two cups of mashed potato, rubbed through a colander, three-fourths of a cup of chopped cabbage, white and firm, two tablespoonfuls cucumber pickle, also chopped, yolks of two hard-boiled eggs, pounded fine. Mix all well together.

#### DRESSING.

One raw egg, well beaten, one saltspoonful of celery seed, one teaspoonful of white sugar, one tablespoonful of melted butter, one teaspoonful of flour, one-half teacupful vinegar, salt, mustard and pepper to taste. Boil the vinegar and pour it upon the egg,

sugar, butter, and seasoning; wet the flour with cold vinegar, and beat it into this. Cook the mixture, stirring until it thickens, when pour, scalding hot, upon the salad. Toss it with a silver fork, and let it get very cold before eating.

#### POTATO SALAD. (No. 3.)

Boil four potatoes; when cold, cut in slices; add three new onions and two bunches of celery, chopped fine; also whites of two hard-boiled eggs. Serve with a mayonnaise sauce. Do not use mealy potatoes for salads.

#### SHRIMP SALAD.

This may be made either of the canned or fresh shrimps. If the latter are used, the shells must be cracked and the meat picked out carefully. In either case they must be cut rather fine with a sharp knife. Heap upon crisp lettuce leaves, and pour over them a mayonnaise dressing. Crab salad is made the same as lobster salad.

#### MAYONNAISE SAUCE.

Put the uncooked yolk of an egg into a cold bowl; beat it well with a silver fork; then add two saltspoonfuls of salt, and one saltspoonful of mustard powder; work them well a minute before adding the oil; then mix in a little good oil, which must be poured in very slowly (a few drops at a time) at first, alternated occasionally with a few drops of vinegar. In proportion as the oil is used, the sauce should gain consistency. When it begins to have the appearance of jelly, alternate a few drops of lemon juice with the oil. When the egg has absorbed a gill of oil, finish the sauce by adding a very little pinch of cayenne pepper and one and a half teaspoonfuls of good vinegar; taste it to see that there are salt, mustard, cayenne and vinegar enough. If not, add more very carefully. These proportions will suit most tastes; yet some like more mustard and more oil. Be careful not to use too much cayenne pepper. When ready to serve add half a cup of whipped cream, if you like. The cream makes it whiter and thinner. By beating the egg a minute before adding the oil, there is little danger of the sauce curdling; if by chance it should



curdle, half a teaspoonful of the unbeaten white of an egg, or a few drops of vinegar, will often restore the smooth consistency. Be careful not to use too much, or it will make the sauce thin. The dressing liquifies as soon as mixed with vegetables or meat; therefore it should be made stiff enough to keep in shape until used. Never mix the dressing with the meat or fish until ready to serve, and then only part of it, and spread the remainder over the top.

#### FRENCH DRESSING.

One tablespoonful vinegar, three tablespoonfuls of olive oil, one saltspoonful each of pepper and salt, one teaspoonful of grated onion. First, mix the pepper and salt, then the oil and onion, and then the vinegar. When well mixed, pour over the salad. Mix all together, and serve.

#### MAYONNAISE OF CAULIFLOWER.

Boil cauliflower in water, add a little salt and butter; let it get cold; season with salt, pepper, three tablespoonfuls of vinegar and one of oil. Let them remain for an hour. When ready to serve, pile them on a dish to a point; then mask them with a mayonnaise sauce.

#### VEGETABLE SALAD.

All kinds may be made by using cold boiled pease, string beans, cauliflower, asparagus tops, beats or celery, cutting not too small and using any of the salad dressings according to taste. Nothing need be wasted.

#### OYSTER SALAD.

One quart of oysters, one small bunch of celery, one raw egg, yolks of two hard boiled eggs, two tablespoonfuls of best olive oil, one teaspoonful of sugar, one saltspoonful each of pepper, salt and made mustard, half a cupful of vinegar. Whip the raw eggs light with the sugar and the oil. Rub the yolks of the boiled eggs to a paste with the salt, pepper and mustard, add the beaten raw egg and oil, and beat in the vinegar, a few drops at a time. Drain the liquor from the oysters and cut them with a sharp knife into small pieces. Cut the celery into half inch

lengths. Chopping bruises it. Put oysters and celery into a salad dish, mix with it half of the dressing and pour the rest over it. Garnish with celery tops and stoned olives.

Lettuce and dice of cold boiled potatoes and cold boiled beets. Potatoes piled in the center, beets next, and lettuce around the edge of the dish. Serve with French dressing. This makes a very fine salad.

#### CUCUMBER SALAD.

Two hours before dinner, slice on a slaw-cutter four full-grown, but not yellow, cucumbers; salt and let stand in an earthen dish. Half an hour before dinner, drain in a colander. While they are draining, peel and slice two onions and fry in a spoonful of lard. Beat together the yolk of an egg, half a teacupful of sweet cream and two tablespoonfuls of water. Put the drained cucumbers in a porcelain kettle with the onion, pour on the beaten mixture, dredge over a little flour, add half a teacup of sharp vinegar. Boil up five minutes. Serve hot.

#### TO FRINGE CELERY FOR GARNISHING.

Cut the stalks into two inch lengths; stick plenty of coarse needles into a cork; draw half of the stick of each piece of celery through the needles. When all the fibrous parts are separated, lay the celery in some cold place to curl and crisp.

## VEGETABLES.

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### RULES FOR COOKING VEGETABLES.

Have them as fresh as possible. Stale and withered ones are unwholesome and unpalatable. Summer vegetables should be cooked the same day they are gathered, if possible. Pick over and wash well, cutting out all decayed or unripe parts. If you boil them, put a little salt in the water. Cook them steadily after you put them on. Be sure they are thoroughly done. Rare vegetables are neither good nor fashionable. Drain well. Serve hot. Vegetables should never be washed until immediately before preparing them for the table. Lettuce is made almost worthless in flavor by dipping it in water some hours before it is served. Potatoes suffer even more than any other vegetable through the washing process. They should not be put in water till just ready for boiling. All vegetables are better cooked in soft water, provided it is clean and pure; if hard water is used, put in a small pinch of soda.

Never split onions, turnips and carrots, but slice them in rings, cut across the fiber, as they thus cook tender much quicker.

Always add both salt and a little soda to the water in which greens are cooked, as soda preserves the color.

A little sugar added to turnip, beets, pease, corn, squash and pumpkin is an improvement, especially when the vegetables are the common kind.

A piece of red pepper, the size of a fingernail, or a piece of charcoal, dropped into meat or vegetables, when first beginning to cook, will aid greatly in killing the unpleasant odor. Remember this for boiled cabbage, greens, beans, onions and mutton.

## BOILED POTATOES—With the Skins.

Wash the potatoes clean and put them on to boil in cold water, with a pinch of salt. Have them of uniform size, and cook steadily until a fork will pierce easily to the heart of the largest; then pour off the water, every drop; sprinkle with salt and set back on the range, a little to one side, with the lid of the pot off; let them dry three or four minutes, peel quickly, and serve in an uncovered dish.

## BOILED POTATOES—Without the Skins.

Pare very thin. The glory of a potato is its mealiness, and much of the starch, or meal, lies next to the skin, consequently is lost by slovenly paring, which, likewise, defaces the shape. Wash in cold water; have ready a pot of boiling water, slightly salted, drop in the potatoes, and keep at a rapid boil until tender. Drain off the water, sprinkle with fine salt, and dry as just directed.

## TO BOIL NEW POTATOES.

If very young, rub the skin off with a rough towel; if almost ripe, scrape with a blunt knife. Cover with cold water, slightly salted, boil half an hour, drain, salt and dry for two or three minutes. Send to the table plain. Or, pour over them a pint of sweet cream or rich milk, let it come to a boil, put in a spoonful of butter; if you use milk, season with salt and pepper, and thicken with half teacupful of cornstarch, previously stirred to a paste; give it all a good boil, and serve immediately.

## MASHED POTATOES.

Every one thinks she can make so simple a dish as that of mashed potatoes; but it is the excellence of art to produce good mashed as well as good boiled potatoes. In fact, I believe there is nothing so difficult in cookery as to properly boil a potato. Prepare and boil as for plain, put into a hot crock or basin, which can be placed at the side of the fire, one-half cup of rich milk or cream, a piece of butter the size of an egg, salt and pepper to taste, and let them get hot. When the potatoes are done,

drain and mash them, add the hot milk; then work them a few minutes with a fork, and serve them immediately. Do not rub egg over, and bake them; that ruins them. Much depends upon mashed potatoes being served at table hot, and freshly made. One of the secrets of good mashed potatoes is the mixing of the ingredients all hot.

#### BAKED POTATOES.

Be very particular to wash every part of the potato clean, as many persons eat the skin; bake in a quick oven until tender, say three-quarters of an hour to an hour, if of good size. There is such a difference in ovens, that each one must learn for herself what the time will be for each.

#### POTATO PUFF.

Take two coffeecupfuls of cold mashed potato, and stir into it two tablespoonfuls of melted butter, beaten to a white cream, before adding anything else. Then put with this two eggs, whipped very light, and a teacupful of cream, or nice milk, salt it to taste, beat all well, pour into a deep dish, and bake in a quick oven until it is nicely browned. If properly mixed it will come out of the oven light, puffy and delectable.

#### POTATO BALLS.

Prepare the potatoes as you would for mashed potatoes; when done, mash very fine and season with butter and salt; beat in two eggs till very light, shape them into little balls, as large as walnuts, let them get perfectly cold, dip them in beaten egg, then in bread crumbs, and fry in hot lard, like doughnuts. Be very particular to have the lard boiling hot or they will not be nice. Brown a light brown, and serve at once.

#### SILVERTHORN POTATOES.

Boil as you would for plain potatoes; be sure to have them perfectly cold before chopping; chop them as fine as a common sized bean (no finer); to one quart of potatoes add one coffeecupful of thick cream. You can double the quantity as many times as you like. Have ready a spider, put in your potatoes, pour

over them the cream, season with salt and pepper, warm them up quickly, and serve at once. If you have no cream, you can use milk and plenty of butter, but they are not so nice as when mixed with cream. The beauty of these potatoes is to have them chopped evenly and warmed quickly; never let them stand a minute on the stove after they are ready; if you do, they are spoiled. The neshannock potato is the best for this purpose.

#### BROWNE D POTATOES—White.

Peel some large, ripe potatoes, and one hour before a roast of beef is removed from the oven, put the potatoes in the dripping-pan, sprinkle some salt over them, baste them often with the gravy to prevent scorching, drain them on a sieve for five minutes, and lay them about the meat in the dish. Sweet potatoes are very nice cooked in this way.

#### BROWNE D SWEET POTATOES.

Boil the potatoes till tender, but not too done; drain off the water and take off their skins, cut them in half and fry them in plenty of butter or nice beef drippings. Sprinkle a little sugar over them and brown nicely. Irish potatoes are very fine cooked in this way; only omit the sugar.

#### FIFTH AVENUE HOTEL POTATOES.

Take large, fair potatoes, bake until soft, and cut a round piece off the top of each, scrape out the inside carefully, so as not to break the skin, and set aside the empty cases with the covers. Mash the inside very smoothly, working into it, while hot, some butter and cream—about half a teaspoonful of each for every potato—season with salt and pepper, with a good pinch of grated cheese for each; work it very soft with milk, and put into a saucepan to heat, stirring to prevent burning; when scalding hot, stir in one well beaten egg for six large potatoes. Boil up once, fill the skins with the mixture, replacing the caps, return them to the oven for three minutes; arrange upon a napkin, in a deep dish, the caps uppermost; cover with a napkin, and eat hot. If you like, you can omit the eggs and put in a double quantity of cheese.

## POTATO RIBBON.

Pare, and lay in ice water for an hour. Choose the largest and soundest potatoes you can get for this dish. At the end of an hour, pare with a small knife, round and round in one continuous curling strip. There is also an instrument for this purpose, which costs but a trifle, and will do the work deftly and expeditiously. Handle with care, fry a few at a time, for fear of entanglement, in lard, like fried cakes; drain, and serve in cornucopias, for dinner or tea parties.

## SARATOGA POTATOES.

Pare, wash, and slice some raw potatoes as thin as wafers. This can be done with a sharp knife, although there is a little instrument for the purpose, to be had at the house-furnishing stores, which flutes prettily as well as slices evenly. Lay in ice water for half an hour. Put in the water a small piece of alum. Wipe dry in two cloths, spreading them upon one, and pressing the other upon them. Have ready some boiling lard, as you would for fried cakes; fry a light brown. To dry off the fat, take from the frying-kettle as soon as they are brown, with a perforated skimmer, put in a colander and shake for an instant, and sprinkle salt over them. They should be crisp and free from grease. Another way: Pare the potatoes and quarter them lengthwise, and fry as before. They are very nice cooked in this way.

## LYONNAISE POTATOES.

Two and a half cups of cold, boiled potatoes, two tablespoonfuls of chopped onions, one teaspoonful of minced parsley, butter size of an egg. Slice the cold boiled potatoes; put the butter into a sauce-pan, and when hot, throw in the onion; fry to a light color; add the sliced potatoes, which turn until they are thoroughly hot, and of light color also; then mix in the minced parsley and serve immediately, while they are hot. The potato slices should be merely moistened with the butter dressing.

## POTATO PIE.

Take about twenty good sized potatoes and six onions; pare

the potatoes and peel the onions. If you put the onions in cold water they will not make your eyes smart. Slice the potatoes and onions very thin, and put them in cold water to soak for half an hour; have ready an earthen dish, and put in a layer of potatoes then a layer of onions; season with pepper, salt and butter, and so on till the dish is full. Put in a little water, beat four eggs and pour over the top; have ready a good puff-paste and put it over the pie; bake two hours in a slow oven.

#### A NICE WAY TO PREPARE POTATOES.

The potatoes are sliced thin, as for frying, and allowed to remain in cold water half an hour. The slices are then put into a pudding dish, with salt, pepper, and some milk—about half a pint to an ordinary pudding dish. They are then put into an oven and baked for an hour. When taken out, a lump of butter half the size of a hen's egg is cut into small bits and scattered over the top. Those who have never eaten potatoes cooked thus do not know all the capabilities of that esculent tuber. The slicing allows the interior of each potato to be examined, hence its value where potatoes are doubtful, though poor ones are not of necessity required. The soaking in cold water hardens the slices, so that they will hold their shape. The milk serves to cook them through, and to make a nice brown on top; the quantity can only be learned by experience; if just a little is left as a rich gravy, moistening all the slices, then it is right. In a year of small and poor potatoes, this method of serving them will be very welcome to many a housekeeper.

#### STRING BEANS.

Break off the tops and bottoms and "string" carefully; then pare both edges with a sharp knife, to be certain that no remnant of the tough fiber remains; cut the beans into pieces an inch long, wash in cold water, drain them, and put into a sauce-pan of boiling water, with a pinch of soda; boil quickly till tender. Boil a little bacon with them; it mellows the rank taste you seek to remove by boiling. When done, season with butter and pepper; if you use bacon, they will need no more salting; add milk and thicken with a tablespoonful of cornstarch. Dish, and serve.



## LIMA BEANS.

Let them boil ten minutes, drain off the water, then add boiling water, sufficient to cook done. Pour on sweet cream, according to the amount of soup desired, and season with pepper and salt. If sweet milk is used, add a small piece of butter.

## GREEN CORN—Boiled.

Choose young sugar-corn full grown, but not hard; test with the nail; when the grain is pierced, the milk should escape in a jet, and not be too thick. Clean by stripping off the outer leaves, turn back the innermost covering carefully, pick off every thread of silk, and recover the ear with the thin husk that grew next the corn; tie at the top with a bit of thread, and put into boiling water, salt, and cook fast for half an hour, or longer in proportion to size and age. Cut off the stalks close to the cob, and send to the table whole.

## SUCCOTASH.

This is made of green corn and Lima beans. Some substitute string or butter beans. Have a third more corn than beans. Split the kernels through the center and scrape out the corn, and shell the beans; put them over to cook, with a little salt pork and a pinch of soda to keep them green; boil half an hour before you put the corn in, then stew till tender, stirring often to prevent burning. When done, season with salt and pepper, add one coffee-cupful of cream, and serve. You can use butter and milk if you cannot get cream.

## DELICATE SUCCOTASH.

One pint of Lima beans (after they are shelled), one quart of scraped corn, one cup of thick cream. Boil the beans ten minutes, drain off and put more boiling water over them, when nearly done, add the scraped corn; boil five minutes, then season with salt and pepper, and add the cream.

## GREEN CORN CAKES.

Mix a pint of grated green corn with a teacupful of flour, half a teacupful of milk, half a teacupful of melted butter, one egg,

a teaspoonful of salt, and a little pepper. Drop on a buttered pan by the spoonful and bake or fry (best fried) for ten or fifteen minutes.

#### CORN OYSTERS.

Six ears corn, three eggs, four tablespoonfuls of flour. Beat the yolks very light, grate the corn off the cob, season with salt and pepper, mix with the yolks, then add the flour. Whisk the whites to a froth and stir in with the batter; put two dessertspoonfuls at a time into a pan of hot lard and fry a light brown.

#### FRIED CORN.

Grate twelve ears of corn, add one tablespoonful of flour, a little milk, butter and salt, three well beaten eggs. Make into small cakes, and fry a light brown.

#### CORN CUSTARD.

Cut corn from the cob, mix it—not too thinly—with milk. Add two or three beaten eggs, pepper and salt to taste. Bake half an hour. To be served as a vegetable.

#### BOILED BEETS.

Wash, but do not touch with a knife before they are boiled. If cut while raw, they bleed themselves pale in the hot water. Boil till tender; when done, rub off the skins, slice round if large, split if young, mix a great spoonful of melted butter, five of vinegar, pepper and salt, heat to boiling, and pour over the beets. Another nice way is to make drawn butter gravy, with half teacupful of vinegar, and pour over the beets just before serving.

#### GREEN PEASE.

The Champion and Marrowfat pease are the best. Shell and put them on to cook in cold water, salt them, and put in a piece of soda the size of a pea to keep them green; cook from twenty minutes to half an hour. Market pease are greatly improved by the addition of a small lump of white sugar. When done, season with butter and pepper, add one coffeecupful of nice thick cream, or nice rich milk, butter and salt to taste. If you use milk,

thicken it with one tablespoonful of cornstarch; dish and serve.

#### TO FRY EGG PLANT.

Pare the egg plant, and cut in slices half an inch thick. Let it lie in cold salt water for an hour or more. Have a dish of beaten yolk of an egg, and one of cornmeal. Dip the slices first in the egg, then in cornmeal, and fry light brown, in a skillet of hot lard and butter mixed.

#### STUFFED EGG PLANT.

Take a full grown egg plant, cut it in two lengthwise. Take all the inside out leaving the skin about half inch thick. Chop fine. Mix about as much bread crumbs as egg plant; salt and pepper to taste, and one teaspoonful of sugar. Put a tablespoonful of butter in a skillet; when hot put in the mixture and let cook ten minutes; then return to the shells and put in the oven and bake an hour. Serve hot.

#### OYSTER PLANT.

Wash, and scrape the plant, put in boiling water with salt in it; when tender, cut into pieces an inch long, dip in batter made of an egg, milk, flour and salt, and fry in hot lard like fried cakes. Parsnips are very nice cooked in this way.

#### ESCALOPED SALSIFY.

Scrape the roots thoroughly, and wash clean in cold water. Cut into rings and boil three minutes; drain, and pour on more hot water, enough to cover them. Boil till tender; season with pepper and salt. Put in a basin a layer of salsify, then a layer of bread or cracker crumbs, some butter, then another of salsify and crumbs, and so alternate till the dish is full; let the last layer be of crumbs, put some butter on top and fill up with rich milk. Bake twenty minutes, in a hot oven.

#### TO BOIL SPINACH.

One peck is enough for four persons. Pick it over very carefully—it is apt to be gritty; wash in several waters, and let it lie in the last half an hour, at least; take out with your hands, shak-

ing each bunch well, and put into boiling water, with a little salt; boil from fifteen to twenty minutes. When tender, drain thoroughly, chop very fine, put in a sauce-pan with a piece of butter the size of an egg, and pepper to taste; stir until very hot, turn into a hot dish and shape nicely; slice some hard boiled eggs and lay on top.

Or, rub the yolks of four eggs to a powder, mix with butter, and when your mould is raised, spread smoothly over the flat top; cut the whites into rings and lay them on the yellow surface. This makes a very pleasant dressing for the spinach.

#### SPINACH, A LA CREAM.

Boil and chop very fine, or rub through a colander; season with pepper and salt; beat in, while warm, three tablespoonfuls melted butter (this is for a large dish); then put it into a sauce-pan and heat, stirring constantly. When smoking hot, add three tablespoonfuls of cream and a teaspoonful of white sugar; boil up once, still stirring, and press firmly into a hot bowl. Turn into a hot dish, and garnish with sliced boiled eggs laid on top.

#### BAKED PARSNIPS.

Put four thin slices salt pork in a kettle with two quarts cold water, wash and scrape parsnips, and if large halve or quarter, and as soon as water boils place in a kettle, boil about half an hour, remove meat, parsnips, and gravy to dripping-pan, sprinkle with a little white sugar, and bake in oven half an hour, or until they are a light brown, and the water is all fried out. Add a few potatoes if you like.

#### FRIED PARSNIPS.

Par-boil or steam large parsnips, and then cut in slices lengthwise. Sprinkle each with a little flour, pepper and salt. Fry in equal parts of butter and lard.

#### ARTICHOKES.

Strip off the outer leaves, and cut the stalks close to the bottom. Wash well and lay in cold water two hours. Immerse in boiling water, the stalk ends uppermost, with an inverted plate

upon them to keep them down. Boil an hour and a half, or until very tender; arrange upon a dish, the tops up, and pour drawn butter over them.

#### ASPARAGUS.

The green tops of this vegetable are very tender, and should not be cooked so long as the white part, which is hard. Cut off the tops as far down as they are tender and lay them in cold water. Then take the white part and pare off the hard part and cut in pieces about an inch long. Put them on to boil, and when nearly done, which will be in about half an hour, add the green tops and boil ten or fifteen minutes longer. Lay slices of toast in the bottom of the dish, drain the asparagus from the water. Season with butter, pepper and salt, and pour over the toast, and it is ready to serve.

#### BAKED SWEET POTATO.

Wash and scrape the potatoes, then split them lengthwise. Steam them half an hour, then put them into a pan with lumps of butter, pepper and salt. Sprinkle thickly with sugar and bake a nice brown. Hubbard squash may be cooked in the same way.

#### BAKED CORN.

To one quart of corn use one teacupful of cream, a lump of butter the size of an egg, and some salt. Bake slowly one and one-half hours.

#### STEWED TOMATOES.

Loosen the skins by pouring boiling water upon them; peel and cut them up, extracting the cores or hard part of stem end, and removing all unripe portions. Stew in a sauce-pan (tin or porcelain) half an hour, when add salt and pepper to taste, a teacupful of white sugar, and a tablespoonful of butter; stew slowly fifteen minutes longer. just before dishing, thicken with a little grated bread. Another nice way to prepare tomatoes is to put a quarter as much green corn as you have tomatoes in the sauce-pan when it is first set on the fire, and stew gently.

#### FRIED TOMATOES.

Slice large, firm tomatoes without peeling. Dip in egg and

cracker crumbs, with pepper and salt; fry in lard and serve hot. The slices must not be very thin.

#### BROILED TOMATOES.

Take large, smooth tomatoes, cut half an inch thick, leaving on the skin. Lay them on a wire broiler over a clear bed of coals. Have a dish with butter, pepper, salt, and a little sugar; and as they are done drop them into it. Lay the whole in a dish over toast, and serve.

#### BAKED TOMATOES.

Make a dressing with the crumbs of a small loaf, to which add three ounces of butter, two small onions chopped fine, with pepper and salt to taste. Mix well. Then take eight or ten large tomatoes (do not take off the skins), divide transversely, take out the seeds and fill with the dressing. Place the halves together again, sprinkle with salt and pepper. Place in a pan with a lump of butter on each, and bake in a quick oven.

#### ESCALOPED TOMATOES.

Put in a buttered baking-dish a layer of bread or cracker crumbs, season with bits of butter, then a layer of sliced tomatoes seasoned with pepper, salt and sugar if desired, then a layer of crumbs, and so on till the dish is full, finishing with the crumbs. Bake from three-quarters of an hour to an hour.

#### TOMATO TOAST.

Run a quart of stewed ripe tomatoes through a colander, place in a porcelain stew-pan, 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 before serving, add a pint of good sweet cream to the stewed tomatoes, and pour them over toast.

#### RAW TOMATOES.

Do not pour boiling water upon them. It impairs the flavor and destroys the crispness. Pare with a very sharp 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 pour-

ing it over the tomatoes, and set them in a refrigerator until wanted. Ice is a great improvement to the tomatoes.

#### STEWED CABBAGE.

Cut up a small head of cabbage coarser than for slaw. Put in a sauce-pan and pour on boiling water, scalding till it is tender. Pour off the water and add half a teacupful of milk, a piece of butter the size of an egg, a tablespoonful of flour, made smooth in the butter, pepper and salt. Stir and let it cook five minutes, till the cabbage is quite done.

#### CABBAGE SPROUTS.

Pick over carefully, lay in cold water, slightly salted, half an hour; shake in a colander and drain, and put into boiling water, keeping at a fast boil until tender. A piece of pork seasons them pleasantly.

#### DELICATE CABBAGE.

Boil a firm white cabbage fifteen minutes, changing the water then, for more from the boiling teakettle. When tender, drain and set aside until perfectly cold. Chop fine, and add two well beaten eggs, a tablespoonful of butter, pepper and salt, three tablespoonfuls of rich milk or cream. Stir all well together, and bake in a buttered pudding-dish until brown. Eat very hot.

#### SUMMER SQUASH.

Wash the squash clean; it is the best plan to pare them unless they are extremely tender; tie them in a clean cloth, and put them into a pot of boiling water, and boil rapidly half an hour; take up and squeeze them well, turn into a hot dish, season with plenty of butter, salt and pepper, and serve at once.

#### WINTER SQUASH.

Winter squash is best steamed and baked. The Hubbard squash is the best for this purpose. Crack it with a hatchet or axe, and take out all the seeds, cut it into square pieces, wash it and wipe it dry, put it in a steamer and steam till tender. When done, scrape it out of the shell, and season with salt, pepper and

butter, put in a hot dish, smooth the surface nicely, dot it with pepper, and send to the table.

#### BEET GREENS.

Wash young beets very clean, cut off tips of leaves, looking over carefully to see that no bugs or worms remain, but do not separate roots from leaves; fill dinner pot half full of salted boiling water, add beets, boil from half to three-quarters of an hour; take out and drain in colander, pressing down with a large spoon, so as to get out all the water. Dish, and dress with butter, pepper, and salt if needed. Serve hot with vinegar.

#### BAKED BEETS.

Beets retain their sugary delicate flavor much better by baking instead of boiling; turn often in the pan while in the oven, using a knife, as a fork will cause the juice to flow; when done, remove skin, slice, and season with butter, pepper and salt; or if for pickle, slice into good cold vinegar.

#### CAULIFLOWER.

Break off the green leaves, cut off the stock close at the bottom; if large, divide it into quarters, put it in cold water and let it lie, not more than an hour; then put it in boiling milk and water—milk makes it white—with one teaspoonful of salt. Skim while boiling. When the stalks are tender, take it up; have ready a teacupful of cream gravy, made of one cup of milk, piece of butter the size of an egg, thicken with one tablespoonful of cornstarch, salt and pepper to taste, and pour it over the cauliflower.

#### BAKED CAULIFLOWER.

Boil until tender, chop into neat clusters, and pack—the stems downward—in a buttered pudding-dish; beat up a cupful of bread crumbs to a soft paste with two tablespoonfuls of melted butter and three of cream or milk, season with pepper and salt, braid 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 same dish in which they were baked.



## BAKED CAULIFLOWER—French dish.

Boil until tender, and put in a buttered, shallow earthen dish, season with salt and pepper, and pour over drawn butter sauce; grate cheese thickly over it; brown in the oven.

## FRIED CABBAGE.

Cut the cabbage very fine, on a slaw cutter, if possible; salt and pepper, stir well, and let stand five minutes. Have an iron kettle smoking hot, drop one tablespoonful lard into it, then the cabbage, stirring briskly until quite tender; send to the table immediately. One-half cup of sweet cream, and three tablespoonfuls vinegar—the vinegar to be added after the cream has been well stirred, and after it is taken from the stove, is an agreeable change. When properly done, an invalid or babe can eat it without injury, and there is no offensive odor from cooking it.

## STUFFED CABBAGE.

Take a large, fresh cabbage and cut out the heart; fill the vacancy with stuffing made of cooked chicken or veal, chopped very fine and highly seasoned and rolled into balls with yolk of an egg. Then tie the cabbage firmly together (some tie a cloth around it), and boil in a covered kettle two hours. This is a delicious dish and is useful in using up cold meats.

## OKRA AND TOMATOES.

Peel and slice six or eight tomatoes, take same amount of tender sliced okra, and one or two sliced green peppers; stew in a porcelain kettle fifteen or twenty minutes, season with butter, pepper and salt, and serve.

## BOILED ONIONS.

When new and tender, they will boil in one hour, but after the month of October they will require two hours. Cut off the tops and tails, and skin them. Put them into water before peeling them and they will not effect the eyes. Lay in cold water half an hour, boil them in a porcelain kettle, with enough boiling water to cover them, cook fifteen minutes, then drain off all the

water and recover them with more from the boiling teakettle. If you have milk plenty, half an hour before they are done, turn a quart into the water in which they are boiling. This makes them white, and is said to prevent, in a measure, the disagreeable odor which always follows their being eaten. Dish them whole, and season with a little salt, pepper and butter. Or, make a drawn butter gravy, or cream gravy, and pour over them.

#### ROASTED ONIONS.

Wash and skin very large Bermuda onions; lay in cold water an hour; par-boil in boiling water half an hour, drain, and while hot, extract the hearts, taking care not to break the outer layers. Chop the inside thus obtained very fine, with a little cold fat pork or bacon; add bread crumbs, pepper, salt and mace, and wet with a spoonful or two of cream; bind with a well beaten egg, and make into a smooth paste; stuff the onions with this, put into a dripping-pan with a very little hot water, and simmer in the oven for an hour, basting often with melted butter. When done, take the onions up carefully, and arrange the open ends uppermost, in a vegetable-dish; add the gravy in the dripping-pan, the juice of half a lemon, four tablespoonfuls of cream or milk, and a little browned flour, wet with cold milk. Boil up once, and pour over the onions.

#### TURNIPS.

Wash, peel, cut in slices, and place in kettle, and keep well covered with water; boil from half to three-quarters of an hour, or until you can easily pierce them with a fork; drain well, season with salt, pepper and butter, and mash fine. Do not boil too long, as they are much sweeter when cooked quickly. Turnips may be cut up and baked.

#### POTATO CAKES.

Grate eight raw Irish potatoes, add salt, two well beaten eggs, and half a cup of flour; roll in cakes with a spoon, and fry in butter.

## FRIED RAW POTATOES.

Wash, peel, and slice in cold water, drain in a colander, and drop in a skillet prepared with two tablespoonfuls melted butter or beef drippings, or one-half of each; keep closely covered for ten minutes, only removing to stir with a knife from the bottom to prevent burning; cook another ten minutes, stirring frequently until done and lightly browned. Sweet potatoes are nice prepared in the same manner.

## FRIED BANANAS.

Peel and slice the bananas, sprinkle with salt, dip in thin batter, and fry in butter. Serve at once.

## BOILED MACARONI.

Pour one pint boiling water over one-half pound of macaroni, let stand half an hour, drain, and put in a custard kettle with boiling milk to cover, cook till tender, drain, add a tablespoonful butter, and a teacupful of cream, and season with salt and pepper; grate cheese over the top and serve.

## MACARONI.

Boil macaroni in salt and water, until very tender; then put butter in bottom of the dish, next a layer of macaroni, then chopped parsley, well beaten egg, and ham, chopped very fine, pepper and salt, and so on until the dish is filled. Bake twenty minutes.

## MACARONI AS A VEGETABLE.

Simmer one-half pound of macaroni in plenty of water till tender, but not broken; strain off the water. Take the yolks of five and the whites of two eggs; one-half pint of cream; white meat and ham, chopped very fine; three tablespoonfuls of grated cheese; season with salt and pepper; heat all together, stirring constantly. Mix with the macaroni; put in a buttered mould, and steam one hour. It is quite as good baked.

## BAKED MACARONI.

Boil half a pound of macaroni until quite soft; put it into a

vegetable-dish with a little mustard, pepper and salt, a small piece of butter, and some grated cheese. Bake ten or fifteen minutes.

#### MACARONI PUDDING—To eat with Meat.

Simmer a quarter of a pound of macaroni in plenty of water, until it is tender. Strain off the water, and add a pint of milk or cream, an ounce of grated cheese, and a teaspoonful of salt. Mix well together, and strew over the top grated cheese and crumbs of bread. Brown it well, in baking, on the top. It will bake in a quick oven in half an hour. It is appropriate to be eaten with boiled ham, or beef a la mode, or forms a course by itself, after meat.

#### ITALIAN MACARONI.

Place two pounds of beef, well larded with strips of salt pork, and one or two chopped onions, in a covered kettle on the back of the stove, until it throws out its juice and is a rich brown; add a quart of tomatoes seasoned with pepper and salt, and allow this mixture to simmer for three hours. Take the quantity of macaroni desired and boil in water for twenty minutes, after which put one layer of the boiled macaroni in the bottom of a pudding dish, cover with some of the above mixture, then a layer of grated cheese, and so on in layers till the dish is filled, having a layer of cheese on the top; place in the oven an hour, or until it is a rich brown.

#### HOW TO BOIL RICE.

Rice should be carefully picked over, washed in warm water, rubbed between the hands, and then rinse several times in cold water till white. Put one teacupful in a tin pan or porcelain kettle, add one quart boiling water and one teaspoonful of salt—the boiling water, makes the kernels retain their shape better than when cold water is used. Boil till the water boils out, then add hot milk enough to cover it; let it simmer on the back of the range till it is dry. Cooked in this way each kernel will be whole.

#### SOUTHERN RICE.

The Southern rice cooks much quicker, and is nicer than the

Indian rice. Pick over the rice, and wash in cold water. Soak it in plenty of cold water four hours; pour off the water; to a pint of rice, put three quarts of boiling water, and teaspoonful of salt. Boil twenty minutes. Each grain will be separate from every other.

#### STEWED MUSHROOMS.

Choose button mushrooms of uniform size. Wipe clean with a wet flannel cloth, and cut off the stalks. Put into a porcelain sauce-pan, cover with cold water and stew gently fifteen minutes. Salt to taste; add a tablespoonful of butter, divided into bits and rolled in flour. Boil three minutes, stir in three tablespoonfuls of cream, whipped up with an egg, stew two minutes without letting it boil, and serve.

#### BROILED MUSHROOMS.

Peel the finest and freshest you can get; score the under side and cut the stems close. Put into a deep dish and anoint well, once in a while, with melted butter. Salt and pepper, and let them lie in the butter an hour and a half. Then broil over a clear, bright fire, using an oyster gridiron, and turning it over as one side browns. Serve hot, well buttered, pepper and salt, and squeeze a few drops of lemon juice upon each.

#### BOILED HOMINY.

Soak the hominy over night in cold water. Next day put it into a pot with at least two quarts of water to a quart of hominy, and boil slowly three hours, or until it is soft. Drain in a colander, put it in a vegetable dish, and stir in butter, pepper and salt. The hominy gritz is cooked in the same way; stir often, as this is apt to stick. It should be as thick as mush, and it is generally eaten at breakfast, with sugar, cream and nutmeg.

#### FRIED HOMINY.

Put a good lump of butter in a frying-pan, and heat it; turn in some cold boiled hominy, and cook until the under side is browned. Place a dish up side down on the frying-pan, and up-set the former, that the brown crust may be uppermost. Eat with meat.

## FRIED MUSH.

Put a quart of water over the fire to boil. Stir a pint of cold milk with one pint of cornmeal, and one teaspoonful of salt. When the water boils, pour in the mixture gradually, stirring all well together. Let it boil an hour, stirring often to prevent burning. When cold, slice, and dip in beaten egg, then in bread crumbs, and fry in boiling lard like doughnuts.

## BOSTON BEANS.

Three pints of beans, put to soak over night in tepid water. In the morning put them in a large pan in some clear water, and let them stand on the back of the stove. Be sure not to let them boil, for that would break the beans; the beauty is to keep them whole; if they reach the boiling point pour in some cold water. Let them soak in this way till noon, then wash them clean, and put them in the bean pot with a pound of salt pork, which has been par-boiled and scored, two even tablespoonfuls of molasses; salt and pepper to taste. Cover them with boiling water, and set them in the oven to bake; add water if needed, and keep them covered until done.

## BREAD.

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The mysteries of "panification," as the scientific cooks term bread-making, are few and simple, but require more attention and judgement than any other branch of cooking. One rule I would advise every housekeeper to establish from the very beginning, and that is, never to allow poor flour to be used for any purpose whatever, especially for bread-making, for unless this one article be of the best quality, baking after baking will prove but failures, and a vexation of spirit to the ambitious baker.

Bread-making seems a simple process enough, but it requires a delicate care and watchfulness, and a thorough knowledge of all the contingencies of the process, dependent on the different qualities of flour, the varying kinds and conditions of yeast, and the change of seasons; the process which raises bread successfully in winter making it sour in summer. There are many little things in bread-making which require accurate observation, and, while valuable recipes and well-defined methods in detail are invaluable aids, nothing but experience will secure the name merited by so few, though earnestly coveted by every practical, sensible housekeeper—"an excellent bread-maker." Three things are indispensable to success—good flour, good yeast, and watchful care. To tell good flour: It should be dry, elastic, and odorless. To detect bad flour: If, in handling the flour, you discover a heaviness, like that of ground plaster; if, in squeezing a handful tightly, you discover that it retains the imprint of palm and fingers, and rolls back into the tray a compact ball, it is bad, and not fit to use.

Novices in bread-making, and many who should have learned better by long experience, fall into a sad mistake in the consistency of the dough. It should be mixed as soft as it can be hand-

led. Bread will rise sooner, and lighter, be more digestible, and keep fresh much longer, if this rule is followed. Knead your bread faithfully, and from all sides until it rebounds like India-rubber after a smart blow of the fist upon the center of the mess. Half an hour will be sufficient for working. The second point of importance in bread-making is the yeast; and herein are more failures than can be attributed even to poor flour, for a wise housekeeper will insist upon having fine flour, when, perhaps, she will not be so careful with her yeast, and will, either from carelessness or ignorance, utterly fail. I say ignorance, because so many, even experienced housekeepers, are constantly asking the question: "How do you judge yeast? By what means can you tell whether it is lively, as you term it?" My answer is, by taste and smell. If good, the taste if a little is touched to the tongue, will be rather biting, not sour by any means, but quick and somewhat pungent; while the odor is that of weak ammonia, or fresh ginger beer, and the color the opposite to "leaden," a clear, yellowish-white; if sour, blue and lifeless, like unleavened buckwheat batter; empty the jar, and at once make a fresh supply, with rising from some other source. I have gone into all the details, for I feel that it is because of the neglect of small things that so many fail in cooking, as in everything else.

#### HOP YEAST.

There are many varieties of yeast—hop, potato, milk, salt, corn-meal, etc.,—but the one old recipe, which I have used for years, has, I believe, no equal. It is this:

Take eight good sized potatoes, peel and slice into cold water, put three coffeecupfuls of loose, or half cake of pressed hops into a thin bag, tie securely and boil for half an hour in three quarts of water, with the potatoes. When soft, remove the potatoes, mash them into paste with one pint of flour, adding one teaspoonful of ground ginger, one-half teacupful of salt and the same of brown sugar; when cool, beat in one large cup of yeast, or two cakes of leaven, soaked in tepid water. Cover closely and place in a warm place to "rise" for twenty-four hours, when turn into jars which can be closed air tight, but do not fasten down the cover, or cork tightly until it has ceased to "work," lest the bot-



bles be broken. (I have used the Mason self-sealing glass jars for several years past, and nothing can be better for keeping yeast pure and sweet). Place the jars, after tightening the lids, in a cool place. This yeast will keep four weeks in winter, but in summer it should be made weekly.

#### YEAST—Self-Working.

I said I never used any but the above recipe for years, but I have a few times in my life been so situated that my yeast ran out, and I had no opportunity of obtaining any from other sources, in which case I have made the following with perfect success:

Take two handfuls of good hops, which tie in a bag and boil in one gallon of soft water for an hour or more. Allow it to cool and with it make a batter of three coffeecups of flour, beating until perfectly smooth, and gradually adding half a pound of brown sugar, one tablespoonful of ginger, and one handful of salt. Put into a shallow vessel, cover lightly and place in a constantly and uniformly warm spot for two or three days. On the fourth morning, peel a dozen potatoes, par-boil them, and grate into the batter, and allow to stand another day, stirring occasionally. Then put into jars and fasten the covers securely, placing in a cool cellar or refrigerator. This yeast will remain sweet for a length of time, and is excellent.

#### POTATO YEAST.

Boil one cupful hops in a sack in two quarts water for fifteen minutes, remove sack with hops, add five good sized Irish potatoes, peeled and grated raw, one cupful of white sugar, one tablespoonful salt, and one of ginger; stir occasionally, and cook from five to ten minutes, and it will boil up thick like starch; turn into a jar, and when just tepid in summer, or quite warm in winter, add one-half pint good yeast (always save some to start with); set jar in a large tin pan, and as often as it rises, stir down until fermentation ceases, when it will be quite thin. Cover closely, and set away in a cool place and it will keep two weeks. When yeast smells sour, but does not taste sour, it is still good; if it has no smell it is dead. One cupful will make six good loaves.

## RUBS OR FLOUR HARD YEAST.

This is better than hard yeast made with Indian. Take two quarts of best home-brewed yeast, and a tablespoonful of salt, and mix in wheat flour, so that it will be in hard lumps. Set it in a dry, warm place (but not in the sun) till quite dry. Then leave out the fine parts to use the next baking, and put up the lumps in a bag, and hang it in a dry place. In using this yeast, take a pint of the rubs for six quarts of flour, and let it soak from noon till night. Then wet up the bread to bake next day. Brewer's and distillery yeast cannot be trusted to make hard yeast. Home-brewed is the best, and some housekeepers say, the only yeast for this purpose. This recipe is very convenient, especially for hot weather, when it is difficult to keep yeast.

N. B.—When you wish to use the liquid yeast in either of the recipes, pour off the beer that rises on the top of the yeast; shake the jar well, pour out what yeast you want to use, and pour the beer back on the yeast. The beer keeps the yeast sweet.

## WHITE BREAD SPONGE—Potato.

Three good sized potatoes, boiled, and mashed fine while hot, two quarts of potato water, one pint of sweet milk, one cupful of fresh yeast, one tablespoonful of fresh lard, and the same of salt, two tablespoonfuls of white sugar. Peel the potatoes, and wash them clean, put them on to boil in cold water; when done, mash them fine and put them through the colander with the potato water; when cooled down to blood warmth, stir in the flour as thick as for griddle cakes, add the yeast and sugar, beat well ten minutes, cover lightly if the weather is warm, more closely in winter, and set to rise over night in a warm place. In the morning, before mixing the bread, be very particular to have the bread sponge and flour warm. In winter I always warm my flour in the oven, and set the bread sponge in a pan of hot water, stirring it so as not to scald it. Bread will rise much quicker if this rule is observed. The real secret of bread-making is, not to get it chilled, and have it rise as soon as possible. Having your sponge and flour ready, add the shortening and salt to the flour, working them in. The question of quantity of flour is a delicate one; it requires judgment and experience. Various

brands of flour are so unequal with respect to the quantity of gluten they contain, that it is impossible to give any invariable rule on this subject. The safest way is to add the flour gradually. Be careful not to get your bread too stiff. I have seen some, when mixing bread, put in so much flour at one time that it became stiff and hard like a bullet. This spoils it. Bread should be mixed thoroughly, and the flour put in gradually. The next rule to be observed is to work in all the flour you are going to use, in the first mixing. When you make out your bread into loaves, no flour should be used, as, if thoroughly worked in the first mixing, it will be smooth and will not stick. The safest way is to add the flour in gradually, and when you have it in manageable shape, take it out of the bread-dish, lay it on the moulding-board and knead half an hour without stopping. After kneading, take a hash-chopper and chop or gash the whole mess, double it together, and again use the chopper; continue this for fifteen minutes, by which time the air-bubbles will all have been opened, and the dough in a proper condition to rise. Form it into one large ball, place it in a bread-pan, well floured, and press the fist down in the center; cover with bread-blanket and towel, and place behind the stove to rise, taking care it is not in a draught of cold air. When light, turn it out on the moulding board and divide it into loaves; work and chop each a few minutes until a smooth loaf is formed, put into well greased pans, and let it rise till light; prick each loaf with a fork, and place in a well heated oven. The oven should be hot enough to form a crust on the bread as soon as possible when first it goes in, and moderate towards the last. Bake three-quarters of an hour, and when done, wrap in a bread-cloth, placing the loaves against the moulding-board, on the back of the table until cool, when put into tin or wooden boxes; keep the bread towels around each loaf.

#### VIENNA BREAD.

Sift in a tin pan four pounds of flour, bank it up against the sides, and pour in one quart of warm milk and water, and mix into it enough flour to form a thick batter; then quickly and lightly add one pint of milk, in which is dissolved one table-spoonful of salt, one-half cake compressed yeast; leave the remain-

der of the flour against the sides of the pan, cover with a cloth, and set it in a place free from draught for three quarters of an hour; then mix in the rest of the flour until the dough will leave the bottom and sides of the pan, and let it stand two and a half hours. Finally, divide the mess into one pound pieces, to be cut, in turn, into twelve parts each. This leaves them in square pieces about three and one-half inches thick; take them up and fold over in the center, then lay them on a dough-board to rise for half an hour, when they are put into a hot oven and baked ten minutes.

#### SUPERIOR BREAD.

Take about two-thirds of a common milk pan of sour milk, scald it and pour off the whey, to use in place of water. When this is cooled, stir in flour and one teacupful of yeast, let stand over night. Make as other bread.

#### GRAHAM BREAD. (No. 1.)

One quart of potato water, one teacupful of yeast, one table-spoonful of salt, one half teacupful of New Orleans molasses. Set the sponge as you would for white bread, or on baking day take one quart of the bread-sponge, and add the molasses and salt; work in enough Graham flour to make a thick batter (just beyond the point of stirring with a spoon), pour it into greased pans and let it rise even with the pans; when light, bake in a moderate oven. When nicely browned, cover the bread with pans of equal size, and bake slowly till done. It will take one hour to bake if the loaves are large. The secret in making this bread is in having good flour. Use good Graham flour, and you will have sweet, light bread. It should be of a rich, yellowish white tinge, have an oily feeling under pressure, and roll off from the hand in feathery flakes. Bad Graham flour will be sticky, blue, plaster-like, and, like "white" flour, when squeezed in the hand, forms a tough ball. Make according to directions, and you cannot fail.

#### BROWN BREAD. (No. 2.)

The sponge for this is the same as for white bread, which having risen, put into the pan, or kneading bowl, three quarts of

Graham flour, one quart wheat and one pint of cornmeal, a handful of salt and the sponge, into which stir one tablespoonful of molasses, merely to impart a general sweetness to the flour, not by any means rendering the bread what might be called sweet. Make as stiff as in number one. It should be made over night, as it requires long rising. Make into loaves and bake each one in a separate pan, well greased. Bake in a moderate oven, and for a long time, allowing an hour for a quart-pan loaf. If rightly made and baked this delicious bread will amply repay for the trouble, and should be found on every table where there are children, and dyspeptics especially.

CORN BREAD. (No. 1.)

One quart of boiling water, stir in corn meal enough to make a thick mush, boil twenty minutes stirring often; when cool enough so as not to scald the sponge, add one quart which has been set over night for white bread. Add one-half cup of brown sugar, add two teaspoonfuls of salt, then sift in white flour till the mixture is as stiff as you can stir with an iron spoon. Put it in pans and let it get very light—it must be even with the pans before baking; place in a hot oven and bake an hour. This amount makes two medium sized loaves.

CORN BREAD. (No. 2.)

Four cups of sour milk, four cups of Indian meal, two cups of white flour, one heaping teaspoonful of soda and the same of salt. Add the soda to the milk, dissolved in a little warm water, next the molasses, then the salt, flour and Indian meal. Stir well, put it in a steamer and steam three hours. Be very careful to have the water boiling all the time. Add a half cup molasses.

BOSTON BROWN BREAD. (No. 1.)

One pint of Indian meal, one pint of rye, or Graham flour will do, one and one-half pints of sweet milk, three-fourths of a cup of molasses, one teaspoonful of soda, and the same of salt. Steam five hours constantly, after which take it from the steamer and set it in the oven, about fifteen minutes, to dry off. Eat

warm. There are steamers for this purpose, which you can get at any tin store.

BOSTON BROWN BREAD. (No. 2.)

One quart of Graham flour, and the same of corn meal, one cup of sponge, one cup of molasses, one-half cup of butter, one teaspoonful of soda, and the same of salt. Pour enough boiling water on the cornmeal to moisten it nicely; when cool, add the bread sponge (from white bread), molasses, butter and salt; dissolve the soda in a tablespoonful of hot water, and add it with the rest of the ingredients. Stir in the Graham flour, with a spoon, until quite thick; butter a large, round tin pan, and put in the bread; let it rise; when light enough, steam two hours in a steamer. When done, dry it in the oven a few moments. This makes a large loaf.

BOSTON BROWN BREAD. (No. 3.)

One cup of sour milk, one cup of sweet milk, one-half cup of molasses, one and a half corn meal, and the same of rye flour, two eggs, one teaspoonful of soda, and the same of salt. Steam three hours.

FRENCH ROLLS.

Set a sponge with one pint of milk, made sufficiently warm to melt one cup of butter; one teaspoonful of salt, two eggs, one tablespoonful of white sugar, pulverized, and one small teaspoonful of soda, in sufficient flour to make a batter; beat briskly for ten minutes, adding four tablespoonfuls of lively yeast; cover warmly for several hours, or until the flour on top cracks, then add flour to form a soft dough, which knead until perfectly smooth; or better still, chop or gash as before described, until all the air-bubbles disappear; make into rolls, let them get light, bake for fifteen or twenty minutes in a quick oven; rub over the crust with a piece of butter; cover with a damp towel for a few moments, to soften the crust. These are the French rolls which have been enjoyed in the cafe in Paris and our own Centennial, and if properly made will be quite as delicious to the taste, and beautiful to the sight.

## SPLIT ROLLS.

One pint sweet milk, one cup bread sponge, three eggs, piece of butter the size of an egg, one tablespoonful of sugar, and a little salt. Heat the milk, add the sponge and the rest of the ingredients, mix well, let rise and when light, roll out about one-fourth of an inch thick. Cut out with a biscuit cutter; butter the under cake and put the upper on top. Rise again, and when light, bake.

## EASTERN BUNS—Hot Cross.

Three cups of sweet milk, one cup of yeast, flour to make a thick batter. Set this sponge over night. In the morning, add one cup of sugar, one-half cup of melted butter, one-half nutmeg, one saltspoonful of salt, flour enough to roll out like biscuits. Knead well and set to rise for five hours. Roll one-half inch thick, cut into round cakes, and lay in rows in a buttered baking-pan. When they have stood half an hour, make a cross upon each with a knife and put instantly into the oven. Bake to a light brown, and brush over with a feather or soft bit of rag, dipped in the white of an egg, beaten up stiff with white sugar.

## CINNAMON ROLLS.

Take enough sponge to make one loaf of bread, put in two tablespoonfuls of white sugar, one well beaten egg, a piece of butter the size of an egg; knead well, let it rise, then roll it out as thick as you would for cookies; spread with butter, sugar and cinnamon; roll it as you would a sheet of music, cut into pieces an inch long; put each one flat in the pan, and let them get light; bake in a moderate oven half an hour. Serve cold or hot.

## VIENNA ROLLS.

One pint new, sweet milk, one teacupful of yeast, one teacupful of shortening (half butter, half lard), whites of four eggs, beaten to a stiff froth, one tablespoonful of white sugar, one teacupful of ginger-root, grated. Stir the butter, lard and sugar together for half an hour, add this to the milk, which should be luke-warm, then put in the yeast, and make a batter as you would

for griddle-cakes, and let it rise over night. In the morning, add a little salt, the whites of the eggs, and ginger-root; mix stiff, as for bread, and work fully an hour; let it rise till light, turn it out on a moulding board, and roll it out half an inch thick; cut in narrow strips half a yard long; spread each strip with butter, commence at one end and roll as you would a sheet of music, forming it into a half circle. As fast as you make them, put into a dripping-pan very carefully, so that they do not touch each other. When they are all made out, let them rise till light, rub the tops with egg and bake in a hot oven. These are the real Vienna rolls.

#### NICE SANDWICH ROLLS.

Late in the evening make a rather stiff potato sponge (see page 108), and in the morning mix in as much flour as will make a soft dough; knead well, and let it rise; when sufficiently light, knead down again, repeating the operation two or three times. Remember not to let the dough become sour by rising too light. Mould into common sized loaves, place in your dripping-pan to rise, and bake very carefully, so as to secure the very lightest brown crust possible. On taking the loaves out of the oven, roll them in a cloth lightly wrung out of water, with a large bread-blanket folded and wrapped around all; let cool three or four hours, cut lengthwise of the loaf (do not use the outside piece), spread lightly with good, sweet butter, then cut in slices not more than a quarter of an inch thick, or just as thin as possible, using for this purpose a very thin, sharp knife; lay on cold, boiled ham, cut in very thin shavings, roll up very carefully and place where it will not unroll. Treat each slice in the same manner, always spreading the bread with butter, before cutting. These sandwiches are very fine if properly made, but they require great care, experience and good judgment. Serve on an oblong platter, piled in pyramid style, row upon row; they will resemble nicely rolled dinner napkins. They must be made and served the same day.

#### BREAKFAST ROLLS.

One-half cup of white sugar, one cupful of butter, one cupful of yeast, whites of four eggs, beaten to a stiff froth, sixteen cup-



fuls of flour, four cupfuls of boiled milk. Melt the butter, have the milk blood-warm, and mix like bread; set in a warm place and rise over night; in the morning, add the beaten whites of the eggs, and sugar; shape into long rolls, rise one hour, and bake half an hour.

#### POTATO BISCUIT.

Two teacupfuls of mashed potatoes, one pint of sweet milk, one teacupful of yeast, one teacupful of shortening, half lard and half butter, one tablespoonful of salt, and two of white sugar. Boil the potatoes; when done, drain, mash fine and beat with a silver fork ten minutes, till very light, then add the hot milk; when luke-warm, add the yeast and flour. Let it rise over night. In the morning, beat the shortening and sugar to a cream, add the salt, make into a stiff dough and let it rise again; when light, make into round biscuit; put into a dripping-pan and let them get light before baking. Bake a delicate brown color. If rightly made they are delicious.

#### VIRGINIA BISCUIT.

One quart flour, one teaspoonful salt, two tablespoonfuls (or nearly a quarter pound) of lard. Rub the lard well into the flour, and mix into a stiff dough with equal parts of sweet milk and water—if no milk convenient, water alone will answer. Work the dough till smooth, then pound it for ten or fifteen minutes with the rolling-pin, or work with a patent bread worker. Roll out till less than a quarter of an inch thick, cut with a biscuit cutter, and bake quickly. These biscuit are unsurpassed, when properly made, and particularly good for invalids.

#### VIRGINIA WAFER BISCUIT.

One quart flour, one teaspoonful salt, rather more than a quarter pound of lard rubbed into the flour, and mixed with milk and water; the dough must not be stiff as for the above. Work till smooth, but do not beat. Then flour your bread, board and roller well, and cutting off a small piece of dough—as for pie-crust—roll as thin as possible—almost to transparency—and cut into shapes; bake quickly. This recipe is excellent for tea. To make

a more ornamental dish they may be baked in wafer-irons. Let the dough be soft as pie-crust, and be sure to roll very thin.

#### MARYLAND BREAD.

One quart flour, four eggs, one cup of butter, half a cup yeast, one teaspoonful sugar, four medium sized potatoes, and salt. Mix and work well—about eleven o'clock if for supper. It will be too soft to work after it has risen; bake in muffin tins, or drop with a spoon in cakes on the biscuit pan. Let it rise the second time before baking.

#### GRAHAM BISCUIT.

Graham biscuit are made like Graham rolls, only moulded out into round balls, and put in a pan close together; let them get light, and bake in a moderate oven. Before you take them out, rub them over with sweetened water. Serve hot or cold.

#### GRAHAM ROLLS.

Cut off a piece of dough, when making Graham bread, and work in a tablespoonful of butter; make into long, narrow rolls, and allow them to rise for two hours; then, with a sharp knife, score each one longitudinally, and rub melted butter over the surface of each one. Bake in a moderate oven, quickened towards the last; cover closely with a damp towel for five minutes, and send to the table covered with a napkin.

#### BISCUIT.

One quart of flour, two heaping teaspoonfuls of fresh lard, one pint of sweet milk, one teaspoonful of salt, three teaspoonfuls of Equity baking-powder. Rub the baking-powder and salt into the flour, and sift all together before they are wet, put in the shortening, rub into the prepared flour quickly and lightly, then pour in the milk. Work out the dough rapidly, kneading with as few strokes as possible; handling the dough too much injures the biscuit. If properly made, the dough will have a rough surface, and the biscuit be flakey. The dough should be very soft; roll out lightly, one inch in thickness, cut into cakes and bake in a very hot oven. Serve immediately.

## SOUR CREAM BISCUITS.

One quart of flour, two cups of sour cream, one teaspoonful of soda, one of cream-tartar, and one of salt. Dissolve the soda in a little warm water, add it to the cream, rub the salt and cream-tartar through the flour. Mix quickly, working only enough to get the mess together. Roll then, cut with a small cutter, and bake in a quick oven.

## DRIED RUSK.

One pint of warm milk, two eggs, one-half teacupful of butter, one-half teacupful of yeast, one teaspoonful of salt. Set a sponge with these ingredients leaving out the eggs, and stirring in flour until you have a thick batter. Early next morning add the beaten eggs, and flour, enough to enable you to roll out the dough; let this rise in the bread bowl two hours. Roll into a sheet nearly an inch thick, cut into round cakes and arrange in the baking-pan, two deep; lay one upon the other. Let these stand half an hour, and bake. If you like, divide the biscuits, and pile one upon the other closely together in the pan. Set, when the fire is declining, in the oven, leaving them in till morning. Put in as many as you like in a deep dish and pour over some nice thick cream, let them soak till very soft, take out and drain and sprinkle powdered sugar over them; you can put them in a muslin bag and hang in a cool, dry place. They are very nice for luncheon and sick folks.

## RUSKS.

One pint of sweet milk, two-thirds of a pint of white sugar, one cup of butter, one cup of yeast, four eggs, one grated nutmeg. Heat the milk luke-warm, add the yeast and the beaten eggs; stir in flour, as for griddle-cakes, and let it rise over night. In the morning, add the butter and sugar, mix as for biscuit, let it rise; make into round balls; and put close together in a pan, and let them get light again; egg the tops, and bake in moderate oven till done.

## PUFFETS.

One quart of flour, one pint of sweet milk, three teaspoonfuls of Equity baking-powder, one-half teaspoonful of salt, a piece of

butter the size of an egg, three eggs, two tablespoonfuls of white sugar. Beat the butter, sugar and the yolks of eggs, till very light; add the milk and flour, with the baking-powder; lastly, the whites of the eggs, beaten to a stiff froth. Bake in gem-pans, in a quick oven.

#### COFFEE CAKE.

One cup of melted butter, one and one-half cups sweet milk, one-half cup of sugar, one-fourth of a cake of compressed yeast, or one-half of home-made, three eggs; season with nutmeg or cinnamon. Mix as stiff as you would pound cake; set to rise over night, with all the ingredients well stirred in. In the morning, add teaspoonful of salt, stir well and put in a well greased dripping-pan; set to rise. In the same bowl you have stirred the cake, put one-half teaspoonful of flour, one tablespoonful of sugar; rub well together, and when the cake is light, brush it over with a pastry brush with melted butter, strew over the sugar crumbs, and if you like, some blanched almonds, or sprinkle with cinnamon. Bake in a hot oven. Serve with coffee for breakfast.

#### DROP BISCUITS.

Three cups of sweet milk, four cups of flour, a piece of butter the size of an egg, one teaspoonful of salt. Sift the flour, mix through it three teaspoonfuls of Equity baking-powder. Pour the milk on the flour, beating hard until you have a soft batter; add the butter, melted. Pour into greased gem-pans Bake in quick oven.

#### SALLY LUNN. (No. 1.)

One cup of sweet milk, one-half cup of yeast, one-half cup of butter, one-half cup of sugar, two eggs, three cups of flour. Butter a square cake-pan and let it rise over night. Bake for breakfast.

#### SALLY LUNN. (No. 2.)

One quart of flour, four eggs, one-half cup of melted butter, one cup of warm milk, one cup of warm water, one-half cup of yeast, one teaspoonful of salt. Beat the eggs to a stiff froth, add the milk, water, butter, and salt; stir the flour to a smooth

batter, and beat the yeast in well. Mix it up in the morning if wanted for tea. When light, stir down, and pour into a well buttered mould, and let Sally rise again. Bake steadily from three-quarters to one hour. Eat hot.

#### SALLY LUNN—Without Yeast.

One quart of flour, one-half pint of milk, two eggs, a piece of butter the size of an egg, three tablespoonfuls of sugar, two teaspoonfuls of Equity baking-powder. Bake twenty minutes.

#### BREAKFAST PUFFS.

Two cups of sweet milk, two cups of flour, two eggs, and an even teaspoonful of salt. Beat the eggs separately and well, add the whites last, and beat all well together. Bake in gem-pans or cups; heat them on the range very hot, so that when you half fill the cups with the batter they will brown. Bake in a very hot oven; if the gem-pans have been properly heated, and the oven hot as it should be, they will bake in five minutes. When baked serve immediately. For Graham gems use half Graham flour.

#### GERMAN PUFFS.

One pint of sweet milk, five tablespoonfuls of flour, one tablespoonful of melted butter, six eggs, leaving out the whites of three. Bake in buttered cups half filled, twenty minutes in a hot oven. For Sauce: Beat the whites of four eggs to a stiff froth, add one coffeecup of pulverized sugar, and the juice of two oranges; turn the puffs from the cups on a platter and cover with the sauce just before sending to the table.

#### MOLLY PUFFS.

One cup of Indian meal scalded; when it cools add two cups of rye flour, two eggs, one tablespoonful of brown sugar, and a teaspoonful of Equity baking-powder. Fry them, dropped from a spoon, in boiling lard.

#### GRAHAM GEMS. (No. 1.)

One pint of Graham flour, one-half teaspoonful of soda and one of salt, rubbed well into the flour, add two teacups of sour milk,

beat well, and heat the gem-pans very hot, so they will brown the minute you put them in. Bake in a very hot oven five minutes. Corn Gems are made in the same way.

#### GRAHAM GEMS. (No. 2.)

Two cups of sweet milk or water, one cup of wheat flour, three cups of Graham flour, three tablespoonfuls of sugar, lump of butter the size of an egg, three teaspoonfuls of Equity baking-powder, one egg. Beat the butter, egg and sugar together, until light; add the milk, next the flour, with the baking-powder; have your gem-pans very hot, and bake in a hot oven.

#### GRAHAM MUFFINS.

One and a half pints of Graham flour, one-half pint of wheat flour, pint cup three-fourths full of sour milk; add sour cream, until full, soda to sweeten, a little molasses and salt. Bake in hot gem-pans.

#### JOHNNY CAKE. (No. 1.)

One teacupful of sweet milk, one teacupful buttermilk, one teaspoonful salt, one teaspoonful soda, one tablespoonful melted butter, enough meal to enable you to roll it into a sheet, half an inch thick. Spread upon a buttered tin, or in a shallow pan, and bake forty minutes. As soon as it begins to brown, baste it with a rag tied to a stick and dipped in melted butter. Repeat this five or six times until it is brown and crisp.

#### JOHNNY CAKE. (No. 2.)

One-half cup of white sugar, piece of butter the size of an egg, two eggs, three teaspoonfuls Equity baking-powder, one cup of white flour, one pint of sweet milk, two cups of cornmeal. Beat the butter, sugar and eggs well together, add the flour with the baking-powder, next the milk and corn meal; bake in shallow pans, in a hot oven; when done, cut into square pieces and serve hot.

#### AN EXCELLENT CORN BREAD.

One pint of white cornmeal, one teaspoonful of dried saleratus,

one-teaspoonful of salt, two eggs, beaten light, one pint of sour milk, one tablespoonful of butter. Stir the saleratus and salt into the meal, add the eggs, then the milk and butter; beat about five minutes, and put in about half an inch thick in the pans, and bake.

#### CRUMPETS.

Four cups of warm milk, two-thirds of a cup of yeast, three tablespoonfuls of melted butter, one teaspoonful of salt, one teaspoonful of soda, dissolved in hot water, four cups of flour. Set these ingredients, except the butter and soda, as a sponge, over night. In the morning, add the melted butter, with half cup of flour, to prevent the butter from thinning the batter; stir in the soda, half fill the muffin-rings with this mixture, and let them stand twenty minutes, or until light, before baking. If you like them sweet, you can add a teacupful of white sugar.

#### CORNMEAL CRUMPETS.

One quart of Indian meal, one quart of boiled milk, one-half teacup of yeast, two tablespoonfuls of white sugar, two heaping tablespoonfuls of lard, or butter, or half and half, one saltspoonful salt. Scald the meal with the boiling milk, and let it stand until luke-warm. Then stir in the sugar, yeast, and salt, and let it rise five hours. Add the melted shortening, beat well, put in greased muffin-rings, set these near the fire for fifteen minutes and bake. Half an hour in a quick oven ought to cook them.

#### WHEAT MUFFINS.

One and one-half cups of sweet milk, two eggs, one tablespoonful of butter, two heaping teaspoonfuls of Equity baking-powder, flour enough to make a smooth batter. Bake in muffin-rings in a hot oven. Add teaspoonful of salt.

#### CORN MUFFINS.

One-half cup of butter, one cup of white sugar, one cup of sweet milk, one cup of flour, two cups of cornmeal, three eggs, three teaspoonfuls of Equity baking-powder. Stir the butter and sugar to a cream, add the beaten eggs, then the flour with

the baking-powder; beat ten minutes; add the milk and cornmeal; bake in muffin-rings or jam-pans, in a very hot oven. This recipe makes a very nice Johnny cake.

#### HOMINY MUFFINS.

Two and one-half cupfuls of fine hominy, four cupfuls of sour milk, four eggs, one-half cup of butter and lard mixed, three tablespoonfuls of white sugar, one and one-half coffee-cupfuls of flour, one teaspoonful of soda. Beat the hominy smooth, stir in the milk, then the butter, sugar and salt, next the eggs, well beaten; add the soda, dissolved in a little hot water, and stir in the flour. Bake in muffin-rings, in a hot oven. They are delicious if rightly made.

#### RICE MUFFINS.

One cup of cold, boiled rice, one pint of flour, two well beaten eggs, one quart of milk, one tablespoonful of lard or butter, one teaspoonful of salt, and two of Equity baking-powder. Beat hard, put in muffin-rings, and bake quickly.

#### CORNMEAL CAKES.

To one quart of mush, add, when hot, one-half cup unmelted lard, salt it well when luke-warm, add one-half cup of yeast; make this at noon, and at night add a small teaspoonful of soda, and knead in wheat flour as for biscuits. In the morning, mould into biscuits, and let them rise in the pan before baking. Bake in a quick oven.

#### CREAM MUFFINS.

One cup of sweet cream, and the same of sweet milk, one pint of flour, three eggs, one tablespoonful of melted butter, one teaspoonful of Equity baking-powder and the same of salt, one tablespoonful of white sugar. Beat the eggs very light, the yolks and whites separately; add the milk to the yolks, put in the salt, shortening, and flour, and lastly the whites of the eggs, stirring lightly. Bake immediately, in well greased rings, half filled with the batter. Your oven should be hot, and the muffins sent to the table as soon as they are taken up. You can use buttermilk in-



stead of cream by adding one-half teaspoonful of soda to the buttermilk, and one teaspoonful of Equity baking-powder to the flour.

#### GRAHAM MUFFINS.

Three cups of Graham flour, one cup of white flour, one quart of sweet milk, three-fourths of a cup of yeast, one tablespoonful of lard or butter, one teaspoonful of salt, two tablespoonfuls of sugar. Set to rise over night; in the morning, put in muffin-rings and let them get light before baking. bake twenty minutes in a quick oven.

#### GRAHAM CAKES.

One-half cup of sugar, one-half cup of butter, beaten together, then the yolks of two eggs, well beaten, two-thirds of a cup of sweet milk, one cup of Graham flour, then the beaten whites of eggs, add one more cup of Graham flour, with one teaspoonful of Equity baking-powder. Bake in muffin-rings or jam-pans in a hot oven.

#### SPANISH BUNS—Nice with coffee.

Two and one-half cups of brown sugar (dark brown preferred), three-fourths of a cup of sour milk, three-fourths of butter, two eggs, the yolks of six more, one teaspoonful of cloves, one-half of a teaspoonful extract of lemon or vanilla, one teaspoonful of soda, one tablespoonful of cinnamon, one-half tablespoonful of nutmeg, four cups of flour. Stir the butter and sugar to a cream, add the beaten eggs, spices and the milk with the soda, dissolved in a little warm water, next the flour; stir well and bake in patty-pans or drop them on buttered pans and bake in a hot oven. When done, if you like, frost with boiled frosting.

#### WAFFLES AND GRIDDLE CAKES.

If you have not used your griddle or waffle-iron for some time, wash it with soap and water, wipe it dry, and rub hard with salt. Heat it, and grease it with fat, salt pork tied to a fork. Do not put on more grease than is necessary to prevent the cakes from sticking. In putting cakes on to griddle, be careful to form them a regular round shape, and put on only one at each dip, and so

as not to spill between the cakes. Always lay hot cakes and waffles on a hot platter as soon as baked.

#### WAFFLES.

One quart of sour or buttermilk, two eggs, one quart of flour, one tablespoonful of molasses or brown sugar, three tablespoonfuls of melted shortening, teaspoonful of salt. I make waffles that are called delicious, with sour or buttermilk, and like every thing else, there is a little secret about making them. The flour is stirred into the milk over night and beaten ten minutes. In the morning, put in the molasses or brown sugar; the shortening, if made of sour milk; if made of buttermilk they will be short enough. Add the well beaten eggs, and a teaspoonful of soda, dissolved in a little warm water. Have the irons very hot on both sides, grease them thoroughly, and put in a thin layer, else they will swell and run out. When I think one side browned, I turn over the irons, and in a minute after peep in to see if both sides are done. Serve hot with maple syrup.

#### WAFFLES.

One pint of flour, one pint of sweet milk, two eggs, two teaspoonfuls of Equity baking-powder, one teaspoonful of salt, three tablespoonfuls of melted butter; put in the whites of the eggs just before baking. Bake in waffle-irons.

#### RISEN WAFFLES.

One quart of warm, sweet milk, in which has been melted two tablespoonfuls of butter. Beat into this one saltspoonful of salt, one teaspoonful of sugar, one-half teacup of home-made yeast. Mix them at noon to rise for tea, at night to rise for breakfast.

#### RICE AND CORNMEAL WAFFLES.

One cupful of cold, boiled rice, one-half cup of white flour and the same of cornmeal, two eggs, well beaten, and milk to make a soft batter; one tablespoonful of melted butter, one teaspoonful of salt, two teaspoonfuls of Equity baking-powder. Beat the

mixture smooth before baking. Be especially careful in greasing your irons for these waffles, as for all which contain rice.

#### RICE WAFFLES.

One quart of sweet milk, one cup of boiled rice, three eggs, three cups of rice flour, one teaspoonful of salt and one of Equity baking-powder. Have the rice freshly cooked, add the well beaten yolks, next the milk with part of flour, then the beaten whites with the rest of flour. Stir quickly, and bake at once in waffle-irons.

#### RICE WAFFLES.—Very Fine.

Eight eggs (whites and yolks beaten separately), one quart of sweet milk, one teacupful of rice, boiled and mashed, teaspoonful of salt, three cups of flour. Bake in hot waffle-irons.

#### CREAM GRIDDLE CAKES.

One-half cup of sour cream, two cups of sweet milk, two eggs, three teaspoonfuls of Equity baking-powder, one-half teaspoonful soda. Add the soda to the cream, next the milk, the yolks of the eggs, beaten light, and flour, with the baking-powder, enough to make a thin batter; beat ten minutes, then add the whites of the eggs, beaten to a stiff froth; bake at once, on a hot griddle, and serve with thick cream.

#### SOUR MILK OR BUTTERMILK CAKES.

One quart of sour or buttermilk, one teaspoonful of salt, two eggs, beaten separately, one teaspoonful of soda, dissolved in a little hot water, flour enough to make a thin batter. Beat the batter hard, ten minutes, add the whites of the eggs, beaten to a stiff froth, and bake immediately.

#### FLANNEL CAKES.

One quart of sweet milk, four tablespoonfuls of yeast, one tablespoonful of melted lard, two eggs, one teaspoonful of salt. Add all the ingredients to the milk, excepting the eggs and lard, make a good batter, and set over night. In the morning, add the lard and eggs, well beaten, and bake at once on a hot griddle.

## DELICIOUS HOT CAKES.

One quart flour, small half cup yeast, a little salt; mix to a thin batter with warm milk; in the morning, add one teaspoonful of yeast powder, stir briskly for a moment. When fried they are as light as a feather.

## VELVET CAKES.

One pint of thick cream, one pint of new milk, three eggs, whites and yolks beaten separately, very stiff, one teaspoonful of salt, one quart of rice flour, or enough to make a good batter. Mix the beaten yolks with the milk, add the salt, rice flour and the whites of the eggs; stir very lightly, and bake immediately.

## HOMINY CAKES.

Two cups of fine hominy, boiled and cold, one cup of white flour, one quart of sour milk, three eggs, one teaspoonful of salt, one teaspoonful soda, dissolved in hot water. Beat the hominy well, add the milk, salt and soda, then the flour, lastly, the eggs; bake at once.

## OATMEAL GRIDDLE CAKES.

One cupful of boiled oatmeal, one cupful of flour, one teaspoonful of sugar, half teaspoonful of salt, one teaspoonful Equity baking-powder. Sift the baking-powder into the flour, add water to make a batter the consistency of buckwheat cakes. Beat well, and bake immediately.

## CORNMEAL GRIDDLE CAKES. (No. 1.)

Soak three-fourths of a pint of meal over night in two cupfuls of sour milk, and one of sour cream. In the morning, add one pint of flour, a little salt and two eggs; soda to sweeten the mixture. Bake immediately.

## CORNMEAL GRIDDLE CAKES. (No. 2.)

Two cupfuls of flour, one cupful of cornmeal, three eggs, one teaspoonful of soda, one quart of sour milk. Beat the yolks very light, add the milk with the soda, stir in the flour and cornmeal; lastly, the whites of the eggs, beaten to a stiff froth. Bake im-

mediately, on a griddle. Graham griddle cakes may be made in the same way.

#### RICE GRIDDLE CAKES.

One pint of sweet milk, one cup of flour, one cup of boiled rice, three eggs, two teaspoonfuls of Equity baking-powder, one teaspoonful of salt. Have the rice freshly cooked and add it to the milk; stir in the flour with the baking-powder; put in the whites of the eggs just before baking the cakes. They are very fine.

#### GRAHAM CAKES.

Two cupfuls of brown flour, one cupful white flour, three cupfuls sour or buttermilk, one full teaspoonful of soda, one teaspoonful of salt, one heaping tablespoonful of lard, three eggs, beaten very light. If you use sweet milk, add two teaspoonfuls of Equity baking-powder. Bake as soon as they are mixed.

#### BUCKWHEAT CAKES.

One quart of warm water, one-half cup of yeast, one tablespoonful of molasses, one teaspoonful of salt. Mix in enough buckwheat to make a pretty stiff batter, let it rise over night. In the morning add the soda, thin it with sweet milk to the right consistency, and fry on a hot griddle. If you have them every morning, save a little batter to raise them with, instead of using fresh yeast every time. Do not make your cakes too small. Buckwheat cakes should be of generous size.

#### BREAD PANCAKES.

One quart of sour milk, two cupfuls of stale bread crumbs, one cupful of flour, two eggs, one tablespoonful of melted butter, one teaspoonful of soda, one teaspoonful of salt. Soak the bread in the milk; when soft, run it through a colander, add the soda, with the rest of the ingredients; beat well, and fry slow on a griddle.

#### FRITTERS.

One pint of sweet milk, four eggs, one quart of flour, three teaspoonfuls Equity baking-powder, sifted together. Serve hot with maple syrup.

## APPLE FRITTERS.

Beat six eggs till quite light, then stir in one teaspoonful salt, one tablespoonful of fine, white sugar, and the grated rind and juice of half a lemon, one pint of milk, two cupfuls of chopped apple, two and one-half cupfuls of flour. Stir all well together, mix well into a batter, and fry.

## SCARBOROUGH PUFFS.

Take one pint of new milk, and boil it. Take out one cupful, and stir into it flour enough to make a thick batter. Pour this into the boiling milk. Stir and boil until the whole is thick enough to hold a silver spoon standing upright. Then take it from the fire, and stir in six eggs, one by one. Add a teaspoonful of salt, and less than a tablespoonful of butter. Drop them by the spoonful into boiling lard, and fry like doughnuts. Grate on the outside, sugar and spice.

## GOLDEN SLICES.

Beat four eggs, add half a teacupful of rich, sweet milk, half teaspoonful of salt; cut some bread into slices (dry bread will do), dip it into the mixture, and fry in butter or lard. When brown on one side, turn it over.

## PIES.

Raised pies should have a quick oven, well closed up, or they will fall in at the sides. No pie should have water put in it till the minute it goes into the oven, as it makes the crust bad, and is almost certain to make the pie run. Light paste requires a moderate oven, but not too slow, as that will tend to make it soggy. A quick oven will catch and burn it, and not give it time for what is called the second rising. Butter or lard for pastry should be sweet, fresh, and solid. When freshly made butter can not be had, work well two or three times in cold, fresh water. A teacupful of lard to a quart of flour is a good rule. It makes a good common crust. This quantity will make two large pies. If you wish to save sugar in the use of gooseberries, rhubarb, etc., you can add a little soda without in the least affecting the flavor, if you do not use too much. For an ordinary sized pie, or pudding, use as much as would cover a five cent piece. If you wash the upper crust with milk, just before putting them into the oven, they will bake a beautiful brown. To prevent the juice of pies from soaking into the under crust, beat an egg well, and with a bit of cloth dipped into it, rub over the crust before filling the pies. To keep pies from running out at the sides, dampen the under crust at the edge before putting on the upper, then free the edge of the under crust from the tin and pinch both together with a knife.

### GOOD PLAIN PIE CRUST.

Take one heaping quart of sifted flour, and mix into it two teaspoonfuls of cream-tartar. Add two cups of good sweet lard; mix into all of the flour two-thirds of the lard, mixing it quickly

and lightly into the flour, one teaspoonful of salt; dissolve one teaspoonful of soda in a small cupful of ice-cold water, and stir into the flour with a spoon, using only just enough water to stick the flour together. Flour your board and take out just enough of the dough for the under crust of one pie; roll out without kneading. Do not touch it with the hand more than you can avoid; roll the under crust thin; cover all your tins first; fill them, take one-fourth of the remaining dough, spread over a little of the reserve shortening, hedge it over with flour, lap it over like a turn-over, twice, roll again same way; twice rolling in this way is sufficient. As soon as your pies are all covered, set them at once into the oven. This amount will make four common sized pies. If properly made, and the crust is hard and not heated by handling, it is excellent, and much better than if more shortening is used.

#### FRENCH PUFF PASTE.

One quart of sifted flour, two teacupfuls of butter, one egg—use yolk only,—ice water. Chop half the butter into the flour, stir the beaten egg into half cup of ice water, and work the flour into a stiff dough, roll out thin, baste with one-third of the remaining butter, fold closely, roll out again, and so on until the butter is used up. Roll very thin, and set the last folded roll in a very cold place for ten or fifteen minutes, before making out the crust. Wash with beaten egg while hot. This paste is very nice for oyster pates, as well as for fruit pies.

#### PUFF PASTE.

One heaping quart of sifted flour, two teacupfuls of fresh butter, half pint of ice water. Proceed as in the above.

#### CRUST FOR TARTS AND PATES.

One quart of flour, two cups of butter, one egg, the yolk only. Wash the butter, dry, and melt in a vessel set in another containing boiling water, stirring gently all the while to prevent boiling; take off the salty scum from the top, and when almost cold, beat it up, little by little, with the egg, which should be previously whipped light. When these are thoroughly com-



bined together, work in the flour, roll out twice, sprinkling lightly with flour before you fold it up; let it stand folded ten minutes, in a cold place, and make out for tarts. Bake, before you fill them, and brush over with a beaten egg while hot.

#### POTATO CRUST.

One teacupful of cream to six good sized potatoes, boiled and mashed fine, add salt, and flour to roll; must be handled as little as possible.

#### APPLE PIE. (No. 1.)

One quart of stewed apples, one pint of cream, sugar to taste, four eggs, nutmeg. Put the apples through the sieve when done, add the cream and beaten eggs, season to taste. Bake with one crust. When done, frost the top. Peach pies are even more delicious made in this manner.

#### APPLE PIE. (No. 2.)

Pare, core and slice ripe, tart, winter apples; line your dish with a good crust, put in a layer of fruit, and sprinkle light brown sugar over it, grate on a little cinnamon or nutmeg, lay on more apples till the dish is full; cover with a puff paste, and bake. Sift powdered sugar over the top before sending to the table.

#### NICE APPLE PIE.

Make a good crust, and line your pie-dish nicely with it, pare and quarter some nice, tart apples, lay them in rows in the pie-dish, and sprinkle sugar over them to your taste,—you must make them pretty sweet—season with a few bits of butter for each pie, and nutmeg or cinnamon to taste; bake, without upper crust, till done. Eat warm.

#### KISS-ME-QUICK PIE.

One cupful of sweet milk, one cupful of water, one tablespoonful cornstarch, one teacupful of sugar, two eggs, piece of butter the size of hickorynut, one cupful of chopped raisins, one-half cup of chopped dates. Let the water and milk come to a boil, stir in the cornstarch, butter and sugar, let it cool, beat the yolks

of the eggs very light, and stir them in; line a pie-plate with a good crust, turn in the material, and bake. When done, beat the whites of the eggs to a stiff froth, add one tablespoonful of powdered sugar, and spread over the top; let it brown slightly, and serve cold.

#### RAISIN PIE.

Stone one pound of raisins, add one cupful of sugar, and one cupful water. Set them on the stove and let them simmer slowly till they are plump. Let this cool before making into pies. Make a good pie paste and put in the mixture; strew over the top a little flour, and cover with a top crust. Bake in a hot oven.

#### ✓ LEMON PIE. (No. 1.)

One cupful of sugar, half a cup of sweet cream, two small lemons, two eggs; if you have no cream use milk; in that case, add one tablespoonful of melted butter. Beat the yolks of the eggs very light, add sugar and beat again, then the juice of both the lemons and the grated yellow rind of one. Line your pie-tin with crust, add the cream to the mixture just before putting in the oven. Bake until the custard is firm; draw to the front of the oven, spread evenly over the top a meringue of the whites of the two eggs, beaten stiff with two tablespoonfuls of pulverized sugar; return to the oven until it sets. To be eaten cold. Use no cornstarch, and no more milk than directed.

#### LEMON PIE. (No. 2.)

Three eggs, one cupful of sugar, two teaspoonfuls of flour, the same of cornstarch, one large lemon or two small ones. Beat the yolks with the rest of the ingredients, as for cake, till very light, then add milk enough to fill the pie. Boil like custard. Bake the crust and pour in the mixture. Beat the whites of the eggs to a stiff froth, add a little sugar, and spread this over the pie.

#### LEMON PIE. (No. 3.)

In the first place, I make a good paste and line a pie-plate with it; then, before it is put in the oven, cover the crust with a plate, bottom side up, to prevent it from puffing up. When the crust

is done, remove the plate, and put in the following mixture: Two large lemons or three small ones, one coffee-cupful of sugar, one-half cup of cornstarch, two eggs, one pint of boiling water, piece of butter the size of a hickorynut. Dissolve the cornstarch in a little cold water, and stir it into the boiling water; add the butter and sugar and boil three minutes, stirring all the time; set it off the stove and let it get cold; then add the rind and juice of the lemons, and the yolks of the eggs, well beaten; beat the mixture well and fill the shells with it; beat the whites of the eggs to a stiff froth, add half a cup of powdered sugar, frost the pie, and place it in the oven to set the icing. Eat cold. Lemon pie made in this way is delicious.

#### ORANGE PIE.

Grate the yellow rind of one fresh orange, take the juice and pulp of two large oranges, add to them one cupful of sugar and the beaten yolks of three eggs; mix one cupful of milk with the whites of the eggs, beaten to a stiff froth; bake in puff paste.

#### CHESS PIE.

Five eggs, three-fourths cup of butter, one cupful of sugar, and flavoring. Beat the yolks and sugar together, until they are a perfect froth. Beat the butter until it is a creamy froth also. Now quickly add them together, flavoring with a little extract of vanilla. Bake in a crust. As soon as done, have ready the whites of the eggs, beaten to a stiff froth, sweetened with a little sugar, and flavored with a few drops of the extract. Spread this over the tops of the pies, which return to the oven to receive a delicate color. The secret of the pies, not becoming heavy, is in cutting them, and distributing them on the plates as soon as they are cooked, and still hot; that if they are allowed to cool without cutting them, they will fall. This is rather strange, but nevertheless it seems to be true.

#### CUSTARD PIE.

One quart of rich sweet milk, four eggs, five tablespoonfuls of white sugar, a pinch of salt, flavor to your taste. Beat the yolks and sugar very light, add the milk and the whites of eggs, beaten

to a stiff froth; mix well, and pour into shells. When done, grate nutmeg on top. You can change this pie by adding rolled walnuts, hickorynuts, or almonds to the custard before baking. This quantity makes two good sized pies.

#### PEACH CUSTARD PIE.

Cover a pie-dish with bottom crust, pare and halve some ripe, fresh peaches; cover the bottom of the dish with them, filling each half with sugar; make a custard of one pint of milk, three eggs, three tablespoonfuls of sugar. Pour this custard over the pie and bake in a moderate oven.

#### CREAM PIE. (No. 1.)

One pint of milk, one-half cup of sugar, one tablespoonful of cornstarch, one teaspoonful of essence of lemon, yolks of three eggs, one-half teacup of sweet cream. Boil the milk, mix the other ingredients well together, and add to the boiling milk; bake the crust first, then pour in the custard; spread over the top the whites of the eggs, beaten to a stiff froth, with one-half teacupful of powdered sugar; flavor with lemon, and brown slightly in the oven.

#### CREAM PIE. (No 2.)

One pint of sweet cream, one tablespoonful of flour, sugar to taste; flavor with nutmeg; whites of two eggs, beaten to a stiff froth. Line a good sized pie-dish with paste, fill with the cream and bake in a slow oven.

#### COCOANUT PIE.

One and one-half teacups of grated cocoanut two teacupfuls powdered sugar, one-half teacup butter, one teaspoonful of nutmeg, one tablespoonful of rose water, one cup of milk, one lemon, juice and rind. Cream the butter and sugar, and when well mixed, beat very light with the milk and rose water, add the cocoanut, lastly, the whites of the eggs, beaten to a stiff froth. Bake in open shells. Sift powdered sugar over them, and serve cold.

## PEACH PIE.

Stew nice, ripe peaches, when you have pared and stoned them, mash them smooth, and season to taste; fill the crust and bake till done. Spread over the pie a frosting made by whipping the whites of four eggs to a stiff froth; sweeten with a little powdered sugar, beat very stiff, flavor with vanilla, and set in the oven until the frosting is "set." Serve cold. Apple pie is very nice made in this way. It should be made of nice, tart apples.

## WHIPPED CREAM PIE.

Sweeten with white sugar, one teacupful of very thick, sweet cream, made as cold as possible without freezing, and flavor with lemon or vanilla to taste; beat until as light as eggs for frosting, and keep cool until the crust is ready. Make a nice puff paste and line the pie-plate; bake the crust as for lemon pie; when cold put in your cream, and put bits of currant jelly over the top. This will make two pies.

## COCOANUT CUSTARD PIE.

One quart of new milk, three eggs, well beaten, two table-spoonfuls of sugar, one pint of grated cocoanut, must be fresh. Bake like custard pie.

## PUMPKIN PIE. (No. 1.)

Select a nice, yellow pumpkin (dark yellow is best), cut it up into squares and pare it, wash it well and put it into a kettle with water enough to keep it from burning, stew till tender, then let it simmer till all the water boils out of it; watch it closely, or it will burn. For a good sized pumpkin it will take nearly one whole day to cook it. Brown the pumpkin a little towards the last. For one pie, take two-thirds of a cup of pumpkin, strained, one pint of new milk, two eggs, one teaspoonful of ginger, one teaspoonful of cinnamon, one teaspoonful of nutmeg, pinch of salt, one-half teacup of sugar. Double this recipe for as many pies as you like. Half cream and half milk make excellent pies.

## PUMPKIN PIE. (No. 2.)

Stew the pumpkin as in No. 1, mash and pass through a sieve, adding, while warm, a good lump of butter; to every quart of pumpkin add two quarts of milk, nine eggs, the yolks and whites beaten separately, sugar to taste, one teaspoonful of salt, one tablespoonful ground cinnamon, one grated nutmeg, one teaspoonful of ginger. Bake in a hot oven until set, and a nice brown.

## SQUASH PIE.

Squash pie is made like pumpkin pie, except one egg is added for each pie.

## DRIED APPLE PIE.

Wash nice, tart dried apples, and simmer all day in a small quantity of water, on the back of the range; let them stand until the next morning, till you are ready to make the pie; pass them through the sieve, add sugar to suit taste. Line the pie-plate with under crust, put in the apples, sprinkle over with cinnamon; put narrow strips of crust, laid in a network, over the top. Bake in a hot oven.

## SWEET POTATO PIE.

Parboil, skin and slice crosswise, firm sweet potatoes, sprinkle thickly with sugar, scatter among them a few whole cloves, and cover with more slices. Fill the dish in this order, put a tablespoonful of melted butter in each pie, pour in a little water, cover with crust and bake.

## PIEPLANT PIE.

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

## VINEGAR PIE.

One egg, one heaping tablespoonful flour, one teacupful sugar;

beat all well together, and add one tablespoonful sharp vinegar, and one teacupful of cold water; flavor with nutmeg and bake with two crusts.

#### CHERRY PIE.

Line the dish with a good crust, and fill with ripe, sour cherries, sweeten to taste, sprinkle a little flour on top, and season as you like; cover with a nice puff paste, and bake. Plum, gooseberry, raspberry, huckleberry, and currant pies are made in the same manner.

#### CHERRY PIE.

Half bake the crust, then put in cherries and the following cream: Beat the yolks of three eggs, and one tablespoonful of cornstarch, one cup of cherry juice, and sugar to suit the taste. Beat the whites to a very stiff froth, and stir in. Flavor with vanilla, and bake long enough to cook the custard.

#### MAPLE SUGAR PIE.

One cup of grated maple sugar, add two well beaten eggs, a little salt, and as much cream as your pie will hold.

#### TOMATO PIE.

Slice green tomatoes, and stew in a thick syrup of sugar and lemon juice. Grate in the yellow rind of a lemon. When transparent, spread evenly over the bottom of a pie-plate that has been lined with paste. Spread strips of pastry across the pie, and bake.

#### GOOSEBERRY TART.

Put one pint of sugar, to one of fruit, adding just enough water to prevent from burning. Cook till it begins to jelly; then spread over shells, already baked. Serve cold.

#### GREEN CURRANT PIE.

Line an inch pie-dish with good pie crust, sprinkle over the bottom two heaping tablespoonfuls sugar, two tablespoonfuls of flour (or one of cornstarch) mixed; then pour in one pint of green currants, washed clean, and two tablespoonfuls of currant jelly;

sprinkle with four heaping tablespoonfuls of sugar, and add two tablespoonfuls cold water; cover and bake fifteen or twenty minutes.

#### RIPE CURRANT PIE.

Line a pie-dish with good pie crust, sprinkle over the bottom two heaping tablespoonfuls of sugar; pour in one pint of currants, sprinkle with five heaping tablespoonfuls of sugar, and one soda cracker, rolled fine, cover with upper crust, and bake slowly half an hour. Or, mash one cup of ripe currants, one of sugar, two tablespoonfuls water, one of flour beaten with the yolks of two eggs; bake, frost the top with beaten whites of the eggs and two tablespoonfuls of powdered sugar, and brown in the oven.

#### SWEET POTATO PIE.

Two coffeecups of mealy, sweet potatoes, the firm yellow ones are best, one-half teacup of butter, three-fourths teacup of white sugar, one tablespoonful of cinnamon, one teaspoonful of nutmeg, four eggs, whites and yolks beaten separately, one lemon, juice and rind. Parboil the potatoes, and grate them when cold; if grated hot they are heavy and sticky; cream the butter and sugar, add the yolks, spice and lemon; beat the potatoes in by degrees, and until light; lastly, stir in the whites of the eggs with a cupful of thick cream; bake in pie-dishes lined with good paste, without upper crust. Irish potato pie may be made in the same way.

#### MINCE MEAT. (No. 1.)

Six pounds of beef (the round is the best piece). Put it on to boil in hot water enough to cover it; salt it and take off the scum as it rises; let it boil until tender, take from the fire, and let it stand over night to get thoroughly cold; pick bones, gristle, or stringy bits from the meat, chop very fine, mincing at the same time two pounds nice beef suet; seed and cut four pounds raisins, wash and dry five pounds of currants, slice thin one pound of citron, chop some tart apples; take one-third meat and two-thirds of apples, mix all the ingredients in a large pan, add two ounces of cinnamon, one of cloves, one of ginger, three nutmegs, the juice and grated rind of two lemons, one tablespoonful of salt, one teaspoonful of pepper, and five pounds of sugar, one quart of



boiled cider, one pint of currant or grape juice (canned when grapes are turning from green to purple), one pint of molasses, and if you have any syrup left from sweet pickles, add some of that; two pounds of French prunes stoned and cooked before adding. Put all in a porcelain kettle and simmer all day on the back part of the range. You can double this recipe, and can it up in glass jars for the next year, and you will find the mince-meat greatly improved as well as convenient.

The above is a good formula to use, but, of course, may be varied to suit different tastes or the material at hand. If too rich, add more chopped apples. Good preserves, marmalades, spiced pickles, currant, or grape jelly, canned fruit, dried cherries, and strong green tea, may be used. The mince meat is better to stand several days, before baking into pies, as the materials will be more thoroughly incorporated.

#### MINCE MEAT. (No. 2.)

One bowlful each of chopped meat and suet, six bowlfuls of apples, two pounds of raisins, four pounds each of currants and sugar, one quart of boiled cider, one pint of molasses, one tablespoonful of salt, one-half teaspoonful of black pepper, one teaspoonful of cloves, three tablespoonfuls of cinnamon, two of allspice, one of mace and nutmeg, one-half pound of citron if you like. Mix the mince meat well and boil it all day on the back of the range. When you make the pies add one lemon to six pies.

#### RICH MINCE MEAT. (No. 3.)

Boil beef tongue until tender (pickled); when cold chop it fine, and add to it two pounds of zante currants, twelve large apples, chopped fine, two pounds of suet, chopped fine, two pounds of raisins, four pounds of sugar, the grated rind of one and the juice of two oranges, a cupful each of strawberry and raspberry jam, a cupful of quince preserves, two cupfuls of strong, green tea, three-fourths pound of citron, shredded fine, two tablespoonfuls of ground cinnamon, one tablespoonful of nutmeg. Moisten it with the spiced vinegar from the sweet peach pickle jar, add the juice and grated rind of four lemons. Mix all together well, and simmer slowly for three hours on the back of the range.

✓  
MOCK MINCE PIE.

Six soda crackers, rolled fine, two cupfuls of cold water, one cupful of molasses, same of brown sugar, one-half cup of vinegar, one cupful of boiled cider, one and one-half cupfuls of melted butter, one cupful of raisins, seeded and chopped, one cupful of currants, two eggs, one tablespoonful cinnamon and allspice mixed, one teaspoonful of nutmeg, cloves, salt, and black pepper. This quantity will make four pies.

## JELLY PIE.

One cupful of butter, two cupfuls of sugar, two cupfuls of jelly, six eggs. Cream the butter and sugar till very light, add the jelly and the well beaten eggs; bake in open shells; makes four pies.

## MOLASSES PIE.

Four eggs, one teacupful of brown sugar, two tablespoonfuls of butter, one-half cup of molasses, one cupful of cream; season with nutmeg. Stir the butter and sugar to a cream, add the molasses and cream, lastly, the well beaten eggs. Bake in open shells.

## TRANSPARENT PIE.

Beat the yolks of four eggs, add a teacupful of sugar, two tablespoonfuls of butter, which has been stirred to a cream; season with nutmeg. Bake in open shells. When done, beat the whites with three tablespoonfuls of sugar, spread over the top and return to the oven, till a pale brown. Makes two pies.

## PUDDINGS AND SAUCES.

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In making puddings, always beat the eggs separately, straining the yolks, and adding the whites the last thing. If boiled milk is used, let it cool somewhat before adding the eggs. When fruit is added, stir it in the last. Raisins are better if put in hot water two or three minutes, until they become plump. Puddings are either baked, boiled or steamed. Rice, bread, custard and fruit puddings require a moderate heat; batter and cornstarch, a rather quick oven. Always bake as soon as made. For boiled puddings, use either a tin mould, muslin bag, or a bowl, with a cloth tied over it; grease the former well on the inside with lard or butter, and, in boiling, do not let the water reach quite to the top. A bag that is used for boiling puddings should be made of thick cloth. Have plenty of water in the pot, boiling, when the pudding goes in. Wring the bag out of boiling water, flour the inside well, pour in the pudding, and tie securely, leaving room to swell; place in a kettle, with a saucer at the bottom to prevent burning. Have a tea-kettle of boiling water on hand to add to it as it evaporates. The pudding should be frequently turned, if boiled in a bag. When the pudding is done, give whatever it is boiled in, a quick plunge into cold water, and turn out at once; serve immediately. As a general rule, boiled puddings require double the time for cooking that a baked one does. Steaming is safer than either boiling or baking, as the pudding is sure to be light and wholesome. In making sauces, do not boil after the butter is added. In place of wine or brandy, flavor with the juice of the grape, or any other fruit, prepared in its season, for this purpose, by boiling and bottling, and sealing

while hot. Pudding-cloths should never be washed with soap, but in clear, clean water, dried as quickly as possible, and kept dry and out of dust.

#### MINUTE PUDDING.

Put over the fire, in a porcelain kettle, one quart of new milk, and when it comes to a boil, put in a teaspoonful of salt, and stir in a teacup of flour and two well beaten eggs; let it boil one minute, then stir in another teacup of sifted flour, boil two minutes, and serve with sugar and cream.

#### RICE PUDDING.

One teacupful each of boiled rice, raisins, and sugar, one quart of sweet milk, four eggs, one-half teaspoon of salt, and one of nutmeg. Beat the butter, sugar and eggs together till very light, add the milk, next the rice, raisins and seasoning; bake one hour in a slow oven.

#### BAKED RICE.

Pick and wash one coffeecup of rice, put in a dish that will hold two quarts and a pint, cover with fresh milk, add two-thirds of a cup of white sugar, a teaspoonful of salt, and one of cinnamon; set this in the oven, and stir once in half an hour; after it has baked two hours, stir in milk enough to fill the dish, and bake one hour longer. Serve with sugar and cream.

#### SNOW BALL PUDDING.

Two teacupfuls of rice, two quarts of milk, one pint of water. Boil the rice in the water, and when the water is absorbed, add the milk; let it boil till tender; stir to prevent burning; put in a teaspoonful of lemon essence just before taking off; when done, put it in teacups, and let it remain until cold, then turn it out on a dish and pour over it a custard made of the yolks' of four eggs, boiled over hot water; let it get cold before you pour over the balls. Beat the whites to a stiff froth, with a little sugar and juice of a lemon, and place on top of each ball, with a little jelly in the center. It can be moulded in a large dish if wished.

## RICE PUDDING—One of the best.

One cupful of boiled rice (better if just cooked, and still hot), three cups of milk, three-fourths of a cup of sugar, a tablespoonful of cornstarch, two eggs; add flavoring. Dissolve the cornstarch first with a little milk, and then stir in the remainder of the milk; add the yolks of the eggs and the sugar beaten together. Now put this over the fire (there is less risk of burning in a custard kettle), and when hot add the hot rice. It will seem as if there were too much milk for the rice; but there is not. Stir it carefully until it begins to thicken like boiled custard, then take it off the fire and add the flavoring, say extract of lemon. Put it into a pudding-dish and place it in the oven. Now beat the whites of the eggs to a stiff froth, and add a little sugar and flavoring. Take the pudding from the oven when colored a little, and spread the froth over the top and return it to the oven for a few minutes to give it a delicate coloring.

## RICE CUP PUDDING.

Pick and wash two teacupfuls of rice, boil in water till tender, then add one pint of milk, let it boil, thicken with two tablespoonfuls of cornstarch, fill your cups half full with the pudding, fill up two-thirds full with cold, sweet milk, beat the whites of four eggs to a stiff froth and put a spoonful on each cup; set it in the oven and brown slightly. Serve in cups, hot.

## QUEEN OF RICE PUDDING.

Take one teacupful of rice, boiled soft, put it into one pint of milk (hot is best), then add the yolks of six eggs, well beaten, and bake. Beat the whites of the eggs to a stiff froth, add the juice of one lemon and one cupful of pulverized sugar. Prepare this just before your pudding is done. When baked, pour into a dish and set in the oven a few minutes to dry.

## DELICATE PUDDING.

Two eggs, one cupful of sweet milk, one-half cup of sugar, one cupful of flour, before it is sifted, one teaspoonful of extract of lemon, one-fourth teaspoon of salt, two even teaspoonfuls of

Equity baking-powder. Beat the eggs to a stiff froth, then put sugar and milk together, add the egg and flour, sifted, with the baking-powder. Steam thirty minutes over a hot fire, being very careful not to jar it. Serve with whipped cream or lemon sauce.

#### CORNSTARCH PUDDING.

One quart of milk, except enough to wet three tablespoonfuls of cornstarch, place in a tin pail, set in kettle of boiling water; add the yolks of four eggs, beaten, half a cup of sugar, the cornstarch and a little salt; let it boil until it thickens; when cool, flavor with one teaspoonful of vanilla; pour into a pudding-dish, beat the whites of the eggs, add half a cup of sugar, flavor with extract of lemon, and place it in the oven to brown.

#### MOUNTAIN SNOW PUDDING.

Three soda crackers, rolled fine, one pint of sweet milk, yolks of two eggs, flavor to taste. Bake half an hour. Beat the whites of the eggs to a stiff froth, add one cup of sugar, flavor with lemon, pour over the pudding, and put it in the oven until a delicate brown.

#### DELICIOUS PUDDING.

The yolks of three eggs and white of one, to which add two tablespoonfuls each of sugar, butter, and flour. Beat all smoothly together, add half a pint of milk; butter two tins or pie-dishes, and bake in a slow oven twenty minutes. When you take them out, place one on top of the other, and serve with any nice sauce.

#### QUEEN OF PUDDINGS.

One pint of bread crumbs, one quart of milk, one cupful of sugar, yolks of four eggs, well beaten, the grated rind of one lemon, and a piece of butter the size of an egg; bake till done; then spread over the top currant or other jelly. Beat the whites of the eggs with one cup of sugar and the juice of a lemon, spread over and brown nicely. Serve with sweetened cream. Best cold. You may, in strawberry season, substitute fresh berries for preserves.

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## TAPIOCA PUDDING.

Soak six tablespoonfuls of tapioca in one pint of cold water over night. Next morning, drain off the water and put the tapioca in a baking-dish, adding a teaspoonful of cinnamon, a very little nutmeg, one cup of sugar, juice of two and grated rind of one lemon, add one quart of water, put it in the oven and bake till quite clear. If you choose you can put sliced apples through the pudding.

## CREAM TAPIOCA PUDDING.

Soak three tablespoonfuls of tapioca in water over night, put the tapioca into a quart of boiling milk and boil half an hour. Beat the yolks of four eggs with a cup of sugar, add three tablespoonfuls of thick cream, stir in and boil ten minutes longer, pour into a pudding dish, beat whites and stir in three tablespoonfuls of sugar. Put this over the top, sprinkle cocoanut over all, and brown for five minutes.

## STEAMED TAPIOCA PUDDING.

Soak one cup of tapioca in milk over night; add one quart of milk, one cup of white sugar, two eggs, butter the size of an egg, one cup of raisins, season with nutmeg. Steam two hours.

## ORANGE PUDDING.

Peel and slice six oranges, take out all the seeds, put the slices in a pudding-dish, in alternate layers with the sugar; make a soft custard of one pint of sweet milk, two tablespoonfuls of cornstarch, one-half cup of sugar, yolks of three eggs. Boil the milk, put in the sugar and yolks of eggs when warm; when it comes to a boil, stir in the cornstarch; let it get cold and pour over the oranges; beat the whites of the eggs to a stiff froth, and put over the top, brown in the oven, and serve. Or, line the bottom of a pudding-dish with stale sponge cake; slice over the cake six oranges; make a boiled custard of one quart of milk, five eggs, leaving out the whites of four, beat to a stiff froth, adding the sugar, put on top of the pudding, and bake it in the oven until brown.

## BREAD PUDDING. (No. 1.)

One quart of grated bread crumbs, one quart of milk, yolks of four eggs well beaten, butter size of an egg, one cup of sugar, two teaspoonfuls of Equity baking-powder, and two teaspoonfuls of extract of lemon; mix all well together and bake. Beat the whites of the eggs with a cupful of powdered sugar, flavor with one teaspoonful of extract of orange or lemon, cover the pudding with it, and bake until a light brown.

## BREAD PUDDING. (No. 2.)

One quart of sweet milk, two cups of fine bread crumbs (stale and dry), four eggs, two tablespoonfuls of melted butter, nutmeg to taste, one-fourth teaspoon of soda, dissolved in hot water. Beat the yolks very light, and, having soaked the bread crumbs well in milk, stir with the yolks, then add the butter and seasoning, with the soda, lastly the whites of the eggs. Bake to a fine brown, and eat hot, with pudding sauce.

## BREAD AND BUTTER PUDDING.

Take six slices of bread and butter them; take a pudding-dish and fill it with alternate layers of bread and fruit, raisins or currants; when the dish is full, make a good custard of one quart of milk, four well beaten eggs, one cup of sugar, and spices to suit taste; pour this over the pudding, and bake in a slow oven till done. It is very nice made with cherries, gooseberries, or any other kind of fruit.

## COTTAGE PUDDING.

One cupful of sugar and one of milk, one tablespoonful of butter, two eggs, three cupfuls of flour, three teaspoonfuls of Equity baking-powder, one teaspoonful of salt. Rub the butter and sugar together, beat in the yolks, then the milk and salt, the beaten whites, alternately with the flour and baking-powder; bake or steam in a buttered pudding-dish. Serve with liquid sauce.

## PORCUPINE PUDDING.

Make a sponge cake, and after it is baked, put it in a deep dish, and pour over it a boiled custard, made of the yolks of

four eggs, and a quart of sweet milk; beat the whites of the eggs to a stiff froth, add half a cup of powdered sugar, spread this over the pudding, and set it in the oven to dry; then take a cupful of blanched almonds and stick them into the frosting as thickly as possible.

#### BIRD'S NEST PUDDING.

Pare six large apples, take out the cores, lay them in a baking-dish, fill the holes with sugar, cinnamon and nutmeg. Make a rich custard, pour it over the apples. Bake one half hour, and serve with sauce.

#### SNOW PUDDING.

Cover one-half of a package of gelatine with cold water, and when softened, stir into it a pint of boiling water; add one cupful of sugar, or sugar to taste, and the juice of two lemons; when cold and just beginning to thicken, add the well beaten whites of three eggs. Beat all lightly and smoothly together, pour the mixture into two moulds, and set it away in a cold place until cold. Serve in the center of a platter, with a boiled custard poured around, made with the yolks of three eggs, one pint of milk, and half a cup of sugar.

#### FIG PUDDING.

One pint of bread crumbs, one cupful of suet, and one of brown sugar, two eggs, one-half pound of figs. Wash the figs in warm water, dry in a cloth; chop suet and figs together, add the other ingredients, also some nutmeg, grated. Boil three hours in tin pudding form, in a pot of water, and serve with hard sauce.

#### SAGO PUDDING.

Five pints of sweet milk, half a pint of sago, four eggs, one nutmeg, one teaspoonful of salt, one grated lemon, one pound of seeded raisins. Rinse the sago in cold water, add to it one quart of milk, and boil till it thickens like starch, then take from the fire and mix with it the rest of the ingredients, beating the eggs well. Bake three-fourths of an hour. Add one teacupful of sugar.

## CRACKER PLUM PUDDING—Excellent.

Take four Boston soda crackers, two and a half pints of milk, six eggs. Make a very sweet custard, and put into it a teaspoonful of salt. Split the crackers, and butter them very thick. Put a layer of raisins on the bottom of a large pudding-dish, and then a layer of crackers, and pour on a little of the custard when warm, and after soaking a little, put on a thick layer of raisins, pressing them into the crackers with a knife. Then put on another layer of crackers, custard, and fruit, and proceed thus till you have four layers. Then pour over the whole enough custard to rise even with the crackers. It is best made over night, so that the crackers may soak. Bake from an hour and a half to two hours. During the first half hour, pour on, at three different times, a little of the custard thinned with milk, to prevent the top from being hard and dry. If it browns fast, cover with paper.

## ORANGE ROLEY POLEY.

Make a light biscuit dough, as for apple dumplings or valise pudding, roll in an oblong sheet, lay sweet oranges, peeled, sliced and seeded, thickly all over it; sprinkle with white sugar, and roll up closely, folding down the end to secure the syrup. Steam one hour. Serve with lemon sauce. Any other fresh fruit, berries or preserves may be used in the same way. It is delicious made with fresh peaches.

## CHERRY PUDDING.

Line a deep pudding-dish with crust, made as for biscuit; stone some cherries and fill the dish full; pour on half a pint of water and two cupfuls of sugar; put a layer of crust on top, cover it tight and let it steam on top of the stove one hour. Peaches or apples can be made in the same way. Serve with sugar and cream.

## CHOCOLATE PUDDING.

Three-fourths cup of chocolate, one quart of milk, which has not been skimmed, let it boil, then set it to cool; beat until very light and thick, add the yolks of four eggs, with one cup of sugar; flavor delicately with vanilla; put it in a baking-dish and

bake slowly. To make meringue: Beat up the whites till they stand alone, add four tablespoonfuls powdered sugar, flavor with vanilla or lemon; then the pudding is again cooled; put the meringue over the top, and brown slightly. This quantity is enough for six persons.

#### PARADISE PUDDING.

One quart of bread crumbs, a little salt, some grated nutmeg, three eggs, beaten very light, three apples, minced very fine, half a lemon, juice and grated rind, one cupful chopped raisins. Mix all together, boil one hour and a half. Serve with any hot sauce.

#### SPONGE PUDDING—Very fine.

One quart of milk, one cupful of flour, one cupful of sugar, one-half cup of butter, twelve eggs. Put the milk in a pan over boiling water; mix the flour with some of the cold milk, to a smooth paste; when the milk boils, stir this in and let it cook ten minutes; set it off the fire, and add the sugar and butter; let this get perfectly cold before adding the eggs; then add the well beaten yolks and beat hard; beat the whites of the eggs to a stiff froth, and stir them in last, lightly; put in well buttered pudding-dish, set in a pan of hot water, and bake one hour in a good oven. Serve with sweet cream.

#### BAKED INDIAN PUDDING.

One quart of milk, scalded; stir into it cornmeal till it is half as thick as mush; take it off the stove, add two cupfuls New Orleans molasses, salt and spices to taste, one cupful of suet chopped fine, one quart of cold milk, and three well beaten eggs. Put it in the oven and bake slowly four hours; when the pudding is crusted over, throw in, one by one, two cupfuls of raisins. I usually use one cupful of molasses and one of brown sugar, one tablespoonful of ginger, teaspoonful of allspice, and four of cinnamon.

#### ITALIAN PUDDING.

Separate the whites and yolks of four eggs; with the yolks make a boiled custard (with a pint of milk, and sugar to taste).

Set one-third of a box of gelatine to soak a few minutes in a little cold water, then dissolve it with three-fourths of a cup of boiling water. When the custard has cooled, add the gelatine water, and the whites of the eggs, beaten to a stiff froth; flavor with vanilla, stir all together, and put it into a mould. It will settle into three layers, and is a very pretty pudding, looking much like charlotte russe. Serve with whipped cream.

#### CORNSTARCH PUDDING.

One pint of rich milk, two tablespoonfuls of cornstarch, one-half cup sugar, whites of three eggs, a little salt and flavoring. Serve with boiled custard made of the yolks of the eggs. Mould the custard. To make a cocoanut pudding, add half a cocoanut, grated; put into a mould. Serve with whipped cream around it, or, a sauce of boiled custard, made of the yolks of the eggs. Chocolate pudding: With still the same recipe for a cornstarch pudding, first, flavor the whole with vanilla, take out one-third of the white pudding; to the remainder, add one-half teacup of grated chocolate, dissolved with a little milk. Put half of the chocolate pudding in the bottom of a mould, which has been wet in cold water; smooth the top; next make a layer with the white pudding (the third taken out), smooth it also; next, the remainder of the chocolate pudding. Serve with whipped cream or boiled custard; or the one-third portion of the pudding may be flavored with half a bar of chocolate, and placed in the center of the two layers of the white.

#### CABINET PUDDING.

One quart milk, four eggs, four tablespoonfuls of sugar, half a teaspoon of salt, one tablespoonful of butter, three pints of stale sponge cake; one cupful each of raisins, chopped citron and currants. Have a little more currants than of the other fruit. Beat the eggs, sugar and salt together, and add the milk. Butter a three pint basin mould, sprinkle sides and bottom with fruit and put in a layer of cake. Again sprinkle in fruit and put in more cake, and so on, and pour on the custard. Let the pudding stand two hours and steam one and one-fourth hours. Serve with liquid sauce.



## COCOANUT PUDDING.

Grate one pound of cocoanut, mix one cup of sugar with one pint of cream, adding two tablespoonfuls of rose water. Then stir in gradually one pint of rich milk. Beat to a stiff froth the whites of eight eggs, and stir them into the milk and sugar, a little at a time, alternately with the cocoanut; add a teaspoonful of nutmeg and cinnamon. Put the mixture into a deep dish and set it in a skillet of boiling water, and bake twenty minutes, or until set. When cold, dust sugar on top and serve without sauce.

## GRAHAM PUDDING.

One and one-half cups of Graham flour, one-half coffee-cup of molasses, one-fourth cup of butter, one-half cup of milk, one egg, one even teaspoonful of soda, one-half cup each of currants and raisins, salt, and spices to suit taste. Steam three hours. Serve with liquid sauce.

## POOR MAN'S PUDDING.

One pint of molasses, two-thirds cup of suet, chopped fine, three and one-half cups of flour, one pint of cranberries, put in uncooked, two teaspoonfuls of baking-powder, one of soda, spices to suit the taste. Boil four hours in a bag or mould; can be steamed if preferred.

## CORNMEAL PUDDING. (No. 1.)

One pint of buttermilk, one cup of chopped suet, one cup of molasses, two cups of cornmeal, two eggs, one-half cup of raisins, one teaspoonful of soda, salt and spices of all kinds, one teaspoonful of Equity baking-powder. Steam two hours.

## SICILY PUDDING.

The whites of eight eggs, beaten very lightly; one pint of sugar, beaten gradually into the whites; add the juice of two or three lemons and the grated rind of one lemon, one tablespoonful of flour. When mixed, beat all together very hard. Pour into a baking-dish, and place this in a pan of boiling water, and bake fifteen minutes, to a light brown. Serve cold with cream.

## CORNMEAL PUDDING. (No. 2.)

Two quarts of sweet milk, three eggs, one and a half cupfuls of sugar, three tablespoonfuls of cornmeal, one tablespoonful of flour, two tablespoonfuls of butter, half a nutmeg, a little cinnamon bark, one cupful of raisins, or one pint of tart, sliced apples. Put the milk on the stove and let it come to a boil; while boiling, stir in the cornmeal and flour, dissolved in half a cup of cold milk; boil this ten minutes (be careful not to scorch it), let cool, and add your eggs, beaten very light, the sugar, raisins and spices. Nice tart apples give the pudding an excellent flavor. Bake till done.

## SUET PUDDING. (No. 1.)

One-half cup milk, one-half cup molasses, one cupful raisins, one and one-half cups flour, one-half cup chopped suet, one-half teaspoonful soda, put into the molasses before mixing the other ingredients. Steam three hours.

## SUET PUDDING. (No. 2.)

Two-thirds cup of suet or butter, one cupful each of molasses, brown sugar, and sweet milk, three eggs, one cupful each of raisins and currants, one teaspoonful of soda, two teaspoonfuls of cream-tartar, three cupfuls of flour. Chop the suet very fine, add the molasses and sugar, and stir well together; add one cupful of flour with the cream-tartar, and stir in well; then the eggs, well beaten, the milk with the soda, the rest of the flour, spices to suit taste, and lastly, add the fruit, well floured, and stir in lightly. Steam three hours.

## BAKED PLUM PUDDING.

Eight eggs, two cupfuls of white sugar, one nutmeg, one tablespoonful of cinnamon, one teaspoonful of cloves, one teaspoonful of salt, one quart of rolled crackers, one quart of sweet milk, one pound of currants, two of raisins, one-fourth of citron, piece of butter the size of an egg. Prepare the fruit the day before you wish to make the pudding; pick over and stone the raisins; wash and dry the currants; slice the citron very fine; pour the milk over the crumbs, beat the eggs very light, and add them with the

sugar; next add the spices and butter; lastly, the fruit. Bake slowly three hours. Serve with hard sauce.

#### STEAMED PLUM PUDDING.

One cupful each bread crumbs, molasses, brown sugar, suet, currants and sweet milk; two cups each of flour and raisins, one-fourth cup each candied lemon and orange peel, one-half cup of citron, chopped fine, one tablespoonful of cinnamon, one-half tablespoonful of cloves, one teaspoonful of mace, one nutmeg, one teaspoonful of allspice, two large teaspoonfuls of soda, one teaspoonful of ginger. Soak the bread crumbs in cold water, add the milk and molasses, with the soda, the sugar, the suet, chopped fine, next the spices and the fruit, rolled in one cup of the flour, mix well, then add the rest of the flour with teaspoonful of salt. Put in a well greased mould, and steam three hours.

#### CHRISTMAS PLUM PUDDING.

One quart of seeded raisins, pint of currants, half pint of citron, chopped fine, quart of apples peeled and chopped, a quart of fresh and nicely chopped beef suet, a heaping quart of stale bread crumbs, eight eggs beaten separately, pint of brown sugar, grated nutmeg, teaspoonful of salt; flour fruit thoroughly from a quart of flour, then mix remainder as follows: In a large bowl or tray put the eggs with the sugar, nutmeg and milk, stir in the bread crumbs and suet, one after the other until all are used, adding enough flour to make the fruit stick together, which will take about all the quart; dip pudding-cloth in boiling water, dredge on inside a thick coating of flour, put in pudding and tie tightly, allowing room to swell, and boil from three to four hours, in a good sized pot with plenty of hot water, replenishing as needed, from tea-kettle. When done, serve with any pudding sauce.

#### STRAWBERRY SHORTCAKE. (No. 1.)

One quart of flour, three tablespoonfuls of butter, one large cup of sour cream, or very rich loppered milk, one egg, two tablespoonfuls of white sugar, one teaspoonful each of salt and soda. Or, you can use sweet milk, and three teaspoonfuls of Equity

baking-powder. Roll out, and lay one sheet of paste upon the other and bake until done. While warm—not hot—separate these. They will come apart easily, just where they were joined. Lay upon the lower a thick coating, several deep, of strawberries; sprinkle powdered sugar among them; cover with the upper crust.

#### STRAWBERRY SHORTCAKE. (No. 2.)

Before making the cake, have the berries in and cream for spreading in readiness. Pick out a dozen or more of the finest berries and reserve them to ornament the top of the cake; put the rest in layers, with sugar and a little lemon juice, cover them and let them stand at least one-half hour. Take a coffeecupful of thick, sweet cream, whip it with an egg-beater, till stiff, and sweeten to taste. For the cake, take two cupfuls of sour cream, a beaten egg, a teaspoonful of salt, a teaspoonful of soda; put one teaspoonful of baking-powder in the flour and sift in sufficient to make a stiff batter, pour into four jelly cake pans, spread evenly and bake quickly. Spread the cakes with butter and put plenty of berries in the layers between them; spread some of the thick whipped cream on each layer of berries, but reserve enough to lay over the top a thick coating. On this arrange the fresh berries that were saved out, in clusters or otherwise. This dish is beautiful as well as delicious.

#### ORANGE SHORTCAKE.

One pint of flour, two teaspoonfuls of Equity baking-powder, sifted through the flour, with one teaspoonful of salt, a piece of butter the size of an egg, rubbed through the flour; beat one egg in a coffeecup and fill it up with sweet milk and stir into the flour, roll it out on the moulding board into two cakes, and lay one cake upon the other and bake until done. In the first place, before making the cake, slice the oranges very thin in a deep bowl and put plenty of sugar over them, and let them stand while you are making the cake. When the cake is done, separate the two pieces, and spread thickly with orange, also put a layer on top of the cake. Or if you wish you can frost the top. Serve with orange sauce. Blackberry shortcake is made in the same way.

## STEAMED APPLE DUMPLINGS.

Make the crust as for biscuit, cut off enough for one dumpling and fill it with nice, tart, sliced apples; pinch well and shape into a round ball, and steam three-fourths of an hour over a kettle of water. They are much nicer steamed than boiled. Serve with sugar and cream. Or you can bake them till they are crust-  
ed over, and pour over them a sauce made as follows: One pint of boiling water, one cup of sugar, piece of butter the size of an egg; boil this sauce five minutes, then pour it over the dumplings; bake, and when one side is browned, turn them over, and brown on the other side. This forms a nice sauce for the dumplings. Apricots, peaches, or any other tart fruit or preserves, are very nice made in this way.

## PEACH COBBLER.

Take one quart of flour, four tablespoonfuls melted lard, half teaspoonful of salt, two teaspoonfuls of Equity baking-powder; mix as for biscuit, with either sweet milk or water, roll thin, and line a pudding-dish; mix three tablespoonfuls flour and two of sugar together, and sprinkle over the crust; then put in nicely sliced peaches and sprinkle over them one cupful of sugar; wet the edges with a little flour and water mixed, put on the upper crust, press the edges together, make two openings by cutting two incisions at right angles an inch in length, and bake in a quick oven half an hour. Plums, apples, or any kind of fresh or canned fruit, can be made in the same way.

## BLACKBERRY SHORTCAKE.

Three eggs, one cupful of sugar, two cupfuls of flour, one tablespoonful of butter, one heaping teaspoonful of Equity baking-powder. Mix like cake, and fill four tins as for jelly cake. Cover the top layer with frosting.

## PUFF PUDDING.

One and one-half cups of flour, one cupful of milk, two eggs, and a little salt; bake in a hot oven twenty minutes, in patty pans. Serve with sauce.

## SAUCES.

## FOAM SAUCE.

One cupful of powdered sugar, butter size of an egg, half pint of sweet milk, one egg, one teaspoonful of cornstarch, pinch of salt. Beat the butter and sugar to a light cream, boil the milk in a custard kettle; stir in the cornstarch and the yolk of the egg, mix together, and let it thicken, then pour it over the butter and sugar. Just before sending to the table, beat in the white of the egg, beaten to a stiff froth. It makes it nicer to use two eggs and currant jelly.

## CABINET PUDDING SAUCE.

Yolks of four eggs, beaten very light, one lemon, juice and grated rind, one teaspoonful of cinnamon, one tablespoonful of butter, one cupful of sugar. Rub the butter into the sugar, add the yolks, lemon and spice; beat ten minutes, put in a good glass of grape juice, still stirring hard. Set within a sauce-pan of boiling water, and beat while it heats, but do not let it boil. Serve with a pudding.

## VINEGAR SAUCE.

One cupful of brown sugar, one and a half cups of water, one teaspoonful of salt, two tablespoonfuls of butter, a few drops of essence of lemon, two tablespoonfuls of vinegar, two tablespoonfuls of flour, or one of cornstarch. Beat butter, sugar, cornstarch, lemon and vinegar to a cream; pour the water, boiling, on them, and let it boil five minutes. Nice with sweet pudding.

## WHITE SAUCE.

One pint of sweet milk, one cupful of white sugar, half a cup of butter, two tablespoonfuls of cornstarch. Stir all to a cream, pour on the milk, boiling hot, stir briskly and let it come to a boil. Nice for roley poley pudding.

## PLAIN CREAM SAUCE.

One pint of cream, one cup of sugar; flavor with nutmeg. This sauce is nice for minute pudding.

## SAUCE FOR PLUM PUDDING.

Cream half pound of sweet butter, stir in three-quarters pound brown sugar, and the beaten yolk of an egg; simmer for a few moments over a slow fire, stirring almost constantly; when near boiling, add half pint bottled grape juice and serve after grating a little nutmeg on the surface.

## HARD SAUCE FOR CHRISTMAS PLUM PUDDING.

One coffeecupful powdered sugar, one-half cup butter, one teaspoonful of cream-tartar, white of one egg. Beat all together till very light, flavor with lemon, or anything you like, put it in a saucer and smooth neatly, set it in a cool place, on ice if possible, and serve with plum or any other pudding. Slice nicely, and when you dish the pudding, lay a slice of the sauce on top.

## SAUCE FOR BREAD PUDDING.

Two eggs beaten very light, one large cup of sugar, five tablespoonfuls of boiling milk, one-half teaspoonful of cornstarch, one teaspoonful of nutmeg, or, one teaspoonful of mace, one tablespoonful of butter. Rub the butter into the sugar, add the beaten eggs, and work all to a creamy foam; wet the cornstarch with milk, and put it in next, with the spice; finally, put in the milk, a spoonful at a time, stirring all the while; set within a sauce-pan of boiling water, let it get very hot, but not boil; stir it all the time while in the water. This is a good sauce for bread or any other simple pudding.

## MAPLE SUGAR SAUCE.

Melt over a slow fire, in a small teacup of hot water, half a pint maple sugar; let it simmer, removing all scum; add four tablespoonfuls of butter mixed with a level teaspoonful of flour, and one of grated nutmeg; boil five minutes, and serve.

## ORANGE SAUCE.

One cup of powdered sugar, one large orange, or two small ones, yolk of one egg. Grate the peel, squeeze in the juice, and add the beaten yolk; beat all together twenty minutes. This sauce is nice for orange shortcake or stale cake pudding, or any other kind.

## WEIGHTS AND MEASURES.

- 1 quart of sifted flour (well heaped) weighs 1 lb.  
3 coffeecupfuls sifted flour (level) weighs 1 lb.  
4 teacupfuls sifted flour (level) weighs 1 lb.  
1 quart unsifted flour weighs 1 lb. 1 oz.  
1 quart of sifted Indian meal weighs 1 lb. 4 oz.  
1 pint of soft butter (well packed) weighs 1 lb.  
2 teacupfuls of soft butter (well packed) weighs 1 lb.  
 $1\frac{1}{3}$  pints of powdered sugar weighs 1 lb.  
2 coffeecupfuls powdered sugar (level) weighs 1 lb.  
 $2\frac{3}{4}$  teacupfuls powdered sugar (level) weighs 1 lb.  
1 pint of granulated sugar (heaped) weighs 14 oz.  
 $1\frac{1}{2}$  coffeecupfuls of granulated sugar (level) weighs 1 lb.  
1 pint of coffee "A" sugar weighs 12 oz.  
 $1\frac{3}{4}$  coffeecupfuls coffee "A" sugar (level) weighs 1 lb.  
1 pint of best brown sugar weighs 13 oz.  
 $2\frac{1}{2}$  teacupfuls of best brown sugar (level) weighs 1 lb.  
 $3\frac{1}{2}$  teacupfuls of Indian meal (level) equals 1 quart.  
1 tablespoonful (well heaped) of granulated coffee "A" or best brown sugar equals 1 oz.  
2 tablespoonfuls (well rounded) of powdered sugar, or flour, weighs 1 oz.  
1 tablespoonful (well rounded) of soft butter weighs 1 oz.  
Soft butter size of an egg weighs 2 oz.  
2 teacupfuls (heaping) of flour, sugar or meal, equal one heaping tablespoonful.

### LIQUIDS.

- 16 large teaspoonfuls are  $\frac{1}{2}$  pint.  
8 large teaspoonfuls are 1 gill.  
4 large teaspoonfuls are  $\frac{1}{2}$  gill.  
2 gills are  $\frac{1}{2}$  pint.  
2 pints are 1 quart.  
4 quarts are 1 gallon.  
10 good sized eggs are 1 lb.  
A common sized tumbler holds  $\frac{1}{2}$  pint.



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## — CAKE. —

When going to make pies or cakes (or do any other baking), the first thing to be done is to build your fire, and get the oven just right. Let the heat of the oven be regular and moderate. The next thing is to put yourself in order; secure the hair in a net, or other covering, to prevent any from falling, and brush the shoulders and back to be sure none are lodged there that might blow off; make the hands and finger-nails clean; (you should use separate towels when cooking), roll the sleeves up above the elbows, and put on a large, clean, white linen apron, which you should have especially for that purpose. Get your ingredients together; in warm weather it is best to place eggs in cold water for a few minutes, as they will make a finer froth; be sure your eggs are fresh, as stale ones will not make a stiff froth; have the flour sifted, sugar rolled, yolks of eggs well beaten (beat them till they cease to froth, and are thick, as if mixed with flour), set the whites away in a cool place until you are ready for them, then beat them vigorously, in a cool room, till they will remain in the dish when turned upside down. Grease the pans with fresh lard, which is much better than butter; line the bottom with paper, using six or eight thicknesses, if the cake is large, greasing the top one well. (In some ovens, however, fewer thicknesses of paper would be needed on the bottom, and, in some, the sides also should be lined with one or more thicknesses). Use none but the best materials for making cake. Be very particular to stir the butter and sugar to a cream, and beat the eggs well. Cakes are often spoiled because this rule is not followed. All kinds of cakes are better for having the whites and yolks of the eggs beaten separately. In winter, soften but do not melt the butter. Never add fruit till ready to bake, and in raised

cake, spread it on top only a little below the surface, or it will settle to the bottom. Never stir cake in tin; the stone china wash-bowls are very good for this purpose. You can often find odd ones at the crockery stores. Have the dishes cool that you are going to beat the eggs in. Use none but silver or wooden spoons to stir the cake. In using milk, note this: That sour milk makes a spongy, light cake; sweet milk, one that cuts like pound cake; remember, that with sour milk, soda alone is used; while with sweet milk, baking-powder or soda and cream-tartar are to be added. In recipes where milk is used, never mix sweet and sour milk, as it makes cake heavy, even when either alone would not do it. Butter in the least degree strong, spoils cake. An oven, to bake cake well, must have a good heat at the bottom, and not too hot on the top, or the cake will be heavy. For layer cake, you want a quick oven; if too slow, your cake will run over. Streaks in the cake are caused by unskillful mixing, too rapid or unequal baking, or a sudden decrease in the heat before the cake is quite done. As these recipes have all been proved, if they fail to make good cake, the fault is in the baking. Never move the cake, if possible, while baking, as it is liable to fall. If it browns too fast, put a paper on top. Cake should rise to full height before the crust forms. Never place cake in a draught or take it out of the pan when first taken from the oven. Many fail to have good cake because they do not take pains, and are too lazy or careless to beat the eggs well. Cream the butter and sugar, and measure the ingredients. The mixing and baking have oftentimes as much to do with success as the recipe.

Most women in making fruit cake think it quite incomplete without wine or brandy, but it can be made equally as good by substituting one cupful of cold, strong, green tea. The flavor of tea is excellent in mince pie and fruit cake.

To facilitate the operation of seeding raisins, pour warm water on a few at a time, and take out the seeds with your fingers. This will not injure the fruit or cake. When you cut the citron, slice it thin, and do not leave the pieces too large, or they will cause the cake to break apart in cutting. Currants should be prepared for use as follows: Wash in warm water, rubbing well, pour off, and repeat until the water is clear; drain them in a sieve, spread

on a cloth, and rub dry; pick out bad ones, dry carefully in a cool oven, and set away for use.

The best way to put in fruit is to sprinkle flour over it, then put in a layer of cake at the bottom, half an inch thick, then a layer of fruit, taking care that it does not touch the sides of the pan, and thus dry up; then a little more cake, then another layer of fruit, and thus till the cake is three inches thick (not more), and let the top layer be cake. Always dissolve soda or saleratus, in warm (not hot water), as milk does not perfectly dissolve it, and thus there will be yellow specks made. Hot water kills the life out of it.

To save repetition in cake recipes, I give below a formula which will be well to follow in making all kinds of cake in which butter is used.

Beat the butter and sugar to a cream, then add the spices if any are to be used, next the yolks of the eggs, then part of the flour with the baking-powder or cream-tartar, next the milk in which soda has been added, if soda is used, then the remaining flour with the whites of the eggs added alternately, and if fruit is used, let that always be the last thing. Be sure to flour the fruit well before adding it.

In making all kinds of delicate cake, rub the butter to a cream add the sugar gradually, next part of the flour with the baking-powder or cream-tartar, next the milk with the soda, if any is used, then the rest of the flour, and beat hard fifteen minutes; add the whites of the eggs just before putting it in the oven. There is a great "knack" in beating cake; don't stir it, but beat thoroughly, bringing the batter from the bottom of the dish at every stroke; in this way the air is driven into the cells of the batter instead of out of them, but the cells will be finer if beaten more slowly at the last. Remember, the motion is always upward.

#### ICING.

Three teacupfuls of powdered sugar, whites of four eggs, one teaspoonful of cream-tartar, one tablespoonful of cold water, flavor to taste. Put the whites of the eggs in a clean, cool, stone china dish, and add the sugar, with cream-tartar, and beat half

an hour, or until the icing is of a smooth, fine, and firm texture. If not stiff enough, put more sugar. If you season with lemon juice, allow, in measuring your sugar, for the additional liquor. The lemon juice, or cream-tartar whitens the icing. Add the water last. When you frost the cake, pour the icing, by the spoonful, on the top of the cake, and near the center of the surface to be covered. If the loaf is of such a shape that the icing will settle of itself to its place, it is best to let it do so. If you spread it, use a broad bladed knife, dipped in cold water. If it is thick with sugar, one coat should be enough.

#### FROSTING TO BE MADE IN THREE MINUTES.

One heaping teacupful of sugar, to one egg, or one pound to the whites of three eggs; beat the whites until they are slightly foaming, only; as soon as the sugar and eggs are thoroughly stirred together, flavored with a little lemon, the icing is done.

#### FROSTING WITH GELATINE.

Dissolve one tablespoonful of gelatine in six tablespoonfuls of boiling water, strain and thicken with powdered sugar and flavor with lemon or with anything you like; beat till very white. This is enough to frost two cakes. This icing will not crumble in cutting and is very nice.

#### BOILED FROSTING.

Whites of three eggs, beaten to a stiff froth, two teacupfuls of granulated sugar, one-half cup of hot water; boil sugar briskly for five minutes or until it "ropes" from the end of the spoon, turn while hot upon the beaten eggs, and stir until cold. Add one-half teaspoonful of citric acid and flavor to taste. If you like, add half pound sweet almonds blanched and pounded to a paste, and it will be found very nice. This amount will frost the top and sides of two large cakes.

#### TO BLANCH ALMONDS.

Pour boiling water on them, slip their "coats" off, and throw them in cold water, to prevent them turning yellow; when pounded, moisten with whites of eggs, rose water, or orange flower water.

## ALMOND ICING—Very fine.

Beat up the whites of six eggs to a stiff froth; add one pound of blanched almonds, pounded fine, with a little rose water, then mix in by degrees, five teacupfuls of powdered sugar; put it on the cake very thick, and when nearly dry, cover with plain icing.

## CHOCOLATE ICING.

Two sticks of chocolate, grated, one-half cup of sweet milk, one tablespoonful cornstarch, one teaspoonful vanilla. Boil two minutes, sweeten to taste, and add the vanilla.

## TO COLOR ICING.

To color a delicate pink, use strawberry, currant or cranberry; or the grated peeling of an orange or lemon moistened with the juice and squeezed through a thin cloth, will color a handsome yellow.

## FRUIT CAKE. (No. 1.)

One and one-half pound<sup>s</sup> of flour, one and one-half pounds of sugar, one and one-half pound<sup>s</sup> of butter, two pounds of currants, two pounds of raisins, one-half pound of citron, one-half ounce each of mace, cloves and cinnamon, twelve eggs, one cupful of molasses, one cupful of strong coffee, one teaspoonful of soda.

## FRUIT CAKE. (No. 2.)

One pound of brown sugar, one pound of butter, 10 eggs, one pound of flour, two pounds of raisins, two pounds of currants, one-half pound of citron, one nutmeg, one teaspoonful cloves, and one of allspice, one cupful of boiled cider, two teaspoonfuls Equity baking-powder.

## BLACK FRUIT CAKE. (No. 3.)

Four cupfuls of sugar, two cupfuls of butter, one cupful cold, strong green tea, eight cupfuls of flour, one-half pint sour cream, eight eggs, two pounds of raisins, two pounds of currants, and two of almonds, one-half pound of citron, one tablespoonful of cloves, one teaspoonful saleratus, one lemon, two grated nutmegs, one cupful molasses.

## WEDDING CAKE—Very fine.

Four pounds of flour, four pounds of sugar, three pounds of butter, forty eggs, five pounds of stoned raisins, three pounds currants, one pound of citron, chopped, one ounce of mace, half ounce of nutmeg, six teaspoonfuls of rose water, one tablespoonful of oil of lemon, four teaspoonfuls of baking-powder or two ounces of ammonia, well dissolved. Beat the butter and sugar to a cream, whisk the whites and yolks of eggs separately, then mix and add the flour, gradually; last, the spices, fruit and ammonia. Beat well and bake six hours.

## FROSTING FOR WEDDING CAKE.

Three and one-half pounds double refined sugar, whites of twelve eggs, beaten to a stiff froth, then add the sugar, add a little potato starch, gradually, add the juice of one lemon. Beat well, spread with a knife. Ornaments may be made of the frosting by putting a little into a paper funnel and squeezing it through in designs upon the cake, after the plain coat has well set.

## FRUIT CAKE. (No 4.)

Three cupfuls of granulated sugar, two cupfuls of butter, one-half cup of molasses, four and one-half cupfuls of flour, five eggs, three pounds of raisins, one and one-half of currants, one-half pound of citron, one teaspoonful of Equity baking-powder, one teaspoonful of cloves, allspice, nutmeg and mace, one tablespoonful of cinnamon.

## BLACK CAKE. (No. 5.)

Yolks of eight eggs, one cupful of butter, two of granulated sugar, one cupful of sweet milk, three pounds of raisins, two of currants, half of them chopped, one and one-half pounds of citron, one-half pound each dates, figs, and almonds, one cupful of molasses, six cupfuls of flour browned if you wish the cake very dark, one tablespoonful of cinnamon, allspice, cloves, one nutmeg, two teaspoonfuls of baking-powder.



## FRUIT CAKE. (No. 6.)

One and one-half pounds of flour (browned), one and one-half pounds of sugar, one and one-fourth of butter, two pounds of raisins, two of currants, one pound citron, two nutmegs, one-half pint of molasses, one-half teaspoonful of soda, one teaspoonful of cloves, and one of cinnamon, ten eggs, three tablespoonfuls of rose water. Bake three hours.

## EVERY DAY FRUIT CAKE.

One cupful of butter, two cupfuls of sugar, one cupful molasses, six cupfuls flour, one cupful sour cream or milk, four eggs, one heaping teaspoonful of soda, one pound of raisins, one pound of currants, one-fourth pound of citron, nutmeg, cloves and mace, one tablespoonful of each.

## RUTH'S CAKE.

One cupful sugar, one-half cup butter, one cupful sour milk, one teaspoonful soda, one-half nutmeg, one teaspoonful cinnamon, one cupful chopped raisins, two and one-half cupfuls flour, a little salt.

## NO NAME CAKE.

One scant cup of butter, one cupful of brown sugar, one-fourth cup milk, one cupful molasses, three cupfuls flour, two eggs, one-half teaspoonful of soda, one cupful currants, one-half pound of citron, one and one-half pounds of seedless raisins, one teaspoonful each cloves and cinnamon, one-half nutmeg; add more fruit if you wish. Bake in bread pans from two to three hours.

## COLD WATER CAKE.

One cupful of butter, two cupfuls brown sugar, three cupfuls flour, one cupful cold water, three eggs, well beaten, one teaspoonful soda, one teaspoonful cloves, one nutmeg, one tablespoonful cinnamon, one cupful raisins or currants.

## COFFEE CAKE. (No. 1.)

Two cupfuls brown sugar, one cupful butter, one cupful molasses, one cupful strong coffee, as prepared for the table, four

eggs, one teaspoonful saleratus, two teaspoonfuls cinnamon, two teaspoonfuls cloves, one teaspoonful of grated nutmeg, one pound of raisins, one pound of currants, four cupfuls of flour.

#### COFFEE CAKE. (No. 2.)

One cupful of butter, one cupful of sugar, one cupful molasses, one pound of raisins, one teaspoonful each of soda, cinnamon and allspice, one-half nutmeg, three eggs (it can be made with one or two eggs). Sift the soda in the molasses. Excellent.

#### SPICE CAKE.

Four and one-half cupfuls of flour, three cupfuls of sugar, one and one-half cupfuls butter, one cupful of sour milk, four eggs, one teaspoonful of saleratus, two teaspoonfuls each of cloves, nutmeg, and cinnamon, one pound of raisins, one pound of currants, one-fourth pound of citron.

#### MOUNT VERNON CAKE.

One and one-fourth pounds of white sugar, one-half pound of butter, one and three-fourths pounds of flour, six eggs, one pint of sour cream, one teaspoonful soda, dissolved in water and strained; rind of two lemons, juice of one lemon, one nutmeg, a little mace, one pound of raisins, one pound of currants, one-half pound of citron. Cream the butter and sugar well together, add the yolks of the eggs, well beaten, then the cream and flour, alternately, then the beaten whites of the eggs. Have the fruit floured, and stir this in last of all. Bake about two and one-half hours, and cover with buttered paper while baking.

#### NUT CAKE.

Two cupfuls of sugar, one cupful of butter, three cupfuls of flour, one cupful of cold water, four eggs, three teaspoonfuls of Equity baking-powder, three cupfuls kernels of hickorynuts or white walnuts, carefully picked out, and added last of all.

#### CLOVE CAKE.

Four and one-half coffee-cupfuls of sifted flour, three coffee-cupfuls of sugar, one and one-half cupfuls of butter, one teacupful

of cream or sour milk, one teaspoonful of saleratus, four eggs, one tablespoonful each cloves, cinnamon and nutmeg, one pound each of fruit and citron.

#### PORK CAKE.

One pound of fat, salt pork, one pint of boiling water, one pint of New Orleans molasses, two cupfuls of brown sugar, one pound of raisins, one pound of currants, one-half pound of almonds, one teaspoonful each of allspice and nutmeg, one tablespoonful of saleratus, six cupfuls of flour. Chop the pork very fine, and pour over it the boiling water; when cold, add the molasses and sugar, then the saleratus and spices, next the flour; blanch and chop the almonds, and add them with the rest of the fruit.

#### OLD HARTFORD ELECTION CAKE—100 years old.

Four pounds of dried and sifted flour, two pounds of butter, two pounds of sugar, three gills of distillery yeast, or twice the quantity of home-brewed, half an ounce of nutmeg, and two pounds of fruit. A quart of milk. Rub the butter very fine into the flour, add half the sugar, then the yeast, then half the milk, hot in winter, blood warm in summer, then the eggs, well beaten, and the remainder of the milk. Beat it well, and let it stand to rise all night. Beat well in the morning, adding the sugar and the spice. Let it rise three or four hours, till very light. Put the cake in buttered pans, and put in the fruit as directed previously. If you wish it richer, add a pound of citron.

#### LOAF CAKE.

One pint new milk, two pounds of flour, one pint of sugar, three-fourths pint of butter, one and one-half pounds of raisins, seeded and chopped, five eggs. Make a thick batter over night, by warming half of the milk. Stir into it one teacupful of good potato yeast. In the morning it will be very light; stir into this yeast the balance of the milk, warmed, then the sugar, and butter, melted, then the eggs, beaten to a stiff froth; lastly, the raisins. Keep the cake warm while making it. This will make two common sized loaves. Let them stand until they are light. Bake in a slow oven about one hour, or until done.

## CONNECTICUT LOAF CAKE.

Three cupfuls of sweet milk, one cupful of yeast, four cupfuls of powdered sugar, three eggs, two cupfuls of butter, two pounds of raisins, three nutmegs, one large spoonful cinnamon. Warm the milk, add the yeast, and two cupfuls of sugar; stir this to a thick batter; when light, add the eggs, well beaten, two more cupfuls of sugar, the butter, nutmeg and cinnamon. Having seeded your raisins, flour them well, and put them in the last thing. This makes four good loaves. After standing until light, in the tins, bake in a moderate oven; when done, frost.

## BREAD CAKE.

On baking day take from your dough, after its second rising, three cupfuls of dough; add two cupfuls white sugar, one cupful of butter, creamed with the sugar, four eggs, one teaspoonful of soda, dissolved in warm water, two tablespoonfuls of sweet milk, one cupful of currants, washed and dredged, one cupful of chopped raisins, one teaspoonful of nutmeg, one teaspoonful of cloves, citron, if you like. Beat the yolks very light, add the creamed butter and sugar, the spice, milk, soda and dough; stir till well mixed; put in the beaten whites, and lastly, the fruit; beat hard, put in two buttered pans, let it get light, and bake till done.

## DRIED APPLE CAKE.

Soak three cupfuls of dried apples over night, chop them rather coarsely, add two cupfuls of black molasses, and boil half an hour. Do not use the water the apples were soaked in. When cold, add four eggs, one cupful of butter, one cupful of very brown sugar two teaspoonfuls of cinnamon, two teaspoonfuls of allspice, one-half teaspoonful of cloves, two teaspoonfuls of ginger, one grated nutmeg, one teaspoonful saleratus (not soda), one cupful raisins, one cupful of currants, three cupfuls of flour. Bake in moderate oven; when done, frost.

## MARBLE CAKE.

WHITE PART.—One and one-half cupfuls of white, powdered sugar, one-half cup of butter, one-half cup of sweet milk, two and

one-half cupfuls of flour, whites of four eggs, two tablespoonfuls of Equity baking-powder. Flavor to taste.

**DARK PART.**—One cupful of very dark sugar, one-half cup molasses, one-half cup of butter, one-half cup of sour milk, two and one-half cupfuls of flour, yolks of four eggs. Butter your mould, and put in the dark and light batter in alternate tablespoonfuls.

#### GROOM'S CAKE.

Ten eggs, beaten separately, one pound each of butter, white sugar and flour, two pounds of almonds, blanched and chopped fine, one pound of seeded raisins, half pound of citron, shaved fine. Beat the butter to a cream, add the sugar gradually, then the well beaten yolks; stir all till very light, and add the chopped almonds; beat the whites stiff and add gently with the flour; take a little more flour and sprinkle over the raisins and citron, then put in the cake-pan, first a layer of cake batter, then a layer of raisins and citron, then cake, and so on till all is used, finishing off with a layer of cake. Bake in a moderate oven two hours.

#### IMPERIAL CAKE.

One pound of butter and one of sugar beaten to a cream, one pound flour, the grated rind and juice of a lemon, nine eggs, one and a quarter pounds of almonds before they are cracked, half pound citron, half pound raisins; beat the yolks light, add sugar and butter, then the whites, beaten to a stiff froth, and the flour, reserving a part for the fruit, and lastly, the nuts blanched, cut fine and mixed with fruit and the rest of the flour. This is very delicious, and will keep for months.

#### LEMON CAKE.

Two cupfuls of sugar, one cupful of butter, four cupfuls of flour, five eggs, one large lemon, one cup of sweet milk, one teaspoonful of saleratus. Rub the butter and sugar to a cream, then stir in the yolks of the eggs, well beaten; dissolve the saleratus in the milk, and add that next; beat the whites of the eggs to a stiff froth, and stir them in alternately with the flour; lastly, add the juice and grated rind of the lemon. Bake at once.

## COCOANUT CAKE.

One-half cup of butter, two and one-half coffee-cups of sugar, four and one-half coffee-cups of flour, two grated cocoanuts, one coffee-cup of sweet milk, whites of seven eggs, three small teaspoonfuls of Equity baking-powder. Reserve a handful of the cocoanut for frosting.

## WHITE CAKE.

Whites of six eggs, scant three-fourths of a cup of butter, one and one-fourth cup of sugar, one teaspoonful of Equity baking-powder. Mix the baking-powder well with the flour, and pass it through the sieve four times. Beat the butter to a light cream, and add the flour to it stirring it in gradually with the ends of the fingers, until it is a smooth paste. Beat the whites of six eggs to a stiff froth, and mix in them the pulverized sugar; now stir the egg and sugar gradually into the flour and butter, and mix it smoothly together with the egg-whisk; as soon as smooth, put it in the oven, the heat of which should be moderate at first. Mixing cake in this way makes it very fine grain.

## SNOW CAKE.

Three-fourths cup of butter, two cupfuls of powdered sugar, one cupful of sweet milk, one of cornstarch, two of flour, one and one-half teaspoonfuls of Equity baking-powder. Mix cornstarch, flour, baking-powder together, add to butter and sugar (which has been stirred to a cream), alternately with the milk; lastly, add the whites of seven eggs; flavor to taste. Never fails to be good.

## WHITE CAKE.

Whites of eight eggs, beaten stiff, small cupful of butter, two cupfuls of pulverized sugar, three-fourths cup of sweet milk, small teaspoonful of soda, two teaspoonfuls of cream-tartar, or three teaspoonfuls of Equity baking-powder, three and one-half cupfuls of flour. Stir the butter and sugar to a cream, add the milk and soda, then one-half the eggs, two cups of flour, then the rest of the eggs with the cupful of flour, in which the cream-tartar has been well mixed. Makes two loaves.

## WHITE CAKE.

Two cupfuls of sugar, one-half cup of butter, whites of four eggs, one cup of sweet milk, three cupfuls of flour, three small teaspoonfuls of baking-powder sifted into the flour. Beat the butter and sugar to a cream, stir in the milk and flour, a little at a time, add the whites last. All cake should be well stirred before the whites of the eggs are added. Never fails.

## CORNSTARCH CAKE.—Very nice.

One cupful of butter, two of powdered sugar, two cupfuls of flour, one of cornstarch, whites of seven eggs, two teaspoonfuls of Equity baking-powder, cup sweet milk. Flavor as you like.

## DELICATE CAKE.

Whites of five eggs, beaten to a stiff froth, one-half cupful of butter, two of sugar, one of sweet milk, two and one-half teaspoonfuls of Equity baking-powder, one teaspoonful of bitter almond, three cupfuls of flour.

## SNOW BALL CAKE.

One cupful of sugar, one-half cup of butter, one-half cup of sweet milk, two cups of flour, whites of three eggs, two teaspoonfuls of Equity baking-powder. Flavor with lemon. Bake in one loaf; when done frost.

## FEATHER CAKE. (No. 1.)

Four eggs, two cups of sugar, one cupful of sweet milk, three cupfuls of flour, melted butter size of an egg, one teaspoonful of soda, two teaspoonfuls of cream-tartar. Flavor with lemon or nutmeg.

## FEATHER CAKE. (No. 2.)

One cupful of sugar, one-half cup of butter, one-half cup milk, two cupfuls of flour, two teaspoonfuls of Equity baking-powder, two whole eggs, and yolk of one more. Reserve the white for frosting. Stir the butter and sugar to a cream, add the beaten yolks, next the milk, then the flour with the baking-powder; lastly, the whites of the eggs. Bake, and frost.

## POUND CAKE—Excellent.

One pound of flour, one pound of sugar, three-fourths pound of butter, ten eggs, one nutmeg, one teaspoonful of mace. Cream half of the butter with the flour, add the spice, beat the yolks until very light, add the sugar, then the beaten whites and the rest of the flour, alternately. When this is thoroughly mixed, put all together and beat steadily for half an hour. If properly made, and baked, this is a delicious cake.

## CENTENNIAL POUND CAKE.

Twelve eggs, leaving out three yolks. Beat separately. Three-fourths pound of butter, one pound of sugar. Sugar and butter worked together with the hand. Then add the yolks, next the flour, lastly, the whites. Flavor with rose, lemon or vanilla.

## BAKER'S POUND CAKE.

One and one-fourth pounds of butter, one and one-fourth of sugar, ten eggs, one-half ounce of ammonia, dissolved in one pint of milk. Season with lemon, mace and cinnamon. Add raisins and fruit to taste, flour to stiffen.

## WHITE POUND CAKE.

One pound powdered sugar, one pound of flour, half pound of butter, whites of sixteen eggs, teaspoonful of Equity baking-powder, sifted thoroughly with the flour; put in moderate oven with gradual increase of heat. When baked, frost with boiled icing while both cake and icing are warm.

## GOLDEN POUND CAKE.

One pound of sugar, three-fourths pound of flour, ten ounces of butter, one cupful of sweet milk, three teaspoonfuls of Equity baking-powder, yolks of sixteen eggs.

## WASHINGTON CAKE.

Two teacupfuls of butter, two cupfuls of sugar, one quart of flour, six eggs, two cupfuls of sour cream or milk, one grated nutmeg, one teaspoonful of cinnamon, one tablespoonful of soda,



dissolved in warm water, and strained into the milk just before adding the latter into the cake. Cream the butter and sugar, add the yolks whipped light, then the cream and spice, next the flour, then the rose and a double handful of citron, cut in strips and floured, then the beaten whites. Stir all well and bake in a loaf or card.

#### HICKORYNUT CAKE.

One cupful of butter, two of sugar, one cupful of new milk, four cupfuls of flour, whites of eight eggs, two cupfuls of hickory-nut kernels, one teaspoonful of lemon extract, three teaspoonfuls of Equity baking-powder. Add the nuts last.

#### NUT CAKE.

Two cupfuls of sugar, one cupful of butter, three cupfuls of flour, one cupful of cold water, four eggs, three teaspoonfuls of Equity baking-powder, two cupfuls of kernels of hickorynuts, or white walnuts, carefully picked out, and added last of all.

#### WHITE FRUIT CAKE.

Whites of twelve eggs, one cupful of butter, two cupfuls of sugar, two pounds of almonds, one pound of citron, one cocoa-nut, one lemon, juice and grated rind, orange peel and rose water, three teaspoonfuls of Equity baking-powder, five cups of flour.

#### ALMOND CAKE.

Beat the yolks of twelve eggs to a froth, with two cups of powdered sugar, beat the whites of the eggs, and stir into the yolks and sugar; add gradually, one quart of sifted flour, with three teaspoonfuls of Equity baking-powder, half pound of blanched almonds, pounded, with rose water, beat well and add three tablespoonfuls of thick, sweet cream; bake in long tin pan and frost.

#### QUEEN CAKE.

Beat one pound butter to a cream, with a tablespoonful of rose water then add one pound of fine white sugar, ten eggs beaten very light, one and one-fourth pounds of flour, beat the cake well to-

gether; then add one half pound of shelled almonds, blanched and beaten to a paste; bake one hour in a good oven.

#### BRIDE'S CAKE. (No. 1.)

One pound of powdered sugar, fourteen ounces of flour, seven ounces of butter, three tablespoonfuls of sweet milk, whites of sixteen eggs, two small teaspoonfuls of Equity baking-powder, flavor with bitter almonds or rose water. First, mix butter and sugar, then milk, then flour and eggs, alternately, and add baking-powder last.

#### BRIDE'S CAKE. (No. 2.)

Whites of twelve eggs, three cups of powdered sugar, small cup of butter, a cup of sweet milk, four small cups flour, half cup of cornstarch, two teaspoonfuls of Equity baking-powder, flavor with rose, or almond.

#### LADY CAKE.

One pound of powdered sugar, three-fourths of a pound of sifted flour, six ounces of butter, the whipped whites of ten eggs. Flavor with bitter almonds, and bake in square, not very deep tins. Flavor the frosting with vanilla. The combination is very pleasant.

#### SILVER CAKE.

Two cups of sugar, three-fourths cup of butter, one cup of sweet milk, three and one-half cups of flour, three small teaspoonfuls of Equity baking-powder, one teaspoonful of vanilla, whites of eight eggs, beaten stiff.

#### GOLD CAKE.

The same as Silver Cake using the yolks.

#### CUP CAKE.

Two cups of white sugar, one cup of butter, three-fourths of a cup of sweet milk, three cups of flour, one teaspoonful of soda two teaspoonfuls of cream-tartar; flavor with lemon. Beat the butter and sugar, to a cream, add the beaten yolks, next the milk with the soda dissolved in it, the flour with the cream-tartar. Beat

fifteen minutes and add the whites just before baking. If made according to rule, this cake will be equal to rich pound cake.

#### BEAUTIFUL CAKE.

One and one-half cups of granulated sugar, one-half cup of butter, one-half cup of sweet milk, two cupfuls of flour, whites of four eggs, two teaspoonfuls of Equity baking-powder, flavor with almond. Bake in one loaf. By using the yolks with one more egg and one cupful of currants, made like the white cake, you will have two loaves of beautiful cake. When baked, frost.

#### MARbled CHOCOLATE CAKE.

Make a batter as for white cake, take out one teacupful, add to it five tablespoonfuls of grated chocolate, moisten with milk, and flavor with vanilla; pour a layer of the white batter into the baking-pan, then drop the chocolate batter with a spoon in spots, and spread the remainder of the white batter over it.

#### WATERMELON CAKE.

WHITE PART.—Two cupfuls of sugar, one-half cup of butter, one cupful of sweet milk, three teaspoonfuls of Equity baking-powder, three cupfuls of flour, one lemon.

PINK PART.—Made the same as the white, except use pink sugar (which can be bought at the confectioner's), and one-half pound of raisins. Put the raisins in the sugar. Put the pink part all in the center of the pan, and the white on the outside.

#### BERWICK SPONGE CAKE.

Beat six eggs, yolks and whites together, two minutes, add three cupfuls of sugar and beat five minutes, two cupfuls of flour with two teaspoonfuls cream-tartar and beat two minutes, one and one-third cupful of cold water, with one teaspoonful of saleratus dissolved in it and beat one minute. The grated rind and the juice of half a lemon a little salt, add two more cupfuls of flour and beat another minute.

#### SPONGE CAKE.

Ten eggs, one pound of powdered sugar, one-half pound of flour, juice of half a lemon, with the rind grated. After all the

ingredients are ready, the sugar and flour, sifted, the lemon peel grated, the half lemon squeezed, and the tins buttered. The success of this cake is in the beating of the eggs. Two persons should beat them, at least half an hour, one beating the whites and the other the yolks and half the sugar together. Next cut the yolks into the whites, then stir in lightly the remainder of the sugar, then the flour and lemon, by degrees. The oven heat should be rather moderate at first. Much of the success depends upon this, as the latter should be evenly heated throughout, before it begins to rise. When baked, spread over the cakes a wafer thickness of icing.

#### SPONGE CAKE.

Three eggs, beat three minutes, one and one-half cupfuls of sugar, beat two minutes, one-half cup cold water, two cupfuls of flour, two heaping teaspoonfuls of Equity baking-powder, a little salt and flavoring.

#### SCROLL CAKE.

Seven eggs, two cupfuls of sugar, two teaspoonfuls of Equity baking-powder, two cupfuls of flour; flavor with lemon. Beat well together, and bake.

#### FIFTH AVENUE CAKE.

Whites of ten eggs, one cupful of powdered sugar, one cupful flour, two teaspoonfuls of Equity baking-powder, juice of one lemon.

#### WHITE SPONGE CAKE.

Whites of twelve eggs, four cupfuls of powdered sugar, one tablespoonful of bleached butter, three cupfuls of flour, or two cupfuls of flour and one-half cup of cornstarch, four tablespoonfuls of sweet milk, three teaspoonfuls of Equity baking-powder. To bleach butter, put it in cold water and wash it till very white.

#### GERMAN CAKE.

Nine eggs, beaten separately, one cupful of sugar, the rind and juice of one lemon, two cupfuls of grated, stale, white bread, one cupful blanched almonds, chopped fine. Bake in a slow oven.

## ANGEL CAKE.

Whites of eleven eggs, one and one-half cupfuls of sugar (fine crushed, rolled fine), one cupful of flour, one teaspoonful each of Equity baking-powder and vanilla. Measure sugar and flour, before sifting, then sift sugar once, and the flour four times, adding baking-powder the last time. Bake in a very slow oven without buttering the pan. When it is done turn the pan upside down, resting the corners on something so that the air can reach it while cooling. The eggs must be beaten quickly, and have no water in them. Do not let them stand a minute; have sugar and flour ready before beating. Bake forty minutes. Keep a pint dish of hot water in the oven, while baking. Do not open the oven, at least twenty minutes after being put in. Avoid jarring the oven while the cake is baking. Use a new pan to bake the cake, and use this dish for no other purpose.

## ANGEL FOOD.

Whites of eleven eggs, beaten to a stiff froth, one and one-half cupfuls of granulated sugar, sift four times, one cup of flour, pinch of salt, flavor to taste, one teaspoonful of cream-tartar. Sift the flour, add the cream-tartar, sift again, sift the flour and sugar twice more, then add sugar lightly to beaten eggs, then the flour very gently, then the flavoring. Beat the whole all the time until put into the oven, bake moderately forty minutes. You can bake it in a loaf, or in two shallow pans, and put between, boiled icing.

## WHITE MOUNTAIN CAKE.

Two cupfuls of powdered sugar, one cupful of butter, one cupful of sweet milk, three cupfuls of flour, three teaspoonfuls of Equity baking-powder, whites of six eggs. Bake in jelly-pans, and frost.

## ICING.

Whites of four eggs, and three teacupfuls of powdered sugar, whipped together for half an hour; flavor with lemon, and add one teaspoonful of cream-tartar; put between layers and on top. Or, you can make boiled icing. You can make a yellow cake the same as the above recipe, only using the yolks of the eggs; bake

the same, and put it together alternately, first the yellow, then the white. It looks very pretty when cut. The two together will make two loaves.

#### COCOANUT CAKE.

One and one-half cupfuls of white, powdered sugar, one-half cup of butter, three cupfuls of flour, one cupful of sweet milk, one whole egg, and the yolks of three, one cocoanut. Bake in jelly-pans. To prepare cocoanut, cut a hole through the meat, at one of the eyes in the end of the nut, draw out the milk, pound the nut well on all sides, to loosen the meat, crack, take out the meat, wipe dry, and set the pieces in the heater, or in a cool, open place, over night, or for a few hours, to dry; then grate. Make a boiled icing, put a handful of cocoanut into the frosting, and put between the layers of the cake; frost the top and sides, and sprinkle thickly with cocoanut.

#### WHITE COCOANUT CAKE.

Two cupfuls of sugar, one small cupful of butter, whites of seven eggs, one cupful of sweet milk, two cupfuls of flour, one cupful of cornstarch, two teaspoonfuls of Equity baking-powder. Frost, and prepare cocoanut as in above recipe.

#### ORANGE CAKE.

One and one-half cupfuls powdered sugar, one-half cup of butter, yolks of three eggs, and whole one, three cupfuls of flour, one cupful of sweet milk, two teaspoonfuls of Equity baking-powder. Bake in jelly-pans.

#### THE ICING.

Beat the yolks of three eggs, and add the grated rind and juice of two large or three small oranges; (be careful they are not bitter), thicken it with powdered sugar; put this between the layers of the cake, and ice it nicely on the top and sides. Any kind of white cake with the yellow icing, makes a beautiful contrast.

#### ORANGE CAKE.

One cupful of butter, two cupfuls of white sugar, one cupful

of sweet milk, three cupfuls of flour, three teaspoonfuls of Equity baking-powder, five eggs, leaving out the whites of two. Bake in jelly-pans. Between the layers spread a frosting made of the whites of two eggs, one pound of sugar, and juice of two oranges. Grate the rind into the cake.

## CUSTARD CAKE.

Two cupfuls of sugar, one-half cup of butter, five eggs, one-half cup sweet milk, two and one-half cups of flour, three teaspoonfuls of baking-powder. Bake in jelly-pans.

FOR CUSTARD.—One-half cup of sugar, one egg, one tablespoonful of cornstarch, one cupful sweet milk; flavor to taste.

## WHITE CUSTARD CAKE.

Two cupfuls of white sugar, one-half cup of butter, one cupful sweet milk, whites of six eggs, three cupfuls of flour, three teaspoonfuls of Equity baking-powder; bake in jelly-pans.

CUSTARD.—One pint of sweet milk, yolks of four eggs, two tablespoonfuls of cornstarch, one-half cup of sugar.

## CARAMEL CAKE.

One and one-half cupfuls of sugar, one-half cup of butter, three cupfuls of flour, three-fourths cup of sweet milk, whites of five eggs, three teaspoonfuls of Equity baking-powder; bake in deep jelly-pans.

Make Caramel as follows: Two coffeecupfuls of granulated sugar, one coffeecupful of cream (if you cannot get the cream use milk), one spoonful butter—wash all the salt out of the butter as it curdles the milk. Boil fifteen minutes; stir all the time while boiling. Set off and stir till it begins to thicken, spread between the layers, and frost all over the outside with a thick coating of the caramel. For chocolate caramel, boil ten minutes, and add four sticks of grated chocolate.

## WHITE CHOCOLATE CAKE.

Whites of six eggs, two cupfuls of powdered sugar, two-thirds cup of butter, one cupful of sweet milk, three cups of flour, three teaspoonfuls of Equity baking-powder; bake in jelly-pans.

To prepare the chocolate, beat the whites of two eggs to a stiff froth, add four sticks of chocolate, eighteen teaspoonfuls of powdered sugar, one teaspoonful of cream-tartar, beat well, and when the cake is done, put between layers, and frost the top.

#### YELLOW CHOCOLATE CAKE.

One cup very full of butter, two cupfuls of sugar, three cupfuls of flour, two-thirds cup of sweet milk, five eggs, three teaspoonfuls of Equity baking-powder. Bake in four jelly-pans. Make boiled icing, and add four sticks of grated chocolate, first dissolved in a little cold water; put between layers and on top.

#### CHOCOLATE CAKE.

The whites of eight eggs, two cups of sugar, one of butter, three cupfuls of flour, one of sweet milk, three teaspoonfuls of Equity baking-powder. Beat the butter to a cream, stir in the sugar, and beat until light; add the milk, then the flour and beaten whites. When well beaten, divide into two equal parts, and into half grate five sticks of sweet chocolate. Bake in layers, spread with custard, and alternate the white and dark cakes. For custard for the cake, add a teaspoonful of butter to two teacupfuls of milk, and let it come to a boil; stir in two eggs beaten with one cupful of sugar, add tablespoonful of cornstarch, dissolved in a little milk. Frost with white icing on top and sides.

#### CREAM CHOCOLATE CAKE.

Three eggs beaten light, one cupful of sugar, one of flour, four tablespoonfuls of milk, two teaspoonfuls of Equity baking-powder. Bake the cake in a deep jelly-pan, let it cool, then cut through the center, and put in the custard cold. Custard for the cake; one cupful of milk, two eggs, one-half cup of sugar, three teaspoonfuls of flour, one of cornstarch; flavor as you like. Frost the top and sides with chocolate icing.

#### RIBBON CAKE.

One-half cup of butter, three eggs, one and one-fourth cupfuls of sugar, one-half cup of milk, two and one-half cupfuls of flour, two teaspoonfuls of Equity baking-powder. Take one



cupful of this mixture and put in one jelly-pan, and another cupful in another pan, and bake. These are for the top and bottom of the cake. While these are baking, add to what is left in the bowl one teaspoonful each of cinnamon, cloves, nutmeg, and two tablespoonfuls of molasses, one cupful of chopped seeded raisins. When this is baked, put it between the other two with just enough jelly to make them stick. Roll in a napkin till cold.

#### SPICE CAKE.

Two cups of brown sugar, one cupful of butter, one cupful of sour cream, three cupfuls of flour, one teaspoonful of soda, three teaspoonfuls of cinnamon, two of allspice, two of cloves, one nutmeg. Bake like jelly cake, and put together with frosting or jelly. Frost the top and sides with white icing. Add five eggs.

#### HICKORYNUT OR ENGLISH WALNUT CAKE.

One pound of granulated sugar, one half pound of butter, one teacupful of sweet milk, one teaspoonful of soda, juice of one lemon, and four eggs, three cupfuls of flour, two cupfuls of rolled hickorynuts or English walnuts, added with one cupful of currants and raisins. Bake in jelly-pans in a quick oven. Put together with boiled icing, ice the top and sides also.

#### FIG CAKE.

SILVER PART.—Two cupfuls of sugar, two-thirds cup of butter, two-thirds cup of milk, whites of eight eggs, three teaspoonfuls of Equity baking-powder, thoroughly sifted, with three cupfuls flour; stir butter and sugar to a cream, add the milk and the flour, and last the whites of the eggs.

GOLD PART.—One cupful of sugar, one-half cup of butter, one-half cup of sweet milk, two teaspoonfuls of Equity baking-powder, sifted in two cups of flour, yolks of seven eggs, well beaten, and one whole egg, one teaspoonful of allspice and two of cinnamon; bake the white in two long pie-tins. Put half the gold in a pie-tin, and lay on one pound halved figs (previously sifted over with flour), so that they will just touch each other; put on the rest of the gold, and bake. Put the cakes together

with frosting while warm, the gold between the white ones, and cover with frosting.

#### LEMON JELLY CAKE.

Two cupfuls of granulated sugar, one-half cup of butter, one cupful of sweet milk, three cupfuls of flour, three eggs, three teaspoonfuls of Equity baking-powder. Bake in jelly-pans.

JELLY FOR CAKE.—One cup of white sugar, one egg, one lemon, the rind grated, one tablespoonful of butter. Beat all together; and boil three minutes; let it get perfectly cold before using. Spread between the layers, and frost the top and sides.

#### ALMOND CAKE. (No. 1.)

Two cupfuls of powdered sugar, two and one-half cupfuls of flour, half cup of milk, one-fourth cup of butter, whites of eight eggs, three teaspoonfuls of Equity baking-powder. For custard take three-fourths pint of rich sour cream, yolks of three eggs, beaten well with the same quantity of sugar, one and one-half pounds of almonds, blanched and pounded in a mortar very fine; add the beaten yolks to the cream, and beat until as thick as sponge-cake, then add the whites and almonds; flavor with vanilla. Spread thick between the layers; frost the top and sides.

#### ALMOND CAKE. (No. 2.)

One-half cup of butter, two cupfuls of powdered sugar, three cupfuls of flour, one cupful of sweet milk, four eggs, or the whites of six, three teaspoonfuls of Equity baking-powder.

THE CREAM.—One-half pint of thick, sweet cream, whites of three eggs, one pound of almonds, blanched and pounded to a paste. Set the sauce-pan, containing the cream, into a pan of boiling water, and when the cream comes to a boil, stir in the whites beaten to a stiff froth, add the almonds and one-half cup of sugar; let it get cold, then flavor with vanilla; spread this between the cake, and frost the top and sides.

#### VARIETY CAKE.

Make a batter, as for cocoanut cake; bake five layers in jelly-tins; make frosting of the whites of three eggs, two cupfuls of powdered sugar, two teaspoonfuls of Equity baking-powder,

with frosting for the first layer rolled English walnuts, with that for second layer mix fine dried figs, for the third with walnuts, for fourth with figs, and on the top and sides spread the plain frosting, with grated cocoanut thickly over it.

## DREAM CAKE.

Two cupfuls of pulverized sugar, half cup of butter, beaten to a cream; add half cup of sweet milk, two and a half cups of flour, two and a half teaspoonfuls of Equity baking-powder in the flour, whites of eight eggs; it is baked in three layers; each layer should be about inch and a half thick when baked. The frosting for the bottom layer is flavored with lemon, the next layer with vanilla, and the top layer and sides are frosted, and the top layer is thickly covered with cocoanut and is flavored delicately with a few drops of rose water.

## SNOW CAKE.

Beat one cupful of butter to a cream, add one and a half cupfuls of flour, and stir very thoroughly together; then add one cupful of cornstarch, one cupful of sweet milk, in which three teaspoonfuls of Equity baking-powder have been dissolved; last, add the whites of eight eggs and two cupfuls of sugar well beaten together; flavor to taste, bake in sheets, and put together with icing.

## MINNEHAHA CAKE.

Two cupfuls of sugar, half cup of butter, whites of six eggs, or four whole eggs, one-half cup of sweet milk, two and one-half cupfuls of flour, three teaspoonfuls of Equity baking-powder. Bake in three layers. For filling, make boiled icing and add to it two cupfuls of stoned raisins, chopped fine, and place between the layers and over the top.

## PRISON CAKE.

One cupful of butter, two cupfuls of powdered sugar, one cupful of sweet milk, three cupfuls of flour, whites of eight eggs, three teaspoonfuls of Equity baking-powder.

DARK PART.—One cupful of butter, two cupfuls of dark brown

sugar, one cupful of molasses, one cupful of sour milk, four cupfuls of flour, one teaspoonful of soda, yolks of eight eggs, one pound of currants, one pound of raisins, all kinds of spices; bake in jelly-pans. When cold, put together with the following icing: The white of one egg, thoroughly beaten, the grated rind of two and the juice of three lemons, and powdered sugar enough to make a thick frosting; then put together, first dark, then light, with frosting between, on top and sides.

#### CREAM SPONGE CAKE.

Three eggs, beaten separately, one cupful of sugar, one cupful of flour, two tablespoonfuls of cold water, two teaspoonfuls of Equity baking-powder. Beat the sugar and yolks of the eggs till thick, add the water and flour, with the baking-powder; lastly, the whites of the eggs. Bake in layers, and make the cream as follows: One-half pint of sweet milk, one-half teacup of sugar, one tablespoonful of cornstarch; flavor to taste. When the milk comes to a boil, stir in the yolk and cornstarch, previously wet with a little cold milk; boil three minutes, take it off the fire, add the sugar and the beaten white; let it get cold before putting between the layers. Add one egg.

#### ROLLED JELLY CAKE.

If the directions for making this cake are carefully observed, there will be no such thing as a failure in making it. The eggs are not beaten separately, and the faster the cake is put together the better it will be. Take two coffeecupfuls of granulated sugar, two teacupfuls of sifted flour, two heaping teaspoonfuls of Equity baking-powder, pinch of salt; into this break six eggs, beat all well together, turn into tins, and bake in a quick oven to a light brown; when done, turn out on a moulding-board, and spread with jelly; roll carefully, and wrap each roll in a clean napkin.

#### COCOANUT BALLS.

Two cupfuls of sugar, three-fourths cup of butter, three-fourths cup of milk or water, whites of six eggs, two teaspoonfuls of Equity baking-powder; flavor with lemon. Bake in square pie-pans. When the cakes are done and cold, cut into square pieces.

FROSTING.—Two cupfuls of sugar, eight tablespoonfuls of water; boil until it “ropes” from the end of the spoon, turn while hot upon the beaten whites of two eggs, beat well, and use it hot; dip the cake first into the icing then into grated cocoanut.

#### ORANGE CAKE.

Two cupfuls of sugar, two and one-half cupfuls of flour, two-thirds cupful of sweet milk, four eggs. Put three teaspoonfuls of Equity baking-powder into the flour before adding it to the other ingredients. Beat the eggs and sugar as for sponge cake, then add the milk and flour, with a little salt. For frosting, whites of two eggs, two cupfuls of powdered sugar, to which add the juice and grated rind of two oranges, and put together. This is a very accommodating cake when butter is scarce; can be used for any kind of layer cake, or it is very nice baked in a loaf.

#### ICE CREAM CAKE.

Make a good sponge cake, bake half an inch thick in jelly-pans, and let them get perfectly cold; take a pint of very thick, sweet cream, beat until it looks like ice cream, add one cupful of sugar and flavor with vanilla; blanch and chop a pound of almonds, stir into the cream, and put very thick between each layer.

#### LITTLE GOLD CAKES.

The yolks of eight eggs, three cupfuls of flour, two cupfuls of sugar, one-half cupful of butter, one cupful of sweet milk, two teaspoonfuls of baking-powder; flavor to taste. Bake in small fluted pans.

#### RICE CAKES.

Take four pounds of flour, one pound of ground rice, two pounds of sugar, one pound of butter, ten eggs, one-half pint of cold water, one-half ounce of ammonia, dissolved in the water, and added immediately to the other ingredients before mixing, flavor with lemon, wash with beaten egg and dust with broken sugar on top before putting in the oven.

#### ALMOND CAKES.

Whites of eight eggs, beaten to a froth, stir into them one

pound of powdered sugar, for half an hour, one-half pound of almonds, chopped, and flour sufficient to make a thick dough. Drop on buttered tins dusted with flour. Put in cinnamon to suit the taste.

#### SPONGE DROPS.

One and one fourth pounds of sugar, nine eggs, one ounce of ammonia, one-half pint of sweet milk; flavor with lemon; one pound of flour. Drop on buttered pans and bake in a hot oven.

#### SHREWSBURY CAKES.

Four pounds of flour, two pounds of sugar, two pounds of butter, eight eggs, one pint of milk, one and one-half ounces of ammonia, lemon to taste. Drop on tins and bake.

#### CITRON CAKES.

Four eggs, whites and yolks beaten separately, then together, with one-half pound white powdered sugar; stir one-half hour; one-fourth pound of chopped citron, and the same of chopped almonds; flour enough for thick dough, and bake like the above.

#### LEMON JUMBLES.

One egg, one teacupful of sugar, one-half teacup of butter, three teaspoonfuls of milk, juice of two small lemons, and the grated rind of one, one level teaspoon of cream-tartar, one-half (small) teaspoon of soda. Mix into a soft dough, handle as little as possible, roll very thin cut into round cakes and bake in a quick oven.

#### NEW YEAR'S COOKIES.

One and one-fourth pound of sugar, one pound of butter, one-half pint of cold water, three and one-fourth pounds of flour, one teaspoonful of soda, dissolved in warm water, four tablespoonfuls caraway seed, sprinkled through the flour. Rub the butter, or, what is better, chop it up in the flour; dissolve the sugar in the water; mix all well with the beaten eggs, cut with a round mould, and bake quickly. Keep in a cool, dry place, in a stone crock. They are very nice. Add two eggs.

## LEMON COOKIES.

One pint of granulated sugar, one cupful of butter, one quart of flour, four eggs, leave out the white of one, three teaspoonfuls of Equity baking-powder, juice and grated rind of one lemon. Beat the sugar, butter and eggs to a cream; add the juice and grated rind of one lemon, sift the baking-powder with the flour, mix together, and mould as lightly as possible. After cutting the paste into cakes, wash the tops with the white of an egg, beaten to a froth, and sprinkle over with granulated sugar, and bake.

## SOUR CREAM COOKIES.

Two cupfuls of white sugar, one of sour cream, one teaspoonful each of soda and nutmeg, one egg, piece of butter the size of an egg, little salt. Beat the sugar and egg to a cream, add the butter and cream, next the nutmeg, and mix in flour enough to make a soft dough; roll out, cut into cakes, and bake in a hot oven.

## GOOD COOKIES.

Two cups of white sugar, one cup of nice fresh lard, two eggs, well beaten, one cup of sweet milk, one teaspoonful of soda, two teaspoonfuls of cream-tartar. Stir lard and sugar to a cream, add the beaten eggs, the milk with soda, the cream-tartar with the flour; flavor to taste; mix very soft, and bake quickly.

## SUGAR COOKIES.

One pound of granulated sugar, three-fourths of a pound of butter, one-half pint of buttermilk, one-half ounce of soda, flour to make very soft. Roll thin and bake in a hot oven.

## SAND TARTS.

One pound of sugar, two pounds of flour, three-fourths pound of butter, one-half cup of sweet milk, yolk of one egg. Cut in diamonds, wash the top with white of egg, sprinkle with sugar and cinnamon. Bake quickly.

## EXCELLENT JUMBLES.

One cupful of butter, two of white sugar, one cupful of sweet

cream, one teaspoonful of soda, one egg, little nutmeg. Flour enough to stiffen so as to bake in rings.

#### RING JUMBLES.

Three coffeecupfuls of powdered sugar, two cupfuls of butter, four eggs, beaten separately, flour enough to make a soft dough, tablespoonful of rose water. Paper a pan, and with a spoon, form rings of the dough, leaving a hole in the middle. Bake in a hot oven.

#### LADY'S FINGERS.

Two coffeecupfuls of powdered sugar, ten eggs, one quart of sifted flour, flavor with lemon, pinch of salt. Beat eggs and sugar as light as for sponge cake; sift in with flour one teaspoonful of baking-powder, and stir slowly. Drop upon white paper, in long narrow cakes; bake in a very hot oven. They are nice dipped in chocolate icing. When done, spread with jelly, and put together.

#### ALMOND CHEESE CAKES.

Take one-half pound of sweet almonds, blanch and put them in cold water. Take them out and wipe them dry; beat them in a mortar, fine, and quickly drop in a few drops of rose water to prevent oiling; add one and one-half cupfuls of powdered sugar, and the grated rind of one lemon, the yolks of eight eggs. Beat the whole mixture together until it becomes white and frothy; butter small patty-pans, cover with puff paste, and fill them with this mixture; grate sugar over them, and bake in a gentle oven. Serve cold.

#### LEMON CHEESE CAKES.

One-fourth pound of butter, yolks of two eggs and white of one, the grated rind and juice of two lemons, one-half pound of loaf sugar. Beat the eggs light, melt the butter, and put it in last. Make and bake like almond cheese cakes.

#### BUTTER BISCUIT.

One cupful of sugar, one small cupful of butter, one egg, one-fourth teaspoon of soda, one-half of cream-tartar, flour to roll them nicely. Bake quickly.



## ALMOND JUMBLES.

Two cupfuls of powdered sugar, three cupfuls of flour, one-half cup of butter, one cup of sour milk, five eggs, one tablespoonful of rose water, three-fourths pound of blanched and chopped almonds, one teaspoonful of soda, dissolved in warm water. Cream butter and sugar, stir in the beaten yolks, the milk and flour, the rose water and the almonds; lastly, the beaten whites. Drop in rings, on buttered paper, and bake quickly. You may substitute grated cocoanut for almonds.

## BOSTON CREAM CAKES.

One-half pint of boiling water, two-thirds cup of butter, five eggs, two cupfuls of flour. Boil water and butter together; while boiling, stir in the flour, and boil five minutes; take it off the fire, and when it gets cold, add the eggs, beaten separately, and stir with the hand to a smooth paste. Grease a dripping-pan, and drop a tablespoonful of this mixture for each cake; rub the top of each cake with the white of an egg, beaten to a froth. Bake in a hot oven twenty minutes. They will be hollow inside.

THE CREAM.—One pint of sweet milk, two eggs, one-half cup of sugar, one tablespoonful of cornstarch. Let the cream come to a boil, then stir in the cornstarch and the yolks of the eggs, well beaten; boil two minutes, set off, add the sugar, and the whites, beaten to a stiff froth; flavor with lemon. Cut off the tops of the cakes and fill them with the cream.

## CREAM PUFFS.

One cupful of hot water, one-half cup of butter. Boil together, and while boiling, stir in one cupful of flour; let it boil three minutes, set it off the stove and let it get perfectly cold, then stir in three eggs (not beaten). Stir with the hand to a smooth paste, drop a dessertspoonful on a buttered tin. Bake in a hot oven, and when cold fill with the above cream, and sift powdered sugar over them.

## CRULLERS AND DOUGHNUTS.

To fry doughnuts use one-third suet, to two-thirds lard. Of course, the suet must be, like the lard, of the very nice and

sweetest kind. I find good beef drippings, such as one saves from roasts, to be very nice for this purpose. Not only are the doughnuts better flavored, when fried in this way, but I find that it is also an advantage in the way of economy, as the lard and tallow so used together will fry many more cakes than an equal quantity of lard will—as the latter prevents fat-soaking. Fat-soaked doughnuts have always been a great horror to me, and I have noticed the making of them to be the failure of many inexperienced cooks. The great cause of the trouble is that the fat is not boiling hot when the cakes are put in. When the cakes do not rise to the surface within a few seconds after they are put in, then the fat is not hot enough and yet you must never let the fat be so hot as to emit a blue smoke or your cakes will be dark-colored and bitter. But in this, as in everything else, practice makes perfect.

#### RAISED CONNECTICUT DOUGHNUTS.

One pint of sweet milk, four eggs, one teacupful each lard and yeast, one teaspoonful each cinnamon, salt, and nutmeg, two cupfuls of white sugar. Warm the milk, add the lard and yeast, stir as thick as griddle-cakes; set over night. In the morning, add the beaten eggs, with the rest of the ingredients, and mix like biscuit dough; when light, cut with a small, round cutter, and let them stand on the moulding-board till light; fry in hot lard, and roll in powdered sugar, when done.

#### RAISED DOUGHNUTS.

Three cupfuls of sweet milk, one cupful of yeast, flour to make a thick batter. Set this sponge over night. In the morning, add one cupful of sugar, one-half cupful of butter, nutmeg or cinnamon to taste, one saltspoonful of salt, flour enough to roll out like biscuits. Knead well and set to rise. When light roll out and cut into cakes, and let them get light and fry in hot lard.

#### PLAIN DOUGHNUTS.

One and one-half cupfuls of sweet milk, one and one-half cupfuls of buttermilk, one-half cup of sugar, one small teaspoonful of soda, two teaspoonfuls of cream-tartar, even teaspoonful

of Equity baking-powder, two eggs, well beaten. Mix very soft, season with nutmeg. Fry in hot lard.

DOUGHNUTS—Very fine.

One cupful of powdered sugar, one pint of sweet milk, three teaspoonfuls of Equity baking-powder, two eggs, piece of butter the size of an egg, one-half nutmeg. Beat the sugar, butter and eggs together till very light, add the milk and flour, with the baking-powder; mix very soft, roll out an inch thick, cut with a round cutter, not larger round than a walnut, with a hole in the center. You can get one made at any tin shop for a trifle. The beauty of the doughnut is to have it in shape like a ball. Fry in hot lard, and when done, roll in powdered sugar.

DOUGHNUTS.

Mix by sifting two or three times, two heaping teaspoonfuls of Equity baking-powder, with one quart of flour; beat two eggs with one coffee-cup of sugar, adding a teacupful of new milk (or better, if at hand, half milk and half cream), and season with nutmeg. Mix all together, reserving a little flour for rolling out. Fry in hot lard.

CREAM DOUGHNUTS. L

One teacupful of sour cream, two of buttermilk, two of sugar, three eggs, one teaspoonful each salt, soda, and cinnamon. Flour to roll out rather soft, cut into strips and twist. Fry immediately.

CRULLERS. (No. 1.)

Four eggs, six heaping tablespoonfuls of fine sugar, four tablespoonfuls each of melted butter and sweet milk, one teaspoonful of Equity baking-powder. Flavor with lemon. Mix these ingredients well, then add flour enough to roll soft, cut into narrow strips, braid in fancy shapes and fry immediately. If the whole is carefully done, the crullers will come out very light-colored and nice.

CRULLERS. (No. 2.)

Three eggs, one-half pint of buttermilk, two cupfuls of sugar, one cupful of butter, half a nutmeg, teaspoonful of cinnamon,

teaspoonful of salt, flour enough to make them roll nicely. Beat the eggs separately. Roll out, cut into shapes, and fry in hot lard.

#### CRULLERS. (No. 3.)

Six eggs, one coffeecupful sugar, six tablespoonfuls melted butter, four of sweet milk, one teaspoonful soda in the milk, two teaspoonfuls cream-tartar in the flour, one teaspoonful of ginger, half of a small nutmeg (or any other seasoning), flour to roll out; fry in hot lard. If the lard is not fresh and sweet, slice a raw potato, and fry before putting in the cakes.

#### NOTHINGS.

Three well beaten eggs, one teaspoonful of salt, flour enough for a very stiff paste. Roll out, and cut into very thin cakes and fry like crullers; put two together with jam or jelly, and sprinkle with powdered sugar.

#### MOONSHINES.

Two eggs, one tablespoonful of butter, one teaspoonful of salt. Beat the eggs very light, add the butter and salt, beat five minutes; mix very stiff, roll out in a thin sheet, cut in square pieces with a knife, slit in six bars; pass two knitting-needles under every other strip, spread the needles as far apart as possible, and with them, hold the moonshines in the fat until a light brown. Only one can be fried at a time. They are very nice to set on the table for a tea party.

#### COMFITS.

One cupful of sugar, one cupful of sweet milk, three cupfuls of flour, two eggs, one teaspoonful of lemon, pinch of salt, two teaspoonfuls of Equity baking-powder. Fry in hot lard. Dip in by the spoonful.

#### TRIFLES.

One quart of flour, one cupful of sugar, two tablespoonfuls of melted butter, a little salt, two teaspoonfuls of Equity baking-powder, one egg, and sweet milk sufficient to make it rather stiff. Make and fry like moonshines.

## GINGER BREAD.

Ginger bread and cakes require a moderate oven; snaps a quick one. Snaps will not be crisp if made on a rainy day. If cookies or snaps become moist in keeping, put them in the oven and heat them for a few minutes. Always use New Orleans or Porto Rico molasses, and never syrups. Soda is used to act on the "spirit" of molasses.

## GINGER BREAD.

One cupful each of molasses, brown sugar, and sweet milk, one small cup of butter, three eggs, three cupfuls of flour, two teaspoonfuls of cream-tartar, one of soda, one teaspoonful each of ginger and cloves. Bake in two shallow pans.

## SOFT GINGER BREAD.

One cupful of brown sugar, one of molasses, three-fourths of a cupful of cold water, three cupfuls of flour, one-half cup of shortening, one egg, three teaspoonfuls of soda. Bake in a large dripping-pan. One teaspoonful of ginger.

## GINGER BREAD—Very nice.

One cupful each molasses, brown sugar, and sour cream, three cupfuls of flour, three eggs, one teaspoonful each of soda, cinnamon, and ginger, one-half teaspoon of salt, two teaspoonfuls of baking-powder. Bake as the above recipe.

## THE BEST OF GINGER BREAD.

One cupful of New Orleans molasses, three tablespoonfuls of brown sugar, nine tablespoonfuls of melted butter, or nice drippings, three teacupfuls of flour, one cupful of boiling water, two teaspoonfuls of soda, one tablespoonful each of cinnamon and ginger. Set the molasses and sugar on the stove, in a tin pan, and let it come to a boil; put in the melted butter, next the boiling water with the soda, next the spices and flour; beat all the lumps out, and put in the oven as soon as you can. The secret in making this ginger bread is not to get it too stiff. You must use judgment in regard to flour, as some flour thickens more than others.

## HARD GINGER BREAD.

Five pints of flour, two coffeecupfuls of butter, one quart of molasses, half pint of sweet milk, two teaspoonfuls of soda; mix the milk, molasses, and flour together, melt and add the butter; roll out on the sheets. To make it glossy, rub over the top, just before putting into the oven, one well beaten egg.

## SPONGE GINGER BREAD.

One cupful of sour milk, one of molasses, one-half cup of butter, two eggs, one teaspoonful of soda, one tablespoonful of ginger, three cupfuls of flour; put butter, molasses and ginger together, make them quite warm, add the milk, flour, eggs and soda; bake as soon as possible.

## GINGER COOKIES.

Two cupfuls of molasses, one cupful of butter or lard, one tablespoonful of ginger, one tablespoonful of soda, dissolved in three tablespoonfuls of boiling water, one egg; mix very soft.

## GINGER COOKIES—Extra fine.

Five eggs, two cupfuls of New Orleans molasses, two cupfuls of brown sugar, two cupfuls of butter, two teaspoonfuls of soda, dissolved in one tablespoonful of hot water, one tablespoonful of ginger. Beat the eggs very light, then stir in the rest of the ingredients, turn into the flour and mix hard enough to roll nicely. I usually use one cupful of butter and one of lard.

## GINGER COOKIES.

Two cupfuls of brown sugar, one of molasses, one cupful of butter, one tablespoonful ginger, one teaspoonful of alum, two teaspoonfuls of soda, one cupful of boiling water. Dissolve the alum in the hot water. Mix rather stiff, roll out little thicker than sugar cookies; bake in a quick oven. This recipe makes nice, hard ginger bread, such as bakers make.

## MOLASSES JUMBLES.

One cupful of melted butter, two cupfuls of molasses, one cupful of cold water, two teaspoonfuls of soda, two eggs, one table-

spoonful of ginger. Make them thick enough to drop from a spoon. Bake in a hot oven.

#### GINGER DROP CAKES.

One cupful each of molasses, brown sugar, lard, and sour milk, four and a half cupfuls of flour, one tablespoonful each of cinnamon and soda, one teaspoonful each of ginger and cloves. Drop by the spoonful on tins, and bake in a hot oven.

#### GINGER SNAPS. (No. 1.)

One pint of molasses, one cupful each of brown sugar and butter, one teaspoonful of soda, one tablespoonful of ginger. Set the molasses on the stove and boil hard five minutes. Set it off, let it get cold. While the molasses is cooling, rub the butter and sugar to a cream, then add it to the molasses, with the soda and ginger. Make into a stiff dough, roll very thin, cut into round cakes, and bake in a quick oven.

#### GINGER SNAPS. (No. 2.)

One cup of molasses, one cup of brown sugar, one-half cup of boiling water, in which dissolve one teaspoonful of soda; mix all the ingredients well together, add one teaspoonful each of ginger and allspice, and last of all add two-thirds cup of melted butter; mix stiff enough to roll nicely; roll very thin, cut into round cakes, and bake in a hot oven.

#### BAKERS' GINGER SNAPS.

One quart of New Orleans molasses, two and one-half teacupfuls of brown sugar, two teacupfuls of lard, well packed, two tablespoonfuls of soda, one tablespoonful of cloves, two tablespoonfuls of ginger. Mix the ingredients well together, and knead in flour until very hard. Work them as you would bread, half an hour, or until the dough cracks. Roll very thin, and cut as small as a silver dollar. You can get the cutter made at any tin shop, for a trifle. The cutter should be made so as to cut ten at one time. Bake in a hot oven. When they are all baked, let them get cold, then put them in a stone jar.

## GINGER NUTS.

Six pounds of flour, one pound and a quarter of butter, rubbed into the sugar, one pound and three-quarters of sugar, one quart of molasses, four ounces of ginger, one nutmeg, and some cinnamon. The dough should be stiff, and kneaded hard for a long time. Cut into small cakes. They will keep good, closely covered in a stone jar, for many months.

## SUPERIOR GINGER CAKES.

Four eggs, one cupful of sour milk, one quart of molasses, one cupful of sugar, one cupful of butter, one cupful of lard, one tablespoonful of ginger, one even tablespoonful of soda, beaten into the molasses. The eggs and sugar should be beaten as for cake; the butter worked into the flour; after working the ingredients thoroughly, handling the dough as little as possible. Flour the board and rolling-pin well, as the dough should be as soft as can be handled. Roll a quarter of an inch thick; cut into cakes and bake in a quick oven.

## GINGER SNAPS.

One large cupful of butter and lard mixed, one coffeecupful of brown sugar, one cupful of molasses, one-half cup of cold water, one tablespoonful each of ginger, and cinnamon, one teaspoonful of cloves, one teaspoonful of soda, dissolved in warm water. Flour for pretty stiff dough. Roll very thin and bake quickly.

## CRISP GINGER SNAPS.

One pint of molasses, one cupful of lard, and a little salt, three tablespoonfuls of vinegar. Heat all together and after removing from the stove, add one even tablespoonful of soda and one tablespoonful of ginger. When cool, mix in enough flour to make it stiff. Roll very thin; bake quickly.



## CONFECTIONERY.

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### TO PREPARE SUGAR FOR CANDIES.

Put a coffee-cupful of water for each pound of sugar, into a porcelain kettle, over a slow fire. Put in, for each pound, say half a sheet of isinglass, and half a teaspoon of gum arabic, dissolved together. Skim off all impurities, and flavor to your taste. All sugar for candy is prepared thus, and then boiled till, when drawn into strings and cooled, it snaps like glass. A little hot vinegar must be put to loaf sugar candy, to prevent its being too brittle. Candies made thus, can be colored with boiled beet juice, or saffron, and it can be twisted, rolled, and cut into any form. It can have almonds, cocoanut, hickorynuts, Brazil, or peanuts, sliced, or chopped and put in. It can be flavored with vanilla, rose, lemon, orange, cloves, cinnamon, or anything you please.

### MOLASSES CANDY.

One cupful of granulated sugar, one cupful of molasses, one-fourth cup of water, piece of butter the size of an egg. Boil hard, stir all the time. Try it by dipping a little in water. When done, let it get cool enough to handle, and pull until it becomes white. If you wish, put in a cupful of hickorynut meats; pour on buttered pans, and let it get cold.

### ICE CREAM CANDY.

Put three cupfuls of white sugar in an iron kettle with little less than half a cup of vinegar, or the juice of one large lemon, one and a half cupfuls of water, and butter the size of a hickorynut. Do not stir the ingredients, but put over a hot fire and

boil, until dropping in a little water, it will be quite hard; add flavoring just as it is done; pour into buttered plates; pull as soon as it can be handled. If you want taffy, do not boil quite so long. This recipe makes splendid chocolate candy, by merely adding a cupful of grated chocolate when you first put it on to boil. If you do not pull it, you will have chocolate caramels. It is very nice when pulled.

#### CHOCOLATE CARAMELS.

One cupful molasses, one-half cup of sugar, one-third cup of milk, two and one-half squares of chocolate, butter size of a small egg. Grate the chocolate fine, and boil until stiff; pour into buttered pans to cool; before cold, mark off in little squares.

#### ✓ CHOCOLATE CREAMS.

INSIDE.—Two cupfuls of sugar, one cupful of water, one and a half tablespoonfuls of arrowroot, one teaspoonful of vanilla.

OUTSIDE.—Half a pound of chocolate. Directions: For inside, mix the ingredients, except the vanilla; let them boil from five to eight minutes; stir all the time. After this is taken from the fire, stir until it comes to a cream. When it is nearly smooth, add the vanilla and make the cream into balls. For outside, melt the chocolate, but do not add water to it. Roll the cream balls into the chocolate while it is warm.

#### MARSHMALLOWS.

Dissolve half a pound white gum arabic in one pint of water, strain, and add one-half pound of fine sugar, and place over the fire, stirring constantly until the syrup is dissolved and all of the consistency of honey. Add gradually, the whites of four eggs, well beaten. Stir the mixture until it becomes somewhat thin and does not adhere to the finger. Flavor to taste with vanilla, and pour into a tin slightly dusted with powdered starch, and when cool, divide into small squares.

#### BUTTER SCOTCH.

Three pounds A coffee sugar, a quarter of a pound of butter, half a teaspoon of cream-tartar, and the same of extract of lemon;

add only enough water to dissolve the sugar; boil without stirring, till it will easily break when dropped into cold water, and when done, add the lemon; pour into a well buttered dripping-pan a quarter of an inch thick, and when partly cold, mark off into small squares.

#### CREAM WALNUTS.

Two cupfuls of sugar, two-thirds cup of water. Boil without stirring until it will spin a thread; flavor with vanilla. Set off into dish with little cold water in; stir briskly until white and creamy. Have walnuts, shelled; make cream into small, round cakes with your fingers; press half a walnut on either side, and drop into sifted granulated sugar. For cream dates, take fresh dates, remove stones, and fill center of dates with this same cream. Drop into sugar.

#### HOARHOUND CANDY.

Boil two ounces dried hoarhound in a pint and a half of water for about half an hour, strain, and add three and a half pounds of brown sugar; boil over a hot fire until sufficiently hard; pour out in flat, well greased tins and mark into sticks or small squares with a knife, as soon as cool enough to retain its shape.

#### CANDIED POPCORN.

Put into an iron kettle one tablespoonful of butter, three of water, one teacupful of white pulverized sugar. Boil until ready to candy, then throw in three quarts of nicely popped corn. Stir briskly till candy is evenly distributed over corn. Take kettle from fire, stir until it is cooled a little and you have each grain separate and crystalized with sugar, taking care that the corn does not burn. Nuts of any kind can be prepared in the same way.

#### KISSES.

Beat the whites of four eggs to a stiff froth, stir into them half a pound of powdered sugar; flavor with lemon or rose; continue to beat until very light, then drop, half the size of an egg, and a little more than an inch apart, on well buttered letter paper; lay the paper in a dripping-pan and place in a hot oven. Bake till a light yellow; a little ammonia makes them light.

## MERINGUES.

Whites of six eggs, nine ounces of powdered sugar, one-half pint of cream (whipped), three ounces of sugar with the cream, a slight flavoring of vanilla. Whip the eggs to a very stiff froth; add three drops of vanilla, and mix in the sugar, by turning it all over the eggs at once, and cutting it together very carefully. Sprinkle sugar over a tin platter, and on it place a tablespoonful of this mixture at convenient distances apart; smooth the tops and sprinkle a little sugar over them. The secret in making them is in baking. Put them in a moderate oven and let the doors be open, for thirty-five minutes. They should not be allowed to color during that time. They should be in the oven three-fourths of an hour. Brown slightly toward the last. While warm, scoop out the inside and fill with whipped cream, and stick two of them together.

## ALMOND MACAROONS.

Prepare the almonds the day before you make the cakes, by blanching them in boiling water, stripping off the skins, and pounding them, when perfectly cold, a few at a time, in a mortar, adding from time to time, a little rose water; when beaten to a smooth paste, stir into a pound of sweet almonds, one tablespoonful of essence of bitter almonds; cover closely, and set away in a cold place until the next day. Then to a pound of meats allow one pound of powdered sugar, the beaten whites of eight eggs, one teaspoonful of nutmeg. Stir the sugar and whites of the eggs lightly together, then whip in gradually the almond paste. Line a baking-pan with buttered white paper, drop the mixture upon the pan, being careful not to drop them too close to each other or they will run together. Sift powdered sugar thickly upon each, and bake in a hot oven. Try the mixture first, and if not thick enough, beat in more sugar. In baking macaroons and kisses, use washed butter for greasing the tins, as lard or salt butter gives an unpleasant taste.

## CUSTARDS, CREAMS, ETC.

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A good rule for custard is five eggs to a quart of milk, and a tablespoonful of sugar to each egg. A small pinch of salt and two tablespoonfuls of cornstarch, dissolved in a little cold milk, and added to the custard, improves it very much. Creams and custards that are frozen, must have at least one-third more sugar than those which are not to undergo this process. In heating the milk for custards, do not let it quite boil before adding the yolks. Take the scalding milk from the fire, and instead of pouring the beaten eggs into it, put a teaspoonful of the milk to them, beating well all the while, adding more milk as you mix, till you get it all in. Return all to the fire, and scald until the mixture is of the right consistency. Fifteen minutes should thicken a quart. Stir constantly. Custards are much nicer and lighter if the yolks and whites are beaten separately, the latter stirred in at the last.

### To WHIP CREAM.

First, let the bowl and the whisk be not only scrupulously clean, but let them be cold. If a whisk has been hanging in the hot atmosphere of a kitchen, it is not fit to whip cream with. The whisk as well as the bowl should be rinsed in cold water before they are used. The old fashioned osier whisk is preferable to a tinned one. Let the operation be carried on in the pantry, or in a room where there is no fire, and when the weather is hot, place the bowl on ice, or in a larger bowl containing cold water. As to the mode of whipping, the whisk should be held lightly in the hand, and we know no better expression to describe the way to work than that the whisk should be used in a playful manner.

Some cooks will put into the cream a small quantity of gelatine, dissolved in milk, or the white of an egg, or a pinch of gum tragacanth, all of which will, no doubt, help the frothing.

#### SNOW CUSTARD.

One quart of sweet milk, five eggs, pinch of salt, two tablespoonfuls of cornstarch; flavor with lemon. Set the milk on top of the stove in a clean vessel, then separate the eggs, beat the whites into a stiff froth; when the milk is scalding hot, slip the whites on top of the milk, turning them gently, so that they will not cook, then lift them out on a plate; whip up the yolks, with one cup of sugar, stir the scalding milk into the eggs gradually; set it on the stove, and let it come to a boil; add the salt and the cornstarch, stirring all the time the milk is scalding. The very moment it comes to the boiling point, lift it off—if it boils it will curdle—flavor to taste with lemon or vanilla; let it get cold, put it in a glass dish, and put the froth on top.

#### BAKED CUSTARD.

One quart of sweet milk, four eggs beaten separately, five tablespoonfuls of sugar, mixed with the yolks, nutmeg and vanilla. Scald but not boil the milk; add by degrees to the beaten yolks, and when well mixed, stir in the whites; flavor, and pour into a deep dish, or custard cups of white stone-china. Set these in a pan of hot water, grate nutmeg upon each and bake until firm. Eat cold, from the cups.

#### STEAMED CUSTARD.

Make the same as for baked, and steam until they are firm in the center.

#### CREAM CUSTARD.

One pint of cream, one pint of milk, one cupful of sugar, one-half cup of cornstarch, whites of four eggs. Boil the milk and cream together, and while boiling, add the sugar and cornstarch, dissolved in a little cold milk; add the whites of eggs, beaten to a stiff froth; just before you take it off, stir them lightly; boil five minutes after you put in the cornstarch. Flavor with lemon,

almond, vanilla or raspberry. It is nice to pour into cups, having a few drops of different flavor in each. You can mould it in a mould. Serve cold with cream.

#### COFFEE CUSTARD.

Mix one egg with a cupful of fresh ground coffee, and pour on it a pint of boiling water; boil five minutes, pour in a cupful of cold water, let it stand ten minutes, pour it off clear into a saucepan, add a pint of cream, and boil; beat eight eggs, yolks and whites separately; beat the yolks and one cupful of sugar till very light, and pour the boiling mixture over this, stirring it well. Set the whole in boiling water, and stir till it thickens; then add the whites, and stir lightly. Put in cups, and serve cold.

#### TAPIOCA CUSTARD.

Three tablespoonfuls of tapioca, one quart of sweet milk, one egg, and the yolks of three more, one cupful of white sugar. Soak the tapioca in the milk for two hours, then boil till tender; add the sugar and the beaten eggs, remove it from the fire, and make a frosting of the reserved whites of eggs; spread over the top, and place in the oven to brown slightly. Serve cold.

#### APPLE SNOW.

Pare and slice six good sized apples, steam until tender, then rub them through a colander, and set where they will get ice cold. When cold, add the grated rind and juice of one lemon, one cupful of sugar, and the whites of four eggs. Beat all to a froth, and serve immediately, in a deep glass dish. Dot with currant jelly, and eat with cream.

#### APPLE FLOAT.

Fill a deep glass dish half full of soft custard, and then heap up with apple snow. Make the custard with yolks of eggs.

#### CHOCOLATE CUSTARD.

Two sections of chocolate, one quart of sweet milk, one cupful of sugar, yolks of six eggs, one tablespoonful of cornstarch. Beat the chocolate and starch smooth in separate cups with milk,

and boil the rest of the milk. Add the chocolate and starch, and last of all, the eggs, stirring constantly, until the mixture is smooth. It is to be eaten with white cake, made with the whites of the eggs.

#### WHIPPED SYLLABUBS.

One pint of rich, sweet cream, one-half cup of powdered sugar, one cupful of currant jelly, vanilla or other extract, one large teaspoonful. Sweeten the cream, and when the sugar is thoroughly dissolved, beat to a stiff froth; lastly, stir in the jelly and seasoning, carefully. Serve at once, heaped in glasses, and eat with cake.

#### WHIPPED CREAM.

Whites of four eggs, one cup and a half of cream; flavor with vanilla. Whip all together to a stiff froth, put it in a glass dish, dot it with currant jelly, and serve with cake.

#### FRUIT WHIPS.

Fill a glass dish one-third full of any kind of preserved berries, and fill up with whipped cream.

#### ITALIAN CREAM.

One pint of cream, one pint of milk, or, use one quart of milk if cream cannot be had, eight eggs, one-half box of gelatine, soaked in a little cold water; flavor with vanilla. Put the cream and milk in a custard kettle, set it on the stove, and when the cream comes to a boil, stir in the gelatine, the well beaten yolks of eggs, with one cupful of sugar; stir all the time till it thickens like custard, set it off and stir in lightly the whites of the eggs. Put it in a glass dish, and set in a cool place.

#### LEMON SPONGE.

To one-half box of gelatine, take one and one-half pints of cold water; dissolve over the fire, then add one pound of white sugar, rind of two and juice of three lemons. Boil all together for a few minutes. When nearly cold, add the whites of three eggs, beaten to a froth. Beat all well together, then set it in a



cool place. When it begins to thicken, stir thoroughly; let stand again and beat as before. The oftener this is repeated the whiter it will become. Pour into moulds; serve with cream. One-half this recipe is enough for six persons.

#### FRENCH ICE CREAM.

One quart of sweet cream, yolks of four eggs, one-half ounce of gelatine, one small cupful of sugar, two teaspoonfuls of vanilla, or bitter almond extract. Soak the gelatine in just water enough to cover it, for an hour. Strain, and stir into a pint of the cream made boiling hot. Beat the yolks with the sugar, and add the boiling mixture, beaten in a little at a time. Heat until it begins to thicken, but do not actually boil; remove it from the fire, flavor, and while it is still hot stir in the other pint of cream, whipped to a stiff froth. Beat this whip, a spoonful at a time, into the custard until it is the consistency of sponge cake batter. Dip a mould in cold water, pour in the mixture, and set on the ice to form.

#### CHARLOTTE RUSSE.

First, line the moulds with sponge lady-fingers—you can get them at the bakery, and, if fresh, are very nice, and saves much trouble—pack them around the sides of the mould, which should be about as deep as the fingers are long, so that they will keep in place firmly; stick them together with jelly. Second, pour a teacupful of boiling water over half a box of gelatine, and dissolve it thoroughly. Then take one pint of thick cream from the ice, and whip it until it thickens; then pour in briskly, the gelatine, two teaspoonfuls of vanilla, the whites of seven eggs, beaten to a froth, and one teacupful of powdered sugar; fill the mould to the top of the lady-fingers, and put in a cool place. This will fill two good sized moulds.

#### CHARLOTTE RUSSE—Very fine.

One pint of whipped cream, one-half ounce of gelatine, dissolved in one gill of hot milk, whites of two eggs, one small teacupful of powdered sugar; flavor with bitter almond and vanilla. Mix the cream, eggs, and 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 and fill with the mixture. Set upon the ice to cool.

CHARLOTTE RUSSE.

One ounce of gelatine, one pint of sweet milk, one of cream, four eggs, sugar to taste; beat the sugar and yolks of eggs together until very light, boil the gelatine in the milk, and strain over the eggs and sugar; whip the cream, which must be very cold, to a nice froth and add to the above; flavor with vanilla. Line the dish you wish to serve it in with sponge cake, and pour the mixture in; then set it on ice till wanted.

CHARLOTTE RUSSE—Very nice.

One pint of whipped cream, two eggs, one and one-half cups of sugar, two-thirds of a cup of sweet milk, one teaspoonful of vanilla, one-half box of gelatine dissolved in a little cold water. Beat the sugar and yolks of eggs together until light, boil the gelatine in the milk and strain over the eggs and sugar; whip the cream and whites of eggs to a nice froth, and add to the custard; add the flavoring. Line the dish with sponge cake and pour in the mixture; set it in a cold place.

CHOCOLATE CHARLOTTE RUSSE.

Soak in cold water one ounce of gelatine; take three sticks of chocolate, mix in a pint of cream, adding the soaked gelatine. Put all over the fire, and boil slowly until the whole is melted; then take off the fire, and let it cool. Take the yolks of six and the whites of four eggs, beat very light, and stir gradually in the mixture in turn with one coffee-cupful of sugar. Simmer the whole over the fire, but do not let it boil; then take it off, and whip to a strong froth; line the moulds with sponge cake, and set it on ice.

ITALIAN CREAM.

One-half box of gelatine, one quart of sweet milk, three eggs, one-half cup of sugar. Boil the milk and stir in the dissolved gelatine, the sugar beaten up with the yolks of eggs; boil until as thick as soft custard, remove from the fire and stir in the whites

of the eggs, beaten to a stiff froth. Flavor to taste. Set in a cold place to harden. Serve on a platter with whipped cream around it.

#### MOSS BLANCMANGE.

Free from pebbles and sea-weeds, and wash in several waters, one cupful of Irish moss (get that which is not pressed), let it soak in cold water one hour, then tie it in a muslin bag, and put it in a tin pail, with three quarts of sweet milk; set the pail in a kettle containing hot water, and boil thirty minutes; stir occasionally after it comes to a boil, and press the bag between the sides of the pail, and the spoon, to get all the glutin; stir in a teaspoonful of salt, half a cup of sugar, and flavor with anything you please. Turn into moulds, and set away to cool. Serve with cream and sugar.

#### CHOCOLATE BLANCMANGE.

Half a box of gelatine, soaked till dissolved, in as much water as will cover it, four sticks of grated chocolate, one quart of sweet milk, one cupful of sugar; boil milk, sugar and chocolate five minutes; add gelatine, and boil five minutes more, stirring constantly; flavor with vanilla, and put into moulds to cool, and eat with cream. For a plain blancmange, omit the chocolate.

#### NEAPOLITAN BLANCMANGE.

Heat one quart of sweet milk to boiling; stir in one ounce of gelatine that has been soaked in one cupful of milk for an hour, and three-fourths of a cup of sugar. When the gelatine is dissolved, strain it through a muslin bag. Divide into four portions, allowing one cupful for each. Wet one large tablespoonful of chocolate with a little boiling water; put this in one portion, and set on the fire, stirring until very hot, but do not let it boil. Mix with the second portion the yolk of one egg, beaten very light, and heat as above. Color the third with cochineal or cranberry juice. Wet a mould, and put the white in, and, when cold, put in the pink, then the yellow, then the chocolate. Set in a cold place. Loosen, by dipping the mould in warm water for a second.

## ORANGE JELLY.

Soak one package of gelatine in one-half pint of cold water for one hour, add the juice of three lemons, two pounds of sugar, one quart of boiling water; when all are dissolved, add one pint of orange juice. Strain carefully, and set on ice till ready for use. Eight large oranges usually make it.

## LEMON JELLY.

Two ounces of gelatine, three coffeecupfuls of sugar, the juice of five lemons, some orange peel, stick cinnamon, or other flavoring, and soak together for one hour in a pint of cold water. Add to this after the gelatine is thoroughly soaked, three pints of boiling water, and stir until the gelatine and sugar are all dissolved, and then strain through a jelly bag. Pour into moulds and set aside to cool. The moulds should be first wet with a little white of egg and water, to prevent the jelly from sticking to them when being turned out. Be sure that the gelatine is perfectly soaked before pouring on the boiling water, even though it should take a longer time than above stated. It is better to make the jelly the day before they are to be used, in order that they shall have plenty of time to harden. In warm weather, use a little more gelatine, or less water. A beautiful color can be given to the jelly by adding a small quantity of burnt sugar.

## STRAWBERRY CREAM.

After picking two pounds and one-half of strawberries, squeeze them through a colander; add six ounces of sugar to the juice; when the sugar is dissolved, add half a box of gelatine, soaked as before described. Place it on the ice, stir it smooth when it begins to set, then stir in a pint of cream, whipped. Put it in a mould and serve with fresh strawberries around it.

## PEACH CREAM.

Cut eighteen fine peaches into small pieces, and boil them with half a pound of sugar. When they are reduced to a marmalade, squeeze them through a sieve or colander. Then add half of a package of gelatine and a glassfull of good cream. Stir it well,

to make it smooth, when it is about to set, then add the pint of cream, whipped, then mould it. It makes a still prettier dish to serve halves or quarters of fresh peaches, half frozen, around the cream.

#### FREEZING CREAM.

In freezing cream, the ice and salt must be well mixed. The patent freezers are the best in use; they will freeze the cream perfectly smooth in ten minutes, beating it like whipped cream. The bottom of the pail is covered with ice, pounded very fine by putting it into an old thick bag, and pounding it with flat of an axe, till there are no pieces larger than a walnut; set the pail containing the cream into a freezer, and fill in, with a spoon, two-thirds of pounded ice to one-third of coarse salt, adding first a layer of ice, then one of salt; when all is packed even to the top of the pail, turn the crank a hundred times, then lift off the cover, and pour in a quart of boiling water from the teakettle. The philosophy of this is, that the quicker the ice and salt melts, the sooner the cream freezes. Fill up again with ice and salt in the same proportions as before. Turn the crank fifty times one way, and twenty-five the other way, which only serves to scrape it from the edge of the pail. When it turns very hard, it is frozen sufficiently. Open the cover carefully, so as not to let the salt water drip in; scrape down the sides, pull out the dasher, put a cork into the cover where it came out, take out the pail, pour out all the ice, salt and water, set back the cover, and begin to pack over as fast as possible. This must be done unless the cream is to be eaten in an hour or two, for the melting ice and salt becomes warmed from the atmosphere, and will not keep it frozen. To freeze in a common wooden pail, with a tin pail to hold the cream, the same operations are repeated in the packing; in freezing, the tin pail should be turned around rapidly, keeping the cream constantly agitated, and every five minutes the sides of the pail must be thoroughly scraped down with a broad bladed knife. Cream cannot be frozen as smoothly in this manner, but a respectable article can be produced, but with much more trouble than if a patent freezer is used. If you wish to put it into moulds, fill them as soon as you take out the beater; pack them down well, or they will not look smooth when taken out. Lay

the moulds in ice and salt for three hours, and when ready to dish, dip them in warm water for an instant; wipe, and turn the moulds on an ice cream dish, remove gently, and serve at once.

#### ICE CREAM.

Three quarts of new milk, scalded. While boiling, add six tablespoonfuls of cornstarch, dissolved in cold milk, five coffee-cupfuls of lump sugar, three eggs, yolks and whites beaten separately, and added just before taking off the fire; add a piece of butter the size of an egg; strain through a sieve and flavor with vanilla or lemon. To this put two quarts of cream, whipped to a froth, make it pretty sweet, as much of the sweetness freezes out. Pineapple, strawberry, raspberry and all other kinds of cream, may be made in the same way, allowing one quart of juice of any of the fruit named, to a gallon of cream. Some object to cornstarch, in this case use arrowroot; it makes a very much smoother cream than when it is all made of eggs.

#### NICE ICE CREAM.

Two quarts of rich milk, three tablespoonfuls of arrowroot, the whites of six eggs, or three whole ones, two coffee-cupfuls of sugar, flavor to taste. Boil the milk, thicken it with the arrowroot, add the sugar and pour the whole upon the eggs. When cold, freeze.

#### EGGLESS ICE CREAM.

Five pints of milk, three teacupfuls of sugar, four tablespoonfuls of arrowroot; wet the arrowroot with a little cold milk, scald the milk by putting it in a tin pail and setting it in a pot of boiling water, let boil and stir in the sugar and arrowroot; strain, let cool, flavor and freeze.

#### ICE CREAM—Very fine.

Boil one teacupful of arrowroot mixed smooth with milk, and two quarts of milk; when cold, add two quarts of cream, and the whites of five eggs, beaten to a stiff froth with the cream, flavor to taste, four coffee-cupfuls of sugar, and freeze.

## ICE CREAM—Made of Cream.

Two quarts of pure cream, one pound of powdered sugar, whites of four eggs. Flavor to taste.

## CHOCOLATE CREAM.

One quart of cream, two teacupfuls of powdered sugar, yolks of six eggs, white of one egg, zest of lemon, a piece as large as a nickel cent, one bar of chocolate. Scrape the chocolate very fine, and put it with the eggs and sugar; stir or beat until the mixture is complete, and add the cream by degrees. Pour into a milk boiler, and stir until the cream is thick enough to stick to the spoon; then pour the contents into an earthen dish, and set it in a very cold place. The boiling of the cream is of great importance, and requires particular attention, especially when no milk boiler is at hand, and the cream is boiled over an open fire. In this case, as soon as the cream begins to stick to the spoon, the pan must be immediately withdrawn. The flavoring should be added after the cream is boiled. Before freezing, it is best to pass it through a hair sieve.

## BISCUIT GLACE.

One and one-half pints of cream, four ounces of macaroons, six ounces of white sugar, the grated rind of one orange, and the juice of two. Beat the cream on ice until it hangs to the beater, then add the sugar, oranges, and the macaroons (grated and put through a sieve). Freeze like ice cream, and afterward put into moulds.

## COFFEE ICE CREAM

Is made the same as chocolate, using coffee instead of chocolate. Tie two coffeecupfuls of fresh, ground coffee in a piece of thin muslin, and boil in the milk for half an hour, then take it out and make as before directed.

## LEMON ICE—Very fine.

FOR THE SYRUP.—Take twelve pounds of white sugar, twelve pints of water, one egg, beaten to a froth, and a piece of lemon

peel; boil this ten minutes, and bottle this syrup up, and when wanted for use, take one pint of clarified sugar to one quart of ice water, and the juice of four lemons; strain it through a sieve, and freeze as you would cream. Currant, strawberry, pineapple, orange, or raspberry ice, is made the same way, using one pint of juice, one of clarified syrup, and one pint of ice water. You can double this recipe as many times as you like.

#### ORANGE ICE.

One and one-half pints of water, one pint of sugar, juice of eight oranges, juice of two lemons, whites of four eggs, beaten very light. Grate a little orange peel, boil the sugar and water together fifteen minutes, pour over the eggs, boiling hot, stirring all the time; then add the juice, which must be strained. When cool, freeze.

#### BANANA CREAM.

Take one box gelatine, and dissolve it in about one teacupful of cold water; three pints of sweet milk, two and one-half teacupfuls of sugar. Boil, and when boiled, dip out as much of the hot milk as will finish dissolving the gelatine. When all is dissolved, pour in the rest of the milk and boil ten minutes; when cold, but not stiff, stir in six bananas, which have been previously broken up with a silver fork. Mix well, and set away on ice. An hour before dinner, the next day, take a quart of rich cream, sweeten to taste, flavor with vanilla, and whip to a stiff froth. Put the mixture you made the day before in the bottom of a glass dish, and put the whipped cream on top.

#### ORANGE SUFFLES.

Cover the bottom of a large glass dish with sliced oranges, strew over them some powdered sugar, then a thick layer of cocoanut, in alternate layers, till the dish is full, heaping cocoanut on top.

#### ORANGE CREAM.

One pint of orange juice, put to it the well beaten yolks of six eggs, and the whites of four; beat these well together, and add



to it one pound of fine sugar; set it over a slow fire, keep stirring it all one way, and when it is nearly boiling, take off the cream and let it get cold, then freeze.

#### RIPE FRUIT FOR DESSERT.

##### ORANGES

May be put on whole, in fruit baskets, or the skin may be cut in eighths, half way down, separated from the fruit, and curled inward, showing half the orange white, the other yellow.

##### APPLES.

Wash and polish with a clean towel, and pile in a china fruit basket, with an eye to agreeable variety of colors.

##### PEACHES AND PEARS.

Pick out the finest, handling as little as possible, and pile upon flat dish, or a cake basket, with bits of ice between them, and ornament with peach leaves, or fennel sprigs. Send around powdered sugar with the fruit, as many like to dip peaches and pears in it after paring and quartering them.

##### ICED FRUIT.

Take fine bunches of currants on the stalk, dip them in well beaten whites of eggs, lay them on a sieve and sift powdered sugar over them, and set them in a warm place to dry.

## DRINKS.

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### COFFEE.

Mocha and old Java are the best, and time improves all kinds. Dry it a long time before roasting. Roast it quickly, stirring constantly, or it will taste raw and bitter. When roasted, sprinkle a little powdered sugar over the coffee just before it is done roasting; the sugar forms an air tight coating over each berry, and thus preserves the caffeine till the coffee is ground. Put it in a tin can, with a tight fitting lid, as you retain, by so doing, the life and essence of the berry.

#### To MAKE COFFEE—Boiled.

One tablespoonful of coffee for each person, white of one egg, and crushed shell of same. The best way to make a real delicious cup of coffee, is to grind the berry in the mill just before you wish to use it, not as some people do, the night before. It should not be ground to a fine powder, but into fragments a little larger than a mustard seed. Have the kettle of water boiling; mix the coffee well, and add enough cold water to thoroughly moisten it; place in a well scalded coffee boiler, pour in half the quantity of boiling water needed; roll a cloth tightly and stop up the nose or spout, thus keeping in all the coffee flavor. If you want to have the coffee clear, let it come to a gradual boil, and the coffee will be as clear as crystal; let it boil five minutes, then place on the back part of the stove or range where it will only simmer for ten minutes longer. When ready to serve, add the remainder of the boiling water, and serve with rich cream. Or, take fresh, new milk, set it in a pan or pail, where it will slowly simmer but

not boil, nor reach the boiling point; stir frequently, to keep the cream from separating and raising to the top, and allow to simmer until it is rich, thick, and creamy. Serve hot.

#### TO MAKE COFFEE—Without Boiling.

There are so many patent coffeepots for this purpose, and the directions sold with them, that I do not need to explain; but you can make one equally as desirable, and more simple. Make a sack of fine flannel, as long as the coffeepot is deep, and a little larger than the top; bend a piece of small, but rather stiff wire in a circle, and slip it through a hem made around the top of the sack, bringing the ends together at the opening left at the top of the side seam. Having put the coffee in the sack, lower it into the coffeepot, with the ends apart slightly, and push it down over the top of the pot; the top of the sack will then be turned down a little over the outside of the pot, a part of it covering the "nose," and keeping in all the aroma. When the sack, with the coffee in it, is in its place, pour boiling water over the coffee, close the lid tightly, and let simmer (not boil) from fifteen minutes to half an hour. In pouring for the table, raise the sack off the nose but do not lift it off the pot. This makes good coffee, without eggs to settle it.

#### COFFEE WITH WHIPPED CREAM.

For six cups of coffee, of fair size, take one cup of sweet cream, whipped light, with a little sugar; put into each cup the desired amount of sugar, and about a tablespoonful of boiling milk; pour the coffee over these, and lay upon the surface of the hot liquid, a large spoonful of the frosted cream, giving a gentle stir to each cup before serving. This is known to some as meringued coffee, and is an elegant French preparation of the popular drink.

#### COFFEE FOR ONE HUNDRED.

Take five pounds of roasted coffee, grind, and mix with six eggs; make small muslin sacks, and in each place a pint of coffee, leaving room for it to swell; put five gallons of boiling water in a large coffee urn, or boiler, having the faucet at the bottom; put

in part of the sacks, and boil two hours; five or ten minutes before serving, raise the lid and add one or two more sacks; and if you continue serving several times, add fresh sacks at regular intervals, taking out, from time to time, those first put in, and filling up with boiling water, as needed. In this way the full strength of the coffee is secured, and the fresh supplies impart that delicious flavor consequent on a few moments boiling. To make coffee for twenty persons, use one and one-half pints of ground coffee, and one gallon of water.

#### VIENNA COFFEE.

Filter instead of boiling the coffee, allowing one tablespoonful of ground coffee to each person, and one for the pot; put a quart of cream in a custard kettle, or pail, set in boiling water and put it where the water will keep boiling; beat the white of an egg to a froth, and mix well with three tablespoonfuls of cold milk; as soon as the cream is hot, remove from the fire, add the mixed egg and milk, stir together briskly for a minute, and serve. The less time the coffee is cooked the more coffee is required, but the finer the flavor. Some cooks do not boil the coffee at all; they say that the aroma evaporates, and only leaves the bitter flavor.

#### ITALIAN CHOCOLATE.

One quart of sweet milk, yolks of three eggs, well beaten, four squares of German chocolate. Set the milk on the stove in a basin within another of boiling water; sweeten it to taste, and when it comes to boil, pour into cups, and make a frosting of the whites of eggs; put on top, and serve hot.

#### CHOCOLATE.

Six tablespoonfuls of grated chocolate to each pint of water, as much milk as you have water, sweeten to taste. Put on the water boiling hot; rub the chocolate smooth in a little cold water, and stir into the boiling water; boil twenty minutes, add the milk, and boil ten minutes more, stirring frequently.

#### PREPARED COCOA.

One quart of boiling milk, two ounces of prepared cocoa, one quart of milk. Make as you do chocolate, only boil nearly an

hour before you add the milk, and afterwards heating almost to boiling. Sweeten to taste.

#### TEA.

If you wish to keep the flavor of tea, never use the tin teapot which has come into such general use, because the earthen pots split and break so soon. You can use an earthen pot a lifetime if, instead of setting it on the top of a hot stove, you set it in a tin dish in which there is hot water. The best tea is made by mixing equal quantities of green and black together. If it is the good, old fashioned green tea, you must put it to draw, not boil, in a thoroughly scalded teapot. If "English breakfast," or best black tea, the water must not only be boiling, at the very moment of pouring it on, but the tea must actually boil for at least five or ten minutes. One teaspoonful of tea to one cupful of hot water, is the usual allowance for each person. Freshly boiled, soft water, is best for either tea or coffee. Always have a water pot of hot water on the waiter, with which to weaken the tea if desired.

#### ICED TEA.

Prepare the tea in the morning, making it stronger than usual; strain, and pour into a clean, stone jug, or glass bottle, and set in the ice chest until ready for use. Drink from goblets, without cream. Serve ice, broken in small pieces, on a plate nicely garnished with well washed grape leaves. Iced tea may be prepared from either green or black, alone, but it is considered an improvement to mix the two.

#### CREAM NECTAR.

Two ounces of tartaric acid, four quarts of boiling water, six pounds of white sugar, whites of six eggs, two teaspoonfuls each of lemon, pineapple, essence of wintergreen, vanilla, ginger, or any other flavoring extract one chooses. Boil all together in a porcelain kettle, for ten minutes; take from the fire, add the whites of the eggs, stirring them in while you count three hundred, slowly; strain, add the essence, when taken from the fire, and bottle tightly. When desired for drink, measure two tablespoonfuls of it into half a tumbler of ice water, add to it one-

third of a teaspoonful of soda, stir up, and drink as soon as it foams. This makes a delicious drink, and is not expensive. All farmers should have it on hand.

## LEMONADE.

Roll six lemons well, slice thin, in an earthen vessel, put over them two teacupfuls of white sugar; let it stand fifteen minutes, add one gallon of water, and lumps of ice, pour into a pitcher, and serve.

## CURRANT ICE WATER.

Press the juice from ripe currants, strain it, and put a pound of sugar to each pint of juice. Put it into bottles, cork and seal it, and keep it in a cool, dry place. When wanted, mix it with ice water for a drink. Or put water with it, make it very sweet, and freeze it. Freezing always takes away much of the sweetness. The juice of other acid fruits can be used in the same way.

## SARSAPARILLA MEAD.

One pound of Spanish sarsaparilla. Boil it in four gallons of water for five hours, and then add enough water to make two gallons. Add sixteen pounds of sugar, and ten ounces of tartaric acid. To make a tumblerful of it, take half a wineglass of the above, and then fill with water, and put in half a teaspoonful of soda.

## TEMPERANCE GINGER WINE.

Two drachms of essence of ginger, two drachms essence of capicum, one and one-half pounds of loaf sugar, three-fourths ounce tartaric acid. Pour five quarts boiling water over the sugar and acid; when cold, add the essences, and stir well before bottling.

## HARVEST DRINKS.

Very fine drinks for summer are prepared by putting strawberries, raspberries, or blackberries into good vinegar and then straining it off, and adding a new supply of fruit till enough flavor is secured. Keep the vinegar bottled, and in hot weather use it thus. Dissolve half a teaspoonful or less of saleratus, or soda in a tumbler, very little water, till the lumps are all out.

Then fill the tumbler two-thirds full of water, then add the fruit vinegar. If several are to drink, put the soda, or saleratus into the pitcher, and then put the fruit vinegar into each tumbler, and pour the alkali water from the pitcher into each tumbler, as each person is all ready to drink, as delay spoils it.

#### JELLY DRINKS.

When jams or jellies are too old to be good for table use, mix them with good vinegar, and then use them with soda or saleratus, as directed above.

#### SUMMER BEVERAGE.

Ten drops of oil of sassafras, ten drops of oil of spruce, ten drops of oil of wintergreen, two quarts of boiling water, poured on to two great spoonfuls of cream-tartar. Then add eight quarts of cold water, the oils, three gills of distillery yeast (or twice as much home-brewed), and sweeten it to taste. In twenty-four hours, bottle it; it is a delicious beverage.

#### STRAWBERRY ACID.

Take three pounds of ripe strawberries, two ounces of citric acid, and one quart of spring water. Dissolve the acid in the water and pour it on the strawberries, and let them stand in a cool place twenty-four hours. Then add to the liquid its own weight of sugar, boil it three or four minutes (in a porcelain kettle, lest metal may effect the taste), and when cool, cork it in bottles lightly for three days, and then tight and seal them. Keep it in a dry and cool place, where it will not freeze. It is very delicious for the sick, or for the well.

#### RASPBERRY VINEGAR.

Fill a stone jar with ripe raspberries, cover with the purest and strongest vinegar, let it stand for a week, pour the whole through a sieve or strainer, crushing out all the juice of the berries; to each pint of this vinegar, add one and a half pounds of lump sugar and let it boil long enough to dissolve, removing scum which may arise; then remove from the fire, let cool, bottle and cork tightly. Two tablespoonfuls of this vinegar, stirred in-

to a tumbler of iced water, makes a delicious drink, or a little soda may be added.

#### GRAPE SYRUP.

Squeeze the grapes; be careful not to crush the seeds, for that would impart a bitter flavor to the juice. Boil it down to a thin syrup, bottle, and seal tight. This is nice to flavor sauces, puddings, fruit cake and mince meat. One tablespoonful of this syrup in a glassful of water, makes a nice summer drink.

#### ORANGE OR LEMON SYRUP.

Put a pound and a half of white sugar to each pint of juice, add some of the peel, boil ten minutes, then strain, bottle, and cork it tightly. Makes a fine beverage, and is useful for flavoring pies, puddings, etc.

#### STRAWBERRY SYRUP.

Squeeze the juice from nice, ripe strawberries, and put one teacupful of sugar to each pint of the juice; boil to a thin syrup, bottle, and seal hot. Nice for flavoring pudding, sauce and mince pies. Blackberries, raspberries, currants, quinces, plums, and any kind of fruit may be prepared in the same way.

#### CHILDREN'S DRINKS.

There are drinks easily prepared for children, which they love much better than tea and coffee, for no child at first loves these drinks till trained to it. As their older friends are served with green and black tea, there is a white tea to offer them, which they will always prefer, if properly trained, and it is always healthful.

#### WHITE TEA.

Put two teaspoonfuls of sugar into half a cup of good milk, and fill it with boiling water.

#### COFFEE.

Crumb bread, or dry toast, into a bowl, put on plenty of sugar or molasses, put in one-half milk and one-half boiling water. To be eaten with a spoon, or drank if preferred. Molasses for sweetening is preferred by most children.



## EGGS.

### BOILED EGGS. (No. 1.)

Put them on in cold water, and when it has boiled the eggs will be done, the whites being soft and digestible, as they are not when put on in boiling water.

### BOILED EGGS. (No. 2.)

Put the eggs in a dish without breaking the shells, pour boiling water over them and let them stand in it away from the fire for from five to eight minutes; this is better than boiling rapidly on the stove, as it cooks them through without hardening the whites too much.

### POACHED EGGS.

Eggs which are to be broken into water, should not be broken into boiling water, as the motion destroys their shape, but let the water be hot as possible, without boiling, and let them stand several minutes on the back of the stove; they will then be soft but firm all through. Season with salt, pepper and butter.

### BAKED EGGS.

Break eight eggs into a well buttered dish, put in pepper and salt, bits of butter, and about four tablespoonfuls of sweet cream; set it in the oven and bake about fifteen minutes; serve very hot.

### RUMBLED EGGS.

Beat up three eggs with a spoonful of fresh or washed butter; add a tablespoonful of cream or fresh milk; put in a sauce-pan and keep stirring over the fire for five minutes; serve on toast.

## SCRAMBLED EGGS.

Beat eight eggs very light, prepare a skillet with one tablespoonful butter, and when hot, pour in the eggs; season with salt and pepper; stir constantly until done, and serve.

## PUFF OMELET.

Stir into the yolks of six eggs, and the whites of three, beaten very light, one tablespoonful of flour mixed into a teacupful milk, with salt and pepper to taste; melt a tablespoonful of butter in a pan, pour in the mixture and set the pan into a hot oven; when it thickens, pour over it the remaining whites of eggs well beaten, return it to the oven and let it bake a delicate brown. Slip off on a large plate and eat as soon as done.

## NICE OMELET.

Four eggs, six soda crackers, teaspoonful of salt. Roll the crackers very fine, add enough milk to moisten nicely, add the well beaten yolks, and the whites of eggs, beaten to a stiff froth, just before cooking; fry on a buttered griddle, spread on in thin cakes; when the under side is brown, then roll up.

## OMELET.

Six eggs, whites and yolks beaten separately, one tablespoonful of sweet milk to each egg. Do not salt and pepper until done. If you like you can add chopped ham or finely chopped parsley.

## A FINE OMELET.

One teacupful of bread crumbs, soak it in all the milk it will absorb, no more, mix into a smooth paste, then add the yolks of four well beaten eggs with a little salt, add the whites last, beaten to a stiff froth, set the pan on the fire, put in a tablespoonful of butter, let it get very hot, pour in the pan and move about for a moment; if the oven is hot when the omelet is formed underneath, set the pan in the oven for five minutes, or until the top is set; then double half over, and serve. The advantage of this omelet is, that it keeps plump and tender till cold, so that five minutes of waiting does not turn it into leather, the great objection to omelets generally.

## CANNING AND PRESERVING.

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Cleanse the cans thoroughly, and test to see if any leak or are cracked. In buying stoneware for canning purposes, be sure that it is well glazed, as fruit canned in jars or jugs imperfectly glazed, sometimes become poisonous. Never use defective glass cans, but keep them for storing things in a pantry, and in buying them, take care that they are free from flaws and blisters, else the glass will crumble off in small particles when subjected to heat. Self-sealers are very convenient, but the heat hardens the rubber rings, which are difficult to replace, so that in a year or two they are unfit for use. In using self-sealing cans, the rubber ring must show an even edge all around, for if it slips back out of sight at any point, air will be admitted. On opening tin cans, remember to pour all the fruit out into an earthen or glass dish. Always select fresh fruits, that are firm and in good condition; stale fruits are apt to become sour and cause fermentation, and no jar or can could keep them. Persons make a mistake when they attempt to put up inferior fruits. Berries, plums, and cherries need not be boiled over ten or fifteen minutes, using sugar to make them palatable. Large fruits, such as peaches and pears, are in the best condition to can when not quite fully ripe, and should be put up as soon as possible after picking; use only the best sugar in the proportion of half a pound of sugar to a pound of good fruit, varying the rule, of course, with the sweetness of the fruit. In making jellies, be careful that none of the seeds of the fruit fall into them, neither squeeze too tight, or the jelly, instead of being clear, will be clotty and discolored. The best pots or kettles for preserving, are earthen, or else those lined with porcelain. Above all, do not use copper or brass,

for besides running the risk of being poisoned, you give the preserves a bad color and taste. Keep the preserves in a cool, dry place, for no matter how much or what kind of sugar you use, if you keep them where it is hot or damp, they will become candied. Always seal them while hot, as by this means you do not seal air in; but if they are allowed to get cold before sealing, they will not keep so well.

#### PEACHES AND PEARS.

After paring and coring, put among them sufficient sugar to make them palatable for present eating, let them stand a while to dissolve the sugar, not using any water; then heat to a boil, and continue the boiling, with care, from twenty to thirty minutes, or sufficiently long to heat through, which expels the air. Have ready a kettle of hot water, into which dip the cans long enough to heat them, then fill in the fruit while hot, and seal them immediately.

#### CANNED PEACHES.

This method is not, I believe, generally used, but it merits, I think, attention. You will find this a nice way of canning peaches, if the recipe is carefully followed, as the lye leaves no taste or smell, and does away with the labor of paring. Put a fire-shovel of wood ashes into a kettle, and make a strong lye; strain into another kettle, and have it boiling, on the stove; put a dozen or more peaches into the lye, have a pan in readiness, also a skimmer; let them remain in the lye about two minutes, take out and pour cold water over them immediately; the skins will then slip off easily, leaving the peach in its natural shape; put them in a jar as fast as they are done; make a strong syrup of white sugar, and pour over them, filling the jar to the brim; then put on the lid, but do not fasten down tightly, at first; set the jars in a boiler of cold water, placing small pieces of wood at the bottom to prevent them from cracking; let them come slowly to a boil, continue boiling until cooked, then fasten the covers tightly, and when the water is cool; take out and put in a dry, cool, dark place.

## CANNED GRAPES.

Take a basket of grapes, press the pulp into a vessel, throw the skins into another, being careful to keep them separate. When you have pulped as many as you wish to preserve at one time, put the pulp on to boil, let them boil till just soft, and rub through a colander, in which the seeds will remain. Measure and replace in the kettle; measure the skins, and put them in the kettle with the pulp; for every quart of fruit add one-half coffee-cup of sugar, and cook until the skins are soft. Fill stone or glass jars with the jam, while boiling hot, and seal immediately. If a silver spoon is placed in a glass jar before pouring in the fruit, they will not break.

## CANNED STRAWBERRIES.

Fill glass jars with fresh, whole strawberries, sprinkled with white sugar in the proportion of half pound of sugar to a pound of berries; lay the covers on lightly, stand them in a wash boiler, filled with water to within an inch of the tops of the cans. (The water must not be more than milk warm when the cans are placed in it). When it has boiled fifteen minutes, draw to the back of the stove, let the steam pass off, roll the hand in a towel, lift out the cans, and place on a table. If the berries are well covered with their juice, take a tablespoon and fill up the first can to the very top of the rim from the second, wipe the neck, rub dry, and screw the top down firmly.

## CANNED PLUMS.

Prick them with a needle to prevent bursting, prepare a syrup allowing a gill of pure water and half a coffee-cup of white sugar to every three quarts of fruit. When the sugar is dissolved, and the water warm, put in the plums; heat slowly to a boil, and let them boil five minutes, not fast, or they will break badly; fill up the jars with plums, pour in the scalding syrup, and seal quickly.

## CANNED BAKED PEARS.

Select nice pears, wash them clean, wipe dry with a clean cloth, put them in a baking-pan and bake till done. Have ready a syrup made with one quart of water and one pint of white sugar, put

in as many of the baked pears as you think the can will hold, let them boil up once, and can quickly. Pears are very fine put up in this way.

#### CANNED BERRIES.

Pick out stems or hulls if any—if gathered carefully the berries will not need washing—put in a porcelain kettle, on the stove, adding a small teacupful of water to prevent burning, at first. When they come to a boil, skim well, add sugar to taste, let boil five minutes, fill the jars, and seal tight. Currants, gooseberries, blackberries, and raspberries may be canned in the same way.

#### CANNED TOMATOES.

The tomatoes must be fresh and not over-ripe; pour over them boiling water, let them stand a few minutes, drain off, remove the skins, and slice crosswise into a porcelain kettle, cutting out all the hard or defective portions; cook well in their liquor, skim off the scum as it rises, and stir with a silver or wooden spoon; have the cans ready and fill with the tomatoes; wipe the moisture from the tops with a cloth, put on and secure the covers. Keep in a dry, dark, cool place.

#### TO CAN TOMATOES WHOLE.

Take thick meated, good solid tomatoes, not too ripe, scald and take off the skins, put them in a pan and pour boiling water over them, let them stand on the stove till they are well scalded and the water comes to a boil. Have the cans warm, put in the tomatoes, and seal securely. They will slice like fresh tomatoes.

#### PRESERVED TOMATOES.

The small, round tomatoes, either red or yellow (called the button tomato), are the best for preserving. Having measured the tomatoes, allow, to every quart, one quart of the best brown sugar, the juice and the grated rind of two lemons. Put them in a preserving kettle, uncovered, and add gradually, the sugar. Boil the tomatoes and sugar slowly for an hour or more; when done, take them off the fire, and seal tight, in glass jars.

#### PRESERVED PEACHES.

First take out the stones, then pare them. To every pound of

peaches, allow one-third of a pound of sugar. Make a thin syrup, boil the peaches in the syrup till tender, but not till they break. Put them into a bowl, and pour the syrup over them. Put them in a dry, cool place, and let them stand two days. Then make a new, rich syrup, allowing three-quarters of a pound of sugar to one of fruit. Drain the peaches from the first syrup, and boil them until they are clear, in the last syrup. The first syrup must not be added, but may be used for any other purpose, as it is somewhat bitter. The large, white clingstones are the best.

#### PRESERVED QUINCES.

Pare and quarter the quinces, boil in enough water to keep them whole. When they are tender, take them out, and to each pound of quince, add one pound of granulated sugar. Let them stand in the sugar until the next day, when you will find the syrup as light and clear as amber. Put them in the kettle and let them boil twenty minutes. Done in this way they never get hard.

#### PRESERVED QUINCES.—Very rich.

Pare and halve the quinces, and take out the cores; to each pound of fruit, after it is thus prepared, put a teacupful of water; put them into a preserving kettle, over the fire, cover, and let them boil gently, until a broom splint will pierce them, then take them from the water with a skimmer, on a flat dish; fold a napkin over them. To the water in which they were boiled, put one pound of white sugar to each pound of quince; stir it until the sugar is dissolved and hot, then put in the quinces, let them boil gently, until they are clear and the syrup is thick; cut one open; if it is not one color all the way through, let them boil longer, until they are so. Put them into a stone jar, let the syrup cool, settle for a few moments, then turn it over the fruit; next day cover them with a clean cloth and put on the cover.

#### QUINCE MARMALADE.

Rub the quinces with a clean cloth, cut them into quarters. Put them on the fire with a little water, and stew them till they are sufficiently tender to rub them through a sieve. When strained, put a pound of brown sugar to a pound of the pulp. Set it

on the fire, and let it cook slowly. To ascertain when it is done, take out a little and let it get cold, and if it cuts smoothly it is done. Crabapple marmalade is made in the same way.

#### CURRANT JELLY.

Gather the fruit early, as soon as fully ripe, as the pulp softens, and the juice is less rich if allowed to remain long after ripening. Never gather currants, nor other soft small seed fruit, immediately after a rain, for preserving purposes, as they are greatly impoverished by the moisture absorbed. I give the following recipe for jelly, which never fails, and only requires half the usual quantity of sugar: Weigh the currants without taking the trouble to remove the stems; do not wash, but carefully remove leaves, and whatever may adhere to them. To each pound of fruit, allow half the weight of granulated, or pure loaf sugar. Put a few currants in a porcelain lined kettle, and press them with a potato masher, or anything convenient, in order to secure sufficient liquid to prevent burning; then add the remainder of the fruit, and boil freely for twenty minutes, stirring occasionally to prevent burning. Take out and strain carefully through a three-cornered bag, of strong, close texture, putting the liquid in either earthen or wooden vessels—never in tin, as the action of the acid on the tin materially affects both color and flavor. When strained, return the liquid to the kettle, without the trouble of measuring, and let it boil thoroughly for a moment or so, and then add the sugar. The moment the sugar is entirely dissolved, the jelly is done, and must be immediately dished, or placed in glasses. It will jelly upon the side of the cup as it is taken up, leaving no doubt as to the result. The recipe is good for all kinds of jelly.

#### QUINCE JELLY.

Take fine, ripe quinces, wash, and rub them with a cloth until perfectly smooth. Remove the cores, cut them into small pieces, pack them tightly into your kettle, pour cold water on them until it is on a level with the fruit, but not to cover it; boil till very soft, but not till they break. Put into a jelly bag—do not squeeze but let it drip. To a pint of liquor, use three-fourths of a pound



of sugar. Boil the liquor twenty minutes, then add the sugar, which has been heated in the oven, boil five minutes longer, and it is done. Crabapple jelly is made in the same way.

#### TRANSPARENT MARMALADE.

Take some Sicily oranges, cut them into quarters, take out the pulp, put it into a basin, take out all the seeds and skin; put the peels into a little salt and water, leave them to soak all night, then boil them in a good quantity of spring water until they are tender; cut them into shreds, and put them in the pulp. To every pint of it put one pound of loaf sugar, made fine, and boil them gently together for twenty minutes; if it is not perfectly clear, simmer it for some minutes longer, stirring it gently all the time; when cold, put it in jelly glasses and seal.

#### RASPBERRY JAM. (No. 1.)

To a pound of fruit, take a pound of the best white sugar. Boil the sugar to a thick syrup, then put in the fruit, and let it simmer fifteen minutes, then take out the fruit on a large platter and boil the juice till it is as thick as honey. Put back the berries and simmer ten minutes longer, then put them in jelly-glasses or seal in fruit jars. Currant, blackberry, and strawberry jam is made in the same way.

#### RASPBERRY JAM. (No. 2.)

To every quart of raspberries allow a pound of best loaf sugar, powdered. Put them together in the kettle, taking off the scum carefully; when no more scum rises, mash and boil them to a smooth thick marmalade. When cold, put it up in tumblers and cover them with rounds of double tissue paper, then with white paper.

#### PRESERVED CHERRIES.

Take fine, large sour cherries, not very ripe; take out the stems and the stones, save whatever juice runs from them. Take an equal weight of white sugar, make the syrup of a teacupful of water for each pound; set it over the fire, until it is dissolved, and boiling hot, then put in the juice and cherries, boil them

gently until clear throughout; take them from the syrup with a skimmer, and spread them on flat dishes to cool; let the syrup boil until it is rich, and quite thick; set it to cool and settle; put the fruit into jars or pots, and pour the syrup over; let them remain open until the next day, then cover them like jelly. Sweet cherries are improved by the addition of a pint of red currant juice, and half pound of sugar, to four pounds of cherries.

#### CANDIED ORANGE OR LEMON PEEL.

Boil the rinds from thick skin oranges or lemons, in plenty of water, until tender, and the bitterness is out; change the water once or twice, if necessary. Clarify half a pound of sugar with a cupful of water for each pound of peel; when it is clear, put in the peels, cover them, and boil until clear, and the syrup almost a candy; then take them out, lay them on an inverted sieve to dry; boil the syrup with additional sugar, until the sugar candies around them, then take them on a sieve, and put them in a warm oven; when perfectly dry, pack them in a wooden box with tissue paper.

#### FIG PRESERVES.

Gather fruit when fully ripe, but not cracked open; place in a perforated wire basket, and dip for a moment into a deep kettle of hot and moderately strong lye, then wash in clean cold water. Make the syrup in the proportion of one pound of sugar to one of fruit, and, when the figs are well drained, put them in the syrup and boil until well cooked; remove, boil syrup down until there is just enough to cover fruit; put fruit back in syrup, let all boil, and seal up while hot in glass jars.

#### PRESERVED CITRON OR WATERMELON RINDS.

Boil the citron in water until it is clear and soft enough to be easily pierced with a fork; take out, put in a nice syrup of sugar and water, and boil until the sugar has penetrated it. Take out and spread on dishes to dry slowly, sprinkle several times with powdered sugar, and turning until it is dried enough. Pack in jars or boxes, with sugar between the layers. Nice for cake.

## PICKLES.

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The first thing in pickling is to avoid that most pernicious practice of putting pickles in copper or brass vessels to make them a handsome green color, for that can be much better done by pouring the vinegar on hot instead of cold; and the action of the chemical vinegars that are made now, upon copper or brass kettles, produces the most frightful poisons. Use none but the best cider vinegar. A small lump of alum, dissolved and added when scalding pickles the first time, renders them crisp and tender, but too much is injurious. The nicest way to put up pickles is bottling, sealing while hot, and keeping in a cool, dark place. Never put up pickles in any thing that has held grease of any kind.

### CHOW CHOW—Very fine.

Two quarts of onions, two quarts of green cucumbers, three quarts of green tomatoes, two small cabbage heads, one quart of vinegar, one pound of French mustard, one and one-half ounce of turmeric, four cups of brown sugar. Chop the onions, cabbage, cucumbers and tomatoes fine; sprinkle a teacupful of salt over them and let it stand over night. In the morning, drain in a colander and then put in a porcelain kettle; add the mustard and turmeric, dissolved in the quart of vinegar, the sugar and three more quarts of vinegar. Boil until done, then seal in glass jars.

### GHERKINS.

This is the way to put up cucumbers to have them remain firm without using poison to accomplish it: Wash your cucumbers in clean, cold water, put them in a porcelain kettle with just

enough water to cover them, adding sufficient salt to season. Let them remain on the stove until hot but not boil; then take them out and drain until perfectly dry. Put them in bottles and cover them with boiling vinegar of the best quality, to which has been added some red pepper, some mustard seed, a little horseradish, and sugar just to suit the taste. Cucumbers prepared in this way, if good vinegar is used, will keep a whole year if properly sealed up.

#### TO PICKLE NASTURTIIONS.

Take green nasturtions fresh from the vine; put them in salt and water for one day; then drain in a napkin. Put them in glass jars, and cover with strong vinegar; keep the bottles closely corked. Are equal to capers, with roast lamb.

#### OIL PICKLE CABBAGE.

Trim and quarter six heads of good cabbage; boil in vinegar and water until a broom splint can be passed through them. Prepare a paste of one-half pint of best sweet oil, one pound of white mustard, one-half pound of black mustard, one quart of chopped horseradish, one ounce of celery seed, one ounce of turmeric, one teacupful of brown sugar. Put down one layer of cabbage; then cover with the above mixture, and alternate in this way, covering each layer with good vinegar.

#### ✓ GREEN TOMATO SOY.

Two gallons of green tomatoes, sliced without peeling, twelve good onions, also sliced, two quarts vinegar, two tablespoonfuls of salt, two tablespoonfuls of ground mustard, two tablespoonfuls of black pepper, ground, one tablespoonful of allspice, one tablespoonful cloves. Mix all together and stew until tender, stirring often, lest they should scorch. Put up in small glass jars. This is a most useful and pleasant sauce for almost any kind of meat and fish.

#### TO PICKLE CAULIFLOWER.

Cut the cauliflowers into little flowerets of equal size; throw them into boiling, salted water; place them at the back of the

range, and when they are just about to boil, take them off and drain them. Put them into jars; boil enough vinegar to cover them well, seasoning it with one ounce each of nutmeg, mustard seed, and half an ounce of mace to three quarts of vinegar. Pour this hot, over the cauliflowers, adding a little sweet oil the last thing, to cover the tops. Seal tight, in glass jars.

#### TO PICKLE FIFTY MANGOES.

Salt, cabbage, horseradish, one pint of mustard seed, white and black mixed, two quarts of onions, two pounds of brown sugar, cloves, mace, allspice, one-half pint of olive oil, cider vinegar. Put mangoes in strong brine for two weeks, then soak in fresh water one day; simmer one day in vinegar, well protected with cabbage leaves; cut up cabbage as for cold slaw, add one-half pint grated horseradish, the mustard seed and oil; slit mangoes. take out the seeds, fill them, sew carefully together and put into jars, with spices, sugar and some mustard seed; pour over the mangoes hot; put three quarts of onions, in brine for a day, then put in with the mangoes. Cover jars with papers saturated with olive oil, and tie up with soft oil cloth.

#### TOMATO PICKLE.

One peck of green tomatoes, one-half peck of ripe tomatoes, one-half dozen onions, three heads of cabbage, one dozen green and three red pepers. Chop them any size you choose, then sprinkle half a pint of salt over them; put them into a coarse cotton bag. Let them drain twenty-four hours, put them into a kettle, with three pounds of brown sugar, half a teacupful of grated horseradish, one tablespoonful each of ground black pepper, ground mustard, white mustard, mace, and celery seed. Cover all with vinegar, and boil till clear.

#### WALNUT PICKLE.

Gather the walnuts when they are full grown. They should be soft enough to be pierced all through with a needle. Prick them all well through. The nuts should be freshly gathered and soaked for three days in a solution of common salt which is strong enough to float an ordinary hen's egg. Change the

brine and let them soak three days longer. When drained from the salt solution, they should be exposed to the sun for one or two days, turning them at intervals till black all over. Then place them in the jar you intend to keep them in and pour over them boiling vinegar in which the spices have been boiled. The spices should be, one ounce of whole black pepper, one-fourth ounce of mace, one and one-half ounces of bruised ginger, six pints of vinegar. This will be sufficient for one hundred large walnuts.

## GHERKINS.

Select small gherkins, wash well and put them in a jar, strew them with salt, and cover with water; put on a lid to keep them under brine; let them stand in the brine twenty-four hours, rinse in cold water; drain them while you prepare the vinegar. Take wine vinegar enough to cover them, put in porcelain kettle, to scald, add sliced onions to flavor slightly. A small quantity of white sugar, cloves, allspice and mustard seed, to suit taste. When it comes to boil pour over the pickles. Put in bottles or glass jars with alternate layers of horseradish and grape leaves. If the vinegar is not very strong pour off after two days, scald and replace. Sprinkle a little alum over the top to keep them crisp.

## PICKLES.

Salt pickles down dry for ten days, soak in fresh water one day; pour off water, place in a porcelain kettle, cover with water and vinegar, and add a teaspoonful of pulverized alum; let stand on the back of the stove and simmer (not boil) all day; wash and put in a jar with cloves, allspice, pepper, and horseradish; boil fresh vinegar and pour over all; in two weeks they will be ready for use. These pickles are always fresh and crisp.

## PICKLED GRAPES.

Take ripe grapes, remove all imperfect and broken ones; divide the bunches, as they will pack more closely; put in an earthen jar a layer of grapes, and then one of green grape leaves. To four quarts of vinegar take two pints of white sugar, one ounce of stick cinnamon, one-half ounce each of cassia and whole cloves. Let the vinegar, spices and sugar all boil together a few minutes,

and when quite cold, pour over the grapes. By pouring on the vinegar cold, you avoid cracking the grapes, and they retain their natural form and color, as long as they last.

#### SPICED PLUMS.

Seven pounds of plums, three pounds of sugar, one ounce each of cinnamon and cloves, one quart of vinegar. Put in a jar a layer of plums and a layer of spice; boil the sugar and vinegar, and pour it over the plums three days in succession, and the fourth day boil spices and all together. They will keep for years.

#### RIPE CUCUMBER PICKLES.

Take bright yellow cucumbers, firm but not soft; pare and cut them in strips, and, after removing the seeds, put them in a weak brine for twelve hours; pour off the brine, and scald them in alum water until clear; wash in cold water and drain. To one gallon of vinegar, take three and one-half pounds of sugar, one stick of cinnamon, nutmeg, and mace. Boil, and pour over the cucumbers; repeat two or three times, then bottle.

#### PICKLED PEACHES.

Seven pounds of white, good sized peaches, four pounds of white sugar, one pint of good vinegar. Pare the fruit and stick three cloves in each peach. Boil and skim the vinegar till clear. Put a few peaches at a time into the syrup, until the vinegar has penetrated them thoroughly—fifteen minutes, perhaps. Put the peaches into a large stone jar, boil the syrup until quite thick, and pour it over the peaches, hot; add four sticks of cinnamon to the boiled syrup, if agreeable. In about a week, pour off the syrup, and boil it down until there is only sufficient to cover the peaches well. You can seal them in glass jars if you prefer.

#### PICCALILLI.

Equal parts of cucumbers, onions and cabbage, chopped fine; sprinkle salt over them, and let them stand all night. Put the onions by themselves. In the morning, drain and wash the onions if you do not wish them to taste very strong. Prepare the

vinegar the same as for pickled peaches. Mix all together and boil one hour, or until it looks clear.

#### SPICED CURRANTS.

Five pounds of ripe, red currants, three pounds of white sugar, one tablespoonful each of cinnamon, allspice, nutmeg, and cloves, one-half pint of good vinegar. Boil the currants, then put in the vinegar, sugar, and the rest of the ingredients. Then boil half an hour longer, and put into jars. You can spice plums, gooseberries, grapes and cherries in the same way.

#### SPICED CURRANTS.

Six pounds of fruit, three of raisins, three of sugar, one pint of vinegar, two tablespoonfuls allspice, two of cinnamon, and one of cloves.

#### WATERMELON RIND PICKLES.

Peel the outter rind from ten pounds of the melon. Put the pieces, cut in such fashion as you may fancy, into the preserving kettle, well covered with water; then lay on dishes to drain and cool. Throw away the water, and make a pickle of one pint of very strong cider vinegar; add three pounds of sugar, one ounce each of stick cinnamon, cloves, and three pieces of ginger root. Boil to a thick syrup, then put in the rinds and boil till clear; put them in a jar, boil the syrup till it is as thick as honey, then pour over the rinds and let them stand a day or so, then again boil the syrup and rinds, and seal in glass jars, while hot.

#### FRENCH PICKLES.

One-half peck of green tomatoes, one dozen white onions, slice thin, and sprinkle with salt; let stand over night, drain in a colander, then put in a porcelain kettle; cover with vinegar and water equal parts, boil one hour, then drain. Take one and one-half gallons of vinegar, three pounds of sugar; boil and skim, then add one-half teacup of French mustard, one ounce each of ground cloves, allspice, cinnamon, black pepper, and turmeric. Mix to a smooth paste with water, and stir into the vinegar while boiling. Use stone jars; put in a layer of pickles, and then a cup of the mixture. They are ready for immediate use.



## HYGIENE.

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Donated by MRS. P. A. LYON, M. D., of Santa Cruz.

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In furnishing food for invalids, purchase the very best and prepare with the utmost care. No pains should be wanting in cooking even the simplest dishes, and they should be served in a style to please the fastidious taste of the invalid. Avoid variety and excess in quantity.

Be sure to use the daintiest and whitest of napkins, and bring into requisition the heir-looms of silver and china.

Frequently the relish for the best repast is lost by its being served in a slovenly manner. It should ever be remembered, too, that fresh cut flowers are not only a delight to all, but aid to a forgetfulness of pain. Even a green leaf upon a waiter, indicates that affection as well as duty prompted the hand in its labor.

Every nurse and cook in preparing food for invalids should study to furnish that which is suitable to the needs of the patient. The time may come when all cooks will consider health and strength more than catering to the capricious tastes of perverted appetites.

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### LEMONADE.

Juice of half a lemon, one teaspoonful white sugar, one goblet water. Grate in a little rind if desired.

### HOT LEMONADE

Is made the same way, only using hot water. Is good for colds and biliousness.

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## ORANGE WHEY.

The juice of one orange to one pint sweet milk. Heat slowly, until curds form, strain and cool. Good drink after confinement.

## ✓ EGG LEMONADE.

White of one egg, one tablespoonful pulverized sugar, juice of one lemon, one goblet of water. Beat together. Very grateful in inflammation of lungs, stomach and bowels.

## GUM ARABIC WATER.

One teaspoonful gum arabic, one goblet cold water; stand until it dissolves. Flavor with juice of lemon, orange or any other kind of fruit.

## JELLY WATER.

Sour jellies dissolved in water make a pleasant drink for fever patients.

## OATMEAL TEA.

Two tablespoonfuls raw oatmeal to one quart cold water, stand two hours in a cool place, then drain off as it is wanted.

## TOAST WATER.

Toast slowly a thin piece of bread till it is extremely brown and hard, but not black. Put it in a bowl of cold water, and cover tightly. Let it stand an hour before using.

## SAGO MILK.

Three tablespoonfuls sago, soaked in a cup of cold water one hour; add three cupfuls boiling milk, sweeten and flavor to taste. Simmer slowly half an hour, eat warm. Tapioca milk is made in the same way.

## FLAXSEED LEMONADE.

Two tablespoonfuls of whole flaxseed to a pint of boiling water; let it stand until cool, then strain and add the juice of two lemons and two tablespoonfuls of honey. Invaluable for coughs and suppression of urine.

## TAMARIND WATER.

One tumbler of tamarinds, one pint of cold water. Turn water over tamarinds, and let it stand one hour; strain before using. Currant or cranberry jelly can be used similarly.

## BEEF TEA.

One pound of lean beef cut into small pieces, put into a bottle without a drop of water, cover tightly, and set in a pot of cold water; heat gradually to a boil, and continue boiling steadily for three or four hours, until the meat is like rags and the juice all out. Salt to taste.

## RICE GRUEL.

Two tablespoonfuls rice, one quart cold water; steep slowly one hour; strain through a gravy strainer; add a little cream and salt. Gruel from rice flour: Wet one tablespoonful flour, stir into boiling water; cook five minutes.

## CORN TEA.

Parch common corn until browned through, grind, and pour on boiling water. Drink with or without cream. Excellent for nausea, vomiting and diarrhoea.

## WHEAT OR BARLEY COFFEE.

Brown wheat or barley thoroughly, and grind. Take two tablespoonfuls, mix with the white of an egg, pour over one quart of boiling water. When it comes to a boil, set it on the back part of the stove and steep slowly fifteen minutes. A nourishing drink and a good substitute for tea and coffee. When made right it is very palatable.

## BRAN GRUEL.

Boil half an hour one pint of bran of white wheat, in three pints of water. Strain through a gravy strainer and add a little salt. This is a good gruel for fevers and inflammations. Makes a good drink by thinning and adding lemon juice.

## CORNMEAL GRUEL.

One tablespoonful finely sifted cornmeal wet in cold water. Have one quart of boiling water in a gruel pan, dip a spoonful of this thin, cold batter into the water, stir, let it boil up, and then add another spoonful, and so on until the gruel is of the right consistency. Let it boil briskly twenty minutes or more. Salt to taste. Graham gruel is made in the same way; can be strained or not, as desired.

## OATMEAL GRUEL.

Sift two tablespoonfuls of oatmeal in one quart of boiling water. If the meal is coarse, boil one hour and strain through a gravy strainer.

## BAKED MILK.

Put half a gallon of milk in a jar and tie it down with writing paper. Let it stand in a moderate oven eight or ten hours. It will be like cream, and is good for consumptives and invalids generally.

## BUTTERMILK POP.

Put one quart of buttermilk in the milk boiler; when nearly boiling, add two tablespoonfuls flour, which have been rubbed with one teaspoonful of milk. Stir until boiling. Good for nervous dyspepsia. I knew a man who lived on buttermilk pop only, for six months, and cured himself of dyspepsia.

## CHICKEN BROTH.

In one quart of water, boil the dark meat of half a chicken, with a tablespoonful of rice or barley; skim off the fat; use as soon as the rice is well done. When taken up, add a few narrow strips of bread, toasted—not too brown.

## BROWNEED RICE.

Browned boiled rice eaten with boiled milk is excellent in summer complaint.

## RICE CREAM.

Thicken a pint of new milk with rice flour to the consistency of cream, sweeten, and flavor to taste. Beat the whites of two eggs to a stiff froth, put a half ounce of gelatine to half a pint of cold water; when well soaked, place over the fire until the gelatine is dissolved; when cool, beat to a froth with an egg beater; mix with the egg. This is excellent in inflammation of the bowels.

## SAGO JELLY.

Soak five tablespoonfuls sago in half a pint of cold water thirty minutes, then add one cup of sugar and two tablespoonfuls of lemon juice; pour over three cups boiling water; boil the whole in a farina boiler one hour; pour into moulds; when cold, turn out and serve with fruit juice.

## CRACKED OR BOILED WHEAT.

In two quarts boiling water, stir one pint of cracked wheat, half teaspoon of salt. Use a farina boiler or double kettle, and cook three hours without stirring. When done, mould in dishes. Eat cold, with fruit sauce or cream and sugar. The rolled wheat is preferable. Not being able to procure it ready prepared, one can crack wheat in an ordinary coffee mill.

## OATMEAL MUSH.

Coarse oatmeal should be cooked like rolled wheat. If desired warm for breakfast, can be left in a granite farina boiler overnight and heated in a few minutes. Do not soak oatmeal overnight, or try to cook it sufficiently in the morning. Fine oatmeal can be made in a mush like Indian meal, and be ready for the table in forty minutes.

## OATMEAL AND GRAHAM GEMS.

Mix equal parts of fine Irish oatmeal into a thick batter, with equal parts of milk and water, fill hot gem-pans and bake with a brisk heat. Very sweet and tender.

## BROWN GEMS.

Mix with water equal quantities of rye and Indian meal, beat it to a cream, perhaps ten or fifteen minutes, bake in thin cakes in hot gem-pans.

## GRAHAM GEMS.

Take three cupfuls of entire wheat flour, or Graham made from white wheat, two cupfuls of cold water, half cup of milk. Omit salt. Heat gem-pans very hot on the top of the stove, fill them even full with the batter, place on the grate of a very hot oven. Let them remain ten minutes, then bake thirty minutes on the bottom of the oven. The "Acorn" gem-pans are essential. These are small, round, deep iron pans. Notice, three things are necessary for good gems: The best Graham flour, very hot pans and oven, and the "Acorn" gem-pans. No beating is required. These conditions observed, the gems will be as light as sponge cake. They can be eaten warm or cold, but are best heated over in a quick oven. They make excellent toast and puddings.

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GRAHAM MUFFINS.

Take one pint of new milk, one pint Graham flour or entire wheat flour. Stir together and add one beaten egg. Can be baked in any kind of gem-pans or muffin-rings. Salt must not be used with any bread that is made light with eggs.

## GRAHAM MUSH.

Stir Graham flour in boiling water slowly, until it makes a thick batter. Set on the back part of the stove ten minutes and turn into the dish. To be eaten with fruit juice or cream and sugar.

## BOILED RICE.

Put two cups of rice to three pints of boiling water, half teaspoonful of salt. Cook in a farina boiler four hours. It is said the Japanese do not put rice in water to cook it. Simply expose it to steam in a steamer several hours.

## GRIDDLE CAKES FROM "SHORTS."

Shorts, or middlings, are obtained in grinding wheat, between the fine flour and bran. These are rich in gluten and prepared in the same way, make cakes equal to buckwheat.

## MILK TOAST.

Heat six slices of Graham bread in the oven; toast an even brown over coals. Boil one pint of milk and half a cup of cream. Thicken with one teaspoonful of cornstarch; half a teaspoonful salt. Pour over the toast and serve hot.

## FIG ROLLS.

One quart of Graham flour, one cupful of chopped figs, enough sweet milk to make like biscuit dough. Roll into long rolls and bake in a dripping-pan, in a hot oven.

## EGGS POACHED IN MILK.

Take one cupful of milk, half a cup of water; when boiling break in six eggs. Cook slowly and serve on toast. A lady told me she cured herself of nervous headaches by eating an egg every morning cooked in this way. The milk prevents the poisonous effect of the sulphur in the egg and the nerves get decided nutriment.

## POACHED EGGS.

In a skillet of salted boiling water, place muffin-rings. Drop the eggs in them and let them stand ten minutes without boiling. Remove the rings and the eggs will be nicely moulded and evenly cooked.

## GRAHAM CAKE.

One cupful of sugar, two eggs, half cup of sweet cream, one cupful of Graham flour, one teaspoonful of baking-powder. Bake in a deep tin, adding currants and chopped raisins, and baking in small cake tins makes a nice children's cake.

## TO BOIL POTATOES.

Put into cold water, well covered, and boil quickly. When done just enough to stay on a fork, held perpendicularly, pour off the water, return to the fire, shake in the kettle and evaporate the steam. Serve at once, hot. For mashing, use a four-tined fork, or wire masher. Season delicately. Do not mash to a paste. No pepper.

## CABBAGE.

A royal vegetable when properly cooked. Shave fine, put into boiling water, just enough to cook and leave juicy. Cover tightly; cook fifteen minutes; thicken with a little white flour and milk; thin with milk enough to make rather juicy, and serve hot; is much sweeter without salt. One beaten egg with the last milk. Some put in a little vinegar. Onions prepare same as above.

## PARSNIPS.

Pare and slice, cook until tender, but not broken, and season same as cabbage. If wanted to fry, or bake, do not thicken but remove from juice while a little hard. In cooking cabbage, parsnips and onions, have just water sufficient to cook them and leave a little juicy.

## CRACKED WHEAT PUDDING.

In a deep pudding dish put layers of cold cooked cracked wheat, and tart apples sliced thin with two tablespoonfuls of sugar, one tablespoonful of raisins. Fill the dish, have the wheat last, add cupful of cold water. Bake two hours.

## CARROTS.

Pare, split fine, and cut into half inch pieces; cook from two to three hours; season with milk. Delicious with or without a little salt.

## POP CORN.

Excellent food especially for dyspeptics. Take always at meals. Corn well roasted and ground fine, also makes a rich dressing for mushes, with milk or cream.

## ORANGES.

For food, should be pared with a sharp knife, removing only the yellow of the rinds, leaving the white pulps; slice, and sprinkle with sugar, and let stand half an hour. The pulp is mucilaginous and modifies the acid and is nutritious.

## BAKED APPLES.

Pare tart apples, core with a corer or small knife. Place them in pans, and fill cavities with sugar. Bake in a slow oven until tender. If sweet apples are used, it is better not to pare; sugar not needed.

## BAKED PEARS.

Take a stone jar, and fill it with alternate layers of pears (without paring) and a little sugar, until the jar is full, then pour in as much water as the jar will hold. Bake in a moderate oven three hours.

## BAKED PIE-PLANT.

Cut two pounds of pie-plant into a pudding dish, sprinkle over it half cup of sugar and two tablespoonfuls of flour, or what is better half a cup of rolled bread crumbs. Add water, until the pie-plant is two-thirds covered. Bake in a quick oven, thirty or forty minutes. This method of preparing pie-plant removes the medicinal taste, and makes an acceptable spring dish.

## PEACHES A LA STRAWBERRIES.

Ripe peaches cut in small pieces, with soft, mild eating apples, in the proportion of three peaches to one apple, mixed with sugar, and left to stand two or three hours, makes excellent mock strawberries.



## FRAGMENTS.

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The subject of "wasting" is one to which I wish to call attention. There are so many housekeepers who never think of utilizing the fragments which have been left after a meal, but throw them into the swill-tub. Now any thrifty, sensible housekeeper can, with proper care and judgment, manufacture these bits into numberless nice and palatable dishes, which will be a great saving, and perhaps add many a dollar to her supply of "pin money." Never throw away even a crumb of bread, but save it and put it with other pieces. If you have a loaf of bread about to mold, cut it into thin slices, place all together in a dripping-pan and place in the oven to dry, and you will find that when pounded and rolled, it will be very nice for dressing, puddings, griddle-cakes, and croquettes. Keep in a covered box, or in a paper sack tied securely, and hang it in a dry place. It is much more economical to prepare meats with a dressing of some kind, since they "go so much further." Save all the fat from soups, and boiled or roasted meats. The fat from beef, pork and poultry, keep for shortening or frying, and from ham, mutton and soups, in which vegetables were boiled, for soap grease. To clarify drippings, boil them a few minutes and then cut in a raw potato and let it cook for five minutes, then drop in a pinch of saleratus, and strain. If all the drippings are taken care of, it will be a great saving in a family.

### HASH.

There is nothing worse for the health, or for the palate, than a poor hash, while a good hash is not only a favorite dish in most families, but an essential article of economy and convenience. Do not make hash or any other dish greasy. It is a mistaken idea

to think that fat and butter in large quantities are necessary to good cooking. Butter and oils may be melted without changing their nature, but when cooked they become much more indigestible and injurious to weak stomachs. Cold meat of any kind will do, but corned beef is best; always remove all surplus fat and bits of gristle, chop fine, place in a dripping-pan, season with salt and pepper, dredge with a little flour, and pour in at the side of the pan enough water to come up level with the hash, place in oven and do not stir; when the flour is a light brown, and has formed a sort of crust, take out, add a lump of butter, stir it through several times, and you will have a delicious hash. Or, place in hot skillet with just enough water to moisten, add a little butter or some nice beef drippings, stir often until warmed through, cover and let stand on a moderately hot part of the stove fifteen minutes. When ready to dish, run the knife under and fold as you would an omelet, and serve hot.

#### HOW TO FIX TOUGH BEEFSTEAK.

Cut off the tough ends of the beefsteak, —or any other kind of meat may be cooked in the same way. Chop the meat, while raw, very fine, heat a skillet very hot and grease it with butter, put in your meat, and stir all the time while cooking. This should be done over a quick fire. three minutes will cook the meat. Season with butter, pepper and salt. You can serve it plain or on toast. Another way: Chop fine and broil on a hot gridiron, season with salt and pepper. Or, brown in a very hot skillet, dredge in a tablespoonful of flour, pour over a teacupful of boiling water, stir well and put over nicely toasted bread on a platter; poach some eggs if you like and put one on each slice of toast.

#### MEAT PIE.

Take bits of bone, gristle, and pieces of meat which are not nice for the pie, cover them with water, simmer gently for a long time; strain off the gravy so made, thicken it with a tablespoonful of flour and a small piece of butter, previously rubbed together. If you have plenty of gravy, save a part of it to serve in a tureen. Cut the cold meat into small square pieces, lay it in a baking-dish (without an under crust), with alternate layers of

meat and parboiled potatoes, sprinkle a little flour over the top; add enough gravy to cover the meat; bake half an hour in a slow oven. A little onion finely minced, is an improvement; or, a few spoonfuls of cooked tomatoes. Veal pie may be made in the same way.

#### FRICASSEED BEEF.

Cut from the steak, the end pieces. Heat the skillet very hot, grease it, and brown the meat on both sides, then pour boiling water over and cover tightly, cook until tender, let the water boil out. Put in a piece of butter the size of an egg, let the meat brown again, then put on a platter and make a nice brown gravy and serve with the meat.

#### HAM TOAST.

Mix with one tablespoonful of finely chopped or grated ham the beaten yolk of an egg and a little cream and pepper; heat over the fire, and then spread the mixture either on hot buttered toast or on slices of bread fried quite crisp in butter; serve very hot. You can double this recipe, as many times as you like.

#### MUTTON DINNER.

Three pounds of mutton, cut in small pieces, (if you skin mutton it loses the strong flavor). Put on the stove in cold water; when half done put in a teacupful of rice, pepper and salt to taste. Have water enough for soup, make a nice biscuit crust and steam. Serve with potato salad and apple pie.

#### CHEAP OYSTER SOUP.

One pint of cooked tomatoes, one teacupful of codfish; pick fine, add three pints of water, boil twenty minutes, add a teaspoonful of soda, one pint of fresh milk, and a little rolled cracker.

#### VEAL STEAK.

Take some scraps, or stringy parts of veal, two or three slices of pork, chopped onion, salt and pepper to taste. Let this stew in water, until the juice is extracted. Strain the broth, thicken with a teaspoonful of flour, worked with a tablespoonful of butter, and one of French mustard; let simmer slowly. Broil the cutlets or fry them; drop into the gravy and stew ten minutes.

## A NICE DISH FOR DINNER OR SUPPER.

Take cold beef or veal, chop fine, and season with salt and pepper; have ready hot mashed potatoes, seasoned as for the table and put in a shallow baking-dish, first a layer of meat, then a layer of potatoes, and so on, till the dish is full; smooth over top of potatoes, and make little holes in which place bits of butter. Bake until a nice brown.

## BEEF CROQUETTES.

Chop fine some cold beef, beat two eggs, and mix with the meat; add a little milk, butter, salt and pepper; make into rolls and fry. A very nice dish for breakfast.

## CALF'S HEART AND TONGUE.

You can buy these for a trifle, and they are nice for dinner or tea, if cooked in the following way: Wash clean, and put on to boil in cold water, salt well and boil till tender. Some vinegar and one tablespoonful of the following spices: Whole black pepper, allspice, and three bay leaves. Put in your meat, and if you prepare it in the morning, it will be ready for tea. Slice very thin and serve cold.

## PARKER TOAST.

Take stale bread and cut into small, square pieces; make a batter as follows: One cup of sour milk, one egg, half a teaspoon of soda, flour enough to make like griddle cakes, a little salt. You can use sweet milk with baking powder. Dip in the bread, and fry in nice drippings or lard. Serve with syrup for breakfast.

## CROQUETTES.

Take some stale bread and pour on cold water enough to moisten it. Season with salt and pepper, add two well beaten eggs, make into little oval balls, roll into flour or cornmeal, and fry in hot lard or nice drippings, enough to cover them. Serve with roast beef.

## MINT VINEGAR.

Put into a wide mouthed bottle, fresh, clean mint leaves, enough to fill it loosely, then fill up the bottle with good vinegar;

after it has been stopped close for two or three weeks, it is to be poured off clean, into another bottle, and kept well corked for use. Serve with lamb or any cold meat.

#### TURKEY DRESSING.

Ask for sausage for dressing. Get one can of trufles and one can of chestnuts, chop fine and mix the sausage, salt and pepper to taste; chop two small onions very fine and mix well. The dressing will be very good without the trufles and chestnuts, if preferred, but of course not so nice.

#### A NICE WAY TO PREPARE A SHIN OF BEEF.

Crack the bone well, put it in a stew-kettle, and just cover it with water. When it simmers, begin the skimming, and when the water looks clear, add a bunch of sweet herbs, or if the flavor is not liked, one dozen berries of black pepper, the same of allspice; stew very gently until the bones slip easily from the meat; take out, remove bones, and chop the meat fine, skim off the grease from the liquor in the pot, and return the chopped meat to it; season highly with salt and pepper, and a little powdered sage if liked; pour in pans, and set in a cool place. This is nice sliced for tea or for breakfast, fried in nice drippings, or you can mix it with bread or cracker crumbs; make into little cakes and brown in the oven. Or you can make croquettes or hash of the meat; they are excellent. Another nice way to save bits of cold meat is to drop them in a jar of vinegar; at the end of the week you will have enough for a batch of mince pies or spiced beef.

#### HOW TO MAKE NICE GRAVY.

It is not fashionable to have gravy made for roast beef or mutton, as the juice of the meat is preferred, which, on the plate, is mixed with catsup or whatever is preferred. Almost any kind of meat liquor or soup stock, from which all fat has been removed, may be made into nice gravy, by simply adding a little seasoning and thickening; if browned flour is used, the gravy will require but little cooking, but, when thickened with raw flour, it must cook until thoroughly done, or the gravy will taste raw. All gravies should be well stirred over a hot fire, they must be quickly made, and must boil, not simmer.

## A CRUMB OF BREAD.

When you are cutting bread for the table, save all the crumbs, and at the end of the week, you will have enough for a bread pudding or bread griddle cakes.

## GREEN CORN PUDDING.

One and one-half ears of green corn, one cupful of sweet milk, one egg, piece of butter the size of a walnut, pepper and salt to taste. Scrape the corn from the cobb and boil it until done, let it get cold then add the milk with the rest of the ingredients, and bake a light brown color.

## WHEAT JEMS.

Two cups of sour or buttermilk, one egg, one even teaspoonful of soda, baking-powder and salt, one pint of flour. Heat the jem-pans very hot, fill with the batter and bake in a hot oven.

## OMELET.

Four eggs, three-fourths of a cup of sweet milk, one teaspoonful of flour. Beat the yolks well, add the flour and milk, and steam over hot water till thick like custard. Beat the whites to a stiff froth and mix all together; butter a dish and pour in the omelet and bake in the oven to a light brown.

## APPLE CHARLOTTE.

Put into a well buttered pie-dish a layer of finely grated bread crumbs; then a layer of apples pared and sliced fine, a little sugar and grated nutmeg; then another layer of bread crumbs, and so on, till the dish is full, taking care to have a layer of bread crumbs on top. Bake nearly an hour. The pudding should be covered during part of the time it is baking. Serve with sugar and cream. It is also very nice made with marmalade or any kind of jam instead of apples.

## HONEY VINEGAR.

Two pounds of strained honey, one gallon of water; put it in a jug, and let it stand in a warm place for six weeks, to ferment; then pour it off into a clean jug, and set it away for use.

## APPLE JAM.

When your apples are in danger of spoiling, make them into jam in the following manner: Pare and core them, chop them fine, and measure equal quantities of apples and sugar. Make a good clear syrup of sugar, and add the juice of three lemons and a few pieces of ginger root. Boil till the apples are clear and yellow. Put in jars or seal in cans.

## BAKER'S YEAST.

Take a few hops between the fingers, say an ounce or so, and put in a sauce-pan with a quart of water; boil a few minutes and strain off; then after removing all the hops, return the liquor and put in two or three medium sized potatoes. Boil until quite done; again drain off the liquor, and add a tablespoonful of flour; mash the potatoes well with it; then return the liquor, and add a teaspoonful of sugar; mix the whole together; have it about the consistency of batter. Put in a bottle (clean glass) and cork it tight. Shake two or three times a day, keep covered and in a warm place for two days, when it will be observed that bubbles are now and then seen to rise to the top, and the top looks creamy. Do not shake any more, but tie the cork down; the next day you can make the regular hop yeast with hops, potatoes and a little malt, which will give you a regular baker's yeast, pure and fresh, which must be renewed every ten or twelve days. Try it; it is very fine.

## TOMATO CATSUP.

Boil and mash thoroughly, through a colander, your tomatoes, which must be ripe. To every gallon of tomatoes, add one quart of vinegar, two tablespoonfuls of black pepper, one of cayenne pepper, one of ground allspice, one of ground cloves, four of salt, four of mustard seed, two of ground cinnamon. Boil hard four hours. Put it on the back of the stove and leave till the next morning, then bottle. The older it is the better.

## SUET PUDDING.

One cupful of raisins, two-thirds cup of butter or suet, one-half cup of molasses, one-half cup of brown sugar, one cupful of sour or buttermilk, one even teaspoonful of soda, three cups

of flour, one nutmeg, one teaspoonful of salt; steam three hours. Serve with vinegar sauce.

#### SUET PUDDING.

Twelve Boston crackers, one quart of sweet milk, one cupful each suet, molasses, raisins, and currants, spices to taste. Steam in pudding mould three hours.

#### GREEN MOUNTAIN CAKE.

One cupful of sugar, one-half cup of milk, one-half cup of butter, two cupfuls of flour, two eggs, one-half teaspoon of soda, one teaspoonful of cream-tartar. Makes a nice layer or loaf cake.

#### COOKIES—Very nice.

One large tablespoonful each of butter and lard, one cupful of sugar, nearly three cupfuls of flour, two teaspoonfuls of Equity baking-powder, all rubbed together, then add one-half cupful of sweet milk, one egg, roll thin and bake in a quick oven.

#### GRAHAM CAKE.

One cupful of sugar, one cupful of sour cream or milk, if you use milk, add a piece of butter the size of a walnut, one cupful of seeded and chopped raisins, two cupfuls of sifted Graham flour, one teaspoonful of soda, three eggs. Bake in a loaf.

#### WHITE FRUIT CAKE.

Two eggs, one cupful of sugar, one of butter, one of raisins, one of currants, three cupfuls of flour, one-half cup of sweet milk. Citron, mace and cinnamon to taste, two teaspoonfuls of Equity baking-powder.

#### DELICATE CAKE.

Two eggs, one-half cup of butter, one cupful of sweet milk, one and one-half cupfuls of sugar, three teaspoonfuls Equity baking-powder; flavor with almonds or lemon. Made with the whites of four eggs is nice for cocoanut cake, or with the yolks for chocolate cake; three cupfuls of flour. Been in use for fifteen years.



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