

VIRGINIA
COOKERY
BOOK

STUART SMITH

APPERS

M. L. Coe in
Hollins College,

Another copy for the
pought of the
children.
By M. L. Coe,



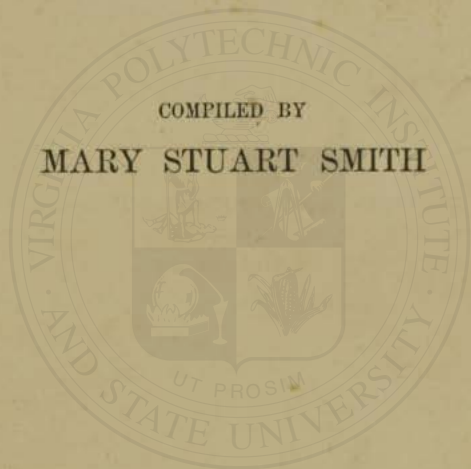
Sallie B. Turner,
June 1901,
Graham, Va



VIRGINIA COOKERY-BOOK

COMPILED BY

MARY STUART SMITH

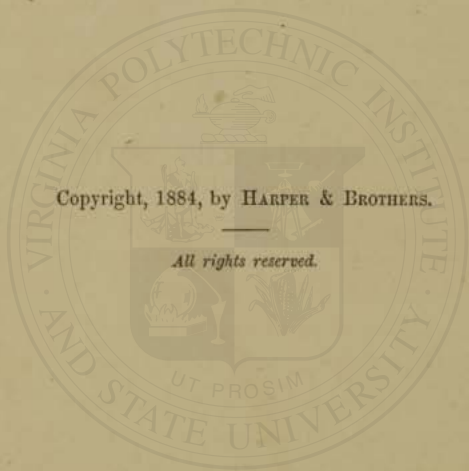


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PREFACE.

It is not the aim of this little book to furnish an elaborate treatise on cookery, or to supplant any other authority on the subject. But persons who desire to excel in this sphere do not like to be tied down to any one particular method, or at least take an interest, and find their advantage, in counselling with their neighbors concerning the economy of household management. In the simplest and most unpretending manner, two Virginian ladies would herein lay before their sisters a collection of recipes, such as have been constantly used in the families of their State for many years back, and tested by the experience of several generations. It was thought doubly expedient to make such a collection of recipes at this time, when, old domestic institutions having been done away with, there is danger that the composition of many an excellent dish may become forgotten lore. Enough will it be for the Virginia Cookery-book to take its place on the house-keeper's pantry shelf along-side of the similar works of Miss Leslie, Marion Harland, Mrs. Henderson, and Mrs. Hale, to be referred to, if not on every occasion, at least frequently. All that its compilers promise is to be found trustworthy in the limited field which they have undertaken to occupy.

INTRODUCTION.

IN pursuance of the compiler's wish that the "Virginia Cookery-Book" should serve as a memento of the past, as well as a help in the present, she ventures to reproduce the introduction to Mrs. Randolph's "Virginia Housewife," since it was written for that lady by the compiler's grandfather, Professor George Tucker, and contains a tribute to the notable character of Virginia matrons of the olden time that she would like to go down to posterity. This is done, the rather because there is no authorized edition of Mrs. Randolph's excellent work now extant. Although its date of publication was 1831, most of Mr. Tucker's remarks are as applicable now as when they were written. Two changes in the manners of the times are to be incidentally noticed. At that day, in a family living in good style, the dining-room servant was invariably a man; the castors, too, made the central figure on the dinner-table. Yet, be it observed, particular attention to the latter may need to be enjoined only the more earnestly, because in the more retired situation which they now hold on the sideboard, neglect as to their condition might not be so promptly brought to light, and yet be only the more mortifying when it did appear.

With filial reverence, then, the grandchild would lay before her contemporaries advice that she feels carries far more weight with it than anything which she could hope to say herself on the important subject of ordering the affairs of the household.

“Professor Tucker’s Introduction.”

“Management is an art that may be acquired by every woman of good-sense and tolerable memory. If, unfortunately, she has been bred in a family where domestic business is the work of chance, she will have many difficulties to encounter; but a determined resolution to obtain this valuable knowledge will enable her to surmount all obstacles. She must begin the day with an early breakfast, requiring each person to be in readiness to take their seats when the muffins, buckwheat cakes, etc., are placed on the table. This looks social and comfortable. When the family breakfast by detachments, the table remains a tedious time, the servants are kept from their morning’s meal, and a complete derangement takes place in the whole business of the day. No work can be done until breakfast is finished. The Virginia ladies, who are proverbially good managers, employ themselves, while their servants are eating, in washing the cups, glasses, etc., arranging the cruets, the mustard, salt-sellers, pickle-vases, and all the apparatus for the dinner-table. This occupies but a short time, and the lady has the satisfaction of knowing that they are in much better order than they would be if left to the servants. It also relieves her from the trouble of seeing the dinner-table prepared, which should be done every day with the same scrupulous regard to exact neatness and method as if a grand company were expected. When the servant is required to do this daily, he soon gets

into the habit of doing it well, and his mistress having made arrangements for him in the morning, there is no fear of bustle and confusion in running after things that may be called for during the hour of dinner. When the kitchen breakfast is over, and the cook has put all things in their proper places, the lady should go in to give her orders. Let all the articles intended for the dinner pass in review before her; have the butter, sugar, flour, meal, lard, given out in proper quantities; the catsup, spice, wine, whatever may be wanted for each dish, measured to the cook. The mistress must tax her own memory with all this; we have no right to expect servants to be more attentive to our interests than we ourselves are; they will never recollect these little articles until they are going to use them; the mistress must then be called out, and thus have the horrible drudgery of keeping house all day, when one hour devoted to it in the morning would release her from trouble until the next day. There is economy as well as comfort in a regular mode of doing business. When the mistress gives out everything there is no waste; but if temptation be thrown in the way of subordinates, not many will have power to resist it; besides, it is an immoral act to place them in a situation which we pray to be exempt from ourselves.

“The prosperity and happiness of a family depend greatly on the order and regularity established in it. The husband who can ask a friend to partake of his dinner in full confidence of finding his wife unruffled by the petty vexations attendant on the neglect of household duties—who can usher his guest into the dining-room assured of seeing that methodical nicety which is the essence of true elegance—will feel pride and exultation in the possession of a companion who gives to his home charms that gratify every wish of his soul and render the haunts of dissipa-

tion hateful to him. The sons bred in such a family will be moral men, of steady habits; and the daughters, if the mother shall have performed the duties of a parent in the superintendence of their education as faithfully as she has done those of a wife, will each be a treasure to her husband; and being formed on the model of an exemplary mother, will use the same means for securing the happiness of her own family which she has seen successfully practised under the parental roof."



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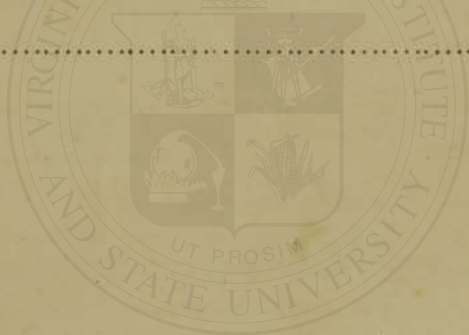
French Fritters. — Bell Fritters. — Rice Fritters. — Puff Fritters. — Apple Fritters. — Spanish Fritters. — Snow-flake Sauce. — Berryville Fritters. — Quaking Pudding. — Pancakes. — Scotch Pancakes. 300

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VIRGINIA COOKERY-BOOK.

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YEAST.

Boil five or six large Irish potatoes until soft, and mash them fine; to three pints *cold water* put a half-gill measure of hops, closely pressed; let the water come to a boil, and boil for five minutes, *uncovered*; strain gradually the tea over the mashed potatoes, and after they are mixed strain through a colander to exclude the potato lumps; add, *while hot*, a teacupful of sugar and a table-spoonful of salt, and, when nearly cold, a teacupful of old yeast.

This yeast will be ready for use within four hours after being made, and will not quickly sour.

In order to have white flaky bread very little lard must be put in the flour—not more to each quart of flour than a piece the size of a hickory-nut.

HANNAH'S YEAST.

One teacupful of salt, one of sugar (white or fair brown), two cupfuls of flour, two of meal, eight large Irish potatoes, one large handful of hops. Boil the potatoes, after peeling them raw; strain the hot potato-water into the salt, sugar, flour, and meal; make a quart of strong hop-tea and pour over this; put on the fire and stir until the yeast has thickened sufficiently, which will be in from five to ten minutes; add now a teacupful of old yeast that is still lively and set away, in a jar, to rise.

This yeast, if kept in a cool place, will be good as long as there is any of it left.

EXACT WAY TO MAKE GOOD LIGHT BREAD.

Obeying the following directions for making yeast and sponge, the most inexperienced cook may soon become skilful as a bread-maker:

Boil six potatoes; peel and mash them up smooth, so that not the least lump is left; mix with them a light half-pint of sifted flour; stir these into a pint of boiling hop-tea; strain through a coarse sieve, and add three table-spoonfuls of sugar and a teaspoonful of salt; when cold pour in a half-pint of old yeast.

Use two table-spoonfuls of this yeast for lightening one quart of flour.

SPONGE.

Two large Irish or white potatoes, three table-spoonfuls of flour, two table-spoonfuls of sugar; mix smooth with one pint of boiling water; when cold, add six table-spoonfuls of yeast. Make up your bread (in winter) with this sponge at 4 P.M. for an eight o'clock breakfast, using two and a half quarts of flour, two eggs well beaten—[very good bread is made by this recipe without the

eggs, however]—one table-spoonful of butter and lard, mixed.

Make up the sponge before breakfast, if you want light bread for tea. It will be covered with froth when well risen. In summer, for breakfast bread, make the sponge after dinner—that is to say, three or four o'clock P.M.—and work it into your dough with ice-water just before leaving the kitchen for the night. When you leave out the eggs add their bulk in water.

Although the above recipe is as precise as can well be, yet in the matter of light bread-making something, after all, must be left to the judgment of the cook, who, to insure success, must watch the changes of temperature as carefully as any maker of almanacs. If the weather is hot, the bread-dough must be set in the coolest place accessible; if the weather is cold, just the opposite treatment must be pursued. The dough should be left to rise in a vessel sufficiently large to allow of its swelling to four times its original size, and yet the vessel should be closely covered. A cook should always keep a clean, coarse linen towel at hand, wherewith to cover her bread after the lid is lifted, and while it is taking its second rise.

Cooks differ as to the length of time bread ought to be worked after the yeast is put in, some only kneading it enough to make the dough smooth and pliant. But I must say that the *best* bread-makers whom I know knead for at least an hour, and with all their might. Even then there is a magic in the touch of certain gifted ones that all cannot hope to acquire, although every willing person can learn to make an excellent article.

In the morning, if the dough is properly leavened, it will quiver on one side if touched on the other. Have ready a bread-board, which must be well floured; flour your hands also before attempting to lift the dough

from its bucket or jar; have your tins greased; make out into loaves or rolls, as you may fancy, working the dough just enough to mould it into the forms desired. Put a little clean lard between each roll, in order that they may easily come apart; and also lightly grease over the tops, that the crust may brown well and be tender.

The dough must be set to rise a second time before being put into the oven, which must be well heated, and kept evenly so all the time that the bread is baking. One hour is usually allowed for this second rising, and one hour for the baking. But here, again, it is impossible to set down invariable laws, because fires will not all burn just alike, and bread rises twice as fast on a warm morning as when the air is frosty and biting.

While one cannot exaggerate the particularity required of every woman who would excel as a bread-maker, there is a comfort in reflecting that such stupid people have acquired the art that no one need despair, if she have only a willing mind.

The most beautiful bread I ever saw was made by a poor creature only one degree removed from idiocy; she had sense enough, however, to *feel* how her bread should be treated, and was, moreover, scrupulously neat.

An old "aunty" in a Virginia homestead of the olden time made such exquisitely fair rolls, that a visitor asked leave to be permitted to have her recipe. "Aunt Phyllis," the lady said, "I have come to get your recipe for making the lovely rolls you gave us for breakfast." With a droll and puzzled air the cook answered, "La! missis, I just know I dar'n't make 'em no different."

The old woman could give no other recipe: she knew what she had to do, and did it. I am much mistaken if any one can fail who sets about bread-making with carefulness and a determined purpose to succeed.

ANOTHER GOOD RECIPE FOR YEAST.

(From Fauquier County.)

Boil a handful of dried hops, or a two-inch cube, if you use those put up and pressed for market, in two quarts of water, and add four large potatoes, boiled, mashed, and strained; scald six table-spoonfuls of flour in the liquid, adding one cup of sugar and one cup of salt; when cold, add yeast to ferment it, thinning the liquid to two and a half quarts. This, put in well-corked bottles, will keep six weeks in the warmest weather. Use half a teacupful for each quart loaf of bread.

POTATO YEAST.

After removing the peel, slice eight common-sized white potatoes and put them in a kettle to boil, with five pints of water; add a double-handful of hops, tied up in a thin muslin bag; let all boil together until the potatoes are thoroughly cooked; then take the potatoes out of the kettle with a perforated ladle, put them into a bowl, and mash them perfectly smooth; then stir into them a teacupful of pulverized sugar and a smaller teacupful of salt; then strain over them the hop-tea from the kettle, and you have new yeast; wait until the heat is only tepid, and then add a cupful of already risen yeast to make the new ferment. In twenty-four hours it is fit for use. Do not put any flour into this yeast. The salt is put in, during warm weather, to prevent it from turning sour, and therefore may be omitted in winter. If you prefer doing so, make it into cakes with corn meal and dry them in the shade.

BISCUITS.

At present this favorite bread is generally made with the help of Horsford's, Royal Baking, or Rumford's yeast

powders, particular recipes being given on their several packages; but a few general hints concerning their preparation may be useful to inexperienced house-keepers. The cook should be instructed to roll her dough till only half as thick as you wish your biscuits to be when done, if any of the above powders are used, as it will rise a great deal, in spite of being stuck with a fork—a part of the biscuit-making process never to be neglected. Nothing can be more inelegant than a large, thick biscuit. Let the oven be well heated before the cook begins to make up her dough even, for, the quicker the process, the more likely it is to be successful. Biscuits should be baked in about ten minutes, brown and crisp, but not *hard*. Occasionally a person is found who likes a soft, white biscuit; if so, special directions may be given to that effect, for this may be considered an idiosyncrasy of taste. A biscuit should be cut not more than three inches in diameter, and not more than a third of an inch in thickness. For variety, biscuits may be made out with the hand, instead of being cut with a cutter. Strange as it seems, so small a matter makes a decided change in the look and taste of the article, and it is well worth a house-keeper's while to study all these little ways of gratifying that love of novelty so inherent with us all, but with the young especially.

THIN BISCUIT.

A popular bread for the tea-table is supplied by merely taking as much biscuit-dough as would suffice for one biscuit, dividing it into two parts, and rolling each part out round, until the circumference is five inches instead of three. Stick with a fork here and there over the surface. The cakes will be very thin, of course, and can be cooked in five minutes, the oven being moderately and

steadily heated. Let them brown, but not be the least burnt. Prepare as many as your family require. A pint of flour will furnish a nice plateful.

BEATEN BISCUIT.

Take two pints of flour, one table-spoonful of lard, and one teaspoonful of salt. Have ready a mug filled with equal parts of sweet milk and water, and add it gradually to the other ingredients, kneading all the while, and stopping as soon as the flour will hold together, for the dough should be very stiff. Beat thirty minutes with an axe, kept for the purpose; or, if you use a kneading-trough, run the dough backward and forward through it, until rather soft and perfectly smooth.

In the Virginia of the olden time no breakfast or tea-table was thought to be properly furnished without a plate of these indispensable biscuits, which were wont to be "white as the driven snow" inside, and deemed both wholesome and palatable.

Let one spend the night at some gentleman-farmer's home, and the first sound heard in the morning, after the crowing of the cock, was the heavy, regular fall of the cook's axe, as she beat and beat her biscuit-dough. Grown familiar, how appetizing the sound, as the gauge of good things to follow soon!

Nowadays beaten biscuits are a rarity, found here and there, but soda and modern institutions have caused them to be sadly out of vogue. There are difficulties in the way. In the first place, there must be a biscuit-block, usually the trunk of some solid oak or chestnut tree, felled and sawed off to a convenient height, when, of course, it must be planed smooth, and set up in some accessible place in or near the kitchen. Any ordinary table would soon be knocked to pieces, if used for this service. A

machine may be obtained that answers the purpose admirably, but it is rare. We have only seen one specimen in use. Then an axe, with a short, stout handle, must hang ever ready to be applied to this use, and this alone is a condition hard to comply with in a Southern kitchen, where servants are careless, as a rule. Lastly, most servants object nowadays to the trouble of preparing this bread. But the house-keeper who has the energy to surmount these difficulties, and essays her skill in following the recipe here given, may be assured that she will be rewarded for her pains.

BEATEN BISCUIT, No. 2.

One table-spoonful of butter and lard mixed, one egg, one quart of sifted flour, and one teaspoonful of salt. Make up with half a pint of milk, or, if milk is not to be had, plain water will answer; beat well until the dough blisters and cracks; pull off a two-inch square of the dough; roll it into a ball with the hand; flatten, stick with a fork, and bake in a quick oven.

BACHELOR'S LOAF.

Three eggs, half a pint of milk, one quart of flour, two table-spoonfuls of butter, one teaspoonful of salt, three table-spoonfuls of yeast. Warm the milk and butter together; stir in the flour and salt, then the eggs, well beaten; beat the whole well, and stir in the yeast; set it to rise in the pan you mean to bake it in; butter the pan.

SHERWOOD BISCUIT.

For breakfast, make up at night a pint of flour with a table-spoonful of yeast, exactly as if for light bread; in the morning work in a quart of flour, with a table-spoonful of shortening, half a pint of buttermilk in which a pinch

of soda has been dissolved, or simply a cup of sweet
 instead, and a table-spoonful of butter and lard, ~~mixed~~,
 work well for ten minutes; make into small biscuits with
 the hand, instead of cutting out. This recipe is among
 the very nicest, if the directions are strictly followed out.

FRENCH ROLLS.

Make them up over night with yeast as for light bread,
 adding the yolk of an egg to each pint of flour; work it
 well, and in the morning work in one ounce of butter to
 a pint of flour. That quantity will make three nice
 rolls. They must be baked quickly, and eaten as soon as
 done, to be enjoyed in their perfection. After putting
 the butter in the dough it should stand to rise until half
 an hour before baking, when the dough should be formed
 into as many rolls as you wish, and covered with a towel
 until the oven is ready for them. They are generally
 made into long, narrow-shaped rolls of small size.

CREAM ROLLS.

Rub into one quart of flour a bit of butter the size of a
 small egg; add one teaspoonful of salt; to half a pint of
 thick cream a little sour add half a teaspoonful of salera-
 tus dissolved in warm water and milk enough to make a
 dough not quite stiff enough to roll out; make it up into
 small rolls with the hand, greasing the parts that touch
 each other, so that they may readily come apart.

SALLY LUNN, No. 1.

Half a pint of milk, one pound of flour, two eggs, one
 ounce of butter, a teaspoonful of sugar, a light teaspoon-
 ful of salt, one gill of yeast.

To bake for breakfast, mix the above ingredients the
 last thing at night, and set the Sally Lunn to rise in a

covered pan, allowing it plenty of room to swell; set it in a warm or cool place, as the state of the weather shall indicate, always remembering that it rises more quickly than light bread dough. In the morning, if you find it at all over-risen or sour, mix up half a teaspoonful of soda in a little sour milk, and stir it in gradually until the batter again tastes sweet. The soda is only to be put in in case of necessity, and pains should be taken to keep the batter sweet; grease a one-pound cake-mould, and after the batter again has risen for half an hour put it in the oven to bake, and eat hot, with butter.

SALLY LUNN, No. 2.

When we make Sally Lunn at home for tea we prepare a sponge as for light bread very early in the morning, thus: Boil, peel, and mash fine two large Irish potatoes, which must be made into a paste with two large spoonfuls of sifted flour, a table-spoonful of sugar, and a tea-spoonful of salt, by means of warm water. By ten o'clock the sponge will have risen sufficiently to make into a batter with three pints of flour, four eggs, and a small table-spoonful of butter and lard mixed. This batter may be risen in any vessel that is convenient, and only need be put into the baking-moulds when ready for the second rise, which would be about four o'clock P.M. for a six o'clock tea. The above quantity is sufficient for two Turkish turbans holding three-quarters of a pound each, and would suffice for a company of twenty persons.

CINNAMON BUNS.

After supper put one pint of new milk, one cup of butter and lard mixed, and one cup of white sugar on the fire to warm; then pour into the tray a little of two quarts of flour, beating it until cool; add one cup of yeast, and

work in the rest of the flour well; set to rise as you do light bread.

After breakfast next day work in another cup of sugar, and roll out the dough about half an inch thick, spreading over its surface the mixture given below, and roll up as you would a roly-poly pudding, then setting it to rise for the second time; when well risen cut it down in pieces one and a half inches wide; bake on buttered paper in a slow oven.

Mixture for layer: Half a pound of butter creamed, one pound of brown sugar, two heaping table-spoonfuls of powdered cinnamon.

Materials required: Two quarts of flour, one pint of milk, one cup of butter and lard, two cups of white sugar, one cup of yeast, one dessert-spoonful of salt.

Layer: Half a pound of butter, one pound of brown sugar, two table-spoonfuls of cinnamon. Time for whole process, twenty-two hours.

HANNAH'S ROLLS.

Two quarts of flour, one table-spoonful of lard, two gills of yeast, two teaspoonfuls of salt. Make to the consistency of light bread dough, with water, or milk-and-water. In winter let the water be warm; in summer, the coldest ice-water. In winter make it up as early in the evening as possible; in summer, as late; knead always a great deal, with a pressure at once firm and light.

HANNAH'S MUFFINS.

One quart of flour, one gill of yeast, two eggs, one spoonful of butter and lard, one teaspoonful of salt, half a pint of milk. Make up at ten o'clock in the morning for a seven o'clock tea. Its consistency is that of a soft dough. Bake either by dropping from a spoon into the

pan, or in muffin-rings. For handed tea they are delightful, if buttered at the fire before being sent to the dining-room.

FRENCH BREAD.

Rub one table-spoonful of lard into one quart of flour; add a teaspoonful of salt, and three teaspoonfuls of good yeast; mix with milk enough to make a thin dough; knead it well, and put in a buttered pan to rise; bake it in the same pan. Allow one hour for the baking.

FRENCH BISCUIT.

Four pints of flour, four eggs (leaving out the yolks of two), four teaspoonfuls of white sugar, one teacupful of good yeast, one table-spoonful of butter and lard mixed, a teaspoonful of salt, one pint of new milk. Make all these materials into a dough and work well; set them away and allow them four hours in which to rise; then work again and roll out thin, cutting them out into small biscuits; grease their tops lightly with lard, and place on that a second biscuit; let them rise again, and bake in a rather quick oven.

LIGHTENED BISCUITS.

One quart of flour, one teaspoonful of sugar, three eggs, one cupful of butter, one cupful of yeast, three potatoes, one teaspoonful of salt. Beat the eggs very light, and, if you choose, substitute lard for half the butter; use no water; knead very thoroughly, and make up directly after breakfast. The potatoes, mashed fine and worked in smoothly, are a great improvement. Set them to rise the second time at three o'clock P.M.; put to bake at six P.M.

POWHATAN LOAF.

Make up one quart of flour at night with a gill of yeast; when the dough is ready for a second rise beat up the

yolks of two or three eggs; add a piece of butter the size of a turkey-egg; beat these into the dough, and knead until perfectly smooth; then set it to rise in the pan you intend to bake it in; in two hours, when it should be well risen, bake in a moderate oven as you would light bread. It takes longer to cook.

POWILATAN ROLLS.

Three pints of flour, one teaspoonful of salt, one table-spoonful of sugar, three eggs, six table-spoonfuls of yeast, a lump of butter the size of a walnut. Make all these ingredients into a dough just stiff enough to handle at ten o'clock A.M., and set the dough to rise where you can watch it; when well risen, make it out into any shaped rolls that you prefer, greasing them where they touch; set to rise for the second time, and when you put them into the oven to bake glaze the tops by brushing them over with white of egg.

QUICK BISCUITS.

There are many ways of preparing these by calling in the aid of various powders, all of modern invention, but good when used judiciously. Even in slow-moving Virginia we apply to these labor-saving methods of cookery at times with satisfaction.

Most house-keepers keep a supply of both Horsford's powder and the Royal Baking Powder, to be used as occasion requires, and good recipes for their use accompany each package. For years we have found it well to sift a whole package of Horsford's powder into thirty pounds of good extra superfine flour of fine grade, and thus have it ready at hand whenever wanted. Biscuits made with that powder are better, we think, than soda. But, since it is perhaps necessary for a country house-keeper to know

many different ways of preparing the same article of food, as she cannot always get the *very* supplies she needs at a moment's warning, we append a recipe whereby even soda biscuits may be rendered palatable.

The first rule to be observed is to use the baking powder *sparingly*. A teaspoonful, in conjunction with some acid, is enough to lighten a gallon of good flour, instead of a quart, as ordinary cooks imagine.

SODA BISCUIT.

One quart of flour, one table-spoonful of butter and lard mixed, one teaspoonful of salt, one quarter teaspoonful of soda; enough buttermilk or sour milk to make the dough just stiff enough to be handled (half a pint is about what will be needed); the soda should be sifted with the flour and the shortening rubbed in before the buttermilk is added. These biscuits do not require kneading or beating, but must be mixed and baked as quickly as possible afterward. The quicker the process, the more likely to be successful. Roll out a little less than half an inch thick, and stick well.

GOLDEN LOAF OF ALBEMARLE.

Three pints of flour, six eggs, six or seven good-sized Irish potatoes, one table-spoonful of lard, one table-spoonful of sugar, one large teacupful of yeast. If, when made up, the proper consistency of light bread-dough has not been attained, add milk, water, or flour, whichever your judgment decides is needed. The dough must be worked thoroughly, which may be known by its blistering. When wanted for breakfast it must be mixed and worked the night before. In the morning do not work it at all, but only empty and settle it in the greased pan in which it is to be baked.

BRANDON ROLLS.

Put a quarter of a pound of butter into two quarts of flour ; add the yolks of two eggs and half a pint of yeast, previously made into a sponge ; make up the dough with warm milk until it is of the consistency of loaf-bread dough ; a pint, or rather more, of milk will be needed ; put into a greased mould overnight, and bake in the morning.

OLD MAIDS.

From your plain loaf-bread dough take off a large piece in the morning ; with your hand pull off quite large bits and shape them in round cakes six inches in diameter and half an inch thick ; let them rise again as you would lightened biscuits, and bake them upon a griddle ; they should look very white, with a light-brown ring in the centre. These same cakes are sold in our larger cities as English muffins, and are a favorite bread in Virginia at breakfast, known either under the name we have given or locally as "hoe-cakes." They may, indeed, be baked on a hoe before an open fire, such as in past times were always used to cook by.

BROWN BREAD.

Three quarts of Graham flour, one quart of lukewarm water, a gill of molasses, half a pint of Indian meal gruel, three teaspoonfuls of salt, a large mug of good hop yeast.

RUSKS, No. 1.

Take one quart of milk, one teacupful of cream, half a pound of lard, a quarter of a pound of butter, one tablespoonful of salt, and boil them together. Beat well four eggs with one pound of sugar (fair brown, say extra C*);

* Every good grocer knows the grade of sugar designated.

pour the boiling milk on them gradually, stirring all the time; when nearly cold add one teacupful of yeast and flour sufficient to make a stiff batter; allow a little more time for it to rise than for ordinary light bread-dough; when well risen knead it up as you do bread, and let it lighten again before shaping it into rolls; when moulded into the form you wish, brush over the tops with sugar.

VERY NICE RUSKS.

One pint of milk, half a pint of yeast, four eggs, three quarters of a pound of sugar, one quarter of a pound of butter. Beat the eggs light, and add to them the yeast, milk, and as much flour as will make the mixture as stiff as you can stir with a spoon; make it up in the evening for tea the next day; next morning work into the dough both the sugar and butter; add more flour, if needed to make it stiff enough to handle, and mould into biscuit shape or rolls; give it a second rise, however, first, and do not put it to bake until very light; when moulded into the form you wish, brush over the tops with sugar and cream, then let them rise a few minutes, when they will be ready to bake.

RUSKS, No. 2.

Take as much lightened dough as would make a quart loaf of bread; spread it open in your kneading-trough and put into it a teacupful of sugar, half a nutmeg, and a piece of butter weighing two ounces; work it well; mould it out into biscuits or rolls, and bake it in your bread oven; wet the tops with sugar and cream before it goes into the oven.

APPLE BREAD.

Make up two quarts into dough precisely as if for rusks; when it is very light roll out a cake of it half an

inch thick ; spread stewed apples over it, and another cake rolled like the first ; put it in an oven for a short time ; bake it ; have some thin slices of apples stewed very tender ; when the cake is done, lay these slices of apples all over the top ; sprinkle them well with sugar, some small bits of butter, and either nutmeg or cinnamon, whichever you like ; put it back in the oven long enough for the sugar to form a coating on the top ; take it out, and when cold slice it up. This is a very favorite bread with young people at tea.

SALT-RISING BREAD.

Put half a teaspoonful of salt in half a teacupful of flour ; pour on boiling water ; work it well very stiff ; put this where it will keep warm all night ; next morning take a pint of milk, warm water, and as much salt as before ; mix in flour till you make a good muffin batter ; then add the scalded yeast to the batter and set it in warm water till it rises ; then add flour to form a stiff dough, and bake.

This is the favorite bread all through the Valley of Virginia and Maryland. Some dyspeptics think it much more digestible than bread made up with other kinds of yeast.

CHAPTER II.

CORN BREAD, BREAKFAST CAKES, AND FANCY BREAD
OF FIFTY SORTS.

Muffins.—Fly-aways, or Soufflé Biscuits.—Corn Batter Cakes.—Corn Dodgers.—Ash Cake.—Every-day Batter Bread.—Buttered Federal Loaf, for Tea.—Apoquiniminc Cakes.—Velvet Cakes.—Crumpets.—Cream Batter Pudding.—Buckwheat Cakes, No. 1.—Buckwheat Cakes, No. 2.—Buckwheat Cakes (quickly made).—Mush Batter Cakes.—Economical Batter Cakes.—Cream Cakes.—Lapland Cakes, No. 1.—Lapland Cakes, No. 2.—Rice Cakes.—Chocolate Cakes.—Rice Waffles.—Orange Cakes.—Flannel Cakes, No. 1.—Flannel Cakes, No. 2.—Ingleside Waffles.—Germantown Puffs.—Chaney's Thin Biscuits.—Crackers.—English Muffins.—Johnnie Cake.—Rice Muffins.—Rice Drop Cakes.—Port Royal Corn Cakes.—Nun's Puffs.—Corn Muffins.—Corn Muffins (quickly made).—Hoe Cake.—Alabama Rice Bread.—Espetanga Corn Bread.—Edgemont Waffles.—Mrs. Walker's Waffles.—Rice Waffles.—Waffles without Eggs.—Tea Cakes without Eggs.—Virginia Egg Bread.—Hominy Batter Cakes.—Short Cakes.—Best Rice Griddle Cakes.—To Grease a Griddle.—Mrs. Cabell's Batter Bread.—Indian Meal Batter Cakes.—Excellent Muffins.—Breakfast Cakes.—A Favorite Muffin.—Pop-overs.—Delicate Crackers.

MUFFINS.

To four eggs, well beaten, add one pint of new milk; rub three ounces of butter into as much flour as will make the other ingredients the consistence of fritter batter; stir into the flour thus prepared the milk and eggs; add one teaspoonful of salt and one table-spoonful of yeast. They may be baked after rising in a warm place for three hours. Use muffin-rings or little tin patty-pans.

Eggs	4	Salt	1 teaspoonful.
Flour	1 qt.	Butter	3 ozs.
New milk	1 pt.	Yeast	1 table-spoonful.

FLY-AWAYS, OR SOUFFLÉ BISCUITS.

Rub four ounces of butter into one quart of flour, sifted, add a salt-spoonful of salt and make into a paste with milk. Knead well, handling lightly, and roll out till they are as thin as paper and the size of a common saucer; stick here and there with a fork, and bake in a moderate oven until they look flaky and white.

Butter.....	4 ozs.	Milk.....	$\frac{1}{2}$ pt.
Flour.....	1 qt.	Salt.....	1 salt-spoonful.

CORN BATTER CAKES.

One quart of corn meal thoroughly sifted from the bran and two or three eggs, to be made into a very thin batter and baked on a griddle. If boiled rice or small hominy has been left over from dinner, they make a nice addition to these cakes, in which a country negro is sure to excel, and a skilled cook apt to fail.

Corn meal.....	1 qt.	Milk.....	2 qts.
Eggs.....	2 or 3.	Salt.....	1 dessert-spoonful.
Rice, or small hominy.....		$\frac{1}{2}$ pt.	

CORN DODGERS.*

Good meal from white corn is the first essential of this fundamental article of Southern diet. Sift the meal and

* This plain bread was every day a chosen article of diet with Washington, "the father of his country."

The only time the compiler of these recipes ever saw the great Daniel Webster he was interesting himself greatly about these very corn dodgers. The journey being from Philadelphia to the White Sulphur Springs, the moment the boundaries of Virginia were struck he and his party, which included two ladies of his family, began to express a lively desire to taste a specimen of this genuinely Southern bread. At every station the request was made of the dusky venders of luncheons, "Can you sell us some corn dodgers?" After many disappointments a plate of small corn-pones was produced at some

mix up into dough, with cold water and salt in proportion to the quantity made up. Make up with the hand into long, oval-shaped cakes, and put in a pan to bake. The crust should be brown, and is very sweet.

Practice and guess-work might be stated as properly belonging to this recipe, as the real Virginia "aunties" who make it unerringly to perfection are never known to measure. A beginner may safely venture upon the quantities given below:

Meal.... 1 qt. | Water.... 1 teacupful. | Salt.... 1 teaspoonful.

ASH CAKE.

Corn meal, salt, and water, just as for corn dodgers; but a large, open fireplace must be at hand, the hot ashes swept cleanly aside, and large, flat pones of dough laid on the hearth just before the fire. When the top of the pones are slightly dried the ashes are drawn completely over them, there to remain until they are well done, which is ascertained by their firmness, after time enough is supposed to have been allowed (say, fifteen minutes). When drawn from the fire the ashes are shaken off, the pones of bread washed, dried a little, and are then ready for use. Very particular people cover the loaves of bread with collard-leaves before the ashes are put over them. A bit of hot ash cake, sent up with a glass of buttermilk fresh from the dairy, is often served to the most delicate ladies, and not only relished, but thought to be peculiarly strengthening.

little way-side inn. And then the liveliness of discussion, and pleasantness of comment, were things to abide long in the memory of a young Virginia girl, who did not then know; however, that she was looking her last upon one of the greatest orators and statesmen that America has produced.

EVERY-DAY BATTER BREAD.

One pint of good corn meal, sifted, two eggs, and one quart of milk, with about half an ounce or one ounce of butter and one full teaspoonful of salt.

The above recipe may be relied on as the one commonly in use at every gentleman's table, not only in Virginia, but throughout the South. *Good* meal is essential to its perfection. It should be made of *white* corn, and ground in a mill worked by water-power. Any addition of sugar is thought to spoil it, the native sweetness of the corn being all-sufficient. When, in summer, or from other circumstance, there is only buttermilk or sour milk in the dairy, it is used frequently with the skilful addition of just enough soda to make the milk foam and lose its acid taste.

BUTTERED FEDERAL LOAF, FOR TEA.

One quart of family flour, one gill of sweet yeast, two eggs, one table-spoonful of butter creamed, one teaspoonful of salt. Make up the dough with water as for light bread, only somewhat softer, after breakfast, for tea the same evening. When done, with a very sharp knife slice it all the way through into slices half an inch thick; butter the pieces generously with fresh butter; replace the slices until the loaf resumes its original shape; set it in a warm place until you are ready for it to be served. This loaf was frequently used for the handed teas that were almost universally served in old Virginia families. With a cup of good tea and a thin slice of cold tongue or spiced beef, a bit of Federal loaf furnished a delightful repast.

APOQUINIMING CAKES.

A quart of flour must be made into a paste, with a large pinch of salt, one beaten egg, four ounces of butter, and

enough new milk to enable one to roll it handily on the pastry-board; beat it with a pestle for half an hour, then roll it out very thin, cut it into round cakes, and serve hot at the tea-table. They are very delicious.

VELVET CAKES.

Make a batter of a quart of flour, three eggs, a quart of milk, a gill of yeast. When well mixed stir in a large spoonful of melted butter, and bake in muffin-rings, after they have had time to rise.

CRUMPETS.

Very early in the morning take a quart of dough from your light bread and soften it into a moderately thick batter with lukewarm water, three well-beaten eggs and a little salt added; mix very smooth and light, setting it in a warm place to rise till breakfast-time; drop the batter on the hot griddle so as to be round in shape; bake quickly, and you will not find it necessary to turn them.

CREAM BATTER PUDDING.

Half a pint of flour, three eggs (two will do), a teaspoon quarter filled with soda, a little salt, one pint of cream or buttermilk. Beat the whites and yolks of the eggs separately, and bake in a moderate oven.

BUCKWHEAT CAKES, No. 1.

(Regular Recipe.)

Fill a quart measure more than half full of buckwheat flour, then add two large spoonfuls of corn meal and two of wheaten flour, which should heap up the measure. Make these into a batter with half a gill of best yeast, a teaspoonful of salt and a pint of cold water, just before leaving the kitchen for the night, as no other batter turns sour so soon. For the same reason these favorite cakes

are seldom seen save between October and June. If the cook be careful there will be no need for soda or any other bread powder. Such aids should be resorted to as seldom as possible. If the cakes will not brown nicely, add a table-spoonful of molasses. Fine buckwheat cakes should be half an inch thick, but so through lightness. Although buckwheat is higher in price than flour, its use is economical, as saving the expenditure of eggs at the season when they cost most.

BUCKWHEAT CAKES, No. 2.

(A very nice but more expensive Recipe.)

Half a pint of buckwheat flour, a quarter of a pint of corn meal, a quarter of a pint of wheat flour, a little salt, two eggs beaten very light, one quart of new milk (made a little warm, and mixed with the eggs before the flour is put in), one table-spoonful of butter or sweet lard, two large table-spoonfuls of yeast. Set it to rise at night for the morning. If in the least sour, stir in before baking just enough soda to correct the acidity.

BUCKWHEAT CAKES (Quickly Made).

To three pints of buckwheat made into a batter add one teaspoonful of supercarbonate of soda dissolved in water, one teaspoonful of tartaric acid dissolved in like manner. First apply the soda by sifting; stir the batter well, then put in the acid. The great advantage of this recipe is, that it may be used when buckwheat cakes are called for in a hurry. Such hasty cakes may also be made satisfactorily with Royal Baking Powder.

MUSH BATTER CAKES.

One pint of mush (Indian meal), half a pint of flour, two eggs, a pinch of salt. Make up into a thin batter

with sweet milk. Thick batter cakes are very unpalatable. Drop from a spoon, into round shape, on the griddle.

ECONOMICAL BATTER CAKES.

Three pints of flour and one pint of meal made into a batter with a pint and a half of milk and water lightened with a gill of yeast; add a teaspoonful of salt and a small piece of butter or lard. Bake like flannel cakes on a griddle.

CREAM CAKES.

Melt as much butter in a pint of milk as will make it as rich as cream; make the flour into a paste with this; knead well; roll it out frequently; cut in squares and bake on a griddle.

LAPLAND CAKES, No. 1.

Beat five eggs separately until perfectly light; have ready sifted a good pint of flour; add half a teaspoonful of salt, and make into a batter with a pint of cream. To insure their lightness I have even whipped up the cream. Bake quickly in little tin patty-pans. Nothing in the shape of bread can be more delicate or tempting. This recipe was brought by Mrs. George Tucker from Northampton County, Va.

LAPLAND CAKES, No. 2.

One quart of milk, four eggs, to be beaten separately and made into a batter with a light quart of sifted family flour; bake in cups or little tins.

RICE CAKES.

One pint of soft-boiled rice, half a pint of milk or water, add twelve spoonfuls of flour and a teaspoonful of salt, with a table-spoonful of butter; make out into small cakes, and bake in a brisk oven.

CHOCOLATE CAKES.

Put half a pound of nice brown sugar into a quart of flour; sift it and make it into a paste with four ounces of butter melted in as much milk as will wet it; knead it till light; roll it tolerably thin; cut it in strips an inch wide, and just long enough to lay in a plate; bake them on a griddle; put them on the plate, in rows, to check each other, and serve them to eat with chocolate.

RICE WAFFLES.

One quart of flour, half a pint cupful of boiled rice, three eggs, and a very little butter. Make into a batter with milk and bake in waffle-irons; salt to the taste.

ORANGE CAKES.

One quart of flour, one teacupful of meal, one cup of butter, half a pint of milk, three eggs, half a cup of yeast. Make up at night, and set to rise where it will not be apt to sour. In the morning bake in cups.

FLANNEL CAKES, No. 1.

One quart of flour at night, two eggs, one large kitchen spoonful of yeast, sweet milk enough to make a thin batter (provide one quart); beat all well together and set to rise. If the batter should become too thick, add a little more milk or water.

FLANNEL CAKES, No. 2.

When one has sour milk or buttermilk only to spare for cakes they may be made satisfactorily thus: one quart of sifted flour made into a batter with two eggs beaten light, a pint and a half of buttermilk, one teaspoonful of salt, and a piece of butter the size of a walnut; for leav-

ening, put in last, dissolved in a little of the buttermilk, just enough soda to make the milk foam; stir in quickly and bake directly afterward; an even teaspoonful is the largest measure allowable to one quart of flour in these cakes.

INGLESIDE WAFFLES.

(The Best Made.)

Make one pint of Indian meal into mush the usual way; while hot put in a small lump of butter and a dessert-spoonful of salt; set the mush aside to cool; meanwhile, beat separately till very light the whites and yolks of four eggs; add the eggs to the mush, and cream in gradually one quart of wheaten flour; add half a pint of buttermilk or sour cream, in which has been dissolved half a teaspoonful of bicarbonate of soda; lastly, bring to the consistency of thin batter by the addition of sweet milk. Waffle-irons should be put on to heat an hour in advance, that they may be in a proper condition for baking so soon as the batter is ready. Have a brisk fire; butter the irons thoroughly, but with nicety, and bake quickly. Fill the irons only half-full of batter, that the waffles may have room to rise.

GERMANTOWN PUFFS.

Beat thoroughly the whites and yolks (separately) of six eggs till they stand alone; cream in by degrees nine table-spoonfuls of sifted flour; put in a table-spoonful of melted butter and a teaspoonful of salt; then make into a batter with one pint of sweet milk; grate in a delicate flavoring of nutmeg, if you like; bake in little patty-pans. For company you can choose no nicer bread.

CHANNEY'S THIN BISCUITS, OR NOTIONS.

Take one pint of flour and make into dough as soft as can be rolled with sweet milk, a salt-spoonful of salt, two

ounces of butter, and two ounces of lard. Roll out into round cakes nine inches in diameter, and of wafer-like thinness; in baking do not allow them to brown, but remove from the oven while they retain their whiteness; stick here and there with a fork, after rolling out, just as in case of other biscuits. These thin biscuits were highly esteemed in Virginia, being used frequently for tea, and were greatly in request for sending to any invalid or delicate person; for neighborly attentions of this kind were so common that an interchange of them was considered an essential condition of good neighborhood.

CRACKERS.

To three pints of flour put one teaspoonful of soda, dissolved in sour milk; shorten as you would biscuit-dough, with a table-spoonful of butter and lard mixed; make the dough *very* stiff; beat it well and roll very thin; stick well over the whole surface, and bake slowly. Plainer ones are made in the same way, by omitting the soda and beating more.

ENGLISH MUFFINS.

The recipe here given is supposed really to have been brought over from England in Colonial days, for it has been in use among a few old families as far back as can be traced. As these little muffins are very plain and cheap, besides being a favorite bread wherever known, they should not be allowed to become a mere memory. The first thing in the morning let the cook take off from her light bread dough a piece large enough to make muffins enough for the family in whose service she is (one quart would suffice for ten persons); with sweet milk soften the dough into a rather stiff batter; at this point judgment must be exercised to fix the consistency; the

batter should be thin enough to drop from the spoon, but not spread too much ; after one or two trials the cook can certainly have it right, if she is careful ; the muffins should not be larger than a table-spoon, half an inch thick, and be torn apart for buttering, not cut ; let the batter rise for an hour after mixing ; bake on a griddle.

JOHNNIE CAKE.

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

RICE MUFFINS.

To half a pint of rice boiled soft add a teacupful of milk, three eggs well beaten, one table-spoonful of butter ; add as much flour as will make it the consistence of pound-cake batter ; drop them about in the baking-pan so that they will not touch ; they will bake in ten minutes, and do not require turning ; cook inside a stove.

RICE DROP CAKES.

Half a pint of small hominy boiled, half a pint of milk, a pint of corn meal sifted, or rice flour, a large table-spoonful of butter, and a teaspoonful of salt. Beat all well together, and drop on tin sheets, to be baked in a stove.

PORT ROYAL CORN CAKES.

(From a South Carolina Lady.)

One pint of fine corn meal, four table-spoonfuls of wheat flour, one quart of milk, three eggs, a teaspoonful of salt. Mix the meal and flour smoothly and gradually with the milk; beat the eggs very light, and add them. Bake on a griddle, and serve hot.

NUN'S PUFFS.

(From a South Carolina Lady.)

Two eggs, one table-spoonful of butter, one teacup of milk, one table-spoonful of lively yeast, one pint of wheat flour, and one teaspoonful of salt. Beat the eggs well and add the other ingredients. The consistency of the mixture ought to be that of very soft bread-dough, so that it may be mixed with a spoon. A table-spoonful of sugar, if desired, may be added to the other ingredients. Bake in cups or small pans, in a moderate oven, about three-quarters of an hour.

CORN MUFFINS.

To three pints of corn meal add a pint of blood-warm water, a teacupful of baker's yeast, and a teaspoonful of salt. Mix all well together, and bake in rings. To be mixed at night, for use the next morning; and in the morning for evening use.

CORN MUFFINS (Quickly Made).

One pint of corn meal sifted, one egg, and one pint of sweet milk, with a teaspoonful of butter and half a teaspoonful of salt. Mix quickly, and bake in patty-pans or muffin-hoops. The whole process will not take more than twenty minutes.

The same batter dropped from a spoon into cakes of oval shape, and baked in a stove-pan, makes what is familiarly known in Virginia as a "scratch-back." They are nice little corn cakes, can be made in a hurry, and serve well for a change.

HOE CAKE.

Three spoonfuls of small hominy or grits, two of rice flour, a teaspoonful of butter, and milk sufficient to make the mixture into a thin batter (half a pint would be about the proper thing); a salt-spoonful of salt. Bake on a hoe or hot griddle.

ALABAMA RICE BREAD.

One pint of rice boiled soft, six eggs beaten light, one pint of milk, half a pint of corn meal, a table-spoonful of butter, and a teaspoonful of salt. Rub the ingredients well together, and bake in small tins or muffin-rings.

ESPETANGA CORN BREAD.

Boil three sweet potatoes of the common size (four, if not very sweet), and mash them up with a large spoonful of butter; to this add a teaspoonful of salt and an egg. When these have been well mixed put in three-quarters of a pint of corn flour, and beat the whole together, adding by degrees three gills of milk. While this is preparing the cover of a Dutch oven must be heated; and when the mixture is ready, which will be in ten minutes, it must be put into a skillet which has been previously greased and placed on hot coals to receive it; the cover must then be put on, with hot coals over the top. It will take about a quarter of an hour to bake, which must be done as soon as the mixture is prepared, or it will become hard. With sugar, wine, and butter as a sauce this loaf of corn bread makes a good pudding.

N.B.—The cook who uses a range or stove, and has any experience in baking, will find no difficulty in accommodating the above directions to the mode of baking to which she is used.

EDGEMONT WAFFLES.

Three or five eggs, a large spoonful of butter, one pint of nice corn-meal mush, a quart and a half of flour, and milk enough to make a thin batter.

MRS. WALKER'S WAFFLES.

Take two eggs, beat the yolks and whites separately, and one quart of flour. Mix them up with buttermilk, and, when ready to bake, put in a teaspoonful of soda.

RICE WAFFLES.

Boil two gills of rice quite soft, mix with it three gills of flour, a little salt, two ounces of melted butter, two eggs beaten well, and as much milk as will make it a thick batter. Beat it till very light, and bake it in waffle-irons.

WAFFLES WITHOUT EGGS.

A table-spoonful of lard put into a teacupful of corn meal; pour scalding water on it until it is as thick as mush; put to this one pint of buttermilk, half a teaspoonful of soda, and one pint of flour. They are very nice if well made.

TEA CAKES WITHOUT EGGS.

Two teacups of sugar, one of butter, one of sour cream, one teaspoonful of soda, and as much flour as will make a soft dough.

VIRGINIA EGG BREAD.

Take six table-spoonfuls of flour and three of corn meal, with half a teaspoonful of salt; sift them, and make a

thin batter with four eggs and about a pint of sweet milk from which the cream has not been skimmed. If your milk is thin and poor, add a dessert-spoonful of butter. Bake in little tin moulds or pie-plates in a quick oven.

HOMINY BATTER CAKES.

Boil one pint of small hominy or grits very soft; add an equal quantity of corn meal, with a teaspoonful of salt and a table-spoonful of butter; make it into a thin batter with three eggs and a sufficient quantity of milk—that is to say, at least one quart, perhaps three pints. Beat all together some time, and bake them on a griddle, as dropped from a spoon, or in waffle-irons. When well made, and baked very thin, these cakes are luscious, especially when eaten with maple or other nice syrup. When eggs cannot be procured yeast makes a good substitute. Put a large spoonful in the batter, and let it stand several hours to rise.

SHORT CAKES.

These cakes differ from biscuits only in being rolled generally into an oval shape and baked upon a griddle, on the outside of a stove, instead of in the oven. With preserves and a glass of milk short cakes answer well for an impromptu dessert. The quicker they are made and baked the better.

BEST RICE GRIDDLE CAKES.

One and a half pints of solid cold boiled rice; put, the night before you want the cakes for breakfast, in a pint of water or milk to soak. The next morning add a quart of flour, a quart of milk, two well-beaten eggs, and half a teaspoonful of bicarbonate of soda, with one teaspoonful of salt. Dissolve the soda in a little hot water, stir it into the milk and rice; then add the other ingredients, and bake quickly on a hot griddle.

TO GREASE A GRIDDLE.

The best method of doing this is to take a bit of salt pork and rub it over the griddle with a fork. This prevents adhesion, and yet does not allow the fat to soak into what is cooked. Nothing so soon sickens one as the taste of burnt grease that careless cooks so often give to breakfast cakes by the improper handling of lard.

MRS. CABELL'S BATTER BREAD.

Make one pint of nice Indian meal into a stiff mush, and add to it a teaspoonful of salt. Thin it with three well-beaten eggs and sour milk. Stir in a table-spoonful of butter and a teaspoonful of saleratus, or half a teaspoonful of soda.

INDIAN MEAL BATTER CAKES.

Scald one pint of sifted meal; mix with half a pint of wheat flour and a dessert-spoonful of salt; thin the mixture with three well-beaten eggs and some sour milk. Beat the whole well together till very light, and add a dessert-spoonful of saleratus dissolved in warm water.

EXCELLENT MUFFINS.

One quart of flour, two eggs, one gill of yeast, and water enough to make a thin dough, with a little salt. Bake them in drops, in an oven, for they cannot rise sufficiently on a griddle.

BREAKFAST CAKES.

A pint and a quarter of flour, half a pint of Indian meal, one pint of milk, one gill of yeast. Make up at night for breakfast next morning. In the morning add one egg; bake on a griddle. They much resemble flannel cakes.

A FAVORITE MUFFIN.

One quart of flour, the whites of two eggs beaten very light, one pint of milk, a table-spoonful of lard or butter, and a teaspoonful of salt. Put the milk on the fire with the lard, and let it get warm, *not hot*. Stir in the white of egg and flour into the milk, and, after all is mixed, put in the yeast.

POP-OVERS. (Fine for Tea.)

Four cups of flour, four of milk, four eggs. The whites and yolks are to be beaten separately, a small table-spoonful of melted butter added, and a teaspoonful of salt. Put the batter in cups or small tin pans, and bake quickly.

DELICATE CRACKERS.

Two pints of flour, one pint of sweet cream, yolks of three eggs. Roll out thin, stick, and bake like any other thin biscuit.

CHAPTER III.

COFFEE, TEA, AND CHOCOLATE.

To Boil Coffee, No. 1.—To Boil Coffee, No. 2.—French Coffee.—Vienna Coffee.—Green Tea.—Black Tea.—Latest Fashion for Making Black Tea.—Cold Tea.—Chocolate, No. 1.—Chocolate, No. 2.—Chocolate, No. 3.

COFFEE.

THERE are few house-keepers who do not believe that they already know the very best mode of preparing coffee; and yet those who have not examined into it would hardly believe how various are the methods resorted to for making this every-day drink.

Despite the claim of Americans to English descent, they much more nearly resemble the French in choosing coffee for their daily beverage instead of tea. In old Virginia coffee was served for breakfast, and tea only for the evening meal; now, coffee is generally found, with tea, morning and evening at the tables of all well-to-do people. The experience of thirty years as a house-keeper does not lessen the diffidence with which advice is offered upon a process concerning which authorities so greatly differ; and yet what little knowledge has been gained should not be withheld, for it is by careful attention to these little matters of continual recurrence that the comfort of domestic life is insured.

The divergence of taste begins at the outset, when the kind of coffee is to be selected. Most persons who consult taste *only* will prefer Java, Mocha, or a mixture of both; although the majority of the world (who must consider the cost) will agree that La Guayra answers every

purpose, or else be satisfied to use the skilfully prepared compounds that are furnished by reliable manufacturers, such as Arbuckle and Thurber, finding it a great economy to have their coffee not only roasted, but clarified, ready for use. Arbuckle's glazing really preserves the flavor and strength of the bean unimpaired. Always keep your roasted coffee in a closely-covered tin box, removed from anything that could impart a taste to it. No skill can make good coffee out of an indifferent article. Unless you have great experience, make your purchases of some grocer upon whose judgment you can rely.

The next disputed point is as to whether coffee shall be dripped or boiled. The French drip, the English boil; Americans do both. If you prefer dripped coffee, it is best to procure a coffee-pot, or "biggin," from some house-furnishing establishment, for there are excellent ones patented for this very purpose. The "Old Dominion" is one that we have seen tested and proved good. Many object that dripping makes coffee cold; but this may be remedied by placing a lighted alcohol lamp beneath your coffee-urn. Dripping certainly best preserves the aroma of the bean, but, some think, does not extract its whole virtue. By either process the usual quantity allowed for a strong cup of coffee is a table-spoonful after it is ground. Half a pint of coffee is enough to make six strong cups.

The great difficulty a house-keeper experiences is in getting a cook who will be honest in the matter of using up all the coffee supplied her. So great, in fact, is this difficulty with regard to roasting it, that, in desperation, most people take refuge in purchasing coffee ready roasted. Coffee should increase one-third in bulk under the process of roasting; yet this rule is not invariable. If the fire be too slow, and the coffee-grains by any acci-

dent are damp, they will swell scarcely at all. Connoisseurs roast their coffee at home every day, just before it is used; but the usual way is to roast enough for a week's supply, and if wetted with white of egg soon after being withdrawn from the fire, while yet warm, it will need no other clearing.

Coffee should be roasted till evenly colored a mahogany-brown, not black. See, however, that it is sufficiently done to be readily ground, which will not be the case if it is white inside.

Coffee-urns or plated pots of any metal should be emptied and cleaned out immediately after each meal, and invariably scalded just before being used again. The more brightly their surfaces are kept polished the more easily will the coffee be kept hot, one of the conditions most essential to its excellence.

TO BOIL COFFEE, No. 1.

To make two quarts take half a pound of ground coffee, put it into a coffee-pot that will hold a gallon, the best shape being one with a broad base and narrow mouth. Pour the right quantity of water upon it, which should be fresh and boiling at the time. Stir well, and let it boil up twice; when it rises near the brim stir it repeatedly, to prevent its running over; pour out some, but return it to the pot, repeating this three times, in order to clear the spout. Put it on the fire again, and, when it boils, dash a gill of cold water into it; take it off instantly, and let it stand a few minutes to clear itself. Have a little cap fitted over the top of the coffee-pot spout, attached to it by a little chain.

TO BOIL COFFEE, No. 2.

Grind a teacupful of coffee in the evening, and, having first seen that your coffee-pot has been thoroughly

cleansed and scalded, put in your ground coffee, with a little white of egg and a crushed egg-shell, if it has not been already glazed with egg, and pour over it three pints of fresh, cold spring water. Cover up, excluding every particle of air, and in the morning, about half an hour before breakfast, set the pot on the back part of the stove, and let it come to a boil only just when you are ready to send it to the table.

By this plan of infusion all of the virtue in the coffee seems to be brought out. It is an admirable method.

COFFEE.

(Mrs. Randolph, of Monticello.)

To one measure of coffee meal pour three measures of boiling water; boil it on hot ashes mixed with coals till the meal subsides; pour it three times through a flannel strainer; it will yield two and a half measures of clear coffee. This recipe is given because it has more of interest than most autographs, having been copied from the MS. book of the daughter who was at the head of Mr. Jefferson's household during the many years that he dispensed such generous and elegant hospitality at his Monticello home.

FRENCH COFFEE.

In the first place, let the coffee be roasted only until it is of a cinnamon color; do not grind fine, and, where one chooses to pound the beans in a mortar, there is said to be advantage of more of the aroma retained than in the usual method. For two persons, place three table-spoonfuls of coffee, freshly roasted and coarsely ground, in the filter of a French coffee-pot; pour over it a pint of lively boiling water; set the coffee-pot where its contents will keep hot, but *not* boil. When all has dripped through, pour it off into a small pitcher and return to the pot,

where it may again pass through the broken grounds and gain the proper strength. Keep hot, and serve promptly.

Coffee thus made without cream or milk is the *café noir*, which is the last thing served at a dinner-party. When used with hot boiled milk it becomes *café-au-lait*, and is indispensable at a French breakfast-table. A traveller observes that in Paris each cup is filled by a simultaneous stream of both liquids, poured from separate vessels, and says that somehow there results an incomparably good drink.

COFFEE.

(Monsieur Soyer.)

To make one pint, put two ounces of ground coffee into a stewpan or small iron or tin saucepan, which set dry upon a moderate fire, stirring the coffee with a wooden spoon until it is quite hot through, but not in the least burnt; then pour over it a pint of boiling water, cover close, and let stand by the side of the fire (but not to boil) for five minutes, when strain it through a piece of cotton cloth. Place it on the fire, and when nearly boiling serve it with hot milk or cream. To one pint of coffee the French add one pint of boiling milk, and warm both together till nearly boiling for breakfast. Cream or a little cold milk are used for dinner.

VIENNA COFFEE.

Whip to a stiff froth half a pint of rich cream, sweetening it with two teaspoonfuls of white powdered sugar, and fill a small bowl with it.

Meanwhile, for a party of four, prepare a quart of *café-au-lait* by directions given before, sweetened as usual with loaf-sugar. Lay lightly on the top of each cup enough whipped cream to cover the whole surface, and stir slightly from the bottom before drinking. By gen-

eral consent, coffee thus prepared is delicious. When cream cannot be obtained a substitute often used is to whip up very lightly the whites of two eggs, and mix them with half a cup of cold milk sweetened. This put on each cup of *café-au-lait*, in *meringue* fashion, looks pretty and tastes well, although not pretending to equal pure cream.

GREEN TEA.

Virginians, as a rule, still prefer green tea, and make it after an old fashion, thus : Put the kettle on over a brisk fire, allowing it just time to boil vigorously before tea-time. Use fresh spring-water, that should by all means be soft. As soon as it boils scald out the teapot and, allowing one teaspoonful for each person, with an extra one "for the pot," put the tea in, and, pouring over it half a dipperful of the boiling water, cover it up close and leave it to draw. In five minutes fill up the pot, and serve with as little delay as possible.

It is nice to have an alcohol burner under your tea-urn, to keep its contents boiling hot, but this luxury may be supplied in two other ways. First, you may make at home what is called "a bonnet" for your teapot, which is a quilted bag thrown over it, having a slit left for the spout, and being closed by strings drawn together at the bottom. A second perfect substitute is found in a Chinese teapot in a basket case, lined and quilted with woolen or silk goods. This keeps tea hot for twelve hours, and richly pays for itself in the comfort insured.

BLACK TEA.

Proceed with black tea exactly as with green, except that you let it actually boil up briskly a minute or two before putting it upon the table. Allow twenty minutes for tea-making from the time that the kettle first begins

to boil. The fresher the water and quicker the process, the better the tea. Use a dessert-spoonful of black tea where a teaspoonful of green would suffice. In bulk a pound of black tea is double one of green.

English Breakfast is considered the choicest variety by real lovers of black tea. Oolong is preferred where one wishes to have the taste of green and the virtues of black.

TEA.

(Monsieur Soyer.)

Put your tea in a pot a quarter of an hour before you are ready for it; set it in an oven or by the fire, warming both *tea* and *pot*; pour in boiling water (fresh from hydrant or spring), and leave it from three to five minutes to draw.

LATEST FASHION FOR MAKING BLACK TEA.

Put two table-spoonfuls of tea in a quart of cold water in the teapot in which it is to be sent into the breakfast-room. Set it on the fire after it has steeped a few minutes, and let it actually boil for half an hour. Place lumps of loaf-sugar and cream (for those who like it) in the bottom of the cups, when helping, just as it is customary for the lady of the house to do in case of coffee, filling up with the tea afterward. The decoction is very strong, of course, but of delicious flavor and refreshing effect, in the opinion of some *connoisseurs*.

COLD TEA.

The use of tea as a cooling drink originated in Virginia, and is well-nigh universal there as soon as warm weather begins. Most ladies provide it simply by preparing for breakfast more tea than they need. They then pour off what is left in the teapot into a clean quart-

bottle, which is set in the ice-chest until wanted for the lunch or tea table. For a set table it may be emptied into a decanter, or, if handed by a servant from the side-table, poured from the same bottle.

Ice and sugar are generally put into each goblet, just as they are served, and often with the addition of a thin slice of fresh lemon to each glass. But this is a most extravagant mode, as the sugar only partially melts: more is heaped in, and hence quantities wasted, if the company is at all large. Now, if one will only take the small trouble of sweetening each cup in the ordinary way while the tea is hot, the taste will be in no way injured, and two-thirds less sugar be required than is called for by the other method.

If enough tea is not left over from one meal to serve for another, make fresh in good time to get thoroughly cold. Although hot tea is sometimes cooled for immediate use, much ice is required and useless waste involved.

CHOCOLATE, No. 1.

To be good, chocolate must be of fine quality and fresh. Maillard, Epps, and Baker are all reliable manufacturers. If one buys a supply to last some months, as much pains should be taken to exclude air from it as in the case of tea.

Scrape two ounces of Maillard's chocolate; put it into a stewpan with a gill of water; keep stirring it with a wooden spoon until rather thick; then work it quickly with the spoon (or mill with a little churn made expressly for the purpose), stirring in half a pint of boiling milk. Serve hot, with sugar separate.

CHOCOLATE, No. 2.

Scrape two ounces of chocolate and put it over the fire in a pint of water; stir till mixed, and let it boil a few

minutes, then add one pint of unskimmed milk, and while it is coming to a boil beat up light the yolk of an egg, with a table-spoonful of powdered sugar. As soon as the chocolate boils pour a little of it gradually to the egg until it is mixed smooth, then return all to the fire, and stirring briskly, let it remain there five minutes, when it should be sent to table without delay. Flavor with ten drops of extract of vanilla the last thing. More sugar can be added at table, if needed. This chocolate is amply rich for most tastes, but for persons who prefer it very thick and smooth we add a recipe that has been much admired.

CHOCOLATE, No. 3.

Baker's Chocolate melts so easily under exposure to heat that one need not trouble to grate it up, but merely break it into small pieces. With a little hot water then make a paste of a quarter of a pound of Baker's Chocolate and put it on the fire to boil, with two quarts of rich, fresh milk and a quarter of a pound of sugar, unless you prefer to sweeten it at table; when about to boil add to the chocolate a heaping table-spoonful of Oswego corn starch, previously made smooth with a very little cold water; stir, and let the chocolate remain on the fire until very thick; flavor either with half a teaspoonful of vanilla extract, or boil a small bit of cinnamon in the milk, if you prefer that spice for a change.

CHAPTER IV.

EGGS.

Soft-boiled Eggs.—Hard-boiled Eggs.—Poached Eggs.—Omelet Plain.—A Very Superior Omelet.—Baked Eggs.—Shirred Eggs.—Deviled Eggs.—Scrambled Eggs.—Eggs à la Crème.—Omelet of Eggs.—Beef Omelet.—Potato Omelet.—Ham Omelet.—Stuffed Eggs.

SOFT-BOILED EGGS.

ALTHOUGH one of the simplest articles of food, there is nevertheless art in preparing a soft-boiled egg—so great an art that every householder is advised to provide herself with an egg-boiler. This is a little apparatus made of block-tin, furnished with a receptacle for hot water and a two-storied waiter for holding at least one dozen eggs. On top of the handle, around which the lid fits closely, rests a three-minute glass, enabling one to judge precisely of the time that his egg has been boiling, provided always that the water is assuredly boiling when poured over the eggs. The taste of the persons for whom the eggs are cooked must be ascertained and particularly attended to, if satisfaction is to be expected from the process. For most persons one minute and a half is allowed for having them just right; but others, again, like only one minute, and yet others two. When soft-boiled eggs are served there should be placed conveniently a pat of fresh butter, the pepper-cruet, salt-cellar, and a plate of cold loaf-bread.

HARD-BOILED EGGS.

Drop the eggs into boiling water, and in five minutes they will be hard, over a quick fire; but, since nothing is

more disagreeable than to find the yolk only half hard, it does no harm to leave them longer. Indeed, of late there has been broached a theory that eggs are most digestible when boiled for two hours. We mention it that those may test it who choose, not having made the trial ourselves. If you desire to peel your hard-boiled eggs easily, drop them into cold water and leave them there until you are ready to slice or otherwise use them.

POACHED EGGS.

Eggs are poached by dropping them raw from the broken shells into a pot of boiling water; lift them from the water in a perforated ladle, and do not let them remain long enough in the water for the whites to be made opaque. The beauty of a poached egg is the visibility of the yellow yolk as seen through the semi-transparent white envelope. Served on a slice of hot buttered toast, and lightly sprinkled with pepper, a poached egg is most appetizing. In the spring of the year, as a top-dressing to boiled greens of any kind, eggs prepared this way are almost universally liked.

OMELET PLAIN.

Break six eggs, separate the whites from the yolks, and beat each as light as possible, for on this depends the delicacy of the dish; mix them, and add a salt-spoonful of salt; put them into a heated and greased saucepan with a handle; dot a little butter here and there as the omelet cooks; when brown, if you can depend upon your sleight-of-hand, toss and return it upside down to the skillet; but as this is rather a difficult task to the inexperienced, you may do it very nicely by setting the skillet inside your ordinary oven and letting it brown there. Fold up with a fork, and serve hot.

A VERY SUPERIOR OMELET.

Six eggs, beaten separately, one cup of milk, one tea-spoonful of flour mixed in a little of the milk, one table-spoonful of melted butter, pepper and salt. After stirring well together, add the whites of the eggs, and bake in a pan in a quick oven.

BAKED EGGS.

With a clean rag dipped in melted butter wipe over the surface of a pie-plate, and then place on it a good layer of bread-crumbs thick enough to cover the bottom; then carefully break as many eggs as will cover the bread-crumbs without touching one another, and, after covering them with another layer of bread-crumbs and butter, powdered with pepper and salt, put into an oven, and in five minutes they will be set and nicely done.

SHIRRED EGGS.

Proceed as with baked eggs, only the bread-crumbs are omitted; and hence the dish is yet more delicate, and peculiarly suited to please the taste of invalids, whose appetites need coaxing.

DEILED EGGS.

Boil the eggs hard, and then cut them in halves; take out the yolks carefully, without breaking the whites; put the yolks in a small bowl, with a little pepper, salt, mustard, and vinegar—a *very* little of the last; beat them to a smooth paste with creamed butter. The quantity of seasoning must be proportioned to the number of eggs prepared, as your judgment will dictate. If you have not allowed butter enough to make the eggs creamy, add just a little milk or cream. Now return the prepared yolks to the whites, put them into a baking-dish, and then into a hot oven to brown.

SCRAMBLED EGGS.

One of the plainest ways of cooking eggs, but one of the best. Heat an iron skillet and grease it with a little melted butter; having your eggs ready broken in a dish near the fire, pour them in, and stir them briskly for five or six minutes until they are prettily mixed and done to your taste. Just before you take them from the skillet add a seasoning of a table-spoonful of butter, a teaspoonful of salt, and a good sprinkling of black pepper to a dozen eggs. This will make a dish for about eight persons of moderate appetite.

EGGS À LA CRÈME.

Boil twelve eggs just hard enough to cut up into slices; cover the bottom of a baking-dish with crumbs of grated bread; upon these place a layer of eggs, strewing each such layer with bread-crumbs, pepper, and salt; put a quarter of a pound of fresh butter, with a little flour well rubbed into it, in a saucepan, with a little chopped parsley (if liked and in season), salt, pepper, and half a pint of sweet cream; stir it over the fire until it begins to boil; then pour at once over the eggs; set it in an oven, and, when nicely browned, send to table.

OMELET OF EGGS.

Twelve eggs, twelve table-spoonfuls of fresh milk, one lump of butter the size of an egg, pepper and salt to the taste. A teaspoonful of salt and a quarter as much pepper would be safe measures to try. Beat up your eggs thoroughly, the yolks and whites separately; add the milk, pepper, and salt to the yolks, and beat in the whites after all are light; put the butter into the pan, and, when melted, pour in the eggs; do not stir them, but let them brown. When the eggs are cooked fold over the omelet, and let its own heat cook the inside.

BEEF OMELET.

One pound of fresh beef, three large crackers rolled fine, two eggs well beaten, one ounce of butter. Chop the meat up very fine; mix it with the crackers and eggs, and season them with salt, pepper, and any herbs that you may like—half a teaspoonful of sage and summer savory each, for instance; then make up into an omelet-like loaf, and bake for a half an hour; baste often with butter in the pan.

POTATO OMELET.

To a teacupful of Irish potatoes, mashed smooth, with a small lump of butter and two table-spoonfuls of milk, add five eggs, the yolks and whites beaten separately as light as possible; add a teaspoonful of salt, and grate in a little nutmeg, besides adding a sprinkling of black pepper; lastly, squeeze in a very little lemon-juice, and fry in a skillet, greased and heated before you pour in the omelet. They brown nicely, and should be served promptly.

HAM OMELET.

Take six ounces of cold boiled ham and mince very fine, adding a little pepper for seasoning; beat six eggs light, yolks and whites separately; have ready some hot lard in a pan; put the omelet in to fry, and when done serve on a heated dish, folded over like a half-moon; set it inside your oven to brown on top. It should only require ten or fifteen minutes in the cooking.

STUFFED EGGS.

Boil your eggs perfectly hard, and cut them in two, in an oblong shape; take out the yolks; mash them up with powdered crackers and butter enough to make them hold together; add celery-seed, mustard, salt, and pepper to taste; fill the whites with the mixture; bake them to a light brown.

CHAPTER V.

OYSTERS.

Oysters Raw.—To Stew Oysters.—To Broil Oysters.—To Roast Oysters.—Scolloped Oysters.—Baked Oysters.—Oyster Patty.—Oyster Fritters.—To Fry Oysters.—To Make Oyster Loaves.—Terrapin Stew.—To Pickle Oysters.—Oyster Soup.—Richmond Way of Pickling Oysters.—Cream Oysters.—Baltimore Oyster Pie.—A Ragout of Oysters.

OYSTERS RAW.

No person is thought properly to appreciate oysters who does not relish them raw. When they are in season no dinner-party is thought complete where they are not served as an appetizer in advance of the first course. Several of them are laid in a tiny plate or imitation shell beside each cover, with a slice of lemon as a garnish. Pepper slightly, but add no salt. Raw oysters should be eaten as fresh from the shell as possible; hence it is well to have them brought to the house, and there opened with oyster-tongs just before they are sent to table. In cases of nausea and dysentery they are highly medicinal.

TO STEW OYSTERS.

Put the oysters on to cook in their own liquor for five minutes; add one cup of milk to one quart of oysters, and a little pepper and mustard—just enough to flavor delicately; keep the top of the stewpan down tightly; just before they are done add a salt-spoonful of salt, as it hardens the oysters if put in at first. Fifteen minutes is abundance of time to cook them in. They are done when they appear ruffled around the edges.

When sent to table let them be accompanied by a plate

of oyster crackers, or nice fresh crackers of any kind you like. Plain soda crackers are very good, and if the least stale they may be freshened up by being toasted in a stove-pan for a few minutes.

TO BROIL OYSTERS.

Take the finest and largest oysters and lay them upon a cloth to drain dry; sprinkle them with pepper; have ready a gridiron to put over a clear fire; place the oysters upon its bars, with a very little butter, and cook until they are done and dry, without being in the least burnt; lay them in a small, flat dish upon slices of toast, cut thin and delicately buttered. Oysters cooked in this way are regarded by epicures as a great dainty.

TO ROAST OYSTERS.

Many think that there is no way of cooking oysters comparable to roasting them in the shell. It is rather an inconvenient method, because, with one fire and one cook, it is difficult to supply enough for more than a very small company—say, four or five—without trying the patience unreasonably. The oysters, in their shells, must be cast into a bed of hot ashes on coals, and there stay for about ten minutes, when a servant trained to it can dexterously open the shells with a pair of tongs made for the purpose, sending them to the waiting guests with all possible speed. Each person has placed conveniently to him butter, pepper, salt, and bread, a hot half-shell serving as an oyster-plate, and by common consent the feast is pronounced to be one of the choicest.

SCOLLOPED OYSTERS.

Genuine scalloped oysters must also be served on the shell, one to each individual. Have as many shells

washed and wiped as you have persons at table; in the bottom of the shells place a layer of oysters, cover with bits of butter, bread-crumbs, and a sprinkling of pepper and celery salt; add another layer of oysters, etc., finishing off with grated bread-crumbs; then put the shells in a well-heated oven and bake till they are prettily browned.

BAKED OYSTERS.

Baked oysters are precisely like scalloped ones, only a baking-dish is used large enough to supply a whole company, instead of the shells, which cannot always be procured in parts of the country remote from the oyster fisheries.

OYSTER PATTY.

Make a nice pastry precisely as you would for chicken pie, allowing two quarts of flour for it, and a pound of butter, if you are preparing a gallon dish for a company of as many as twelve persons. Provide three quarts of oysters and put them on to stew half done, with a pint of milk and half of their own liquor, before they are enclosed in the pastry. When you think they are about half done line the dish with pastry and fill it two-thirds full with the oysters, adding a quarter of a pound of butter broken up with a seasoning of pepper and celery salt; sprinkle thickly over with flour, and lay on a top crust. Bake quickly and steadily for half or three-quarters of an hour, or until you perceive that the pie is nicely done.

OYSTER FRITTERS.

A pint and a half of milk, a pound and a quarter of flour, four eggs. The yolks of the eggs are to be beaten light first, then the milk and flour added, then all stirred smoothly together. Afterward whisk up the whites of the eggs until very light and add them to the batter,

a little at a time. Take a spoonful of the batter, drop an oyster into it, and fry it in hot lard. Let them be a light brown on both sides. The oysters should not be put into the batter all at once, as they would thin it. Allow enough lard for the fritters to actually boil in it, for then they absorb hardly any, and what you use one time may be strained and used again. It is poor economy to do things so that they shall not please when done. One pound of lard would not be too much to allow for cooking this quantity.

TO FRY OYSTERS.

Choose the very largest, finest oysters you can get, Black River or Lynn Haven Bay, if accessible; spread them on a coarse linen cloth laid out upon a board to dry for some hours before proceeding to fry them. When ready pepper the oysters, roll them in corn meal, and drop them for frying into a skillet half full of melted lard. Drain and serve promptly. Some persons roll them in cracker or bread crumbs after dipping the oysters in the yolk of egg, and also add a little chopped parsley for seasoning; but some cooks complain that under this mode of treatment they become brittle, and say that simple corn meal is much more satisfactory.

The excellence of the dish necessarily depends upon the quality of the oyster, and, since frying is the most undesirable mode in which food can be prepared, if health is considered, we should resort to it but rarely, even to procure so luscious a morsel as is a well-fried oyster.

TO MAKE OYSTER LOAVES.

(Mrs. Maria Randolph.)

Take small loaves of light bread, cut off the tops, scrape out all the crumb, then put some oysters into a stewpan with the crumb of the loaves, a little water, and a good

lump of butter; stew them together ten or fifteen minutes, then put in a spoonful of good cream, fill your loaves, lay the bit of crust carefully on again, and set them in the oven to crisp. Three are enough for a side-dish.

TERRAPIN STEW.

The terrapin here spoken of is the salt-water terrapin, found abundantly and in perfection on the shores of the Chesapeake Bay, and regarded as a delicacy superior even to the finest oysters. They are thrown alive into boiling water—but, as they die instantaneously, this is not so cruel as it seems—and there they are left to boil until the meat begins to loosen from the skin. Take out the terrapins and let them drain until cool enough to handle. Remove the shell carefully or you will break the gall, and thus lose your labor, as the least bit of gall spoils the dish. You will find the gall in the vicinity of the liver. Every particle of the terrapin is edible save that portion next the gall.

To about *two large* or *four small* terrapins add a half-cup of sherry wine and a cupful of port wine, a teacupful of butter, a teacupful of currant or similar fruit-jelly, a dessert-spoon nearly full of Worcestershire sauce, a little Cayenne pepper (no black pepper), and salt to your taste. Stew all these things together, and, just as you think it to be thoroughly cooked, pour in a cupful of pure, fresh cream; stir it well in, and as soon as the cream gets hot and well mixed with the dressing you can serve it. For this purpose a regular metal or silver stew-dish is to be preferred, with an alcohol lamp attached; use mustard to your taste, but take care not to let it predominate.

N.B.—The above recipe was kindly furnished by a Norfolk gentleman, who, keeping a bachelor's establishment, is famed for having the most delicious terrapin stews at

his suppers. He appends to it, deprecatingly, this remark: "For my own part I never make the dressing by rule, depending always on my taste. Perhaps it would be a better plan to mix all the ingredients for seasoning, as directed above, in a small pitcher, and add a little at a time until it suits your own ideas of what is good."

TO PICKLE OYSTERS.

(Portsmouth Recipe.)

Put your oysters in a porcelain kettle, in their own liquor, and cook them until the edges curl up, which shows that they are done, for it is important not to let them get overdone and soft. As soon as they are done take them from their own liquor and drop them into a pan full of *cold water*, and there let them remain for about ten minutes; then spread them on a board to drain. Sprinkle salt over them on the board. Then take half their liquor and an equal quantity of vinegar and put them on the fire to boil, together with as many red pepper-pods, cloves, and blades of mace as you think will be enough to flavor them. After these things have all boiled up well once set them away in a china bowl to become *cold*. Just before removing them from the fire drop in a lemon cut into thin slices. When the liquor has quite cooled pour it over the oysters, and cover them, to exclude the air as much as possible.

Oysters	1 gal.	Cloves.....	1 oz.
Vinegar.....	1 qt.	Mace.....	$\frac{1}{2}$ oz.
Liquor.....	1 qt.	Pepper-pods (small-sized).	6
Lemons.....	1.		

OYSTER SOUP.

Boil one gallon of oysters in their own liquor until quite done. Add one quart of rich morning's milk, the

yolks of four eggs, two good table-spoonfuls of butter and one of flour, all mixed well together, but in this order—first the milk, then, after beating the eggs, add a little of the hot liquor to them gradually, and stir them rapidly into the soup. Lastly, add the butter and whatever seasoning you fancy besides plain pepper and salt, which must both be put in to taste with caution. Celery-salt most persons like extremely; others would prefer a little marjoram and thyme; others, again, mace and a bit of onion. Use your own discretion in this regard.

RICHMOND WAY OF PICKLING OYSTERS.

To one gallon of oysters allow one pint of vinegar, two grated nutmegs, eight blades of mace, three dozen cloves, a dozen and a half of peppers, half a salt-spoonful of Cayenne pepper, a lemon and a half. Put the oysters in *hot* water, scald them, and, when hot through, drop them into cold water, to plump them; then drain them through a colander. Take a quart and a half of the liquor, let it boil; skim it well, then add the seasoning. Put the oysters in a jar and pour the liquor over them hot.

CREAM OYSTERS.

Five hundred of the largest and finest oysters; lift them out of the liquor one at a time; lay them in a deep pan; strain the liquor, and boil one half of it. Have ready three-quarters of a pound of the best butter, divided into lumps, and each slightly rolled in a little flour, which add to the boiling liquor, and, when they are melted, stir the whole well, and put in the oysters; as soon as they come to a boil take them out. Then add three pints of cream very gradually to the liquor, stirring all the time, and give it another boil, seasoning it with celery-salt and pepper or nutmeg. When it has again

boiled return the oysters to it, and simmer them a few minutes—just long enough to heat them. One of the daintiest ways in which oysters can be served on special occasions.

BALTIMORE OYSTER PIE.

Make a crust after the directions given for puff paste, grease the bottom of a baking-dish, cover it with paste, then season two quarts of raw oysters (without the liquor) with spices to your taste (some preferring nutmeg, mace, and Cayenne pepper, others black pepper alone), add a quarter of a pound of butter and a heaped teacup of grated bread; put all together in the dish, then cover it with your paste, cut in strips, crossed or otherwise ornamented, as your fancy suggests. A pound of butter to two quarts of oysters is desired by some epicures, but we think the quantity named above preferable, especially if the oysters are of fine quality.

A pie of this size will bake in three-quarters of an hour, if the oven is in good order; if the heat is not quick, allow it an hour.

If in baking the crust is likely to become too brown, put a piece of paper doubled over it, and the desired color will be retained; when taken from the oven, if it should look dry, pour some of the liquor that was drained from the oysters in the dish, having previously strained and boiled it.

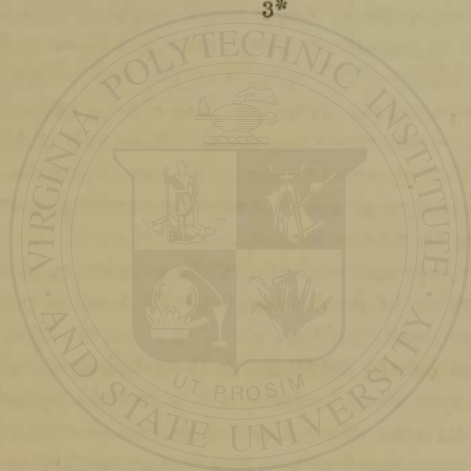
As pastry always looks more beautiful when just from the oven, arrange your dinner so that the pie may be placed on the table as soon as it is done.

A RAGÔUT OF OYSTERS.

Open a pint of oysters, set them over the fire in their own liquor, and keep them hot for some time, without boiling; then take them out and set them aside; peel and

pick, meanwhile, eighteen good, well-grown mushrooms, cut them into pieces not too small, and set them on in a stewpan; add to them a good table-spoonful of butter, a salt-spoonful of salt, and the same of pepper, allowing them to stew gently until the mushrooms are well done; as soon as this is the case add the oysters, with a gill of sweet cream, and cook them till well mixed together, but by no means let them boil; then dish them up, garnished with celery leaves and fried oysters.

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CHAPTER VI.

FISH.

To Boil Rockfish.—Sauce for Rockfish.—To Boil a Shad.—To Bake a Shad.—To Fry a Shad.—To Broil a Shad.—Court Bouillon, Louisiana Mode.—To Broil Trout, and Sauce for it.—To Fry Trout.—Fresh Herrings.—To Boil Herrings plain.—Boiled Herrings, with Mustard Sauce.—To Fry Perch.—To Broil Perch.—Perch, with Caper Sauce.—To Boil Salmon.—To Broil Salmon, with White Sauce.—Salmon Pie.—Lobster Pie.—Turbot à la Crème.—To Dress Bass or Sheep's-head.—Baked Blackfish.—To Broil Carp.—To Broil Carp au Court Bouillon.—Stewed Lobster.—Baked Bass.

THE binding together of distant parts of the earth through the facilities of modern travel shows its advantages in no way more strikingly than in the improved bills of fare attainable in almost every region on the globe. For instance, while nowhere are richer supplies of fish and oysters than are to be found in that section of Virginia bordering upon the Chesapeake Bay and Atlantic Ocean, in the inland counties, before railways were built, these articles of food were so rare as to be almost unknown save by report. Nowadays, although people still repair to the sea-side in order to enjoy them in perfection, there are few sections of the State where, in the winter and early spring, the monotony of every-day diet may not be relieved by recourse to these dainties of the deep. In Norfolk and Richmond sheep's-head and hog-fish take the place of the blue-fish and bass of the New York and Boston markets, while during March and April rockfish, shad, and herring are transported daily in immense quantities hundreds of miles inland in various directions.

Stale fish are both unpalatable and unwholesome; therefore the house-keeper should guard against their purchase. The distinguishing marks of what is fresh are found in the fulness and brightness of the eye, redness of the gills, stiffness of the body, and lack of strong, unpleasant odor. It is recommended to use just as little water in preparing fish for cookery as is consistent with cleanliness. Another sign of freshness in a fish is found in the facility with which the scales may be removed, for when it has been long out of the water they adhere much more firmly than when just caught. When not in the hands of the cook let fish always be kept in the coolest part of your cellar, unless you have ice, upon which it is best to keep them lying.

Rockfish are always boiled, and are among the most highly esteemed of the piscine tribe, because the large size and comparative fewness of their bones make them so much less troublesome and dangerous than others in the eating.

Shad may be cooked in a much greater variety of ways, but is most commonly seen either fried or baked. Corned shad are very highly esteemed, as a breakfast dish more especially, and are put up at home. If cooks are not particularly directed to serve up the roe with the fish they are apt, ignorantly, to throw it away, thus rejecting what most persons regard as the best part of the feast.

Gold and silver perch are among the daintiest of the fresh-water fish of Virginia, although there, as elsewhere, mountain trout are in great request, and abundantly found, too, in the more sequestered streams of the western and south-western sections of the State.

TO BOIL ROCKFISH.

Rockfish are almost universally boiled and dressed with egg sauce. A large rockfish furnishes a magnificent dish,

but the small ones are inferior. Scrape off the scales, take out the gills, and wash nicely; put in a pot with cold water enough to cover, and half a table-spoonful of salt, and let it boil slowly, keeping the pot covered all the while; skim well, and, when done, drain the water from it, and lay upon a dish, garnished with sliced hard-boiled eggs.

SAUCE FOR ROCKFISH.

This quantity will suffice for a company of twenty: One pound of butter (to be creamed, not oiled), twelve eggs boiled hard several hours, so that the yolks can be reduced to a powder, a teacupful of thin flour-starch, and, to insure its being free from lumps, it is better to strain it; then stir the butter and starch together. To the yolks of the eggs add four salt-spoonfuls of salt, one of red pepper, two of black pepper, three teaspoonfuls of mixed mustard, with as much catsup as will season the whole, unless you prefer to put the catsup on the table separately, as is better, considering the diversity of tastes; the eggs, pepper, salt, and mustard should be well mixed before putting with the starch. The sauce should be kept warm until it is wanted, but by no means allowed to become hot enough to oil. Reserve enough eggs and slice some of them to put into the gravy-boat as well as garnish the dish containing the fish.

TO BOIL A SHAD.

Select a fine, fat specimen (a poor shad being miserable food) — one filled with roe is the choicest. Every well-appointed kitchen should have a regular fish-kettle, such as is supplied with a perforated tin shelf inside, with handles, so that the fish can be lifted from the kettle and laid upon the dish without being broken by handling. If, however, you have not such a convenience, boil your

fish in a cloth, laid on an ordinary plate, and, by taking hold of the ends of the cloth, you can manage the fish pretty well, though it be a large one.

After cleaning your fish well—that is to say, scraping off the scales, which must be first loosened by having a little hot water poured over them, removing the gills, cutting off the fins and the hard, white part running along the backbone—put it into your kettle in cold water, seasoned with a table-spoonful of salt and a gill of cider-vinegar. If the fish is thick through and weighs as much as ten pounds, allow it an hour in which to boil, after the water becomes hot; but if it is thin through and small it will be enough to allow it five minutes for every pound of fish. To test whether it is done thrust a knife as close to the backbone as you can, and if the flesh parts from it readily the fish has boiled long enough, and must be dished without delay. Send it to table in a large, flat dish, wrapped in a folded napkin. Garnish the dish with scraped horseradish. Prepare a nice boat of butter sauce, and have ready Worcestershire Sauce, and catsups of several sorts, and made mustard in the castors, to be used as the taste of different persons may direct.

TO BAKE A SHAD.

Choose the very finest for this purpose, and, besides the usual cleaning, remove the backbone, if the fish be male, and roe, if it be female; in the cavities thus formed insert a rich stuffing of bread-crumbs, seasoned exactly as if you were preparing to roast poultry. As at the season for shad eggs are also plentiful, it will improve this stuffing to add to it one or two raw eggs beaten light, and incorporated with the other things. When the fish is well stuffed cover it all over on top with grated bread-crumbs, glazed with some of the egg kept out on purpose; place

it at full length in a baking-pan containing about a pint of water; baste it with butter from time to time, and let it bake gently till done through. Broil the roe, and serve it in a small dish separately, but placed conveniently, so that each person at table may be helped to a bit. Unless where persons are fond of very rich food, no gravy is needed with baked shad. If called for, though, prepare some out of the juice left in the pan where the fish was baked, adding a little water, and thickening with butter and browned flour. Serve in the usual gravy-boat.

TO FRY A SHAD.

Clean the fish as directed above; split it, and cut into pieces of a size to be laid upon a person's plate; after cleaning, drain and wipe dry; then flour each piece on both sides; drop them into a pan, with plenty of boiling lard; drain again as soon as the fish is done brown, and serve on a hot dish. Butter sauce, mustard, and catsups are the condiments needed with it at table, besides salt, of course.

TO BROIL A SHAD.

The fish is split so as not to come in two, but in order that it may be spread out and made to lie flat on the gridiron, which must be previously greased and heated. Sprinkle the fish plentifully with pepper and salt, and when you lay it upon its dish pour over it a little melted butter, and garnish with curled parsley.

COURT BOUILLON.

(A Louisiana Mode of Serving Fish.)

Take a large fish, cut it up into pieces, and with it put half a table-spoonful of lard rubbed up with one table-spoonful and a half of flour. Brown all together in a pot, being careful to stir them up and not let them burn;

when nicely browned add to them three quarts of boiling water, and season with thyme, pepper (both black and Cayenne), a little onion, and a large teaspoonful of salt. Let it boil until the fish has come to pieces and the whole mass is in fusion.

TO BROIL TROUT.

June is the season in which trout are in their highest degree of perfection, and many esteem this as the best way of eating them. Let the trout be carefully cleaned, washed, and dried; tie them round and round with pack-thread, to keep them entire and in shape; then melt some butter with a good deal of salt, pour this over the trout, and roll it in the butter till perfectly covered; then lay it over a clear fire at a good distance, that it may do leisurely.

SAUCE.

Cut an anchovy up (first wash and bone it) very small, and chop also a table-spoonful of capers; melt some butter with half a teaspoonful of flour, add to it pepper, salt, nutmeg, and last of all pour in half a spoonful of vinegar. When the trout is done take it up, lay it in a warm dish, pour this sauce upon it, and send it up hot.

TO FRY TROUT.

For those who love the real taste of this excellent fish there is no better way of dressing them than plain frying. It gives a crispness to the flesh and leaves its high flavor entire. Cut and clean the trout, wash them, dry them perfectly with napkins; cut the sides and back slightly with a very fine knife, strew a little salt over them, and then dredge them with the flour; set on a pan with some clarified butter, and when it is hot lay in the trout; fry them to a delicate brown, and send them up in a napkin, garnished with fried parsley.

FRESH HERRINGS.

There is a season when herrings are in a particular perfection, and few know anything of the matter. This is the time of serving them up boiled, and we shall properly explain it. We have herrings in vast quantities early in the summer ; they are then in the breeding season. At their first coming they have small roes, and are less esteemed ; but in reality, though the roe is in less quantity, the flesh is more and better. From time to time new quantities come up, and the roes in these are larger, till at length they fill the whole body of the fish ; then it is by the ignorant supposed to be in perfection, but in fact the roe is all that is good then, and the flesh is never poorer. Soon after this the herrings deposit their roe for the production of their young, and they are then not worth catching. These are what we call "shotten herrings;" the roe, which was valuable, is gone, and the flesh is in the poorest condition. All this time we have valued the herring only according to the quantity of the roe, as if the fish itself were of no use, and, indeed, so we seem to think. But there is after this a season when they are truly in their perfection. Soon after the casting of the roe they feed fast, and in a month or more have recovered all their wasting, when no more are caught now in the fishery. But the mackerel season comes in, and by chance several herrings are taken with them ; these are large, juicy, and in fine order ; and these are the herrings for boiling, and now we shall boil them.

TO BOIL HERRINGS PLAIN.

Set a pan of clear cold water on the dresser, clean half a dozen herrings, throw them into the cold water, stir them about, and change the water once, pouring it off and

pumping on some fresh. Set on a stewpan and put in a sufficient quantity of water; boil the herrings, and while they are doing melt some butter, put into it some boiled fennel, chopped fine, and when the herrings are done pour it over them in a dish; garnish them with boiled fennel, and send up a quantity of the same in a sauce-boat.

BOILED HERRINGS, WITH MUSTARD SAUCE.

Choose half a dozen large, fine herrings; clean them; throw them into a pan of cold water just pumped; put into another pan a handful of pure salt; pump some fresh water upon it; drain the herrings from the first water and throw them into this; set on a stewpan with two quarts of water, a pint of vinegar, two ounces of salt; boil the herrings in this; skim it from time to time, not letting it boil too fast, or it is apt to break them to pieces. Wash, bone, and mince a fine anchovy; melt a quarter of a pound of butter, with a little vinegar, in the water you put to it, and a small dust of flour; put in the anchovy and stir it about; then put in the egg and shake it, so as to be well mixed; then take up the herrings; boil some fennel with them, by way of garnish; lay some of this upon the herrings, and on the sides of the dish; finish the sauce by adding some mustard and squeezing in a lemon. Send this up in a sauce-boat, hot.

TO FRY PERCH.

Choose middle-sized perch; clean them, scale and wash them; then with a very sharp penknife score them on the sides, but not very deep nor very close; dredge them with flour; then fry them in oiled butter. When they are well done and brown serve them up garnished with fried parsley, and send up with them plain melted butter. This

gives the perch its true flavor, and many, for that reason, prefer it to any other way of dressing that excellent fish.

TO BROIL PERCH.

Choose for this dish perch of a moderate size, fresh from the water; scale them, clean them, and dry them in a napkin; melt a good quantity of butter, with some salt; let it be thick when it is cooled a little; dip the perch in it; roll it about till the butter sticks well to every part of it; then set a gridiron over a very clear and brisk fire, but let it stand at a very great height above the fire, for the perch must be soaked well before it is brown.

PERCH, WITH CAPER SAUCE.

Choose large perch for this way of dressing; scale, wash, and dry them; cut them deep into the sides and back, and dredge them with flour, with a little salt in it; fry them, as before directed, till they are thoroughly done and perfectly brown. When the fish is ready make the sauce by melting in a saucepan two ounces of butter; put in some flour and brown it; put in some chives chopped fine, some parsley chopped fine, a few mushrooms shred fine; add a little boiling water; lay the perch taken out of the pan into a small stewpan; pour this over them; let them simmer in it two or three minutes; then take them out, lay them on a warm dish, and put to the sauce two large spoonfuls of capers cut small; thicken it up, and then pour over the perch. There is no way in which they eat better than this. The frying gives them a firmness and a crispness. The soaking in the sauce does not take this off, although it mellows the flesh very finely, and gives the whole the flavor of the ingredients that are put in the sauce.

TO BOIL SALMON.

This is only to be done in salmon regions. Let it be scaled and cleaned; cut off the head and tail, and cut the body through at once into slices an inch and a half thick; have a large pan of cool water by you; as the slices are cut throw them in; then strew a handful of salt over the surface of the water; stir it about, and take out the fish. Set on a large, deep stewpan; boil the head and tail, but do not split the head; put in some salt, but no vinegar; and when these have boiled ten minutes skim the water very clean, and put in the slices; when they have boiled enough take them out, and while they are draining make some shrimp sauce to send up with them. The head and tail are to lie in the middle of the dish, the slices to be placed regularly round them, and the whole to be garnished with whole leaves of parsley.

TO BROIL SALMON, WITH WHITE SAUCE.

Cut some salmon into handsome slices for broiling; lay these ready on the dish; melt some butter in a saucepan, and add some salt; pour this butter over the slices of salmon; roll them over and over in it, that every part may be well covered; then put them on a gridiron over a very clear but slack fire; let them broil leisurely, carefully turning them as there may be occasion. While the salmon is cooking make the sauce thus: Wash and bone a couple of anchovies; mince them fine; put them into a small saucepan with some butter and a little flour; season this with pepper and salt; add a spoonful of capers chopped; grate in some nutmeg, and put in a whole small onion; add a little water and half a spoonful of vinegar; keep this simmering over a gentle fire while the salmon is broiling; and when that is nearly ready prepare a warm dish and pour

in the sauce; take away the onion and lay in the salmon, sending it to table hot. This is the best way of eating fresh salmon.

SALMON PIE.

Lobster is an ingredient of great consequence in a salmon pie, and the whole is in some measure of the nature of the last mentioned, but it is much richer. Make it thus: First prepare a very good crust; then choose a prime piece of fresh salmon, clean it perfectly, and wash it last with a sponge wet with white wine; put some crust round the dish, but none at the bottom; only butter the bottom of the dish, and then lay in the salmon. After seasoning it very well with pepper and salt grate a little nutmeg over it, and add two blades of mace, bruised. Boil a lobster, take out all the flesh, mix that and the inside of the body together; melt half a pound of fresh butter, and mix all the lobster perfectly well with it, then put this into the dish over the salmon, put on the lid, bake it, and let it stand an hour in a moderate oven.

LOBSTER PIE.

Boil a couple of large, fine lobsters, and while they are boiling cover a dish with a good crust. When the lobsters are done enough break them up. Separate the tail, split it; take out the inside; then cut each into four pieces. Lay these regularly in a dish. Break the claws and pick out the flesh; open the body and pick everything clean out of that; chop, break, and mix all this together well; grate in a little nutmeg. Season it with pepper and salt and a little vinegar; rub the crumb of a small roll to powder and mix with this; melt half a pound of butter and work it in. When all this is done lay the whole upon the tails in the dish, and put on a cover. Bake it about half an hour.

TURBOT À LA CRÈME.

Pick all the fish from the bones, and have ready the following sauce: Put one ounce of flour into a stewpan, to which add, by degrees, one quart of milk, stirring it very smoothly, then add two peeled shallots, a bunch of parsley, and a sprig of thyme, tied together, a little nutmeg, a teaspoonful of salt, and the same of white pepper. Place it over the fire, stirring it until it forms a thickish sauce; take it from the fire, stir in a quarter of a pound of butter, and pass it through a sieve. Put some of the same in a baking-dish, then the fish, well seasoned with salt and white pepper—so alternately sauce and fish—sprinkle bread-crumbs on the top, warm before the fire half an hour, brown with a salamander. Any remains of a *firm* fish may be dressed acceptably in this manner.

TO DRESS BASS OR SHEEP'S-HEAD.

Take a bass or sheep's-head eighteen or twenty inches long, put it into a pan, place that in a Dutch oven, add half a pint of tomato catsup, a large spoonful of butter, half a pint of water, salt, black and red pepper to suit your taste. Cook it over a quick fire, and serve it up with the dressing. Smaller fish may be dressed in the same manner, proportioning the quantity of dressing to the size of the fish, and using instead of the Dutch oven an *à la blaise*, or chafing-dish.

BAKED BLACKFISH.

(From "The Carolina Housewife.")

After the fish is well cleaned take off the fins and tail; cut it into four or five parts. Lay in a deep dish some lumps of butter, parsley, onions, chopped fine, a little allspice; then a layer of fish, well seasoned with pepper

and salt. Flour it. Continue to do this until the dish is full. Bake an hour.

TO BROIL CARP.

Prepare a strong and perfectly clear fire, and warm thoroughly a large and clean gridiron; let the bars be all hot through, and yet not burning hot upon the surface. This is the perfect and fine condition of the gridiron for nice uses; for if it be hastily heated the bars will be hot enough to scorch the things laid on them on their outside, and yet cold enough inside to chill it. The bars of the gridiron must always keep away so much of the heat as their breadth covers, and, therefore, they should be thoroughly hot when the thing to be dressed is laid upon them. This preparation being made of the fire and the gridiron, let the carp be carefully cleaned, the fins pulled out, and the scales perfectly taken off, then rub it over with a piece of butter, and strew some salt upon it; lay it on the gridiron, and watch it very carefully that it do thoroughly, and not too quick.

TO BOIL CARP AU COURT BOUILLON.

Scale and draw a brace of carp, and pull out the fins. When they are thus cleaned put them into an earthen pan; set on a quart of vinegar with a pinch of salt in an earthen pipkin. When it is scalding hot pour it on the carp and let them be till cold. Then put on some vinegar in a pan, enough to boil the carp; put them in and boil them gently till they are done enough; just before they are done throw in half a pint of white wine. The spirit of the vinegar will by that time be evaporated, and the wine will freshen up the liquor and give the carp a richness of taste. At the same time with the wine put in three bay-leaves, a spoonful of white pepper, an onion,

and four cloves. Let all boil up a little, that the carp may be thoroughly done and receive their flavor; then take them out, lay them to drain, and send them up in a napkin, garnished with parsley. Carp cooked in this way has as rich a flavor as when stewed in wine.

At the time when the United States Government is making such vigorous efforts to introduce carp into our country it seems suitable to present an English way of serving up that fine fish in a savory fashion. The above recipe is taken from "The British Housewife," found among the treasures of an old Virginia family.

STEWED LOBSTER.

Take four lobsters weighing from one-half to three-quarters of a pound each, boil half an hour, pick out the meat, excluding the fat and red parts, chop very fine, and when ready for breakfast put it into a saucepan, with a teacupful of grated bread-crumbs, a lump of butter the size of an egg, salt, half a teacupful of milk (mace, if you like its flavor), with as much Cayenne pepper as you can lay on a five-cent piece. Warm it quick, stirring all the time, as it only needs to boil once; serve in a covered dish.

BAKED BASS.

An eight-pound bass is a good-sized one for baking. Prepare a teacupful of bread-crumbs grated fine. Season with butter, pepper, and salt (spices or herbs too, if you like). Fill the breast of the fish, lay some thin slices of salt pork, whole pepper, cloves, and allspice in the pan; put in two teacupfuls of cold water; bake three-quarters of an hour, basting frequently. When dished set the pan on the stove, and dust some browned flour into the gravy made while cooking. Chop the yolk of a hard-boiled egg and put in your gravy-boat; stir in a glass of sherry or port. As the gravy boils strain into the boat, and serve hot.

CHAPTER VII.

SOUPS.

Stock for Soup.—To Prepare a Beef's Head for Soup Stock.—Asparagus Soup.—Beef Soup.—Chicken Soup.—Black Mexican Bean Soup.—Force-meat Balls for Bean Soup.—Corn Soup.—Calf's-head Soup.—Gumbo.—Mock-turtle Soup.—Little Eggs for Turtle or Mock-turtle Soup.—Oyster Soup, No. 1.—Oyster Soup, No. 2.—Okra Soup.—Ox-tail Soup.—Green-pea Soup.—Squirrel Soup.—Tomato Soup.—Good Lenten Soups.

STOCK FOR SOUP.

EARLY in the morning put two shins and fifteen or twenty pounds of coarse beef in eight gallons of cold water. Boil eight or ten hours, keeping it covered all the time. Carefully skim off all the grease. Put in two onions, sliced, a handful of celery, six turnips, cut up, four pods of capsicum, half an ounce each of cloves and mace, a table-spoonful of black pepper, garden herbs, such as savory, winter and summer, thyme and marjoram, a table-spoonful each, powdered, and six slices of lean ham. From eight this stock should be boiled down to four gallons. When properly boiled strain it through flannel three or four double, and when cold it will be a fine jelly, and will keep in winter a fortnight, in summer *on ice* four or five days. For a tureen of soup take two quarts of the jelly, adding any additional seasoning that your taste suggests. Always remember, however, that it is better to put rather too little than too much, because a deficiency may be supplemented by the castors at table, but no skill can atone for carelessly overturning either the salt-cellar or pepper-cruet into the soup. As soon as this soup stock

boils send it to table. Stock should be made without any salt, as that spoils the color.

TO PREPARE A BEEF'S HEAD FOR SOUP STOCK.

Cut up the head into small pieces and boil in a large quantity of water until it is boiled all to pieces. Take out all the bones (as in making souse cheese) and boil again until thick. Then season very highly with pepper, salt, catsup, allspice, and onions, chopped fine, and pour into crocks to jelly or harden. To make soup cut out a thick slice or "hunk" and add about a quart of boiling water, if you have not more than five or six persons in family. Boil for a few minutes only, and you have a nice dish of soup. In seasoning use, say, two onions, a table-spoonful of pepper, one of salt, two table-spoonfuls of catsup, one teaspoonful of allspice, and one ounce of celery-seed.

ASPARAGUS SOUP.

Take four bunches—that is to say, about four dozen heads—of asparagus, cut off three inches of the tops and lay them aside for the present in a pan of water; scrape the rest of the stalks well and put on in your soup-pot with three quarts of water. Let the asparagus boil for an hour; then take it off the fire, strain it, water and all, through the colander, pulping it with your potato-masher. Return the water to the soup-pot, add to it either a chicken, the bones of which have been broken up after jointing, or two pounds of lean veal, chopped up. Boil again *slowly* for two hours, then add the asparagus left out before; let it cook until these are done tender; thicken with two table-spoonfuls of flour rubbed into one table-spoonful of butter, creamed smoothly together; add lastly half a teacupful of new milk, and serve hot. Skim off carefully any grease that rises to the surface. Put toast

cut into small squares into the bottom of the tureen before pouring in the soup.

BEEF SOUP.

Beef is decidedly the best meat for the substratum of every-day soup, and may be used daily, with slight variations, without wearying a common palate. Get from your butcher a shin-bone, if he has it, or else the coarse neck pieces will answer, that are good for nothing else, and can be purchased cheap. Put it on in a gallon of *cold* water as early in the morning as you can; set it on the back of the stove, in a covered kettle, where it may simmer slowly till dinner is ready—not boil. In winter add, about an hour before dinner, any vegetables almost that you have at hand and like—dried tomatoes are invaluable for this purpose—potatoes, turnips in moderation, carrots too, to be used also cautiously; dried corn a handful, Lima beans *ad libitum*, a teacupful of rice, etc. If you like soup thickened, it is done by rubbing up flour carefully with a piece of butter, and adding it just before you want to serve the soup, allowing it, of course, time enough to serve its end. If you want your soup brown, add some browned flour, of which you should always keep a supply by you in the kitchen. Remove the soup from the fire a while before you are ready for it, skim off every particle of grease, and then return it to the fire, so that it may become perfectly hot.

CHICKEN SOUP.

For a gallon tureen a large, grown fowl is required, if you would make a pot of good, strong soup. Cut up the chicken into joints and put it into cold water, with a flavoring of one onion, a teaspoonful of black pepper, a teaspoonful of salt. Let these things simmer together from

nine o'clock in the morning till one, if your dinner-hour is two o'clock; then add a full teacup of rice, with a teaspoonful of bruised celery-seed, or two heads of fresh celery, chopped up, or a bunch of parsley chopped into bits, according as shall suit your taste or convenience. A nice thickening is furnished by beating up the yolks of two eggs, and stirring into them a table-spoonful of flour and a cup of perfectly sweet milk. Pour to them a little of the soup boiling, then return all to the pot on the fire for a few minutes, and serve hot.

BLACK MEXICAN BEAN SOUP.

To one pint of black beans put four quarts of water, two slices of nice lean bacon, or the hock which is cut off when the ham is boiled; one small chicken or half a large one, or a small piece of any fresh meat. After the meat or chicken has boiled until it is done take it out and make force-meat balls of it; fry them, and put them in the soup. Boil four eggs hard, slice them up into rings, and drop them into the tureen when about to be served. Flavor also with a broken pod of red pepper and a teaspoonful of bruised celery-seed. Some persons also add a small wineglassful of catsup, either walnut or tomato. Others, again, use a seasoning of a little mace or cloves. The soup should be strained clear of the hulls of the beans. For common use the force-meat balls may be omitted, and the soup be very nourishing still.

FORCE-MEAT BALLS FOR BEAN SOUP

Are made by chopping fine a pound of cooked meat, adding a table-spoonful of fresh suet also cut up fine, half a pint of bread-crumbs, and one egg. Make up into little balls with your hands, moistening them with a little of the soup taken from the pot; add pepper, salt, and a

very little nutmeg or allspice. Drop them into hot lard and fry till brown, then put them into the bottom of your tureen, and pour the soup boiling hot over them.

CORN SOUP.

Cut the corn from the cob, and boil the cobs in water for at least an hour, then add the grains, and boil until they are thoroughly done; put one dozen ears of corn to a gallon of water, which will be reduced to three quarts by the time the soup is done; then pour on a pint of new milk, two well-beaten eggs, salt and pepper to your taste; continue the boiling a while longer, and stir in, to season and thicken it a little, a table-spoonful of good butter rubbed up with two table-spoonfuls of flour.

Corn soup may also be made nicely with water in which a pair of grown fowls have been boiled or parboiled, instead of having plain water for the foundation.

CALF'S-HEAD SOUP.

The calf's head is cleaned thus: wash it well, and sprinkle some pounded rosin all over the hairs, then dip them in boiling water and take them instantly out. The rosin will dry immediately, and the skin may be scraped clean with ease.

Having so done, put the head in a pot with about two gallons of water, and boil it until tender. Take it out and cut the meat into small pieces. Return half of it to the soup, after straining the liquor, and let all boil together for several hours. Flavor with a table-spoonful of allspice, a teaspoonful of black pepper, and just before dishing up a teacupful of Madeira or sherry wine. Slice also four hard-boiled eggs into rings and put them into the tureen. Add salt also, but sparingly, to taste.

Half of the meat is enough for one tureen of soup, so

that the rest may be put away in a cool place, to be used next day.

If you prefer to do so, make the meat up into force-meat balls, as they are considered rather elegant. The harslet should be boiled with the head and strained out, if you do not choose to have meat in the tureen, although to most palates the finely chopped harslet and other meat, if not in too great excess, is an acceptable addition to the dish. It is a rather troublesome soup in the preparation, but is one of the best made, and not inaptly has it been called "mock-turtle soup."

GUMBO.

Fry a chicken with two or three slices of middling (which must by no means be rusty) or a table-spoonful of lard, not *done*, but only a little brown. In the same gravy fry two quarts of sliced okra until it is of a dark green color; also fry an onion with the okra; put gravy and all in as early after breakfast as you can, and add one gallon of *boiling water*; then set it in a place on the fire where it will cook slowly without boiling. As soon as you can get them ready add one quart of tomatoes, after the juice is strained off, a good deal of corn cut off the cob, a pod of red pepper, and salt to your taste. It must be simmered until you cannot distinguish the vegetables; then pick out the bones, and serve in a tureen, like soup. The corn should be cut the length of the ear and scraped off.

MOCK-TURTLE SOUP.

Have a large calf's head cleaned, without taking off the skin; divide the lower half from the front of the head; put the head on to boil in a gallon of water, the hock of a ham or a small piece of pork, four or five onions, a bunch

of parsley, a teaspoonful of cloves, half a nutmeg, a teaspoonful of pepper, a table-spoonful of salt. Boil all together until the flesh on the head is quite tender, so that the bones can be easily removed; put it on a board and chop up into small pieces; take the eyes out carefully and lay them aside; strain the water in which the head was boiled, and just before dishing up add one glass of wine and one gill of mushroom or walnut catsup. Let the soup boil till reduced to two quarts; thicken with two spoonfuls of browned flour, stirred into two ounces or a large table-spoonful of butter; put half the meat in just so after being chopped, or make it into force-meat balls, with bread-crumbs and yolk of egg, if you prefer it that way; let the soup boil a short while longer after the meat is added, and serve up hot. The eyes are esteemed a great delicacy by epicures. Add a sliced lemon when ready for table.

LITTLE EGGS FOR TURTLE OR MOCK-TURTLE SOUP.

Mash up the yolks of three hard-boiled eggs, and make them into a paste with a raw one; roll bits of it up into the shape of little balls, and throw them into boiling water to harden, which will be in about two minutes; drop into the tureen of soup just before it is sent to table, and dainty morsels they furnish.

OYSTER SOUP, No. 1.

Wash two quarts of oysters from *their own* liquor, and put them on the fire in a kettle with about three quarts of water; boil till they are done, which may be told by the shrinking of the outer gills; then take them off the fire, and put into them the yolks of six beaten eggs, and from a half to a whole pint of new milk or sweet cream, with a quarter of a pound of butter, and salt and pepper

to suit the taste. Better put *very little* salt. Return the kettle to the fire, and let the soup remain there only just long enough to thicken; add a table-spoonful of flour for thickening, as in other soups.

OYSTER SOUP, No. 2.

Strain three quarts of oysters from their liquor, and put the liquor on the fire to boil, with half a pint of celery cut into small dice, two or three blades of mace, a little pepper and salt, with a suspicion of made mustard. If there should not be liquor enough to make two quarts, fill up that amount with pure water. After the liquor has boiled for about five minutes add the oysters. Just before taking it off add a large table-spoonful of butter rubbed up with flour and a quart of rich milk, or cream and milk mixed. Instead of flour, one may use for thickening the beaten yolks of four eggs, which makes the soup very rich and nice; but if eggs are scarce and high, they are not regarded as indispensable. In the same way all seasoning but that of a little pepper and salt may be omitted, and the plain oysters found good enough.

OKRA SOUP

Differs from gumbo only in not having the meat fried which is put into it, and in the vegetables not being strained out. Okra and tomatoes may be put in plentifully, or in lesser quantity, according to circumstances. Half a dozen pods of tender okra and six or eight moderate-sized tomatoes will flavor beef soup nicely, if you are dependent upon a city market; but if you can draw upon a large country garden for supplies, a quart of each will be none too many. Red pepper should always be put in, to suit the taste of your family; corn, Irish potatoes, and Lima beans are also acceptable additions to this soup,

and even rice comes not amiss. The meat also may be varied according to family convenience; for a shin-bone of fresh beef, two pounds of any coarse, lean part of the animal, or the carcasses of any cold fowl or joint of meat of any kind, will answer almost equally well for a dish that may be found acceptable daily all the summer through, if the cook has any knack at utilizing the materials that are always at hand during that season for making a good and yet economical dish of soup.

OX-TAIL SOUP.

Divide the ox-tail by joints and wash it, scraping well; put it on the fire in a gallon of water directly after breakfast; when it has boiled a while add one onion, chopped, and two carrots, sliced in rings, with a farther seasoning of salt, pepper, and four blades of mace; when nearly ready to serve skim off the grease carefully, cut two slices of bread into dice, toast them, fry, and put into the bottom of the tureen. Also have ready three hard-boiled eggs, slice them up, and throw into the soup just as you dish it.

GREEN-PEA SOUP.

Put on early in the day one quart of peas in a gallon of water, with one pound of beef, fowl, or giblets, a quarter of a pound of lean bacon, a bunch of parsley, thyme, and celery-tops tied up; suffer all to boil together until the peas are soft enough to pass through a colander. This should be done three hours before dinner. Return your peas into the pot; strain to them the water in which they were boiled; skin the bacon, and let that only of the meat stay in the soup, and stew gently till dinner is ready; then put pepper and salt to your taste, and a lump of butter the size of a partridge-egg. Also, if the green celery is omitted, as must be the case sometimes,

add half a teaspoonful of bruised celery-seed. It will be a great improvement.

SQUIRREL SOUP.

Even persons who find squirrel positively distasteful as meat regard it as supplying delightful material for soup. Three squirrels are none too much to allow for making a tureen full of soup. Put them on, with a small table-spoonful of salt, directly after breakfast, in a gallon of cold water. Cover the pot close and set it on the back part of the stove to simmer gently, *not* boil. Add vegetables just the same as you do in case of other meat-soups in the summer season, but especially good will you find corn, Irish potatoes, tomatoes, okra, and Lima beans. Strain the soup through a coarse colander when the meat has boiled to a rag, so as to get rid of the squirrels' troublesome little bones. Then return to the pot, and after boiling a while longer thicken with a piece of butter rubbed in flour. Celery and parsley leaves chopped up are also considered an improvement by many, and those who like it thick as gumbo add a spoonful of powdered sassafras-leaves. Toast two slices of bread, cut them into dice an inch square, fry them in butter, put them into the bottom of your tureen, and then pour the soup boiling hot upon them.

TOMATO SOUP.

Put on a gallon of water; let it boil; put in two double-handfuls of okra, one handful of shelled butter beans, one small cymling, six Irish potatoes, one onion, four ears of corn, and a soup-bone of beef, or one fowl. About an hour before you take up your soup put in the tomatoes, peeled and cut up, in such quantity as you can spare—from one pint to two quarts, according to taste or con-

venience. A red pepper pod adds greatly to the flavor of this soup, and black pepper and salt too must be put in to taste. Put the soup-pot on the fire as early as possible after breakfast, letting it simmer all the time, not boil. A stone vessel and wooden spoon are desirable for the preparation of such soups.

GOOD LENTEN SOUPS.

(Miss Lou Armstrong.)

Tomato Soup.—To one quart of tomatoes stewed and run through a colander add one quart of boiled milk, thickened with a small table-spoonful of flour or corn-starch; add a table-spoonful of butter, and season to your taste with black pepper, salt, and a teaspoonful of mustard if you choose. Let the soup merely come to a boil, and serve immediately. This soup offers the advantage of being presentable upon very short notice.

Onion Soup.—Cut in pieces twelve large white onions; boil them in three quarts of milk and water equally mixed. Put in a bit of veal or a fowl after the onions are boiled soft. Thicken it with a gill of sweet cream, pepper, and a bit of butter rolled in a teaspoonful of flour. The meat must be taken out before the soup comes to the table, and slices of untoasted bread laid at the bottom of the tureen.

Irish Potato Soup.—Boil well one quart of potatoes, and mash up smoothly in a little boiling water until quite thin. Stir in two ounces of butter, a little pepper and salt, into two quarts of milk. Beat up four eggs, and add them to the potatoes. When the milk boils, pour it hot from the kettle on to the potatoes and eggs. Do not return the soup to the fire. Float toast in it when ready to be served.

CHAPTER VIII.

POULTRY AND MEATS.

To Roast a Turkey.—Gravy for Roast Turkey.—Deviled Turkey.—To Boil a Turkey, with Oyster Sauce.—To Boil a Turkey, with Egg Sauce.—To Roast a Goose.—The Epicure's Improvement to Roast Goose.—To Roast a Goose before a Range or in a Stove.—To Roast Grown Pullets.—To Roast Young Chickens.—To Roast Pheasants or Partridges.—To Boil Grown Chickens.—To Roast Ducks.—To Dress Wild Ducks.—Gravy for Wild Ducks or Grouse.—To Roast a Pig Whole.—Souse.—To Roast a Haunch of Venison.—To Roast a Shoulder of Venison.—A Venison Pasty.—To Roast Mutton like Venison.

ALL of the old Virginia recipes for cooking meats speak in general of roasting them, where baking must be substituted in modern times. Large, open fireplaces, with tin kitchens and spits, were in universal use in that State until within the last thirty years. As roasting proper is by far the best way of cooking, and is still adhered to where taste has not been forced to yield to economy, we still give many such recipes. Where there is no way of really roasting, the same directions may easily be modified so as to answer for baking. M. Pierre Blot insisted that every *well*-appointed kitchen should have at hand the appliances for roasting meats, but in the large majority of well-to-do families throughout the Union epicurism has given way, in this particular, to convenience.

TO ROAST A TURKEY.

A hen-turkey, weighing from six to seven pounds, furnishes the sweetest and most savory meat, and yet for

festive occasions, where a large company is to be served, great one-year-old gobblers, weighing from twelve up to even twenty pounds, are yet in demand. After Christmas hen-turkeys, if fat, are in all cases preferable. If you must cook a large turkey-gobbler, parboil it gently for about an hour, to remove the strong flavor of the fat before proceeding regularly to stuff and roast.

For stuffing, prepare bread in quantity proportioned to the size of the fowl. A twelve-pound turkey will require a quart loaf to stuff it properly; a small hen, only half as much. Break up the bread between your hands, mixing well with it a table-spoonful of butter and seasoning of black pepper, salt, and either a head of celery chopped up or a teaspoonful of bruised celery-seed; make the stuffing hold together with a little hot water, or the yolk of an egg and water; stuff the craw as full as possible; upon a spit, within a tin-kitchen, set it down at a good distance from the fire, which should be clear and brisk; dust the turkey well with flour, and baste it with cold butter and a little lard several times. When done, serve it up with its own gravy, which must, however, be put into a separate dish, or rather gravy-boat.

For roasting a turkey in an oven or range the time to be allowed is twenty minutes for each pound, with one twenty minutes extra. The fire must be strong and steady throughout the process. The turkey should be nicely cleaned and stuffed; then put into a baking-pan, supported on transverse strips of wood or iron, so as to keep the fowl out of the drippings. No water need be added if the bird be moderately fat. Baste repeatedly; that is to say, put little bits of butter over the breast and legs from time to time, and, dipping up some of the drippings from the pan, pour it over, so that the whole fowl shall be moistened with them. The seasoning of the stuff-

ing and gravy may be altered, for variety's sake, from celery and pepper to oysters and pepper, or oysters, celery and pepper, onion and sage, or savory and thyme, etc.

GRAVY FOR ROAST TURKEY.

There is great art in the preparation of gravies, a greasy, oily gravy spoiling the best-cooked fowl or joint. Remove the turkey from the pan; skim off every particle of oil, and leave just as much of the drippings as you think will be sufficient to fill your gravy-boat; add to them a little boiling water, and stir in smoothly a table-spoonful of browned flour, made previously into a paste with the smallest quantity of cold water; let the gravy come to a boil as you stir it constantly, and it will be ready to serve. If you choose, you can chop the liver and gizzard into rather small pieces and add them to the gravy, instead of sending them in whole upon the same dish as the turkey.

DEVILED TURKEY.

In old Virginia life the carver was always the gentleman of the house, until the oldest son took his place, both for the sake of his own education in what was esteemed a gentlemanly accomplishment, and to relieve his parent of an onerous duty. In many families it was the invariable custom, when a roast turkey was served, to cut off the legs, or one leg, when the fowl was first carved, and send it into the kitchen with the gizzard and liver to be deviled, and brought in as an *entremet* later on in the meal. The deviling consisted in merely gashing the said parts of the fowl deeply, strewing them thickly with black pepper and butter, slightly with salt, and then broiling, sending in to table hot, when each person who wished it was helped to a small piece.

TO BOIL A TURKEY, WITH OYSTER SAUCE.

(Mrs. Maria Randolph.)

Grate a loaf of bread; chop a score or more of oysters fine; add nutmeg, pepper, and salt to your taste; mix it up into a light force-meat with a quarter of a pound of butter, a spoonful or two of cream, and three eggs; stuff the craw with it, and make the rest into balls and boil them; sew up the turkey; dredge it well with flour; put it in a kettle of cold water; cover it, and set it over the fire; as the scum begins to rise take it off; let it boil very slowly for half an hour; then take off your kettle, and keep it closely covered; if it be of a middle size, let it stand in the hot water half an hour; the steam, being kept in, will stew it enough to make it rise, keep the skin whole, tender, and very white; when you dish it, pour on a little oyster sauce, lay the balls around, and serve it up with the rest of the sauce in a boat.

N.B.—Set on the turkey early after breakfast, that it may stew as above. It is the best way to boil one to perfection. Put it over the fire to heat just before you dish it up.

TO BOIL A TURKEY, WITH EGG SAUCE.

This is the most delicate and appetizing way in which a turkey can be served in the spring of the year. Make a stuffing for the craw of bread-crumbs, butter, pepper, and salt, with what seasoning of herbs you prefer, just as in case of a roast fowl; sew it in securely and enclose it in a cloth well dredged with flour; put it to boil in cold water with a spoonful of salt in it, and water enough to cover it well; let it simmer two hours and a half, or, if small, a less time will do; when the hour for dishing comes take a pint of the water in which the fowl was boiled and put it in a stewpan, to make sauce; cream up

a quarter of a pound of butter with a table-spoonful of flour, and add them gradually to the broth, and let them boil together for about five minutes; lastly, add six hard-boiled eggs chopped up in small bits; serve the greater portion of the sauce in a boat, but pour some of it over the turkey in the dish; and if one or two more eggs are sliced into rings and added as an additional garnishing it is all well.

N.B.—The water in which the turkey has been boiled makes a nice soup, if thickened with a little flour, flavored with salt, pepper, celery, or parsley, and half a pint of Carolina rice boiled in it until the grains are thoroughly done.

TO ROAST A GOOSE.

Wash it, and rub the inside with onion; make a stuffing of light bread-crumbs, a table-spoonful of butter, an onion peeled and chopped up fine, with a few sage-leaves rubbed up to powder, salt, and pepper. Put it at first at a distance from the fire, and by degrees draw it nearer. A sheet of paper should be skewered over the breastbone well, and when the breast is rising take it off. Be careful to serve before the breast falls. The proper accompaniment for a roast goose is a brown gravy nicely thickened and skimmed, with a bowl of apple sauce, the recipe for which is given elsewhere.

THE EPICURE'S IMPROVEMENT TO ROAST GOOSE.

One table-spoonful of made mustard, a half-teaspoonful of Cayenne pepper, and three table-spoonfuls of red wine; pour it hot into the body of the goose, by a slit in the apron, just before sending to the table. It gives a fine flavor to the sage-and-onion with which the goose has already been dressed.

TO ROAST A GOOSE BEFORE A RANGE OR IN A STOVE.

Follow the same directions as given for turkey (p. 84), as to the arrangement of the fowl in the pan and the allowance of time. Be particular as to time; for, while few persons like rare meat, an overdone goose or duck is extremely tasteless.

TO ROAST GROWN PULLETS.

Take the fowls when they are ready-dressed; put them down to a good fire, or in a pan, if you use a stove; after making a stuffing for them, seasoned with butter, pepper, salt, and any powdered herb you fancy, fill the craw with it until very plump; dredge and baste well with butter, if you can afford it, otherwise lard will answer; make a gravy from the drippings, or you can make it, in a separate pan, out of the necks and giblets, allowing them to simmer slowly in a quart of water until it is reduced one-half; if so, strain it, skim off carefully the oil that rises to the surface, thicken it with a spoonful of brown flour, chop up a few of the giblets in it, and serve hot.

TO ROAST YOUNG CHICKENS.

Truss and put them down before a good fire; dredge with flour, and baste with butter. They will take a quarter of an hour to roast. Froth them up; lay on a flat dish, pour melted butter over them, garnish with parsley, and serve up hot.

TO ROAST PHEASANTS OR PARTRIDGES.

Proceed to clean and stuff just as you do chickens, and serve with brown gravy and bread sauce thus made: cut the crumb of two stale rolls into thin slices, and put it

into half a pint of cold water, with a little black pepper, chopped onion, and salt; after soaking until the bread is soft, beat it to a smooth paste, and let it come to a boil over the fire in a stewpan; add a quarter of a pound of butter and two table-spoonfuls of cream, and serve in a sauce-boat.

TO BOIL GROWN CHICKENS.

Where gentlemen's tastes are consulted boiled fowls will be rarely seen; but where several varieties of meats are desired, and ladies are of the party, especially if the season of the year be spring, they will be found a most acceptable dish. A stuffing may be prepared the same as if they were to be roasted or baked, and the craw filled with it; they must be dredged with flour, and put into a kettle with cold water enough to cover them; set the kettle on the back part of your stove, cover it close, but remove the scum as it rises, and let the fowls boil very slowly for half an hour; then set them where the water can no longer boil, but gently simmer for half an hour longer, when they should be done. When ready to dish them drain the water from them, and serve with egg sauce, made as directed in the recipe for turkey with egg sauce. Four eggs will be enough for one fowl.

TO ROAST DUCKS.

Clean and wash them nicely; prepare a stuffing of bread-crumbs and butter, seasoned highly with onions and sage, pepper and salt—or Irish potatoes, flavored in the same way, may be used for a change, mashed up smooth and beaten up with milk and butter. In a range or stove one hour should suffice to roast a duck. Remember that a duck is spoiled by too much cooking sooner than any other meat. Bread-crumbs grated over the

ducks, while the basting with butter is well attended to, give a delicious crispness to the outer skin, which ought to be browned to a turn.

Many persons like currant or apple jelly with duck, and the vegetable most frequently asked for at the South to eat with it is rice.

TO DRESS WILD DUCKS.

Half roast them, then pour a wineglass of claret through each one; lay them breast downward in a stewpan, with a little gravy; when nearly done put a little pepper, salt, lemon-juice, half a dozen small onions, and a little walnut catsup into the dripping-pan, that the juices out of which you make the gravy may be well impregnated with these flavors combined.

GRAVY FOR WILD DUCKS OR GROUSE.

Make gravy separately, if you prefer it, out of the necks and gizzards, by putting them into a quart of cold water, that must be made to boil until reduced to a pint. The preferred seasonings are one table-spoonful of Madeira or sherry, half an anchovy, a blade or two of mace, one small onion, and a little Cayenne pepper; strain through a hair sieve; pour a little over the ducks, and serve the remainder in a boat.

TO ROAST A PIG WHOLE.

The pig should not be over six weeks old, and a butterball for fatness, the weight not to exceed twelve or fifteen pounds at most; wash it well; stuff with crumbs of stale bread, powdered sage, salt, and pepper, and sew it up; observe to skewer the legs back, or the under part will not be crisp; lay it near a brisk fire until quite dry; then have ready some butter in a dry cloth, and rub the

pig with it in every part; dredge as much flour over as will possibly lie, and do not touch it again until ready to serve; then scrape off the flour very nicely with a blunt knife.

Among the people of the more remote rural districts the glory of the entertainment was thought to be the pig roasted whole, standing erect on its out-stretched legs, and holding an orange or rosy-cheeked apple in its mouth. But at the tables of "quality," as the servants would have expressed it, the style of serving was thus: "When the pig is done take off the ears; take out the stuffing; split the pig in two parts lengthways; lay it in the dish with the head, ears, and feet, which have been cut off, placed on each side; put the stuffing in a bowl, with a glass of wine and as much dripping as will make it sufficiently liquid; put some of it under the pig, and serve the rest in a boat."

SOUSE.

Cut off the pigs' feet; throw them into a tub of salt-and-water; let them soak for several days, if the weather is cold; but if it is mild, for only a day and night; then clean them, and put them in fresh salt-and-water; let them stay a day; scrape them again; wash them nicely, and throw them into a pot of clear water, holding a little salt; boil until you can run a straw into the skin; then take the feet from the fire and put them into cold, strong brine; take them from this brine and transfer them to a jar of vinegar-and-water only a few days before you want them for table use. Therefore it is better to take from the brine only a few at a time, as they will keep there any length of time. The usual way of cooking souse is to split the feet in half and fry them nicely, in that case using as a sauce mustard, vinegar, and catsup.

TO ROAST A HAUNCH OF VENISON.

Venison is finest in autumn or early winter, and keeps longer than any other fresh meat, no other care being necessary for keeping it from three to four weeks than to hang it up in a cool, dry place. When bought at market any taint may be best discovered by plunging a knife into the flesh nearest the thigh-bone, which is the part that would spoil first, and betray its condition by bad odor.

The haunch is the handsomest joint to set before a large company; a fine one weighs from twenty to twenty-five pounds, and when cooked in a stove requires as much as five hours for its thorough roasting. To keep in the juices and protect the fat cover the joint with a greased paper first, and over that lay a paste made of flour-and-water. Baste frequently with lard and butter, and remove the envelope when ready to serve.

To dress the haunch for the table, fold up double two sheets of letter-paper, cut, crimp, and turn them over, so as to form a broad ruffle around the hock end, and send it to the table on a large, flat dish, ungarnished, but with the accompaniment of a glass of currant jelly. The English often serve in addition a piquant sauce, for which the recipe will be found under the proper heading.

From the meat unused the first day many a nice stew may be prepared, when one gets tired of the plain cold meat, which, however, is exceedingly nutritious, and at the same time delicate enough to tempt the appetite of a confirmed invalid.

TO ROAST A SHOULDER OF VENISON.

(From "The English Housewife.")

Make a seasoning with salt and pepper, nutmeg and pounded cloves; lard the shoulder of venison with fine

bacon, and then season it very well in every part with this seasoning. Put into a dish a quart of white wine and a pint of vinegar, add some salt, half a dozen bay-leaves, and a stick of broken cinnamon. Stir all this well together, and then lay in the larded venison; turn it once in half an hour, and from time to time pour some of the liquor upon the upper side of it with a spoon. When it has been four hours soaking lay it down to roast; let it be at a moderate distance from the fire, and let it be well done, basting it all the time with the liquor.

When the venison is enough done strain the dripping out of the pan, and add to it some rich soup stock; or, if that be not in readiness, add some very strong gravy, and thicken it up with flour and butter; when it is ready to serve up squeeze in a quarter of a lemon, and add a cupful of capers, minced, and some black pepper. This sauce being ready, lay the venison handsomely in a dish, and pour the sauce upon it.

A shoulder of venison in the common way of dressing is but a very indifferent joint; but when it is thus managed many prefer it to a haunch. It is moist, rich, and excellently flavored.

A VENISON PASTY.

(From "The English Housewife.")

Cut to pieces a fine fat neck of venison; season it with pepper and salt after you have taken out the bones, and take care to keep the fine fat part of the neck as entire as possible. Make a good puff paste in sufficient quantity, and, if a larger pasty is intended, more venison from other parts may be added, but nothing excels a pasty made of the neck alone. Lay a good bottom crust in a baking-dish, then a thick side crust, and then lay in the venison; put the coarser part lowermost, and the finest of the fat just at

the top, that nothing may hurt it; put in half a pound of butter, and a little more than a quarter of a pint of water; cover the pasty with a good thick top crust, and then put it in the oven to bake. It will take two hours' baking in a steadily heated oven.

While the pasty is baking set on the bones in a saucepan with two quarts of water, and put in a bunch of sweet herbs and an onion, two blades of mace, a dozen corns of whole pepper, a crust of bread burnt, and cover it up close; let this boil till half is wasted, then strain off the gravy, and have it hot. When the pasty is nicely baked pour it in by carefully lifting the lid, and then send up the pasty. There is no great difficulty in this, and no method makes a better pasty.

TO ROAST MUTTON LIKE VENISON.

Take a leg of mutton and rub it over with saltpetre, then hang it up in a damp place for two days. Wipe it several times a day with a clean cloth, then put it in a pan. Boil a quarter of an ounce of allspice in a quart of red wine, and pour it boiling hot over the mutton. Cover it up close for two hours. Take out, spit it, and baste it well with the same liquor or butter. Have a brisk fire—one hour and a half will roast it.

The latter part of these directions can be altered to suit the modern range or stove, where baking in a pan must be substituted for spitting and roasting; more time must be allowed—indeed, double as much—for baking than roasting.

CHAPTER IX.

MEATS (Continued).

Beefsteak.—Beef Stew.—Mutton Stew.—Curry Powder.—Zitelli's Macaroni Stew.—To Fricassee Chickens.—Fowl Cutlets.—Chicken Pudding.—Stewed Ducks.—Stewed Chicken.—Brown Gravy for Ducks.—To Dress a Calf's Head.—A Pie of Green Corn and Chickens.—Father Adam.—To Stew a Rump of Beef.—Sanders of Cold Beef.—Italian Beefsteak.—To Stew a Fresh Beef Tongue.—Ragout of Souse.—Beef Bouilli.—A Nice Relish of Meat for Tea.—Venison Stew.—Blanquettes of Veal.—Baked Hash.—Veal Olives the French Way.—Sweetbreads with Oranges.—Sweetbreads à la Dauphine.—To Make a Handsome Dish out of an Old Hen.—Brunswick Stew.—Stewed Pigeons.—Rice Pie.

BEEFSTEAK.

THE finest beef is required for really good steak. Steaks cut from three different parts of the beef are in request for private tables and restaurants, known as tenderloin, porter-house, and round steak. The last is most commonly seen, because, having no bone worth speaking of, it is the most economical cut, and having no fat, suits the many who have Jack Sprat's taste, yet it is far inferior in juice and tenderness to the two other cuts named. Tenderloin steak cut from prime beef cannot be excelled. Porter-house cut from it is next choice. Beefsteak should be cut in slices half an inch thick. If the beef is of the right quality, by no means beat it, as in this way much of the sweetness escapes. Have a clear bed of coals over which to place a griddle with slender bars, well warmed and greased. Lay the steak on the bars and cook it just to the degree that pleases the palate of those for whom you are providing. Some persons who like it rare insist

that five minutes is an ample time to allow for having it done perfectly, while others have a disgust for any save well done, thoroughly cooked meat, and would prefer their steak to remain over the fire for fifteen minutes. A cook should accommodate herself strictly to the instructions of her employer, and learn how to please parties who widely differ.

Cooking beefsteak upon an ordinary stove is to fill a kitchen with the smell of burnt fat, which may be avoided by having a charcoal brazier for this purpose put in some airy place, the charcoal supplying good heat, without smoke.

No gravy is so good as the pure juice from the meat, joined with a little butter added to the meat as soon as it is lifted from the gridiron. Pepper the steak when first put upon the gridiron, but let salt be added to taste at table. Mustard should always be at hand, ready mixed, for those who like it as a condiment for their beefsteak.

BEEF STEW.

Few persons care to stew raw meat, but, as a way of serving up what is left of a roasted joint so that it may make a hot and appetizing dish, stewing is highly esteemed. Cut off, then, as much of a cold joint as will furnish enough food for your family, and about one hour before dinner-time lay it in a stewpan that has a lid to it; add butter in proportion to the size of the dish, or, if you have been provident enough to set aside a good portion of yesterday's gravy, you will need almost none; cut into rings a boiled carrot, also a whole pickled cucumber, chop up a fraction of an onion, and two or three cold potatoes, adding pepper and salt to your taste, as also a teaspoonful of whole allspice; then add a little hot water, cover up your stewpan closely, and set it where it may stew gently

until the hour comes for serving; send it to table in a covered dish, and, if carefully prepared, the chances are that the family will enjoy it more than many a more elaborate preparation.

MUTTON STEW.

To two pounds of the cooked meat cold put one spoonful of currant jelly—or, if you have no jelly at hand, brown sugar instead; two table-spoonfuls of butter, two table-spoonfuls of walnut catsup, pepper and salt to taste, with a dash of whatever spice you fancy, or none at all, if your taste leads you to prefer simple food. This stew greatly resembles venison in taste, but, as some persons dislike any sweet taste about their meat, the currant jelly may be dispensed with, and the same vegetables used instead that were recommended for beef stew. Celery-salt is a modern acquisition to the house-keeper's list of condiments for made dishes that may well be called in to help in such a case. Curry powder, too, may be appealed to, but in moderation, where most Americans are concerned. Here is a recipe for it, that those who desire it may add it to their store-closet.

CURRY POWDER.

One ounce of turmeric, one ounce of coriander seed, one ounce of white ginger, one ounce of nutmeg, one ounce of mace, one ounce of Cayenne pepper. Pound all up together and pass through a fine sieve; bottle and cork well. One teaspoonful is enough to flavor a dish of stewed meat.

ZITELLI'S MACARONI STEW.

Take half a pound of real Italian macaroni, boil it in plenty of water, slightly salt, until soft; take one quart of

tomatoes, half a pint of water, and two ounces of fat bacon; cut into small pieces one onion and a small bunch of parsley; boil these all together apart from the macaroni for half an hour; then pass the mixture through a colander; add a tablespoonful of butter, and season with pepper and salt to your taste; put it on the fire again, and let it boil five minutes; let the macaroni and tomato sauce both be very hot; in a tureen place a layer of the macaroni covered with grated cheese; then pour a ladleful of the sauce, and repeat the layers until all the articles are dished. It must be served up as a soup and eaten in deep plates, although not liquid. If there is any sauce left after the directions are followed out, pour it over the top.

TO FRICASSEE CHICKENS.

Cut two spring chickens into quarters, and, with their livers and gizzards, put them on to stew in half a pint of cold water. Let them cook until done, but not until they fall to pieces. For seasoning put a table-spoonful of butter, a salt-spoonful of salt, pepper and parsley to taste; also a little nutmeg, if you like the flavor; beat up four eggs, and, after pouring to them gradually a little of the hot gravy, add them to the chickens, thicken the gravy with a little flour from your dredging-box, stir rapidly, and serve up before there is danger of curdling.

FOWL CUTLETS.

Bone a full-grown pullet, and from the flesh off the legs, wings, breast, and merrybone make six cutlets thus: Flatten and give them a good shape. Take the remainder of the fowl, including the liver, and pound it up in a mortar for a force-meat, adding to it a pinch each of pepper and salt, with a spoonful of gravy; brush the cutlets over with egg; spread the force-meat over them, and then brush

again with egg; cover with bread-crumbs and fry the cutlets a light brown in hot lard, and serve with brown gravy.

CHICKEN PUDDING.

Cut four young chickens up into quarters and put them to stew in a saucepan, with a large spoonful of butter, and a seasoning of salt, pepper, and celery or parsley. While the chicken is stewing make a batter of six eggs, a quart of milk, a light pint of flour, and a table-spoonful of butter, pouring off most of the gravy, to be reserved for the sauce-boat; arrange the chickens in the bottom of an earthen-ware baking-dish, pour the batter over them, and bake in a steadily-heated oven; add the giblets to the gravy left out, season it nicely, thicken, and serve in a butter-boat. This is a favorite Virginia dish, and was sometimes made richer by the addition of four more eggs to the batter, another spoonful of butter, and a few thin slices of ham to the chicken. The above proportions we deemed sufficient to suit the tastes and larder of most persons.

STEWED DUCKS.

See that the ducks are nicely picked, and stuff them with bread-and-butter flavored with onions, pepper, and a few celery-seeds; flour them, then brown them in lard in a frying-pan. Have ready an iron stewpot, put in a few slices of ham, two chopped onions, water, pepper, and salt, with a few blades of mace; put in the ducks and let them stew gently but constantly for two hours; flour the ducks each time that you turn them in the pot; thicken the gravy with butter rolled in flour.

STEWED CHICKEN.

Two onions browned in flour or lard; cut the chicken into pieces, and put in a little pepper, salt, pot-marjoram,

thyme, and a pinch of ginger, with a large spoonful of butter; cover with water, and let it stew closely covered. When sufficiently done to dish take the yolks of two eggs, mixed with a little parsley and flour, and put into the gravy.

The above recipe was furnished by a famous house-keeper, but for our own part we prefer, instead of so many seasonings, plain butter, pepper, and salt, with the addition of some one herb, such as parsley or celery-leaves.

BROWN GRAVY FOR DUCKS.

Make a spider quite hot; keep it on the fire; put into it a table-spoonful of butter; let it boil up; throw into it a dessert-spoonful of brown sugar; stir them together as they boil till brown; dredge in flour sufficient to thicken them; continue to stir; add your dripping and as much boiled water—in which, however, you should have first boiled sweet herbs, such as onion and celery—as will make enough gravy for your dish, not forgetting to add pepper, and cautiously of salt as well. Stew your giblets also with the onions and a bunch of sweet herbs, adding them to the gravy instead of plain water. Keep it stewing until ready to dish.

TO DRESS A CALF'S HEAD.

Take the head before it is skinned, parboil it, and take out the bones; cut the flesh into small pieces; take also some of the liver, heart, and tongue; cut them up and put them in an oven with enough water to cover them; then add to them a flavoring of salt, pepper, thyme, a few cloves, and blades of mace, with parsley and a spoonful of butter; then dredge well with flour, and put it on to stew. For force-meat balls take a pound and a half of meat cut from the leg of a veal, if ready cooked and cold

all the better; add to this the brains that have been boiled, tied up in a thin piece of linen; season as you did the rest of the dish; chop up fine; mix it up with egg into small balls, which must be rolled in bread-crumbs, and fried in lard. Arrange the stew in the middle of a rather deep meat-dish, and garnish with these force-meat balls, and, if you would have the dish yet handsomer, garnish also with hard-boiled eggs sliced in rings.

A PIE OF GREEN CORN AND CHICKENS.

Take eighteen ears of corn and cut off the grains, so as to get the sweet part next the cob; season them with pepper and salt; have three spring chickens cut into quarters and parboiled, with their gizzards and livers, as you would for any other pie; have a baking-dish ready, cover the bottom of it with corn, then put in the chicken, dotted over with pieces of butter; then put in the water in which the chicken was parboiled; sprinkle with pepper and salt, then add the rest of the corn, and set in the stove to bake for about an hour, or until set and brown.

FATHER ADAM.

Whence the name came nobody knows, but the dish that bears it is one that is a favorite for common use with every family where it is known. When you have a cold roast of beef cut off as much as will half fill a baking-dish suited to the size of your family; put this sliced beef into a stewpan with any gravy that you may have also saved, a lump of butter, a bit of sliced onion, and a seasoning of pepper and salt, with enough water to make plenty of gravy; thicken it, too, by dredging in a tablespoonful of flour; cover it up on the fire, where it may stew gently, but not be in danger of burning. Meanwhile there must be boiled a sufficient quantity of potatoes to

fill up your baking-dish after the stewed meat has been transferred to it. The potatoes must be boiled done, mashed smooth, and beaten up with milk and butter, as if they were to be served alone, and placed in a thick layer on top of the meat. Place the dish in an oven, and let it remain there long enough to be brown. There should be a goodly quantity of gravy left with the beef, that the dish be not dry and tasteless. Serve with it tomato sauce, Worcestershire sauce, or any other kind that you prefer. A good, plain dish.

TO STEW A RUMP OF BEEF.

Take out as much of the bone as you can with a saw, that it may be flat in the dish; stuff it with a force-meat; lay it in a pot with two quarts of water, a pint of red wine, some carrots and turnips cut small, and strewed over it, a head of celery and a small onion cut up, some pounded cloves, pepper, and salt. Stew it gently until done tender; skim the fat off; thicken the gravy a little with brown flour, and serve it up with a garnishing of the vegetables with which it was flavored.

SANDERS OF COLD BEEF.

Mince beef, mutton, or veal small, with pepper and salt enough to season; add a little gravy; put it into scollop-shells or a baking-dish, covered over with mashed potatoes beaten light with cream; put a bit of butter on the top, and brown them in an oven.

ITALIAN BEEFSTEAK.

Cut a steak from any tender part; beat it and season with a little onion, pepper, and salt; lay it in an iron stewpan that has a cover to fit close, with a spoonful of butter and two spoonfuls of water; let it steam thus very

slowly for two or three hours, taking care not to let it burn, and it will be very tender.

TO STEW A FRESH BEEF TONGUE.

Put a fresh tongue in water sufficient to cover it, and let it simmer for six or seven hours; skim the gravy well; half an hour before dishing it add half a wineglass of wine, half a wineglass of walnut catsup, a little mace, and a few cloves to the gravy, and stew them a while together.

RAGÓUT OF SOUSE.

Take as many pig's-feet out of brine as will make a dish for your family; split, flour, and fry them brown in nice boiling lard; have a small stewpan set on the fire holding a little rich gravy, highly seasoned with oysters, mustard, pepper, salt, and vinegar; thicken it a little with toasted flour and a very little brown sugar; put in the feet and stew them slowly until done enough. When sent to table a few fried oysters laid over the dish look well—and taste better.

BEEF BOULLI.

Take the thigh-bone out of a rump of beef, wash it, then pour a gill of vinegar over it; dredge it well with flour, put it in a pot large enough to turn conveniently, pour over it three pints of water, then put the pot over the fire until it boils. Prepare and cut up small pieces of carrots, cabbages, potatoes, and turnips, nearly a pint-bowlful of each, which must be added to the beef; also two onions sliced, a sprig of sweet marjoram, then season all with two table-spoonfuls of salt, and nearly one of black pepper. When the pot has come to a boil it may then be set over coals, close-covered, on the hearth; if you cook on a stove, setting on the back part will answer

the same end; it should be kept stewing constantly, but slowly, at least five hours; as there will not be liquor enough to cover it, the beef should be frequently turned over in the pot; pickled capers and cucumbers are a great improvement to the sauce.

A NICE RELISH OF MEAT FOR TEA.

When a spiced round has been doing service for some weeks, say, in a small family, growing rather dry and hard, it may be made more palatable than at first by grating it up with a common kitchen grater, piling it up daintily upon a small meat-dish, and putting it upon the tea-table, where due honor will surely be done to it. Fine cheese grated up in the same way also makes a good relish. Parmesan cheese is hardly used in any other way.

VENISON STEW.

Cut a nice dishful of slices from a haunch of venison and put them in a stewpan, with one cucumber pickle cut up, one glass of currant jelly, two ounces of butter (or a table-spoonful), a little pepper and salt, and one table-spoonful of flour; intersperse the seasoning through the meat, and stew together till well done, serving hot, and helping upon well-warmed plates.

BLANQUETTES OF VEAL.

Roast a loin of veal, and cut the flesh from the bone in thin, small pieces, leaving out all the fat, skin, and sinew; set on a stewpan with a little butter, peel three or four onions, and, having thrown away the outer skins, chop the rest very fine; put this into the butter to fry a little; then put to it a dust of flour and a little veal gravy; stir it all well together, and then put in a bunch of sweet herbs and some mace; season it with pepper and salt, and when

it tastes well put in the veal ; beat up a couple of yolks of eggs with a gill of cream, and grate in a little nutmeg ; add some shallot, a spoonful of chopped parsley, and some grated lemon-rind ; stir it about, and take out the bunch of sweet herbs ; keep stirring it all the time one way, and when it is properly browned, and tender through and through, serve it up.

BAKED HASH.

Cut up small any kind of cold fresh meat ; add to it about one-third the quantity of bread-crumbs, with a lump of butter cut up, a little chopped onion, and a good deal of black pepper and salt ; put these articles well mingled in a baking-dish that they will fill, and cover them over with milk ; let it soak in till the bread is perfectly soft ; stir it well up together and bake. If you have been provident enough to save the gravy from the roast of the day before, it will answer just as well as butter in the composition of this appetizing breakfast dish.

VEAL OLIVES THE FRENCH WAY.

Cut into small pieces, of about three fingers' breadth, and a finger's thickness, three pounds of fine veal ; chop to pieces a quarter of a pound of beef marrow ; wash a couple of anchovies, take out the bones, and cut them to pieces ; mix this with the marrow ; grate over it some nutmeg ; break to pieces the yolks of two eggs boiled hard for that purpose ; chop to pieces some fresh mushrooms and a dozen and a half of large oysters without the beards ; strip some thyme and sweet marjoram leaves from the stalks ; add some salt, pepper, and a very little beaten mace, and mix all well together ; have a veal caul clean and ready, and cut some thin slices of fat ham ; when all this is ready begin to put the whole together ; spread the

caul open, and lay in some slices of ham nearly to cover it; then put upon this a thin covering of the seasonings prepared; upon this lay some of the veal, and upon that some more of the seasoning, then some ham again, etc., until all is in; then roll up the caul with the whole in it, and roast it; if the fire be brisk, an hour will be enough to allow for this part of the process. When it is nearly done make the sauce thus: Take some of the drippings, skim well, add a little water, and then thicken with a teaspoonful of brown flour, and a few bread-crumbs toasted in butter. When the meat is to be served cut it all up into thick slices, lay them upon a dish in handsome order, and pour some of the gravy over it hot. Garnish with rings of hard-boiled egg and thin slices of lemon.

SWEETBREADS WITH ORANGES.

Choose the largest and finest sweetbread you can get, gash it very lightly in two or three places, then baste it well with butter; when this is done squeeze a Florida orange carefully over it, that some of the juice may get into the gashes, sprinkle with pepper and salt, tie it to a spit, and let it be carefully and thoroughly roasted; when the sweetbread is nearly done prepare a little rich gravy, take up the sweetbread, squeeze another orange over it, and pour some of the gravy over it hot; serve on a flat dish, garnished with thin slices of orange, from which the seeds have been extracted.

SWEETBREADS À LA DAUPHINE.

Choose three very large and fine sweetbreads: this number makes a handsome dish. Roast a grown pullet, and cut off all the flesh from the breast; cut half a pound of ham in very thin slices, fat and lean together, and mince these extremely small. When these are mixed to-

gether put them into a marble mortar, add some lemon-peel shred very fine, some shred parsley, and a little grated nutmeg. Beat all these well together in the mortar, and when they are thoroughly mixed put in as much yolk of egg as will make them a good, firm paste.

This force-meat is for the stuffing of the sweetbreads.

When it is thus got ready open the three sweetbreads, stuff them well with it, and then fasten them together with fine, small wooden skewers. Set a stewpan on the fire, lay in the bottom of it some thin slices of ham, strew over them a seasoning of salt, pepper, and mace, and last of all scatter upon them some slices of onion cut into very small and thin sheets; lay upon the ham thus seasoned some very thin slices of veal, and upon these lay the sweetbreads; cover the stewpan close, and set it over a slow fire for ten minutes.

When this stewpan is set on let there be another set on with a quart of veal broth; this will boil by the time the sweetbreads are ready for it, and it must then be poured gently into the pan; let this be covered up and set over a very gentle fire to stew for two hours; then uncover the pan and take out the sweetbreads; strain off the gravy, that will now be very fine; skim off the fat, and boil it till there is not more than half a pint left. When it is thus rich put in the sweetbreads; let them stew in it five minutes, that all may be hot together; then take them out, lay them regularly in a dish, and pour gravy over them; garnish the dish with quarters of lemon cut thin.

TO MAKE A HANDSOME DISH OUT OF AN OLD HEN.

Take an old hen and boil it in water till the bones drop out; spread it upon a dish, and remove all the bones carefully; chop the meat up fine; put it back again in a ket-

tle of the water in which it was boiled, with half a box (that is, one ounce) of gelatine, first dissolved in a little cold water; season very highly with what you like—pepper, celery salt, and powdered thyme, for instance—and boil for a few minutes; put away in a mould, and when cold it will have jellied and be a very appetizing dish.

BRUNSWICK STEW.

This stew is famed for its excellence throughout the State, and takes its name from the county where it originated and is found in perfection. Squirrel forms its basis, and hence it is especially the huntsman's dish, and seen most often during the early fall, when the squirrels throng and fatten in the corn-fields, and vegetables are still plentiful.

For eight or ten persons allow four squirrels, skinned and well cleaned; cut them up into six pieces each, and as early in the morning as possible put them on the fire in a covered stewpan, with a seasoning of salt and pepper, both red and black, and an onion chopped up fine.

After the meat has cooked for several hours withdraw it from the fire, and extract as many of the bones as it is practicable to do; then return it to the fire, adding some of every vegetable that you can get, except rice—there must be none of that. Especially see that there is a pint of green corn, cut from the cob, a quart of tomatoes, half a pint of Lima beans, a pint of Irish potatoes, one cucumber, one cymling, one carrot, and half a pint of okra. Cut them all up into small pieces; cover your stewpan up closely, and, adding a good table-spoonful of butter, let the stew cook gently, without burning, until dinner is to be dished, when it should have cooked until the ingredients of which it is made cannot be distinguished the one from the other. When done the gravy should be nearly

absorbed. Serve in a regular plated stew-dish that is kept heated by an alcohol-lamp; but if you have not this convenience, arrange the stew in the centre of a meat-dish, and garnish with rings of carrot and sprigs of any green herb you fancy.

A Brunswick stew may also be concocted in a similar fashion from a cold joint of mutton, beef, or veal, and is a very popular dish wherever introduced. It has been served at gentlemen's dinner-parties instead of soup.

STEWED PIGEONS.

Take six fat young pigeons, put them in a pot, with a slice of pork beneath them, cut the thickness of a silver dollar, and two table-spoonfuls of butter, but no water at all. Let them remain over a gentle fire for two hours, keeping the pot well covered; during this time put in a handful of chopped onions and parsley; stir now and then, to prevent burning; after two hours put in the pot half a tumbler of claret, with a little red pepper, salt, and cloves. Let the pigeons stew for half an hour longer, then take a little of the gravy from the pot and thicken it with a tea-spoonful of flour; return this to the pot, and stir well. Have ready some slices of hot buttered toast on a dish, and upon these lay the birds; pour the gravy over the whole. Mutton-chops cooked in the same way are very good.

RICE PIE.

Take two large or three small chickens, and cut them up and half fry them; then boil one and a half pints of rice until the grains are done. One large spoonful of butter, stirred into the rice while hot. Beat up five eggs well, and stir them into the rice, with a little salt and pepper; nutmeg also if the flavor is admired. Put the chickens into a baking dish, and cover them with the rice. Brown in an oven not too hot.

CHAPTER X.

CATSUPS AND SAUCES.

Cucumber Catsup, No. 1.—Cucumber Catsup, No. 2.—Tomato Savoy.—Chelsea Sauce.—Pepper Sauce.—Cranberry Sauce.—Celery Sauce.—Drawn-butter Sauce.—Dutch Sauce.—Fish Sauce.—Lobster Sauce.—Sauce for Rockfish.—Sauce for Roasted Wild Duck.—Egg Sauce.—Sauce for Venison.—Green Tomato Catsup.—Cold Tomato Sauce.—Sauce for Lettuce.—Mint Sauce for Lamb.—Apple Sauce for Goose.—Russian Sauce.—Tomato Catsup, Nos. 1, 2, and 3.—A Nice Store Sauce.—Tomato Sauce.—Oyster Sauce.—Cucumber Sauce.—Bay Sauce.—Gooseberry Catsup.—Walnut Catsup, No. 1.—Walnut Catsup, No. 2.—Cucumber Catsup.—Worcestershire Sauce.

CUCUMBER CATSUP, No. 1.

TAKE fair-sized cucumbers, such as are sliced for table use. Peel them and grate. To two quarts of grated cucumber put eight onions chopped fine, two table-spoonfuls of black pepper, three table-spoonfuls of salt, one tea-spoonful of Cayenne pepper, one pound of white sugar, and bottle, corking and sealing up tight. Cover with vinegar.

CUCUMBER CATSUP, No. 2.

Take three dozen well-grown cucumbers and six white silver-skin onions. Peel both and chop as fine as possible. Sprinkle upon them half a pint of salt, put the whole in a sieve, and let it drain for eight hours; then take a teacupful of mustard-seed, half a cupful of ground black pepper, and mix them well with the cucumbers and onions. Put the whole in a stone jar, and fill with the strongest vinegar. Close very tightly.

TOMATO SAVOY.

Have the tomatoes peeled and sliced, and boil four pounds of the vegetable in one pint of vinegar and two pounds of sugar. Season with one ounce each of cinnamon, cloves, and mace. Brown sugar seasons tomatoes better than white.

CHELSEA SAUCE.

Twenty-four large ripe tomatoes, eight white onions, six pods of red pepper, three pints of good vinegar, eight table-spoonfuls of brown sugar, a teacupful of salt, one table-spoonful of cinnamon, one table-spoonful of allspice, one of nutmeg, and one of cloves. Peel the tomatoes and chop up the onions. Boil all together well, strain, and seal up while hot. Many think this sauce superior to tomato catsup.

PEPPER SAUCE.

To one peck of green peppers and four firm heads of cabbage chopped fine, and sprinkled with salt, add, after they have been kept a day and the salt is drained from them, a handful of horseradish, shredded and cut into bits, three-quarters of a pound of mustard-seed, six large onions chopped, and a table-spoonful of turmeric (if you prefer a yellow color), with a gallon of vinegar. Boil the spices a few minutes in half the vinegar, and pour it boiling hot over the vegetables. After cooling add the rest of the vinegar, cold. Put away in wide-mouthed bottles.

CRANBERRY SAUCE.

Put the berries, after carefully picking out defective ones, into a kettle with just enough water to prevent burning, and stew until the whole becomes a homogeneous mass, with no semblance of whole berries, stirring all the time, and then add the clarified sirup previously pre-

pared, and stir a few minutes while boiling. The sirup is made by allowing a quart of water to three pounds of sugar. Allow equal weights of fruit and sugar.

CELERY SAUCE.

Cut a clean bunch of celery into little bits and boil it slowly until it is tender; add half a pint of cream, a few blades of mace, a little nutmeg pulverized, and a heaping teaspoonful of butter rolled in flour; then boil it gently. This is a good sauce for roasted or boiled fowls, turkeys, or partridges.

DRAWN-BUTTER SAUCE.

Put for one sauce-boatful a quarter of a pound of nice fresh butter in a stewpan and set it on some embers until it begins to melt; then take it off and stir one way until the whole is melted. It will be quite thick and white.

DUTCH SAUCE.

The yolks of two eggs and a gill of rich cream, two and a quarter table-spoonfuls of elder-flower vinegar, one table-spoonful of the best butter, one blade of mace, and flour enough creamed in to render it of the consistency of rich custard, which it should nearly resemble.

FISH SAUCE.

Put in a nicely cleaned tin saucepan a pint of port-wine, a gill of white-wine, half a pint of walnut catsup, the rind and juice of a lemon, twelve anchovies and their liquor, a gill of walnut pickle, four or eight shallots, Cayenne pepper to taste, three ounces of scraped horseradish, three blades of mace, and two teaspoonfuls of made mustard. Boil gently until the rawness is gone, then put it in small bottles for use. Cork very close and seal. This

quantity would serve a small family for the whole of one season, and will be found very convenient to have on hand.

LOBSTER SAUCE.

The lobster should be chopped much smaller than ordinary, and the sauce should be composed of three parts cream to one of butter, a little salt, and a slight infusion of Cayenne pepper. The whole of the inside and coral of the lobster should be beaten up with the cream and butter, and the meat then cut in.

SAUCE FOR ROCKFISH.

One pound of butter to be *creamed*, not oiled, twelve eggs boiled hard for several hours, so that they can be reduced to a powder, a teacupful of thin flour-starch made so as to be perfectly smooth—if not, strain, so that it be entirely free from lumps—then stir the butter and starch together. To the yolks of the eggs add three or four salt-spoonfuls of salt, one of Cayenne pepper, two of black pepper, three teaspoonfuls of mustard (mixed), with a wineglassful of walnut catsup. The eggs, pepper, salt, etc., to be well mixed together before putting with the butter and starch. If made any while before the hour comes for it to be served, put the sauce where it will keep warm, but not hot enough for the butter to be allowed to oil. The above quantity is suited for a pair of large rockfish, sufficient to dine a company of twenty.

SAUCE FOR ROASTED WILD DUCK.

One salt-spoonful of salt, half to three-quarters of a teaspoonful of Cayenne pepper, one dessert-spoonful of lemon juice, one ditto of pounded sugar, one ditto of catsup, two ditto of Harvey's Sauce, three ditto of port-wine; to be mixed, heated, and poured over the bird, it

having previously been sliced, so that the sauce may mix with its own gravy. The duck must not be too well done, and must be put on the dish without *anything*.

EGG SAUCE.

Prepare a quarter of a pound of butter as for plain melted or drawn-butter sauce; boil two eggs for ten minutes; chop the whites, put with the yolks and chop together, but not very fine, and then stir into the sauce. This sauce is very nice for boiled fowls, more especially in the spring of the year.

SAUCE FOR VENISON.

Claret, water, and vinegar, of each one glass; an onion stuck with cloves, a few anchovies, salt and pepper, of each a salt-spoonful; boil all together, strain, and serve in a sauce-boat.

GREEN TOMATO CATSUP.

Put on a kettle of green tomatoes, boil them to pieces, and strain through a colander; measure them, and to one and a half gallons of tomatoes put one pound of sugar, one pint of vinegar, one table-spoonful of whole black pepper, a double-handful of salt, two chopped onions, one table-spoonful of celery-seed, and a teaspoonful of powdered cloves; boil all together until the watery particles disappear and it becomes something like marmalade; then bottle and seal.

COLD TOMATO SAUCE.

Half a peck of ripe tomatoes, peeled and drained through a colander for twenty-four hours, then chopped up fine; put to them one small teacupful of salt, one full cup of sugar, one cup of white mustard-seed, one cup of nastur-

tium-seed, four table-spoonfuls of horseradish, two dozen stalks of celery chopped up fine, or half an ounce of celery-seed, two table-spoonfuls of ground black pepper, one quart of good vinegar; it must not be boiled; stir well, and bottle for use. This sauce can be used as soon as made.

SAUCE FOR LETTUCE.

Boil two eggs hard; mash the yolks with a very little cold water; add one teaspoonful of sugar, one of mustard, not quite one of salt; mix these well with the yolks; add slowly three table-spoonfuls of oil, until it is smooth, and one table-spoonful of vinegar; if too thick, add a table-spoonful of water.

MINT SAUCE FOR LAMB.

Gather a few sprigs of branch mint, pick off the tender young leaves after washing the mint clean; lay them in a plate and chop up fine with a common dinner-knife; put the mint in the bottom of a sauce-boat, add a full table-spoonful of white sugar, two table-spoonfuls of vinegar, and half a gill of ice-water. This sauce is indispensable for young lamb in the spring months.

APPLE SAUCE FOR GOOSE.

Peel, core, and cut up a gallon of pippins or other fresh apples; stew them, with a little water added, grate in a bit of the peel of a lemon and all its juice; sweeten to your taste when the apples are done very tender, mash them up perfectly smooth, and serve.

RUSSIAN SAUCE.

Four table-spoonfuls of finely-grated horseradish, two of made mustard, one teaspoonful of salt, one teaspoonful of sugar, and vinegar enough to cover.

TOMATO CATSUP, No. 1.

Boil the tomatoes well, seasoning them to taste with salt; strain them through a sieve; to every gallon of liquor put one quart of vinegar, two table-spoonfuls of mustard, half an ounce of cloves, half an ounce of mace, half an ounce of red pepper, twelve cloves of garlic, or their equivalent in onion, and half an ounce of ginger; crack up all these spices, put them in a thin muslin bag, and simmer six hours over the fire in a preserving-kettle. Sugar to be put in or left out as you like.

TOMATO CATSUP, No. 2.

One peck of tomatoes, half a dozen onions chopped fine, two table-spoonfuls of whole black pepper, one table-spoonful of allspice, one table-spoonful of cloves, two of celery-seed, two of ground mustard, four of salt, or more, if that is not enough to your taste; half a pound of brown sugar. Measure the spices whole, but pound them all up fine afterward, the tomatoes to be strained clear of skin and seed, and the onions to be chopped as fine as possible.

TOMATO CATSUP, No. 3.

One gallon of tomato juice, two pounds of sugar, seven table-spoonfuls of salt, four table-spoonfuls of black pepper, half a table-spoonful of allspice, three table-spoonfuls of mustard, half a pod of red pepper, and a little horse-radish. Boil well, and just before taking off the fire add one quart of good vinegar.

A NICE STORE SAUCE.

Take one gallon of ripe tomatoes, wash, and simmer them in three quarts of water; boil it half away, and strain through a sieve; when all is drained add two table-spoon-

fuls of ginger, one of mace, two of black pepper, two of salt, one of cloves, one of Cayenne pepper; let these pulverized spices simmer in the juice until it is reduced to one quart, pour in half a pint of best vinegar, then pour the whole through a hair-sieve. Bottle in half-pint bottles, cork tightly, and seal. Keep in a cool place.

TOMATO SAUCE.

Peel tomatoes and press through a colander. To every gallon of juice add two pounds of sugar, a quarter of a pound of salt, four onions chopped fine, two pods of red pepper, or one table-spoonful of Cayenne, two ounces of ground mustard, and half a teacupful of celery-seed. If you do not like a sweet sauce, omit the sugar or a portion of it. Just as the recipe is given it has been found a good appetizer eaten with beef or other meat in the spring, that most trying of all seasons to a house-keeper.

OYSTER SAUCE.

Put fifty oysters, with a small quantity of their liquor, in a saucepan; stew them very slowly; add four ounces of good butter rolled in flour, four blades of mace broken up, and half a pint of sweet cream; beat up the yolk of one egg, and add for thickening just as the sauce is about to boil; stir one way until everything is well mixed. Do not begin to prepare this sauce until about twenty minutes before it is to be served, as it is very apt to curdle if kept a moment too long upon the fire.

CUCUMBER SAUCE.

Chop up fine several cucumbers (the full, ripe yellow ones answer perfectly), sprinkle them well with salt, and let them stand thus for several hours; then with the hand press from them all the salt brine. To every quart of cu-

cumbers thus prepared add four ounces of white mustard-seed, four ounces of black mustard-seed, and two pods of red pepper of the ordinary size. If you can procure them, though, use a dozen tiny pods of red pepper, such as can be procured in some city markets. Put in air-tight glass jars, and cover with vinegar; mix well together, and see that the covers are tight, and the sauce is made. Although fit for use immediately it will keep a year.

BAY SAUCE.

Take one quart of strong vinegar, add four spoonfuls of mustard-seed (white and black), four of horseradish scraped, two onion bulbs, one pod of red pepper, and a little salt; steep cold, and it will be fit for use in two weeks. Bottle, and substitute it for catsup with fish or stewed meat.

GOOSEBERRY CATSUP.

Ten pounds of fruit gathered just before ripening, five pounds of sugar, one quart of vinegar, two table-spoonfuls each of ground black pepper, allspice, cloves, and cinnamon. Boil the fruit in vinegar until reduced to a pulp, then add sugar and the other seasoning.

WALNUT CATSUP, No. 1.

Prepare the walnuts as for pickle, then pound them in a marble mortar or an iron pot, and boil them, with vinegar, garlic, and spices to your taste. Boil in an iron pot: it makes them black; strain and bottle for use. Put the walnuts away in a jar, covered with vinegar. It furnishes an excellent condiment for stews, fish, etc.

WALNUT CATSUP, No. 2.

Made from walnut-shells without cooking. Three gallons of walnut-shell juice, seven pounds of salt, eight

ounces of ginger, eight ounces of shallots, eight ounces of garlic, eight ounces of horseradish, one quart of essence of anchovies, one quart of vinegar, and two pounds of sugar.

CUCUMBER CATSUP.

No cooking required. Three large cucumbers peeled and grated, one handful of horseradish scraped and cut into thin little bits, one onion peeled and chopped up fine, one pint of cider vinegar, one teaspoonful of salt, one teaspoonful of black pepper. Six tiny pods of dwarf Cayenne pepper add to the flavor and look pretty. Mix all the ingredients together. Put the catsup in wide-mouthed bottles, cork, seal, and keep in a dry place.

WORCESTERSHIRE SAUCE.

Take one gallon ripe tomatoes, wash and simmer them in three quarts of water, boil down, and strain through a sieve. When all is drained add two table-spoonfuls of ginger, two of mace, two of whole black pepper, two of salt, one of cloves, one of Cayenne. Let them simmer in the juice until reduced to one quart; pour in half a pint of best vinegar; pour the whole through a hair-sieve; bottle in half-pint bottles, cork down tightly, seal, and keep in a cool place.

CHAPTER XI.

VEGETABLES.

Artichoke.—Asparagus.—French, or Snap Beans.—Lima Beans.—Beets.—Carrots.—Cabbage.—Cabbage Pudding, No. 1.—Cabbage Pudding, No. 2.—Cauliflower and Broccoli.—To Boil Corn on the Ear.—To Stew Corn, No. 1.—To Stew Corn, No. 2.—To Fry Corn.—To Bake Corn.—To Cook Dried Corn.—To Cook Cucumbers.—Cyclings, or Summer Squash.—To Bake Egg-plant.—To Fry Egg-plant.—Grits, or Small Hominy.—To Bake Grits.—Fried Grits.—To Boil Hominy.—Macaroni.—Okra.—Onions.—Onions à la Crème.—To Boil Old Potatoes.—To Boil Irish Potatoes.—To Steam Potatoes.—Mashed Potatoes.—Baked Potatoes.—Fried Potatoes for Dinner.—Sweet Potatoes.—Irish Potatoes Roasted.—Parsnips.—Green Peas.—Dried Peas or Beans.—To Boil Rice.—A Colored Cook Tells how to Dress Rice.—Baked Rice.—To Fry Salsify.—To Stew Salsify.—To Bake Salsify.—To Stew Spinach.—To Broil Tomatoes.—To Bake Tomatoes.—To Stew Tomatoes.—Forced Tomatoes.—Turnips.—Turnip-tops.—Baked Turnips.—Corn and Tomatoes.—Tomatoes with Eggs.

ARTICHOKE.

THERE are two kinds of artichoke used as vegetables. The first was frequently seen on the tables of the rich in old Virginia, rarely now. It is a thistle-like plant, and the part brought to table is the cone-shaped head, the bottom, as it is called, being considered a great delicacy. To prepare them for food trim off the outside leaves neatly, and boil in salt-and-water until tender. If young half an hour will be time enough. Serve in a covered dish, with accompaniment of a boat of creamed butter sauce. Special little cups should be set at each cover for the sauce, to which individuals add at pleasure pepper, salt, and vinegar. Each person pulls out the choke for himself and dips the edible part into his cup of sauce.

Another way of serving artichokes is to send them to table raw, just as we do radishes. To eat them this way they must be gathered when very young and tender, cut through the bottom into quarters, and the choke removed. Thus they are accounted delicious, having the flavor of a fine nut. The sauce used is usually one of pepper, salt, vinegar, and olive oil.

Jerusalem artichoke is an entirely different vegetable. The part eaten is its tuber-like root. Boil them as potatoes are boiled, being careful to cook them rapidly, and dish without delay, as they are spoiled by standing for any length of time. Pour over them a little butter and cream when sent to table.

ASPARAGUS.

In Virginia asparagus is not allowed to show itself more than an inch above ground at farthest. The gardener slips his knife underground and cuts the stalk off four or five inches beneath the surface. Thus cut, if the beds are rich and well-tended, the white part is just as tender as the blossom end. Well grown it should be nearly or quite an inch in diameter.

Let the cook scrape well, to make sure of leaving no part stringy or tough, and lay the stalks in cold water until about half an hour before dinner; then tie up the asparagus into two bundles for one dishful, put it into boiling water into which you have thrown a dessert-spoonful of salt, and cook until tender. Have ready-toasted several slices of stale bread, dip them into the water in which the asparagus was boiled for one second only, butter well, and lay in the bottom of your vegetable-dish. Cut the string from your bundles of asparagus and remove them just as you dish it, and serve, under cover, *hot*. Put a good table-spoonful of nice fresh butter on the asparagus, in addition to that put upon the toast.

FRENCH, OR SNAP BEANS.

Cut off the stalk end first, then turn to the point and strip off the strings. If not quite freshly gathered, have a bowl of salt-water (only a little salt) standing before you, and as you string the beans throw them into it. When all are prepared put them on the fire in boiling water, with some salt in it. In fifteen or twenty minutes they will be tender; then take them out and throw them into a colander to drain quickly. Dish them up with a little butter, salt, and pepper. Butter is thought to keep them looking green.

LIMA BEANS.

Shell them, and put them into hot water to boil, after letting them lie a few minutes in cold water; add a little salt to the water, which must only be enough to cover them well. They should be done in half an hour. Drain and add a teaspoonful of butter to a pint of the beans.

If Lima beans are spread out to dry in their shells, gathered green as for summer use, they are most useful in winter both for soup and as a vegetable. They are to be soaked, then, several hours before they are put on to boil, which will require from four to five hours, instead of the few minutes allotted to them in summer. No vegetable is more generally liked.

BEETS.

Very early in summer this vegetable is most popular, seldom afterward. It is important to select the earliest, most improved varieties for cookery. The blood-red turnip-shaped and Egyptian early are believed to be the best. Observe that neither the top is cut too close nor that the fibres of the root are torn off, unless you would

lose much of the sweetness and brightness of color. For the same reason the cook should not pierce it in any way to ascertain if it is done. Allow from one to two hours for the boiling, according to the size of your beets. When done peel them, and slice up in thin, round pieces, adding a little salt and small bit of butter, also vinegar for most tastes.

If beets are left over from one dinner, by covering with vinegar and adding a little sugar, they make a nice dish the second day also.

CARROTS

Are to be simply boiled in hot water with a little salt added, after having been previously scraped free of skin and blemish of all sorts; split them in half lengthwise, and pour a little melted butter over them when dished. Amid the abundance of vegetables with which our country is blessed carrots are generally despised, but the thrifty housewife will never be without a few of them in winter, for they are invaluable as a condiment in many stews and soups, to say nothing of serving as material for a delicious pudding.

CABBAGE.

This vegetable, so staple an article of food among out-of-door workers, has fallen into general disuse with the upper classes on account of the disagreeable odor it emits, permeating every corner of an ordinarily constructed house from garret to cellar. The best way to prevent this is to keep the vessel closely covered in which it boils, to drop in a bit of red pepper-pod and a pinch of soda, to allow it just time enough to cook and no more; and, lastly, for the cook to pour off the cabbage-water as soon as she lifts the cover and sends it to table. Wash the

head nicely—one large head makes a good dish—and put it on in boiling water, slightly salted, after having cut it into quarters, and allow it forty minutes in which to cook over a brisk fire. Dressed as cauliflower, with drawn-butter sauce, it may be almost as delicate. Most persons, however, preferring it with some sort of salt meat, we give the directions for cooking it in that way thus: Having your ham, chine, or middling nearly ready for dinner, take out enough of the liquor in which it has been boiling to cover the cabbage, which had better be cooked in a separate stewpan, and treat it otherwise just as if it were plain water; drain from the liquor, and having put your joint of meat in the centre of a large meat-dish, put the cabbage all around, and you have before you the daily and favorite dish of nine-tenths of the country people, not only in Virginia, but throughout the South, with the addition of a plentiful supply of hot corn bread. More elegantly, the cabbage is frequently sent to table, however, separately, in a covered vegetable-dish, where it may be kept hot longer.

CABBAGE PUDDING, No. 1.

Take one nice head of cabbage, scoop out the middle; prepare a rich force-meat made out of cold fowl, or fresh beef chopped up fine; season highly with butter, pepper, and salt; chop six hard-boiled eggs fine, with the force-meat; fill the cavity in the cabbage with this mixture; place a leaf of the cabbage over the hole to keep the meat in; tie it up in a cloth and boil it, serving up with drawn-butter sauce.

CABBAGE PUDDING, No. 2.

Boil a firm head of cabbage, chop it fine, and season with butter, pepper, and salt; add any kind of fowl or

cold meat that you may happen to have, and, mixing all together with a pint of bread-crumbs, bake in a dish until nicely browned.

CAULIFLOWER AND BROCCOLI.

Choose those heads that are *close* and of a middle size; trim off the outside leaves, and cut off the stalk flat at the bottom; let them lie an hour in salt-water before boiling; put them into enough hot water to cover them, with a small handful of salt thrown in, and let them boil slowly until done; but take up instantly when this is the case, for a few minutes' longer boiling will spoil them; a small one will boil in fifteen, or a large one in twenty, minutes.

TO BOIL CORN ON THE EAR.

Strip the husks off, and rub off smoothly every particle of silk; to a gallon of boiling water allow a spoonful of salt; drop in as many ears of corn as your family requires, and boil for one hour. Be very careful, in the selection of corn, that it be matured, but at the same time tender; upon pressing the thumb-nail into the grain, if the milk exudes freely, it may be calculated that it is in the right state for boiling.

TO STEW CORN, No. 1.

The best corn for the table has a small cob, and very long, deep-set grains; notice this in making your selection for seed, or in market. With a sharp knife cut the corn off the ear with two cuts, and then lay the cobs in a stewpan, covering them with water, and let them boil for about an hour. This extracts the sweetest part of the corn always lying next the cob; take the cobs out, and then, half an hour before dinner is to be served, put the cut grain into the same water and let it simmer gently

until called for; serve hot, with butter; a gill of sweet milk, a teaspoonful of salt, and a little pepper must be put in the stew just long enough to be well incorporated before it is taken off to be dished. If these directions are precisely followed, there is no nicer way of cooking this peculiarly popular American vegetable.

TO STEW CORN, No. 2.

Cut off the grains, dividing each one as directed in the previous recipe, and then with a sharp knife scrape out the heart of the corn, leaving the cob quite bare, save of the hull; put about a quart of corn, measured after it is cut off, in a skillet with enough water to cover it, stir it frequently, and in half an hour, when it will be nearly done, add a gill of rich sweet milk, a teaspoonful of salt, and a little pepper, if you choose. If the corn is not sweet, a teaspoonful of sugar will not be found amiss; a beaten egg may also be added, where a rich dish is desired.

TO FRY CORN.

Cut the corn off the cob, and to a pint of it allow a small lump of butter, a beaten egg, and half a pint of sweet milk; add enough flour to enable you to make out the corn into small round cakes. Grease a griddle, and fry them till nicely browned.

TO BAKE CORN.

This dish is so popular, that it is well to make an ample provision of it. Therefore, for a large family, take eighteen ears of corn, cut the grain off the cob very fine, and scrape down with a sharp-pointed knife; put it in a baking-dish with three pints of sweet milk, a table-spoonful of butter, a dessert-spoonful of salt, and two well-beaten eggs; mix all well together, butter the dish, and allow

two hours for the baking. Occasionally, if one wishes a richer pudding for some special company, the butter may be increased to a quarter of a pound, and the eggs to four; but the above proportions answer admirably for everyday use.

TO COOK DRIED CORN.

The improvement made in drying corn has been so great within the last year or two that it is really almost as good as the fresh vegetable, if properly prepared. It is better to soak it in lukewarm water all night long before it is wanted for dinner; but if the house-keeper has omitted this, steaming it for two hours will soften it quite well. It may be stewed just like green corn; but to make it into a pudding with milk, eggs, and butter, suits the taste of the majority better. For a half-gallon baking-dish use one pint of corn, one of milk, one egg, a lump of butter the size of a walnut, two teaspoonfuls of white sugar, one teaspoonful of salt, and a slight sprinkling of pepper.

TO COOK CUCUMBERS.

If you wish to fry them pare off the rind, then cut them in slices lengthwise; dust each side with corn meal or flour, pepper, and salt, and fry them in lard a light brown. If you prefer boiling, cut them lengthwise into quarters, and cook precisely as you do asparagus, serving them up also with butter, cream, and toasted bread. Choose for this purpose medium-sized, full-grown cucumbers, and you will not be disappointed in having a nice and appetizing dish.

CYMLINGS, OR SUMMER SQUASH.

In selecting cymplings take none that the thumb-nail cannot easily penetrate, and the white ones are preferable. Cut them into pieces, and boil in just enough water

to cover them for about three-quarters of an hour, or until soft enough to mash; strain them through a colander to get rid of the seeds; then return them to a skillet or stewpan; add a large spoonful of cream, a small lump of sweet butter, and a little salt and pepper. Be sure to send them to table *hot*. Colored cooks need to be warned not to flavor cymplings with bacon-grease, of which they are fond, but which is apt to render this delicious vegetable inedible for more refined palates.

TO BAKE EGG-PLANT.

Peel and cut in slices and boil until soft; then mash and bake with crumbs of bread, butter, pepper, and salt, arranged in layers, as you would oysters or tomatoes.

TO FRY EGG-PLANT.

Choose them young and fresh (the purple variety is the best); pull out the stem and parboil them, to take out the bitter taste; cut in slices an inch thick, but do not peel; dip them into the yolk of egg, and cover them with grated bread-crumbs dusted with pepper and salt. When dry cover the other side in the same way. Fry them a nice brown.

This is a luscious vegetable, and deserves to come into more frequent use, its rarity being probably due to the great difficulty in raising it successfully, on account of its being so peculiarly susceptible to the ravages of bugs.

GRITS, OR SMALL HOMINY.

Samp is another name for this preparation of shelled and dried corn. To half a pint allow one quart of water, after seeing that the grits are well washed and every dark speck picked out; boil carefully in a stewpan set inside of another one, to prevent burning, if you have not one made with double lining specially for such cooking. The

great art in cooking small hominy is to have it of just the right consistency, neither too mushy nor too stiff and dry. A little experience teaches one how to manage it. If the water has not been sufficiently evaporated, as the dinner-hour draws near move the kettle to one side, and lifting up the lid from time to time to let the steam escape, it will probably be dry enough. If it becomes too stiff add gradually a little more boiling water and stir well. Serve hot, with a seasoning of butter that should be mixed in, not left floating on top.

TO BAKE GRITS.

A nice variety in your list of winter vegetables is supplied by taking as much boiled small hominy as will nearly fill a small baking-dish, adding one beaten egg, a gill of sweet milk, and a table-spoonful of butter, and then baking for a good hour or more.

FRIED GRITS.

When a dish of grits is left over from dinner spread it out on a dish in a layer half an inch thick. The next day, for breakfast or dinner, as you choose, cut it into pieces of convenient size, and fry nicely in lard. With many in the South this is quite a favorite dish.

TO BOIL HOMINY.

Wash in cold water; then soak twelve hours in tepid soft water; then boil slowly from three to six hours in the same water, more being added from time to time, to prevent burning. Do not salt while cooking, as either that or hard water will harden the corn, as is true also of rice, peas, or beans in their green or dry state. When you have hominy left from dinner it may be saved and fried for breakfast next morning.

MACARONI.

Italian macaroni is far superior in quality to what is manufactured either in France or this country, and costs little more, as it swells greatly in cooking. Half a pound will fill a half-gallon dish full. Baking is the best way of preparing it. Throw your macaroni, broken into tolerably short pieces, in boiling water, allowing it plenty of room to swell, and let it cook for twenty-five minutes; when perfectly tender take it from the water and let it drain through a colander; then put a layer of it in the bottom of a baking-dish; dot it over with bits of butter, adding grated cheese, Cayenne pepper, and salt; put another layer of macaroni, etc., until the dish is filled; pour in a teacupful of sweet milk; allow a quarter of a pound of butter to the dish; finish by grating cheese over the top; place the dish in the stove, and let it bake for about half an hour, or until nicely browned. Do not let it dry up too much by delay in serving. Although baked macaroni is the choice way of cooking, it may not always be convenient to have it done so, when stewing will answer very well. Follow the first part of the directions given above, in case you wish to stew it, only instead of draining pour off the water till nearly dry; then add a gill of sweet milk or cream, flavor with grated cheese, salt, and Cayenne pepper, and serve simply in a covered vegetable-dish.

OKRA.

This vegetable grows well in Virginia, if not so luxuriantly as farther South, and yet is rarely used save in soup. It is regarded as indispensable in many families to their daily dish of tomato soup, and for this purpose alone is well worth cultivating. It should be gathered when the pods are so tender as to have no hardness about

them, when they must be sliced thin, and at least a pint allowed to a tureen; it should be put in an hour before dinner-time. We append a recipe for cooking okra as a vegetable, given by Miss M. E. W—, of Selma, Ala.: Put the young and tender pods of long, white okra in salted boiling water, in a porcelain or tin-lined saucepan (as iron discolors it); boil fifteen minutes; take off stems, and serve with butter, pepper, salt, and vinegar, if preferred; or, after boiling, slice in rings, season with butter, dip in batter, and fry; season and serve. Or stew an equal quantity of tomatoes and tender-sliced okra with one or two sliced green peppers, in a porcelain kettle, fifteen or twenty minutes; season with butter, pepper, and salt, and serve.

ONIONS.

In the early spring large bulbs of the white, silver-skinned onions not only make a very pretty dish, but are thought to possess valuable medicinal qualities. Cut off the stem-leaves, not too close, and after washing clean and peeling drop into cold water and boil ten minutes; pour off this water; add fresh cold water, and boil again the same length of time; pour off again, and to the third water add a pint of milk, and boil for an hour. When ready to dish, thicken a little of the milk-and-water in which the onions have been boiled with a teaspoonful of flour and a small piece of butter; add a little salt, and, if you like it, sprinkle a little black pepper on top.

ONIONS À LA CRÈME.

Boil a dozen fine, white silver-skinned onions in several waters, to take out some of the pungent taste, and then peel them, and dry them off in a cloth until cold enough to handle, and slice them; have ready a good pint of grated bread-crumbs, a quarter of a pound of butter, and

a teacupful of cream, or rich milk, if you have not cream. Distribute all these ingredients in layers of onion and seasoning alternately, with the addition of pepper and salt, and you will have a dish much admired, by gentlemen particularly. Finish off with a thick layer of bread-crumbs; pour on the cup of cream lastly, and bake for three-quarters of an hour.

TO BOIL OLD POTATOES.

Peel them and put them into *boiling* salt-water; when done they must be taken out and pressed (separately) in a clean strong cloth until entirely free from water. Dress them with melted butter.

OR,

Put the potatoes in cold water, and when it nearly boils pour it off and put in cold salted water. This makes them mealy without cracking them.

TO BOIL IRISH POTATOES.

The great secret of having nice potatoes is, first, to choose a good mealy variety, and then to cook them expeditiously, not leaving them waiting an hour or so in the kitchen, only to become sodden and waxy. Gardeners of late have shown so much enterprise in introducing improved varieties that it is hard to give the names of even a few of the best, and so we shall content ourselves with exhorting the house-keeper to be choice in her selection of the very best that her neighborhood affords, if she would display her culinary art to the best advantage.

New potatoes need not be peeled, but washed clean, and the soft skin rubbed off with a rough towel, as scraping with a knife discolors them; pour off the first water (which may be cold when you put the potatoes in) after they have boiled ten minutes in it; then cover them well

with fresh water, boiling hot, into which you have thrown a table-spoonful of salt; let them boil half an hour in a covered kettle; then pour off the water, lift the lid of the kettle, and let the potatoes dry a few minutes. They are generally served with nothing but a little melted butter poured over them, but a very nice change is to take a gill of sweet milk and thicken it by rubbing into it mashed potato and a little flour until the sauce is of the consistence of very rich cream, then make it boiling-hot and pour over the potatoes after they are dished. Occasionally, too, a little chopped parsley may be added to this sauce to make another change.

TO STEAM POTATOES

Is one of the nicest ways of serving them, and nowadays most kitchens are supplied with the convenience of a regular steamer, with top fitting closely over a hot-water vessel, where not only potatoes but other vegetables may be carried through the steaming process. The time for steaming greatly depends upon the quality of the potato, so that no invariable rule can be given—an hour, I should say, is about the medium time to allow. If the potatoes are large and small put in the larger ones a few minutes in advance, so that they may be done at the same time.

MASHED POTATOES

Are either steamed or boiled, as suits your convenience. Do not let the potatoes be kept waiting, but put them in a convenient pan or bowl, and mash them up with your potato-masher as smooth as possible; add a lump of butter and salt to the taste, with much or little milk or cream, as suits your taste or the condition of your dairy. If beaten up light, with plenty of cream, potatoes are a great dainty; but for every-day use they may be much

more economically served, and still be wholesome and palatable.

BAKED POTATOES

Are first boiled or steamed, then mashed and seasoned with butter, milk or cream, pepper, and salt, when they are arranged smoothly and evenly in an earthen-ware baking-dish, and kept in the oven until nicely browned.

FRIED POTATOES FOR DINNER.

Season as much mashed potato as will provide enough for your family, and make up with the yolk of an egg into little flat cakes, and fry on a well-greased griddle until they are of a pretty brown color. Turn them, so that they may be equally done on both sides.

SWEET-POTATOES.

The finest sweet-potatoes are grown in the tide-water regions of lower Virginia, where the soil is sandy and the winters mild. Almost all families there have a pit dug in some cellar, where sweet-potatoes are kept without difficulty all the winter through; but the most prized variety is too delicate for transportation, and is kept for home consumption.

The usual every-day way of cooking them is to bake them with the skins on, always seeing to it that a print of butter is put on the table to eat with them. An hour is the usual time allotted for their baking. A very nice way is to boil or steam them until nearly done, then to peel them, and cut into slices half an inch through, piling a baking-dish full of them, interspersed with bits of butter; a quarter of a pound may be allowed for a half-gallon dish; sprinkle on top two table-spoonfuls of granulated white sugar, and you can hardly have a dish on your table that will be more generally relished. Some-

times also, for a change, they may be steamed or boiled, peeled, and sent to table in a covered dish, with a table-spoonful of melted butter poured over them.

Sweet-potatoes are frequently used in Virginia, with the accompaniment of a rich glass of milk, as a sort of plain dessert at the winding up of the meat dinner.

IRISH POTATOES ROASTED.

Doctors tell us that there is no more nourishing food for some classes of invalids than a good roasted potato. If the potato be a fine mealy one, sent up the moment it is done, with the addition of butter, pepper, and salt, and a person is hungry, what can be better? For Sunday or coffee dinner they are also particularly recommended. Be sure, though, you do not thus serve unless certain that they are sound to the core, and not watery or waxy.

PARSNIPS.

Wash, scrape, cut into halves or slice lengthwise into several pieces, if the roots are very large, and put on in a kettle of boiling water. You may expect them to be boiled in an hour. Serve with a little sugar, and melted butter poured over them; or they may be baked as directed for sweet-potatoes; or mash them up fine, when boiled tender, and form into little cakes with a batter made of a table-spoonful of flour, an egg, a small piece of butter, and a gill of milk.

GREEN PEAS.

Gather them in the morning, when quite young, the pods being firm but not hard, and keep them in a cool place. Do not shell them until just before they are to be cooked. Put into boiling water slightly salted; boil fast for twenty or thirty minutes, according to their age;

drain all the water from them; put in a dessert-spoonful of butter, a little pepper and salt, and send to table hot.

DRIED PEAS OR BEANS

Are better for being soaked over-night, and, being put into fresh water, boiled for several hours before dinner; drain, and flavor with butter, pepper, and salt. They may be mashed, strained through a colander, and worked up into little round balls with flour, and then mashed into flat cakes, dipped in the yolk of egg, and fried in a skillet. Also, after mashing up a quart of them when boiled, flavoring as usual with butter, pepper, and salt, and well incorporating a pint of milk, put into a baking-dish and bake. White navy peas and beans, black-eyed peas, and Galavan peas are the most esteemed varieties.

TO BOIL RICE.

Rice being a South Carolina staple, to South Carolinians we are indebted for the best modes of preparing it. In Virginia they used generally to cook it into a mushy paste that was anything but appetizing. The following recipe may be depended upon for cooking the rice so that each grain shall be distinct, white, and tender: Wash it clean; then put two cups of it into two and a half cups of cold water; add a teaspoonful of salt; cover the pan close, and set it on a brisk fire; let it boil ten minutes; then pour off most of the water, and let it remain a quarter of an hour to soak and dry near the fire, but not over it.

A COLORED COOK IN GEORGIA TELLS HOW TO DRESS RICE.

“Wash well; much wash in cold water—the rice flour make him stick; water boil—all ready—very fast. Throw him in—rice can't burn, water shake him too much. Boil quarter of an hour or little more; rub one rice in thumb

and finger ; if all rub away, him quite done. Put rice in colander, hot water run away ; pour cup of cold water on him. Put back rice in saucepan ; keep him covered near the fire, then rice all ready. Eat him up."

This being interpreted means that rice must be well picked and washed through several waters, and put on to boil in plenty—that is to say, two quarts—of water to one pint of rice. After boiling for fifteen minutes, if you pour the contents of the saucepan into a colander the water will pour off looking very much like starch. Now give the rice a bath of cold water, and return to the saucepan with just what adheres, and, setting the rice on the back of the stove, let it steam itself dry there. It is well to stir it up with a fork once or twice while it is thus waiting, to prevent its sticking to the sides of the pan. Moreover, when rice is served never let the butter be seen in little pools on top. If hot meats with gravy are to be eaten at the same time, better have no butter at all ; but if butter you must have, let it be mixed through and through the whole dish as equally as may be. Salt to be added at table.

BAKED RICE.

Boil half a pint of rice by either of the recipes given above, put it in a quart baking-dish, with a dessert-spoonful of butter, a pint of milk, and a beaten egg, with a teaspoonful of salt. Bake for half an hour, and you have an excellent winter vegetable. Some persons fry rice, but, to our mind, it is too delicate in flavor to bear this mode of cooking.

TO FRY SALSIFY.

Scrape the roots well ; boil and mash them up fine ; make a batter of two table-spoonfuls of flour and an egg ;

make the salsify up into little cakes, dip them in the batter, and fry nicely, seasoning previously with pepper and salt.

TO STEW SALSIFY.

Boil your salsify, the evening before you wish it for dinner, in water to which a spoonful of vinegar has been added; after boiling till half done cut across into small pieces, and returning to the kettle let them simmer until they are soft; take them off, and leave them in the water, covered up in a china bowl or dish, until you use them. Put a lump of butter in a saucepan, and when it is nearly dissolved flour it well; throw in the yolk of an egg, or, omitting the egg, a gill of sweet cream; stir it well on the fire. Just before you pour this sauce on the salsify add pepper, salt, and (for those who like it) a little vinegar.

TO BAKE SALSIFY.

Boil until the skin comes off easily; slice them; put them into a vegetable-dish—a layer of salsify, a layer of bread-crumbs, a little sprinkling of salt and pepper, with a covering of butter, in slices as thin as you can cut it; repeat until full, having bread-crumbs as the last layer; then pour on as much milk as the dish will hold and bake it brown. Allow half an hour or three-quarters for the baking.

TO STEW SPINACH.

After picking the leaves from the stalks they must be well washed in several waters, and then boiled in a covered vessel with just what adheres to them. After the spinach has boiled sufficiently chop it up fine. Meanwhile put a lump of butter, with two spoonfuls of cream, and a little pepper, salt, and vinegar, into a saucepan, and let them stew together five minutes, stirring constantly; then put in the spinach.

OR,

Wash and pick the spinach clean; drain, and throw it into boiling water; a few minutes will boil it sufficiently. Press out all the water; put it in a saucepan, with a piece of butter, pepper, and salt; chop it continually with a spoon until it is quite dry. Serve up quickly, so as to be really hot. Poached or sliced hard-boiled eggs add greatly to this wholesome dish, which is particularly relishing in the early spring.

TO BROIL TOMATOES.

Cut in slices and broil on a gridiron, with pepper, salt, and a little butter.

TO BAKE TOMATOES.

Peel nicely, and place in a deep baking-dish, with layers of grated bread, whole tomatoes, butter, pepper, and salt, with a heaping table-spoonful of brown sugar. Bake *well*.

TO STEW TOMATOES.

Peel, mash, and stew until well done, with butter, pepper, salt, and sugar, and the addition of bread-crumbs. To be good they must be thoroughly cooked.

FORCED TOMATOES.

Two ounces of mushrooms minced small, a bunch of parsley, a slice of lean ham chopped fine, with a few savory herbs and a little Cayenne pepper and salt; put all the ingredients in a saucepan, with a lump of butter; stir all together till quite tender, then set away to cool. Have ready some bread-crumbs and the yolks of two eggs well beaten. Choose large tomatoes (as near the same size as possible), cut a slice from the stalk end of each, and take out carefully the seeds and juice, filling their places with

the mixture; strew with bread and some melted butter, and bake in an oven till they have a rich color. These forced tomatoes go admirably with a baked calf's head or cold veal.

TURNIPS

Are especially the complement for hot corned-beef. They should be peeled, sliced, and boiled or steamed until soft enough to be mashed with ease. Add a little milk, butter, and salt for seasoning, and be sure to let them go to table hot. If they should not be well flavored add a bit of sugar. Where it is liked they may be boiled in a little of the liquor taken from the beef, and sent to table upon the same meat-dish with the joint.

TURNIP-TOPS.

Put in cold water an hour before they are dressed. The more water they are boiled in the better they will look. If boiled in little water they will be bitter. When the water boils put in a small handful of salt and then the tops. If fresh and young they will be done in about twenty minutes. Drain on the back of a sieve, and serve in a covered vegetable-dish, garnished with poached eggs. They are oftener boiled with jowl.

BAKED TURNIPS.

Pare and slice turnips; boil them in salt-water until tender, then drain the water from them; put them in a baking-dish suitable to send to the table; meanwhile make a white sauce by stirring together over the fire two ounces of butter and flour until it bubbles; then gradually stir in half a pint of boiling water; season with salt and pepper; pour the sauce over the turnips; dust them over quickly with bread-crumbs, and brown them in a quick oven.

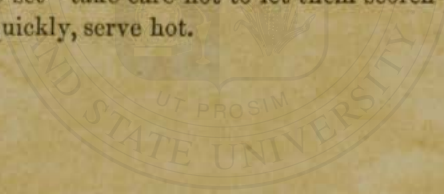
CORN AND TOMATOES.

These vegetables are so generally liked together that an enterprising house-keeper projected the plan of mixing them, half and half, after they had been stewed separately, with the usual seasoning of butter, sugar, pepper, and salt, putting them in a baking-dish and serving hot. It proved to be a very nice dish, if the rapidity of its disappearance be the criterion for judgment.

TOMATOES WITH EGGS.

(Mrs. Fannie Gwynn, Harrison.)

Take a three-pound can of tomatoes, and put them on the stove in a stew-pan, with a seasoning of butter, pepper, and salt, and let them cook for five minutes; then stir in a pint of bread-crumbs, and lastly add six eggs beaten up very light, stirring them in with the tomatoes, and beating up all together. Let them cook until the eggs are set—take care not to let them scorch—and dishing up quickly, serve hot.



CHAPTER XII.

ENTRÉES.

Croquettes, No. 1.—Croquettes, No. 2.—Rice Croquettes.—A Boned Hen.—Welsh Rarebit, No. 1.—Welsh Rarebit, No. 2.—English Rarebit.—Scotch Rarebit.—Piccadillo.—Ragout of Oysters and Mushrooms.—A Ragout of Mushrooms.—Mushrooms with Cream.—Mushrooms with White Sauce.—Turkey à la Daube.—Chickens à la Daube.—Partridges à la Daube.—To Make Nice Meat Jelly.—Salmagundi.—A Pig in Jelly.—A Ragout of Ham.—A Ragout of Sweetbreads.—A Ragout of Truffles.—A Ragout of Cauliflower.

CROQUETTES, No. 1.

(A French Recipe.)

ONE pound and a half of chicken, turkey, or veal already cooked, two table-spoonfuls of minced ham, also one table-spoonful of butter rolled in flour, the yolk of one egg, half a pint of cream, salt, pepper, and a little nutmeg. Cut up the meat very fine, but do not chop it, or it will be pasty, nor must it be lumpy; cut up the ham in the same way, and put the seasoning of salt, pepper, and nutmeg into the meat first; boil the cream, beat in an egg; then gradually stir into it the cream, butter, and flour, stirring all the time, that it may not be lumpy; let it boil until it drops ropy from the spoon; taen pour out *half* from the saucepan and set it aside. Put all the prepared meat into the saucepan with the other half over the fire, and stir until thoroughly mixed, but not cooked. It mixes better in this way. If too stiff add that which has been set aside, a little at a time, until the mixture is of the right consistency. It must be as stiff as can possibly be handled, but at the same time handled as little and

as lightly as possible. Then pour the mixture from the saucepan into a plate, and set it on ice to cool, unless the weather be cold. Have ready some fine bread or cracker crumbs; beat an egg, and shape the croquettes either in the form of an egg, pear, or cork, dipping them into the egg, and then, with a fork, rolling them in the bread-crumbs. Have some lard ready boiling over the fire; put in a few at a time, and just let them get heated through, and of a light-brown color. Be sure to have enough lard, and to have it *boiling*, for they must not be fried in it, but boiled. Garnish the dish with parsley.

CROQUETTES, No. 2,

Can be made of any cold meat, but turkey, veal, or chicken is preferred. Chop up about two pounds of meat, a medium-sized onion, one ounce of butter mixed with a table-spoonful of flour. Stir these seasonings together for half a minute, then the chopped meat, and a little of both pepper and salt, with a pinch of nutmeg. Stir about two minutes; take from the fire, mix two yolks of eggs with it; put it back on the fire again, stirring all the while, but for a very short time; spread the mixture on a flat dish, and set it away to cool. When perfectly dry mix it well. The best way to shape the croquettes is to take off a spoonful of the mixture and roll it into a ball, first covering with yolk of egg, then with a few bread-crumbs. If you prefer a cylindrical shape, roll until longer than thick; with a knife smooth both ends, while with the left hand roll them gently until they are the proper shape, and then fry them in lard.

RICE CROQUETTES.

Boil half a pound of rice till quite soft, but dry; mix with it a table-spoonful of grated cheese, half a teaspoon-

ful of powdered mace and a teaspoonful of salt, with enough fresh butter to moisten it sufficiently to make into shape. Take a small table-spoonful and form it into a pear or egg shape, brush over with yolk of egg, and roll in cracker or bread crumbs. Fry in boiling lard. Very good croquettes may be made without the cheese, substituting the yolks of two or three eggs, with a little increase of butter; or, by putting a teaspoonful of jelly or jam in the centre, a nice dessert is furnished in rice croquettes.

A BONED HEN.

Take an old hen and boil it in water until the bones drop out, and chop fine; put it back on the fire in a little of the water in which it was boiled, with an ounce of gelatine previously dissolved in a little cold water; season very highly in whatever way you like, and cook gently for a few minutes. Turn out into a shape or mould, and serve cold.

WELSH RAREBIT, No. 1.

To make this dish well much depends upon the quality of the cheese, which should be rich and high-flavored. English dairy cheese, or the best American imitation of it, will give satisfaction. Toast nicely as many slices of light bread as you have persons at table. If your cheese is old and dry, grate up as much as would cover the bread generously, or if new, slice thin an equal quantity. Put it into a skillet with a little butter, a teaspoonful of made mustard, and a little red pepper, and stir the mixture over hot coals until the cheese has melted. Meanwhile chip off any hard crust or burnt particles from the toast; dip each piece for a minute in a pan of hot water, butter it, and then keep it hot in a covered plate till the cheese is ready. Line the bottom and sides of the dish in which the rarebit is to be served with the buttered toast, pour

on top the melted cheese ; brown, if you like, by holding over it a hot shovel for a few seconds, and serve promptly. A plate of dry toast is usually sent in at the same time, but separately. A nice supper-dish.

WELSH RAREBIT, No. 2.

Cut a large slice of bread and an even slice of cheese. Let the bread be the shape of the cheese, but a little larger every way ; put a salamander in the fire or a large poker, or the bottom of a fire-shovel heated red-hot will do. While the iron is heating toast the bread carefully on both sides, without making it hard or burning it ; then toast the cheese on one side ; lay the bread in a plate ; lay the cheese upon it with the toasted side downward ; hold the red-hot iron over the other side to toast and brown it ; put a little mustard on it, and send it up very hot. Two should go together.

ENGLISH RAREBIT.

Cut a handsome toast of bread without crust, and shave a good quantity of cheese very fine ; set a tin oven before the fire, and have in readiness a glass of red port-wine ; toast the bread carefully on both sides, then pour the wine upon it and turn it. When it has soaked up the wine spread the scraped cheese thickly upon it, lay it in the oven, and place it before a good fire ; the cheese will cook quickly and finely. Send it up hot.

SCOTCH RAREBIT.

Cut a slice of cheese very large and handsome ; cut a slice of bread without crust just the size of the cheese ; toast the bread on both sides, and butter it ; then toast the cheese on both sides, and lay it evenly upon the toast and bread. Send it up hot, without mustard. This should

be made larger than the Welsh rarebit, and sent up singly, in a plate.

PICCADILLO.

Take cold fresh meat of any kind except shote; cut it up as you would chicken for salad, adding a few slices of ham cut up in the same way; stew some ripe tomatoes; cut up one or two onions very fine; fry them in a good deal of nice lard; stir all together; season with salt, pepper, and mustard. Break four eggs (or more, if a very large dish is required) as though you wished to scramble them. After beating them up a little, mix with the meat and tomatoes; put all into an iron stewpan, add a table-spoonful of butter, and stir constantly over a brisk fire until the eggs are scrambled and the mixture sufficiently dry to be eaten. Be careful not to let it burn while cooking.

RAGÔUT OF OYSTERS AND MUSHROOMS.

Open oyster-shells enough to yield a pint; set these oysters over the fire in their own liquor, and keep them hot for some time without boiling; then take them out and set aside in a dish; peel and pick a dozen and a half of well-grown mushrooms, cut them into pieces (not too small, however), and set them on the fire in a stewpan. Let them do a little thus, and then put in a large lump of butter and two spoonfuls of water. When this is well done, and properly seasoned with pepper and celery-salt, heat the oysters for some time in it, but take care that they do not boil. Then dish it up, garnished with pieces of oysters.

A RAGÔUT OF MUSHROOMS.

Choose for this purpose some fresh-gathered mushrooms from the fields, such as are of a middling growth, take out the gills, peel them, and cut every one into four

quarters; put them into a stewpan with four spoonfuls of cream, and squeeze in the juice of a lemon; stir all well together, and set them over the fire; toss them up, and when they are pretty well done add a table-spoonful of butter and a glass of sweet wine; add at the same time two cloves of garlic whole. When these have mixed and stewed a little together take out the garlic and skim off any grease that rises; then toast several slices of bread and fry them in butter, put them in, and let the whole do a little longer. When the toast is moistened somewhat pour all into a dish, and serve up hot.

MUSHROOMS WITH CREAM.

Choose some half-grown mushrooms, clean them, cut them to pieces, and toss them up in a saucepan with some butter, seasoned with salt and some grated nutmeg, and with a bunch of sweet herbs; let them be shaken over a brisk fire, and when they are done enough pour in a gill of thick cream, which must be perfectly sweet, however; let all be well heated together, and send them up in a warm soup-plate.

MUSHROOMS WITH WHITE SAUCE.

Gather some small, mild mushrooms, such as are just beginning to open from the button being most suitable for this purpose. Pick them, clean them thoroughly in every way, and then throw them into a bowl of cold water that has a little salt in it. Stir them about, pour off the water, pour more upon them, and then stir them about again. Pour this second water off through a sieve, and spread the mushrooms out to dry. Set on a stewpan holding a piece of butter the size of an egg and a bunch of sweet herbs. When the mushrooms are dried put them in, and let the whole have a few tosses together.

After this take out the bunch of herbs, dredge the mushrooms with flour as they lie in the pan, and then add a little gravy to moisten them; season with pepper and salt, and let them simmer a considerable time.

Break four eggs and beat up the yolks; grate in a little nutmeg, and add a gill of cream; then stir all together into the ragout, put some slices of toast into a dish, and pour the mushrooms over them hot.

TURKEY À LA DAUBE.

Bone a small hen turkey; put pepper and salt on the inside, and cover it with slices of boiled ham or tongue; fill it with well-seasoned force-meat; sew it up and boil it; cover it with jelly.

CHICKENS À LA DAUBE.

Roast two half-grown chickens; cut off the legs and wings; pull the breast from each side entire; take the skin from all the pieces; lay it in the dish; and cover it with jelly.

PARTRIDGES À LA DAUBE.

Truss six partridges neatly; cover them with thin slices of fat bacon taken from the top of a middling: this keeps them white, and gives a good flavor; they must be wrapped entirely in it; roast them, and when done take off the bacon; let them get cold, and use jelly; get a deep dish, put in savory jelly about an inch and a half at the bottom; when that is set and the partridges cold lay them on the jelly, with their breasts down; fill the dish with jelly up to their backs; take care that it is not warm enough to melt the other, and that the birds are not displaced. Just before it is to be served set it a moment in hot water to loosen it; put the dish on the top, and turn it out carefully.

TO MAKE NICE MEAT JELLY.

Put eight or ten pounds of coarse, lean beef, or the same quantity of the inferior parts of the fore-quarter of veal, into a pot with two gallons of water, a pound of lean salt pork, three large onions chopped, three carrots, a large handful of parsley, and any sweet herb that you choose, with pepper and salt; boil it very gently till reduced to two quarts; strain it through a sieve; next day take off the fat, turn out the jelly, and separate it from the dregs at the bottom; put it on the fire with half a pint of white-wine, a large spoonful of lemon-pickle, and the whites and shells of four eggs beaten up; when it boils clear on one side run it through the jelly-bag.

SALMAGUNDI.

Pick and wash three good Dutch lettuces, cut them as fine as threads, and lay them at the bottom of a dish; cut the flesh from the breasts of two roasted chickens. It must be in slices as long and broad as one's finger, not thicker than a small coin. Spread these carefully over the lettuces in regular circles, leaving spaces between them; wash and bone half a dozen fine anchovies, cut each into eight pieces, and lay them regularly between the slices of chicken; then cut the legs of the chickens into small square pieces like dice; cut a good-sized lemon into square pieces in the same manner; boil four eggs hard, take out the yolks, mince them and mix with them some chopped parsley and four anchovies, minced very small; boil some onions as big as walnuts till they are very white and tender; then pile up the minced anchovy and egg in the middle of the dish like a sugar-loaf, lay the onions round it, and lay others thickly round the edge of the dish; when all is thus done mix some oil and vinegar

very well, beating it up with salt and pepper, and pour it carefully over the whole dish; then serve it up. It is soon ready for eating, and makes a pretty appearance. There is as much taste shown in fixing up a salmagundi as in any made dish whatever.

A PIG IN JELLY.*

Set on a stewpan with a calf's foot, split, and a quart of water; let this stew gently a considerable time, then put in a small pig cut into quarters; put in the feet, add three or four blades of mace, four cloves, a little grated lemon-peel, and some salt; let this boil for some time over a slow fire; then put in a pint of strong white-wine and the juice of four lemons; let it boil two hours; then lay the pig in a dish, strain off the liquor, and set it by to cool; then take off the fat from the top and the settling from the bottom; let the pig be cold; then warm the jelly and pour it over the pig, and let it again stand to get cold. Serve it up as a cold dish. Garnish with fresh parsley and pieces of lemon cut small, with the peel upon them.

A RAGÔUT OF HAM.

Cut some thin slices from the hock end of a fine ham, beat these well with a rolling-pin, and lay them carefully in a stewpan, without any addition whatever; cover these up close, and set them over a gentle fire to stew. Observe when they begin to stick to the pan, then dust in a little flour, move them gently over the fire, and pour in a little rich veal gravy, made purposely without any salt; put in two small bunches of sweet herbs and some pep-

* In Virginia the term pig is never applied to a grown hog. A pig when roasted whole is preferred very young, so as not to weigh over twelve pounds. Shote is the meat of a half-grown hog; pork, the meat of the full-grown animal when fit for curing.

per, a blade of mace broken, and one clove whole. Let this be set on again over a gentle fire, and covered up; when it has stood about a quarter of an hour simmering take out the sweet herbs and skim off the fat, then thicken it up, and pour it into a small dish. Send it up hot. This dish is not only useful as a dish for lunch or supper, but serves excellently as a garnish to any larger dish composed of bacon.

A RAGÔUT OF SWEETBREADS.

Choose a couple of fine veal sweetbreads, throw them into a pot of boiling water, and have ready a pan of the coldest water you can get. When the sweetbreads have been a few minutes in the boiling water throw them into the cold, and let them lie there a little; double a cloth three or four times and spread it out upon the dresser, take the sweetbreads out of the water, lay them upon this cloth, and cover them with another; thus dry them perfectly. Put them into a saucepan with a quarter of a pound of butter, toss them up, and add some pepper and salt, and a little bundle of sweet herbs; then cut to pieces some large, fresh mushrooms, and put into the saucepan; then put in some fresh ones whole, and very small, set it over a fire, let it simmer longer, and then take out the bundle of herbs; put in some rich veal gravy, and set it on again; then, after it has been cooking for some time, skim off the fat, and thicken it up; serve it hot, without any garnish. This, like the recipe preceding it, is used sometimes for a dish of itself, and sometimes for garnish of others.

A RAGÔUT OF TRUFFLES.

Cut some truffles into very thin slices, and lay them over-night to soak in some strong veal gravy. In the morning heat them up, throw in two cloves and a blade

of mace torn to pieces, and set them on to boil up; then take them off the fire. There must be only just as much of the veal gravy as will moisten them thoroughly; let them stand now till near the time they are wanted; they will be perfectly soft, and fully and richly impregnated with the strength of the gravy; then pour in enough essence of a gammon of bacon to make the whole somewhat thin, set it on to stew again, and then thicken it up with a lump of butter rolled in flour. If this ragôut is served up as a separate dish garnish it with sliced lemon. When using it as a sauce for some other elegant dish see that the main dish has something congruous in its nature, for there is nothing so wrong as to join things of unlike taste, that only spoil one another.

A RAGÔUT OF CAULIFLOWER.

One cauliflower is sufficient for a dish, but let it be a very fine one, and lay it in cold spring-water a few minutes before proceeding to pick it in pieces. Melt a quarter of a pound of butter in a stewpan, with a table-spoonful of water. When it is melted throw in the cauliflower thus cut into small pieces; shake this about until the cauliflower is tender, then dust in a little flour, and toss about the pan; season it with pepper and salt, and when it is thus far done heat half a pint of rich gravy, and when it is hot pour it in. Stir all about, and then when the whole is well mixed serve up hot.

CHAPTER XIII.

SALADS AND VEGETABLES COLD.

Chicken Salad.—Lobster Salad.—Cold Slaw, No. 1.—Cold Slaw, No. 2.—Hot Slaw.—Sauce for Salmon or Lobster.—To Dress Lettuce without Oil.—Tomatoes Raw.—Cucumbers Raw.—Dressing for Lettuce.—Dressing for Lettuce or other Salad.—Another Salad Dressing.—Yet another Salad Dressing.—A Winter Salad.—Mayonnaise Salad Dressing.—Cabbage Salad.—Oyster Salad.

CHICKEN SALAD.

IN giving recipes for salads it is next to impossible to give precise quantities, especially when the great diversity of tastes is considered. We can only approximate precision for what we suppose to be the taste of a majority of the persons into whose hands this book will be likely to fall. On the Continent of Europe, for instance, olive oil and garlic are favorite ingredients in salads, while, more and more in our country, olive oil, or indeed much fatty matter of any kind, is repugnant to popular taste. While physicians commend so highly as they do some admixture of fat or oil with food (for those with any tendency to pulmonary disease especially), it would seem the duty of the faithful house-keeper to seek to introduce it into her recipes in such a moderate and delicate fashion as should help the squeamish to overcome their prejudice against "grease," and at the same time satisfy in some measure those of opposite taste. "Jack Sprat and his wife" are still characters typical of the whole race, and skilful will she be who can so compound her salads as to make both parties agree that they are

good. And yet this is the task that the salad-maker has before her, and, strange to say, she often succeeds in it. Cream helps her admirably over much debatable ground, her own ingenuity and good-sense over the rest. In the recipes here given we only seek humbly to strike a happy medium, leaving it for each individual to make special alterations as shall fit them to idiosyncrasies that she knows to exist in the taste of those for whom she caters.

Two fowls will provide a dish of salad large enough for a family of from eight to twelve. If you cook them specially with the view of making salad, boil them very done, the water in which they are boiled, with the meat rejected from the salad, supplying an excellent tureen full of soup; but if you have cold roasted chickens left over from a dinner, they will answer very well. Joint your fowls, pull off every particle of skin, gristle, and fat, chopping up the lean parts of the flesh into pieces about the size of backgammon dice; set it aside in a large, flat meat-dish until ready to mix it; have ready for this quantity the hard-boiled yolks of nine eggs, half a pint of olive oil that is perfectly sweet, or, where it is not liked, half a pint of rich cream, with a table-spoonful of creamed butter, a gill of vinegar, a gill of made mustard, a small teaspoonful of red pepper, and a large one of salt; chop up into pieces the same size as your chicken as much celery, or celery and lettuce mixed, as will make a quantity equal in bulk to the fowl. In the depth of winter, if neither celery nor lettuce are procurable, chop up a bleached head of cabbage, and use a teaspoonful of bruised celery-seed as a substitute for the usual vegetables required. Do not mix your salad long before it is needed, if you can help it. Add the vegetables to the fowl, pour over the salad dressing, and stir thoroughly with a wooden fork and spoon; garnish with rings of white of egg and

green celery-leaves. Serve either in a regular china salad-dish or glass bowl.

LOBSTER SALAD.

Open a can of lobsters, skim off all the oil on the surface, and chop the meat up on a flat dish. Prepare in the same way six heads of celery; mix a teaspoonful of mustard into a smooth paste with a little water; add a tablespoonful of butter creamed, a quarter of a teaspoonful of Cayenne pepper, a gill of vinegar, and the mashed yolks of three eggs; garnish with the green tops of celery and a hard-boiled egg cut into thin rings.

COLD SLAW, No. 1.

Four eggs broken raw and beaten very light; then stir in one teaspoonful and a half of mustard, one of bruised celery-seed, half a one of turmeric, and half a cup of sugar. Pour one pint of boiling vinegar on the eggs, and stir *very* rapidly; then return it to the fire and boil, stirring all the while, until it thickens to the consistency of custard. Meanwhile, have a large head of cabbage sliced up as fine as possible, and sprinkled well with pepper and salt.

The above quantity of dressing is sufficient for two dishes—made on Saturday, for instance, to last over Sunday. The second day freshen the appearance of the dish by boiling an egg hard, cutting it in thin slices, and garnishing with it.

COLD SLAW, No. 2.

Select the finest heads of bleached cabbage—that is to say, those that are firmest and most compact of the more delicate varieties; cut up enough into shreds to fill a large vegetable-dish or salad-bowl—the number of heads to be regulated by the size of the cabbage and the quan-

tity required; shave very fine, and after that chop up—the more thoroughly the better. Boil four eggs until hard; mix the yolks smoothly with a little cold water, and gradually add to them a cup of sweet cream, two table-spoonfuls of mixed mustard, one heaping table-spoonful of sugar, a teaspoonful of salt, a quarter of a pound of butter, and a little pepper, if you choose. Place all these ingredients, mixed together in a small stewpan, over the fire; put the cabbage in the dish in which it is to be served; let the sauce come to a boil; pour it hot over the cabbage, and, lastly, add half a teacupful of good vinegar.

N.B.—This recipe is famed for its excellence, but for most families it would be an extravagance to make more than half the quantity recommended here.

HOT SLAW

With a sharp knife cut up nicely a firm head of cabbage; sprinkle it with as much pepper and salt as you think necessary—half a teaspoonful of pepper, and a whole one of salt, would be sufficient for the average taste; beat up the yolk of one egg; add a lump of butter the size of a walnut, a gill of cream, the same quantity of vinegar, a table-spoonful of sugar, an even teaspoonful of mustard, and a pinch of bruised celery-seed. Heat these condiments mixed together in a tin cup; put the slaw into a skillet, and pour the dressing upon it boiling hot; stir it till well mixed and the cabbage slightly coddled; then send it to table hot, and it is one of the most popular of dishes.

SAUCE FOR SALMON OR LOBSTER.

Mash the yolks of three hard-boiled eggs in two table-spoonfuls of vinegar, one of made mustard, half a teacup-

ful of sweet-oil, half a teacupful of walnut or mushroom catsup, a teaspoonful of salt, and a sprinkling of Cayenne pepper. All around the edges of a flat dish place fine lettuce-leaves; heap up the salad in the centre, and garnish with sliced hard-boiled eggs.

TO DRESS LETTUCE WITHOUT OIL.

Mash smooth a hard-boiled egg, with an even teaspoonful of salt and half a teaspoonful of mustard, first mixed with a little cold water; then add a dessert-spoonful of powdered sugar, two table-spoonfuls of vinegar, and a gill of cream, the richer the better; put in a little Cayenne pepper, or red and black pepper both, if you like high seasoning.

When you have no cream, sweet milk thickened with a little corn-starch makes a respectable substitute. It is more economical to serve sauce separately in a boat than to pour it over the lettuce. One making may serve for two days.

TOMATOES RAW.

Select those that are evenly ripe and smooth. Scald immediately after breakfast, and the skins can be easily removed. Never was there a greater mistake than to suppose that peeling makes no difference; on the contrary, it makes *all* the difference. After peeling set away in the refrigerator; choose a dish to correspond with that used for cucumbers, and do not season until just before they are to be served, else they will become watery. When arranging the table for dinner slice your tomatoes, and to half a dozen large ones add a dessert-spoonful of salt, a table-spoonful of brown sugar, and three table-spoonfuls of good vinegar. With a fork diffuse the seasoning through the whole dish, and sprinkle it well with black pepper. Thus prepared, raw tomatoes are common-

ly so much relished that it is hard to make the supply adequate to the demand.

As a breakfast dish they are also increasingly popular. In some Virginia families they are seen every day throughout the summer and fall, without appearing to pall upon the taste in the least. Their wholesomeness is undisputed. A dressing, such as is prescribed for lettuce, may be applied to raw tomatoes also, and will be found grateful to many palates. One great art of the good house-keeper is to know how deftly to vary her bill of fare so as to bring new things out of the old.

CUCUMBERS RAW.

Nothing is more refreshing in early summer than cold cucumbers, and the impression that they are unwholesome is false, provided that a few cautions are observed. They should be freshly gathered, not stale, and if a little of the stem is left attached to the melon it will not wilt so soon. Then the peeling should be removed directly after breakfast from those wanted for dinner; they should be sliced thin, dropped into plain cold water, and left till half an hour before dishing. A slimy, bitter something is thus extracted that removes the unhealthy element from the cucumber. Pour off the water in which the cucumbers have been soaking, place them in a glass or shallow china dish, cover with vinegar weakened with a little ice-water, sprinkle with salt and pepper, also a suspicion of sugar, if you like, and your task is done.

Many persons, however, greatly relish the addition of onion; therefore ascertain the taste of the persons for whom your dish is destined. If they like onions, slice very thin one of the white, silver-skinned variety, after washing and peeling it. Intersperse the onion with cu-

cumber, and treat otherwise as directed above. Three medium-sized cucumbers furnish a dish.

DRESSING FOR LETTUCE.

Boil two eggs hard; mash the yolks, with a very little cold water; put one teaspoonful of sugar, one of mustard, not quite one of salt, and mix these well with the yolks; add slowly three table-spoonfuls of olive oil until it is smooth, and one table-spoonful of vinegar; if too thick add a table-spoonful of water.

DRESSING FOR LETTUCE OR OTHER SALAD.

Take the yolk of a raw egg, mix it with three mustard-spoonfuls of mustard, and two salt-spoonfuls of salt; then add oil very gradually, commencing drop by drop. If it should not mix readily put in a *very little vinegar*. When perfectly mixed it will be thick. About three-quarters of a cruet of oil is sufficient for this quantity. After this is well mixed pour in vinegar to your taste; also a little sugar, to meet the requirements of modern ideas.

ANOTHER SALAD DRESSING.

Pound very smoothly the yolks of two eggs (they must have been boiled for fifteen minutes), with one teaspoonful of made mustard, the same of sugar, and the same of salt. Mix very gradually with these half a teacup of olive oil and two table-spoonfuls of vinegar. More salt and vinegar may be added, if you like, and a few drops of the essence of Chili or Cayenne pepper will improve the flavor.

YET ANOTHER SALAD DRESSING.

Rub with a flexible knife-blade the yolks of two eggs, boiled hard and become cold, in a salad-bowl, with fresh mustard and a little salt, four table-spoonfuls of oil to

one and a half of tarragon, mixing it with cream. Cut up the white hearts of six heads of lettuce well bleached, some tarragon, chervil, a few young onions, and some burnet, stirring them well together. The sauce should be kept in a separate bowl, and not mixed with the salad until the moment before it is eaten, or it may lose its crispness and freshness.

A WINTER SALAD.

Two or three well-boiled potatoes, mashed smoothly, one teaspoonful of mustard, two of salt, one of essence of anchovy, three table-spoonfuls of olive oil, one table-spoonful of vinegar, the yolks of two hard-boiled eggs. Stir up *thoroughly* just before dinner.

MAYONNAISE SALAD DRESSING.

Two yolks of eggs, two table-spoonfuls of olive oil, one table-spoonful of cream, half a teaspoonful of made mustard. Mix thus: hard-boil the eggs, and then thoroughly incorporate the mustard; work in the olive oil carefully, and then add the cream; finally, season to your taste with vinegar, pepper, and salt. See that the mustard, oil, and cream be of first-rate quality.

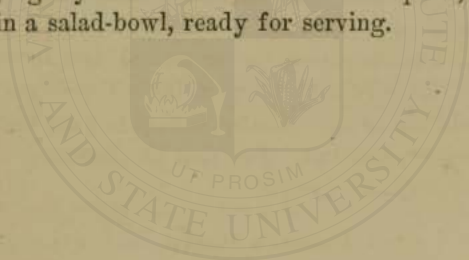
CABBAGE SALAD.

Shave a firm head of bleached cabbage into small strips; take the yolks of three eggs, well beaten, one cupful of cider-vinegar, two teaspoonfuls of white sugar, three table-spoonfuls of cream, which must be very rich, one teaspoonful of mustard, mixed in a little boiling water, salt and pepper to suit your own taste. Mix together all these ingredients save the eggs, and let them come to a boil, then stir in the eggs rapidly; then, lastly, add the cabbage to the mixture; stir it up well. This quantity will suffice for two days, if your family is not unusually

large. It keeps perfectly well; but the appearance of the dish is improved, when brought to the table for the second time, by having a hard-boiled egg sliced up and laid over the top for a garnish.

OYSTER SALAD.

Directions for dressing one gallon of oysters: Heat the oysters until they curl or plump; mix together the well-beaten yolks of twelve raw eggs, half a cup of made mustard, one teacup of white sugar, one teacup of butter. These ingredients must be made hot, and be ready to pour over the oysters as soon as these are ladled out of the kettle. As shortly before the time of serving supper as is practicable chop up as much as will fill a quart measure of bleached celery; add it to the dressed oysters, mixing lightly with a wooden fork and spoon, and placing it in a salad-bowl, ready for serving.



CHAPTER XVI.

PIES AND PUDDINGS.

Puff Paste.—Boiled Pastry.—Pastry (Another Way).—Railway Pudding.—Victoria Pudding.—Sago Pudding.—Ground-rice Pudding.—Confederate Pudding.—Plum Pudding, No. 1.—Plum Pudding, No. 2.—Plum Pudding the Second Day.—Baked Plum Pudding.—Plum Pudding (Mrs. Cabell).—Cake Pudding.—Sponge-cake Pudding, No. 1.—Sponge-cake Pudding, No. 2.—Plain Molasses Pudding.—Tyler Pudding.—Sweetmeat Pudding.—Bread Pudding.—Citron Pudding.—Orange Pudding.—Custard Pudding.—Cocoa-nut Pudding.—Cream Pudding.—Green-corn Pudding.—Rice Pudding.—To make Rice Pudding.—Arrow-root Pudding.—Apple Pudding, No. 1.—Apple Pudding, No. 2.—Norfolk Pudding Puff.—Jelly Pudding.—Rice Pudding without Eggs.—Fruit Pudding.—Molasses Pudding.—Apple Pies without Apples.—Delicate Apple Pudding.—Apple Charlotte.—Friar's Omelet.—Blackberry Pudding.—Dressing for Sponge-cake Roll.—Orange Custard Pie.—Sponge-cake Roll.—Delmonico Pudding.—French Sauce for Puddings.—Hard Sauce.

PUFF PASTE.

ONE quart of flour, half a pound of butter, half a pound of lard, half a teaspoonful of salt. Fine, flaky pastry is much more easily made in cold than in warm weather. To produce the proper temperature in summer good house-keepers use a marble slab instead of the common bread-board; moreover, mix the dough up with ice-water, and if by any chance there must be delay in carrying it to the oven, place it on ice until ready for the baking. Take half the flour, a small piece each of the butter and lard, the salt, and enough *cold* water to make it into a dough just as soft as will admit of rolling. Handle lightly. Flour your board and rolling-pin well, to prevent

sticking, also your hands; then proceed to roll out the dough into a sheet half an inch thick; by means of a knife dot its surface over with bits of lard and butter, weighed out, at distances of not more than an inch apart; then sprinkle a layer of flour over, and fold the dough over until an entirely new surface is presented; roll out until smooth and thin, as before; add the shortening and flour exactly as before, and go on in the same way until all the flour, butter, and lard have been mixed in. The oftener pastry is rolled out, with a gentle yet firm touch, the lighter it will be. For elegant pastry five times rolling is the least one should be satisfied with—seven is not too often. Pastry should not be baked brown, but kept fair and white. For tartlets to be filled with preserves the centres should be either stuck, to prevent rising—as one does biscuits—or a piece of bread-crust laid firmly down upon them. Do not roll the pastry too thin, or its lightness cannot be shown.

The edges of puddings should be twice as thick as the paste that lines the bottom of the plates. A strip can be laid over and joined by just wetting the surfaces to be united.

For family use very nice pastry is made in the same way, only allowing three-quarters of a pound of shortening to a quart of flour, and rolling out four times.

The taste of strong butter may be better disguised in pastry than any other article with which it can be used.

For chicken and other meat-pies as little as half a pound of shortening to one quart of flour will actually better please families who do not care "to fare sumptuously every day" than when made more expensively. In this case leaven half the flour with Horsford or Royal Baking Powder.

BOILED PASTRY.

The last proportions mentioned—namely, half a pound of shortening to a quart of flour—are the most suitable for dumplings or rolls. For this purpose roll the pastry into a very thin sheet.

To our own taste the best rolls have been made by the simple admixture of flour, salt, a tiny pinch of soda, and boiling water, made into a paste rapidly, one hour before dinner-time, and served as any other boiled dumpling—a layer of some fruit having been rolled up with it. The pastry was light, tender, and had the advantage of being digestible.

PASTRY (Another Way).

To a pound and three-quarters of flour take a pound and a quarter of butter, or butter and lard mixed; work the flour and butter together as lightly as possible; break two eggs into a pint of cold water, with half a teaspoonful of cream of tartar; pour into the middle of the flour and with the hand stir into a soft dough. When ready to use it roll out on a board with light rolling-pin, adding, of course, sufficient flour to roll with. In warm weather the butter must be put on ice beforehand.

RAILWAY PUDDING.

Beat separately the whites and yolks of six eggs; add to the eggs three-quarters of a pound of sugar; cream very lightly six ounces of butter, and stir in from three-quarters of a pound of flour as much as you can conveniently; then dissolve one teaspoonful of soda in a tablespoonful of milk, and add it to the eggs, at the same time sifting in two teaspoonfuls of cream of tartar; mix rapidly now all the ingredients, creaming in the rest of the flour; flavor with a little of any extract you may prefer;

pour out the batter thin over a square tin, that has been previously covered with a greased paper; bake, and when done turn out upon a dish, and spread with jelly, rolling up very quickly into the form of a bolster dumpling. Eat with French sauce.

VICTORIA PUDDING.

Take one quart of stewed apples or green gooseberries; sweeten them well, and season with the juice and grated rind of a lemon when cold; beat well the yolks of five eggs and the whites of two, and, when light, add them to the fruit; then take the remaining three whites and fine sugar enough (six ounces) to make stiff icing, flavored with a few drops of lemon-juice; after buttering a small baking-dish put in the fruit and pour the icing evenly over the top; put it in the oven and bake ten minutes. It should be of a pale brown when done.

SAGO PUDDING.

Boil a pint and a half of new milk with four table-spoonfuls of sago well washed and picked; add a little salt, shredded lemon-peel, cinnamon, and nutmeg; sweeten with five ounces of moist sugar, add four eggs well beaten; put a paste around the dish or pie-plates, and bake; sprinkle with granulated sugar when the puddings are drawn from the oven.

GROUND-RICE PUDDING.

Boil a large table-spoonful of ground rice in a pint of new milk, after first mixing it into a smooth paste with a little cold water or milk; add, for flavoring, half a tea-spoonful of cinnamon and a little thinly-pared lemon-rind; when cold add a quarter of a pound of sugar creamed up with the same quantity of butter, and two well-beaten eggs. Bake, with a crust around, in pie-plates.

CONFEDERATE PUDDING.

Two cups of suet chopped very fine, two cups of fruit (either raisins, dried apples, cherries, or peaches), two cups of sorghum molasses, two cups of milk, four cups of flour, a light teaspoonful of soda. Boil for three hours.

Flour	4 cups.	Suet	2 cups.
Dried fruit	2 "	Sorghum molasses	2 "
Milk	2 "	Soda	1 teaspoonful.

PLUM PUDDING, No. 1.

Ordinary plum pudding is heavy and indigestible, but made by the following recipe it has been known to agree with dyspeptics who, as a general thing, did not indulge in dessert. All of the ingredients should be gotten together the day before the pudding is to be cooked, to prevent delay and confusion. Four hours should suffice for the making and boiling. We give the quantity sufficient for a large dinner-party, because whatever is left may be set away and enjoyed even more on the second than the first day.

Prepare raisins enough, of good quality, to fill a quart measure after the stems and seeds are removed; wash and dry a pint of dried currants; cut up a pint of citron into small bits; peel, core, and also chop into small bits a pint of apples (pippins are best) and a light quart of beef suet, that must be perfectly fresh; crumble up a full quart of nice stale light bread, and mix all the above-named articles together upon a dish, grating into them half a nutmeg, and sprinkling over a teaspoonful of salt. Now break eight eggs into a large tray or bowl, and beat them till very light; when you have sifted a quart of flour take from it enough to flour well the fruit, that it may not fall to the bottom, just as is done in making fruit-

cake. Now add to the eggs the fruit, suet, and bread-crumbs, stirring in just enough flour to make the whole stick together. This ought not to take more than the quart provided. Have ready a stout cotton cloth or bag, scald it in boiling water, and dust flour over the inside until a thin coating is formed; put the pudding in, and tie up tightly, after leaving ample room for it to swell; put it in a pot of boiling water to boil steadily for three hours. The dangers to be avoided are letting the pudding stick to the bottom of the pot, which may be prevented by reversing a plate and laying it beneath; and, worse still, letting the string or bag give way, so that water is admitted. See that both bag and string are strong.

French sauce, or cold creamed sauce, must be served with this pudding. Recipes for them are to be found under the proper heading.

Following an English custom as old as the days of King Arthur, it has been always usual in Virginia, at Christmas, to send in the plum pudding to table aglow in alcoholic flames. This is done by pouring over it half a gill of pure alcohol or brandy, and putting a lighted match to it just as the waiter bears it into the dining-room.

Bread-crumbs.....	1 heaping qt.	Raisins.....	1 qt.
Flour.....	1 light qt.	Currants.....	1 pt.
Suet.....	1 "	Citron.....	1 "
Milk.....	$\frac{1}{2}$ pt.	Apples.....	1 "
Sugar.....	$\frac{1}{4}$ pt.	Wine or brandy.....	1 gill.
Nutmeg.....	$\frac{1}{2}$	Salt.....	1 teaspoonful.

PLUM PUDDING, No. 3.

For persons who do not like a mixture of fruits this recipe is preferred: Two pounds of raisins, one pound of butter, half a pound of bread-crumbs, one pound of flour, a cup of milk, a pinch of salt, a quarter of a pound of sugar, six eggs. Make and mix exactly as directed in

the first recipe given. The lightness of the pudding is increased by using flour lightened with Horsford Powder or Royal Baking Powder, as may be convenient.

PLUM PUDDING THE SECOND DAY.

Cut as much cold plum pudding into slices half an inch thick as is needed for the number of persons to be dined, and lay them in a skillet carefully, so that they be broken as little as possible; prepare a sauce of half a pound of brown sugar, the yolk of one egg, quarter of a pound of butter creamed, and a gill of sherry wine, grating in lastly a little nutmeg. Thoroughly incorporate these ingredients while yet cold; then heat gradually, so as not to let the butter oil; then pour the sauce hot over the pudding about the time that the meat dinner is dished; set the skillet on the back part of the stove, where it may simmer gently until called for. Serve up hot, and it is better than upon the first day.

BAKED PLUM PUDDING.

Crumble up a quart loaf of stale bread; scald and simmer it in sweet milk; add a large spoonful of butter; then put it in a deep dish to cool; beat up five eggs, and stir into them a teacupful of nice brown sugar; then stir in a pound of seeded raisins; have ready a greased pudding-mould or plain baking-dish; put in the batter and bake. To be eaten with sauce.

PLUM PUDDING.

(Mrs. Margaret Cabell.)

One pound and a half of fine layer raisins, stoned and cut up; one pound of golden brown sugar, one pound of grated bread-crumbs, a quarter of a pound of butter, half a cup of cream, and ten eggs. Beat the yolks very light, and mix in the sugar; sprinkle the raisins with a quarter

of a teaspoonful of bicarbonate of soda, and flour the raisins well by sifting; rub the butter and cream together, adding them to the eggs and sugar; then beat in the crumbs, and add the whites; beat, and last of all stir in the raisins, and pour the batter into a cloth dipped in hot water and covered with flour. Leave room in tying for the swelling of the pudding.

Apple or peach pudding may be made by the above recipe, substituting chopped apples or peaches for raisins.

CAKE PUDDING.

Five eggs, five cups of flour, three cups of sugar (white or fair brown), one cup of butter, one cup of sour cream, one teaspoonful of soda. Baked in a quick but steady oven.

SPONGE-CAKE PUDDING, No. 1 (Nice for Summer).

Beat up three eggs very light, leaving out the whites of two; add to them three table-spoonfuls of fine sifted flour or corn-starch, and two table-spoonfuls of powdered white sugar; add to them gradually a pint and a half of new milk; set it over a slow fire, stirring it all the while, to prevent burning; cut into small squares several slices of sponge-cake, and lay them in the bottom of a glass bowl; soak them in wine, and pour the custard over hot. Set it away until perfectly cold, and either sprinkle pounded cinnamon or nutmeg over the top, or decorate with whipped syllabub. This dish makes a good Sunday dessert.

SPONGE-CAKE PUDDING, No. 2.

Melt some butter and grease the mould very well over inside with a feather or brush; have some pounded sugar sifted over it; shake the mould about till the parts are equally covered with the sugar and look white; stone

some raisins and currants, and put them according to fancy in the curvings of the mould; take some sponge-cake (stale will do), and, cutting it up small, lightly fill the mould with it, mixing lightly through it currants and raisins rubbed in flour, to prevent their falling. Beat the whites and yolks of four eggs separately, beating with the yolks first four heaping table-spoonfuls of sugar, one to each egg, then stir in the whites, and, lastly, pour over them three half-pints of cold morning's milk, like a baked custard, which should be enough to fill the mould. Grate lemon-rind in the custard, unless you prefer vanilla; then take a Dutch oven, holding some cold water, and set the mould in it; let it reach one-third up the sides of the mould, and as the water begins to boil set it to one side the fire, where it can cook slowly for half an hour, which should be enough to cook it. Turn it out on a deep china dessert-dish, and have ready prepared a quart of boiled custard to pour around the pudding and serve as a sauce. Flavor it with a little bitter-almond, rose-water, or wine.

Mould.....	1 lb. cake-mould.
Eggs.....	4
Sugar.....	4 table-spoonfuls.
Milk.....	1½ pts.
Sponge-cake.....	1 qt. broken pieces.
Raisins and currants.....	½ lb.
Lemon.....	Rind of 1.

Sauce with Sponge-cake Pudding, No. 2.

Milk.....	1 qt.
Eggs.....	4 yolks.
Extract of bitter-almonds or rose-water.....	½ teaspoonful.
Sugar.....	5 oz.

PLAIN MOLASSES PUDDING.

Cut nice cold loaf bread into thin slices, which must be well buttered; eight or ten eggs beaten up, and added to two pints of molasses, must then be poured over until the

bread is well saturated with it. Sprinkle through two table-spoonfuls of ground ginger, and bake for about an hour. Provide milk to drink with it, if possible.

TYLER PUDDING.

Beat up separately the whites and yolks of six eggs; add one cup of pulverized sugar, one cup of butter, one cup of cream. Add the butter last. Season delicately with nutmeg and lemon. Mash up some light-colored preserves very smooth, and, after arranging pastry on plates for the reception of your pudding, spread over the bottom a layer of these preserves, and then fill up with the batter. Flavor with nutmeg and lemon.

Eggs.....	6	Sugar.....	1 cup.
Cream.....	1 cup.	Butter.....	1 "
Preserves.....		Nutmeg and lemon	to taste.
Pastry.....	1 pt.	(Above quantity for two plates.)	

SWEETMEAT PUDDING.

Sixteen eggs, leaving out the whites of eight; add to these one pound of sugar, half a pint of melted butter; lay puff-paste in the bottom of pie-plates; cover the bottom with sliced sweetmeats and bake. This quantity makes three puddings.

Eggs.....	16 yolks.	Sweetmeats.....	1 pt.
".....	8 whites.	Puff-paste.....	1 light qt.
Sugar.....	1 lb.	Butter.....	$\frac{1}{2}$ pt.

BREAD PUDDING.

Crumble up one quart loaf of bread into a quart of sweet milk; throw in a blade of mace and small stick of cinnamon; let it boil until the bread becomes entirely soft; be careful that it does not burn; let it cool; add three eggs well beaten, one or two apples chopped up very fine,

half a pound of seeded raisins, and, if you have no apples, double the quantity of raisins; a quarter of a pound of butter, one pound of sugar, salt-spoonful of salt. Bake in a quick oven. The quicker this is made and baked the lighter it will be. Serve with a rich sauce.

Bread-crumbs	1 qt.	Salt.....	1 salt-spoonful.
Milk.....	"	Raisins.....	$\frac{1}{2}$ lb.
Butter.....	$\frac{1}{4}$ lb.	Apples.....	3
Sugar.....	1 "	Cinnamon.....	small stick.
Eggs.....	3	Mace.....	1 blade.

To be baked, without pastry, in a pudding-dish.

CITRON PUDDING (Delicious).

Beat up very light the yolks of sixteen eggs; add to them sixteen even table-spoonfuls of powdered white sugar and the same quantity of melted butter. Have ready three pie-plates lined with nice puff-paste; cover the bottom with slices of preserved citron, cut very thin, and then pour in the batter, and bake till of a light-brown color. This pudding tastes better when, having been drawn from the oven some little while, it is not quite cold. Sift thickly over it granulated sugar. This quantity makes three puddings.

ORANGE PUDDING.

Boil tender the rinds of two large oranges; beat them very fine in a mortar; add them to twelve well-beaten yolks of eggs, sweetened with three-quarters of a pound of sugar; add also half a pound of butter creamed, the juice of two oranges, and half a lemon strained. Bake in puff-paste.

Eggs.....	12 yolks.	Butter.....	$\frac{1}{2}$ lb.
Sugar.....	$\frac{3}{4}$ lb.	Flavor.....	2 orange-rinds.
Juice of two oranges and half a lemon.			

CUSTARD PUDDING.

Dissolve two even table-spoonfuls of corn-starch in half a teacupful of sweet milk; boil two cups of milk, and just as it comes to a boil add the beaten yolks of four eggs, the dissolved corn-starch, with a heaping cupful of pulverized sugar; flavor with the grated rind of two lemons, adding the juice also the last thing. Bake in puff-paste on pie-plates. When the pudding is nearly done add a meringue, which is made of the four whites beaten to a stiff froth, and sweetened with four table-spoonfuls of finely-powdered sugar. This makes two puddings, if the plates are deep enough.

COCOA-NUT PUDDING.

To one large cocoa-nut, grated, beat the yolks of twelve eggs with three-quarters of a pound of sugar. Cream seven ounces of butter, and whip up half a pint of sweet cream; add the cocoa-nut last. Bake in puff-paste. This quantity makes three puddings in deep plates. A light pound of flour and ten ounces of butter and lard makes pastry enough for them.

CREAM PUDDING.

To make the cake: Beat five eggs separately and very light; add to the beaten yolks one cup of sugar, then the beaten whites. Put one teaspoonful of cream of tartar into one teacupful of flour, sifting them together well. Beat this into the eggs and sugar, and to the mixture add half a teaspoonful of soda. Divide the mixture, and bake in two tin plates in a quick oven. When only a little cool split the cakes and put the cream between.

Make the cream as follows: Boil one pint of new milk, beat the yolks of two eggs, and add half a teacupful of

sugar, then the beaten whites, and not quite half a tea-cupful of flour or corn-starch, enough to thicken, which is better than flour. When all are light and well mixed pour the boiling milk gradually to the other ingredients and return to the saucepan. Stir until a thick cream, and flavor with vanilla. This pudding makes a favorite dessert.

GREEN-CORN PUDDING.

Take twelve tender but full-grown ears of green corn and grate them down close to the cob. Have ready one quart of unskimmed milk; and stir into it by degrees a quarter of a pound of fresh butter and a quarter of a pound of sugar. Beat four eggs very light, and then stir them into the milk alternately with the grated corn, a little of each at a time. Put the mixture into a baking-dish large enough to receive it. Bake for an hour. It may be eaten either hot or cold. Use with it a cold sauce of butter and sugar creamed together, when served as dessert. If eaten with the meat dinner omit the sugar.

RICE PUDDING.

One quart of milk, a little more than a wineglassful of rice. Scald the rice in the milk until well done; add a teacup of sugar, a table-spoonful of butter, and delicate flavoring of either cinnamon or nutmeg. Bake for half an hour.

TO MAKE RICE PUDDING.

Take half a pint of rice boiled well done; then add a quarter of a pound of butter, eight table-spoonfuls of white sugar, eight eggs, half a pint of sweet cream, a little grated nutmeg, and a pint of dried currants, if you choose. Pure distilled rose-water is used for such dishes a great deal in lower Virginia, where roses grow so abundantly that families make their own supply, of a quality

and flavor quite different from the article generally found in market. The above pudding is not meant for sauce, but a little wine poured over it while hot is considered a great improvement.

ARROW-ROOT PUDDING.

Pour a pint of boiling water on two table-spoonfuls of pure Bermuda arrow-root; stir in half a pound of butter until cool; add half a pound of sugar and half a dozen eggs, seasoning to your taste; a little wine and nutmeg or lemon, the juice and rind, are most frequently used. Served simply or in pastry.

APPLE PUDDING, No. 1.

Prepare about a quart of stewed apples, mashed perfectly smooth; to these add one pound of sugar (fair brown even better than white), half a pound of butter, the yolks of eight eggs, and the whites of four; add half a teacupful of cream, and flavor with what you like—nutmeg imparts a flavor peculiarly agreeable to most palates, but two lemons, using both rind and juice, are very satisfactory. This quantity answers for filling four deep plates lined with puff-paste.

APPLE PUDDING, No. 2.

Eight eggs (the whites of four left out), half a pound of sugar, a quarter of a pound of butter, the crumbs of three stale rolls, one teacupful of cream, one pint of stewed apples, seasoned with lemon and nutmeg; bake in a dish, without pastry, and when *cold* whip up the four eggs left out of the pudding with four ounces of pulverized white sugar; spread this meringue over the top of the pudding and bake for a very few minutes. It makes a pretty as well as palatable dish.

NORFOLK PUDDING PUFF.

Measure out six spoonfuls of flour to six eggs; break the eggs carefully, the yolks in one dish, the whites in another; after beating the yolks till very thick, add them to the flour, stirring in a quart of milk gradually, and not forgetting to put in a pinch of salt; whip the whites until the dish in which they are may be inverted without wasting any, and then add them to the rest of the batter; beat all well together, and bake either in cups or a single pudding-dish. Serve French sauce with this pudding.

JELLY PUDDING.

Eight eggs, a cup and a half of butter, a cup and a half of sugar, and a cup and a half of currant jelly; season with a few drops of essence of lemon, if you can get none of the fresh fruit; bake the pie-crust nearly done in plates set aside for the pudding, and then pour in the batter, and bake until their tops are slightly brown. This quantity will make three deep pudding-plates full.

RICE PUDDING WITHOUT EGGS.

Wash half a pint of rice; stir it into a quart of rich milk; add six ounces of fair brown sugar and a table-spoonful of pounded cinnamon; put it into a baking-dish, and let it cook slowly two hours or more. Eat it cold. Serve preserves at the same time, unless meant exclusively for children or invalids.

FRUIT PUDDING.

Two cups of flour, one cup of butter, one cup of sugar, one cup of any kind of dried fruit, five eggs. Let the eggs be well beaten, the fruit floured, the butter and

sugar creamed together, and then the whole thoroughly incorporated; make it up before breakfast, and let it boil three hours, either in a bag or mould.

MOLASSES PUDDING.

One pint of good sirup, half a pint cup not quite full of melted butter, two well-beaten eggs, a table-spoonful of ground ginger, half a pint of sour milk, and a heaping teaspoonful of soda; mix all together with flour enough to make a batter as thick as pound-cake batter (a quart will be about the quantity); bake for an hour in a batter-pan, having previously lined the bottom with a well-greased paper, especial care being needed to prevent burning; turn it out on a flat dessert-dish; grate sugar over it, and eat it with liquid sauce.

APPLE PIES WITHOUT APPLES (for Scarce Seasons).

Put ten large square soda crackers in a bowl; pour over them a quart of boiling water; let them soak for an hour; then mash them up very fine; add to them the grated peel and juice of four lemons, and five teacupfuls of brown sugar; put it in pastry, and bake like any other pie.

DELICATE APPLE PUDDING.

Take as many stewed apples as will fill your pudding-dish three inches deep; add to the apple the grated rind of a lemon, and the juice also, if the fruit be not sour, or you may substitute the rind and juice of an orange, if you prefer that flavor; sweeten to your taste before arranging the apples in your dish; now stir into the apples half a pint of cream, or, if you have not cream, take the same quantity of milk, and thicken it with an even dessert-spoonful of flour and the yolk of one egg; scald these together, stirring all the time; *do not let it boil*; sweeten

with two table-spoonfuls of sugar; take from the fire and set aside till cold, and then pour over the apple, and mix thoroughly into it; finish by spreading over the top whipped syllabub. Two highly-flavored oranges sliced thin and laid over the apples are thought by some to be nicer than the grated peel of either lemon or orange.

APPLE CHARLOTTE.

Prepare two dozen large cooking apples by peeling and cutting them into small, thin pieces. Have ready also one pound of sugar, a quarter of a pound of sliced preserved citron, half a pound of hot melted butter, and a quart loaf of stale bread, also sliced thin. Take a baking-dish that will hold one gallon; line it with slices of the bread dipped in the melted butter, placing the buttered side against the sides of the dish; now make a thick layer of apples; strew plentifully with sugar, and dot with bits of citron; now another layer of buttered bread; now another thick one of apples, sugar, citron, etc., until the dish is packed as full as it will hold; steam for a while to extract the juice from the fruit; then place the dish in a stove-pan to bake, applying the heat, however, very gradually, so as to run no risk of breaking the dish; allow the charlotte to cook slowly for several hours, or until, by inserting a spoon, you find that the apples have become perfectly tender and transparent; when drawn from the oven turn out into a flat dessert-dish and sift over a frosting of granulated white sugar; serve with a sauce of simple cream. To be eaten with dessert-spoons from small flat plates.

FRIAR'S OMELET.

Prepare one dozen apples as if for sauce; stir in a quarter of a pound of butter, the same of sugar; when cold, add four eggs well beaten; season with a little nutmeg

or cinnamon, or both; put the mixture into a baking-dish, thickly strewed with bread-crumbs, so as to stick at the bottom and sides; then the mixture, topping off with a layer of bread-crumbs. When baked, turn it out of the dish, and sprinkle powdered sugar over it.

BLACKBERRY PUDDING (Very Good).

Make a batter of one quart of milk, one quart of sifted flour, and five eggs; then stir in three pints of fresh blackberries, having first strewed them with a teacupful of brown sugar; bake in a two-quart baking-dish, and eat with French sauce. This pudding is eaten hot.

Milk	1 qt.		Eggs	5
Flour	1 "		Blackberries	3 pts.

DRESSING FOR SPONGE-CAKE ROLL.

Take the pulp and juice of three lemons (extracting all the seeds), and the rind of one, either grated or chopped up very fine, two table-spoonfuls of butter, six eggs beaten separately, sugar to the taste, three-quarters of a teacupful of cold water. Put all these ingredients together on the fire, and stir constantly until thick. Do not let it boil. Let it get cold, and use in place of jelly.

ORANGE CUSTARD PIE (Very Nice).

Juice and grated rind of one orange, three-fourths of a cup of sugar, one cup of water, one heaping table-spoonful of flour mixed in a little of the water, four well-beaten eggs, reserving the whites of two for frosting; fill into crust and bake. For the frosting beat the whites of the reserved eggs to a stiff froth, with two table-spoonfuls of powdered sugar; spread evenly over top of pie, and return to the oven till slightly browned.

SPONGE-CAKE ROLL.

Four eggs beaten separately, one teacupful of white sugar, one teacupful of flour, one teaspoonful of cream of tartar mixed with the flour when it is sifted, half a teaspoonful of soda dissolved in a little water; bake quickly in a biscuit-pan; turn out on to a damp cloth; put a layer of dressing over the whole surface, and roll up warm.

DELMONICO PUDDING.

Boil a quart of milk over a slow fire, stirring often; stir in the yolks of four eggs well beaten, four table-spoonfuls of corn-starch wet with milk, five table-spoonfuls of sugar, and a pinch of salt; when the mixture thickens pour it into a tin kettle; set in cold water, or on ice, to prevent curdling; beat the whites of the eggs to a froth; add four table-spoonfuls of sugar and one teaspoonful of extract of vanilla; put the pudding in a baking-dish, frost with the egg, and then brown it in an oven.

FRENCH SAUCE FOR PUDDINGS.

Half a pound of brown sugar, a quarter of a pound of butter creamed, the yolk of one egg; simmer and stir, then add a gill of wine, and grate over it a little nutmeg; allow a quantity proportioned to the size of the family to be served. The above quantity will answer for eight persons.

HARD SAUCE.

(Mrs. Chevallé.)

Cream butter and powdered sugar together, a quarter of a pound each; rub some of the sugar on a lemon to impart flavor to it, and put in some of the juice also; make the sauce up like a pat of butter, and, if you choose, grate nutmeg over the top.

CHAPTER XV.

SWEET CAKES.

Sponge Cake.—Butter Sponge Cake.—Valley Sponge Cake.—Pound Cake.—Naples Biscuit.—Bride's Cake.—Elegant Black Fruit Cake.—Fine Fruit Cake (More Modern Recipe).—A Cheaper but Good Fruit Cake.—White Fruit Cake.—Jackson Cake.—Lee Cake.—Composition Cake.—Snow-mountain Cake.—Home Gingerbread, No. 1.—Home Gingerbread, No. 2.—Lady Cake.—Preston Ginger Cake.—Little Molasses Cake.—Mrs. J. Randolph Page's Ginger Cake.—Mrs. Ritchie's Marmalade Cake.—Ginger Snaps.—Jew's Cake.—Good Ginger Cake.—Mrs. Garrett's Ten-minute Cake.—Baker's or Plebeian Gingerbread.—Never-failing Cake.—Cocoa-nut Cake.—Leavened Fruit Cake.—White Cup Cake.—Angel's Food.—Republican Cake.—Wafers.—Cream Cake.—Tea Cake, No. 1.—Tea Cake, No. 2.—Indian Meal Pound Cake.—Almond Cake.—Shrewsbury Cakes.—A Good but Cheap Cake.

SPONGE CAKE.

WEIGH two pounds of sugar; balance it with an equal quantity of eggs in the shell; weigh one pound and two ounces of flour, and flavor highly with lemon. To be mixed in this way: Sift the flour and sugar; beat the eggs separately till as light as possible; then beat the sugar well with the yolks; then add to them the whites, and cream in the flour gradually, without farther beating; lastly, grate in all the rind from two lemons, and squeeze in the juice; lay a greased paper over the bottom of your mould or pan, seeing that it be well fitted.

Sugar.....	2 lbs.	Flour.....	1 lb. 2 oz.
Eggs, weighed in the shell	2 "	Lemons.....	2

BUTTER SPONGE CAKE.

The weight of fourteen eggs in sugar, the weight of eight in flour, the weight of six in butter; cream butter

and sugar together; then add the yolks beaten light; then the whites beaten to a froth; then the flour; season with vanilla or lemon, a teaspoonful of the first or one of the last.

VALLEY SPONGE CAKE.

Take fourteen eggs, using, however, only seven of the yolks, one pound of sugar, half a pound of flour, one lemon. Bake in a quick oven.

Eggs	14	Flour.....	$\frac{1}{2}$ lb.
Sugar.....	1 lb.	Lemons	1

POUND CAKE.

Beat the whites and yolks of twelve eggs separately; have ready weighed and sifted one pound of finest flour; cream one pound of butter, after you have washed from it all the salt; now put this creamed butter into a large bowl or tray, and beat into it alternately flour, sugar, and eggs, until all the materials are used up; use *only* the froth of the white of eggs; if any clear settles in the bottom of the dish, either whip it up again or leave it out, if there is but a little of it. Line the bottom of your mould with thin brown paper greased.

Flour.....	1 lb.	Flavoring: grated lemon-peel, and
Eggs	12	one nutmeg, or a teaspoonful of
Sugar.....	1 lb.	mace ground fine.

NAPLES BISCUIT.

This plain cake has been little seen of late, but was largely used in Virginia of the olden time at the tea-table, or upon the waiter of refreshments that was so universally handed to any visitor who might happen to call at lunch-time. As it is simple and wholesome, we see not why it should go into disuse, and so give the recipe, which closely resembles that for sponge cake: One pound of flour, one

pound of pulverized white sugar, and twelve eggs. No flavoring was used, unless the gill of wine, that old-fashioned house-keepers considered indispensable to all cake, as an aid to digestion as well as good flavor. Some housewives left out the yolks of two of the twelve eggs, that the lightness of the whites might predominate. Long, narrow pans were used in baking Naples biscuit, with divisions throughout their length, making the length of the biscuits four inches, and their width one and a half. The excellence of a cake of this sort consisted in its lightness and *crispness*.

Flour.....	1 lb.	Sugar.....	1 lb.
Eggs.....	12	Wine....	1 gill (not necessary).

BRIDE'S CAKE.

The whites of fourteen eggs, one pound and a quarter of sugar, one pound and a quarter of butter, one pound and a quarter of flour, one pound of almonds. The almonds must be beaten to a paste in rose-water. Bake carefully in a slow oven.

ELEGANT BLACK FRUIT CAKE.

Two pounds of raisins, two pounds of currants, one pound of citron, one pound of almonds, one pound of sugar, one pound of butter, one pound of flour, one dozen eggs, a table-spoonful of mace, a table-spoonful of cinnamon, two nutmegs, one teacupful of wine and brandy mixed (this may be left out); cut up the raisins and citron, but not too fine; roll them in flour to separate; beat the fruit into the eggs, after they have been whisked perfectly light; also the butter and sugar, after they have been creamed together; let the flour be lightly stirred in just before putting the cake into the oven. Put embers under the oven, and let it rise three hours; bake slowly

then for three hours more, or until, by trying it with a straw, you find that none of the batter adheres to it; then draw the oven away from the fire, and let the cake soak at least two hours. If it is very large it will be better to leave it in the chimney-corner all night. Do not cut the almonds more than three times at most, and reserve a portion of the citron to be sliced and stuck in the cake after it is put into the oven. In sticking it in let the pieces go down out of sight in the dough, or they will be thrown out in the rising of the cake.

Remark.—It will be obvious to all that the above directions are for cooking by an open fire, but any person of common-sense can accommodate them to our modern stoves or ranges.

FINE FRUIT CAKE (More Modern Recipe).

Twenty-four eggs, two pounds of butter, two pounds of sugar (brown is preferable), two pounds of flour (browned just as for gravy), four teaspoonfuls of baking powder, four pounds of raisins (weighed after they are stoned), four pounds of currants, two pounds of citron, three nutmegs, one teaspoonful of mace or half a teaspoonful of allspice, half a teaspoonful of cloves, one gill of good brandy; mix the batter just as directed above in making pound cake; then stir in all the fruits, save the raisins and citron; reserve these, after flouring them well, until you are filling the mould; put in a two-inch layer of the dough; then strew over a layer of these fruits, and repeat this until the mould is two-thirds full; let the heat be gradually applied to it, and when the cake is well risen and slightly colored on top, put a paper over it, and keep it covered so until done, which will require from three to five hours.

A CHEAPER BUT GOOD FRUIT CAKE.

One pound of flour, three-quarters of a pound of sugar, half a pound of butter, one pound of raisins, one pound of currants, half a pound of citron, one teaspoonful of mace, one nutmeg, five eggs, one even teaspoonful of soda, half a pint of sour milk; flour the fruit well, cream the butter, and beat the eggs light, separately, and, no matter in what order you may put in the ingredients, your cake will be light; only, after soda is added, the baking should begin forthwith.

WHITE FRUIT CAKE.

One pound of butter, one pound of flour, one pound and a quarter of sugar, one dozen eggs, three pounds of citron chopped fine, two small cocoa-nuts, peeled and grated, two pounds of almonds (weighed before shelling), blanched and pounded, one wineglass of brandy, one of wine, three teaspoonfuls of cinnamon, two teaspoonfuls of mace (measured before they are ground), one nutmeg.

JACKSON CAKE.

One pound of pulverized sugar, four cups (half a pint) of flour, one cup of butter, one cup of sour cream, six eggs, one teaspoonful of soda. If you have no sour cream, use two teaspoonfuls of cream of tartar in conjunction with the soda and sweet milk; mix the butter, sugar, and yolks of eggs well; beat the whites to a stiff froth, and mix them with the flour gradually, beating all the while; flavor with lemon, and bake in a pan two or three inches thick.

LEE CAKE.

Ten eggs, one pound of sugar, half a pound of flour. After beating very lightly, and mixing just as directed

for sponge-cake, flavor with the juice and grated rind of a lemon; take the whites of two eggs and make into an icing, with one pound of pulverized white sugar, flavoring strongly with the juice of an orange, and a little bit of the grated rind; bake the cake thin, in fine tin plates; place one in a dessert-dish; cover with a layer of the icing, and so continue until the pile is complete. Let the last layer be icing, of course.

COMPOSITION CAKE.

This recipe was brought from the eastern shore of Virginia nearly fifty years ago, and is one of the best, as well as cheapest, that can be used in a family. It never fails, if at all carefully prepared, and makes a delightful pudding, if served hot with sauce. One pound and three-quarters of flour, one pound and a quarter of brown or white sugar, three-quarters of a pound of butter, four eggs, one pound and a half of raisins or currants, one nutmeg, one pint of milk, one teaspoonful of soda.

SNOW-MOUNTAIN CAKE.

Cream until very light half a pint of butter; add slowly, stirring all the time, a pint of pulverized white sugar, and when the mixture is light add half a pint of new milk, in which a teaspoonful of soda has been dissolved; when well mixed, the yolks of five eggs; rub thoroughly into a heaping quart of flour sifted two teaspoonfuls of cream of tartar, and stir in the butter, alternating with the beaten whites of three of the eggs, reserving the other two for the icing. Either bake in three pans or six round jelly-plates; in the latter case put a chocolate icing between the layers of three of the cakes, and the other three the beaten whites of the two eggs, adding four teaspoonfuls of fine powdered sugar; on top of each

layer of cake and icing put grated cocoa-nut an inch in depth, and finish with it at the top. The desiccated cocoa-nut will answer, but the freshly-grated nut, partly dried, is much better.

HOME GINGERBREAD, No. 1.

To three quarts of flour put one pound of butter and three eggs, three pints of molasses, and three teaspoonfuls of pearlash dissolved in half a teacupful of sour cream or buttermilk, three table-spoonfuls of ginger. Cakes made by this recipe are better when poured in shallow pans, and cut into rectangular pieces when done, than when rolled out and cut in shapes.

HOME GINGERBREAD, No. 2.

Take seven teacupfuls of flour, one pint of molasses, one cup of sour cream, one cup of butter, one table-spoonful of ginger, one table-spoonful of soda dissolved in part of the cream or a little milk; add three-quarters of a pound of light-brown sugar; also other spices, if you like a higher flavoring.

LADY CAKE.

One pound of flour, one pound of sugar, half a pound of butter, whites of eleven eggs, a teaspoonful of soda, two of cream of tartar, nearly half a pint of sweet milk; cream the butter and add the sugar to it, beating diligently; sift the cream of tartar into the flour, so that it will diffuse itself throughout the mass; add the soda to the milk last of all; season with a teaspoonful of extract of bitter-almonds, and put to bake without delay.

PRESTON GINGER CAKE.

One quart of flour, four ounces of butter, one table-spoonful of ginger, one table-spoonful of sugar, half a

nutmeg; mix into a moderately stiff paste with a pint of molasses; roll out thin, cut into fancy shapes, and bake in a quick oven.

LITTLE MOLASSES CAKE.

To one quart of molasses add one teaspoonful of soda dissolved in half a teacupful of buttermilk or sour cream; let the molasses get warm, then stir in the soda, putting into it three-quarters of a pound of butter and lard mixed, and buttermilk; add two table-spoonfuls of ginger, and any other seasoning that you like. This quantity will make up about two quarts of flour. Allow some for the rolling out on the board.

MRS. J. RANDOLPH PAGE'S GINGER CAKE.

Two quarts of flour, one teacupful of sugar, one pint of molasses, half a pound of lard, four table-spoonfuls of ground ginger, one table-spoonful of ground cloves, and one teaspoonful of salt. Let any one try this recipe who wants to be convinced that the best things are not always the most expensive. The dough must be just as stiff as it can be to handle well, and rolled out to wafer-like thinness. Stick as you do biscuits, and bake quickly, without burning. Cut out also with a plain round biscuit-cutter.

MRS. RITCHIE'S MARMALADE CAKE.

Rub together one pound of sugar and one pound of butter until perfectly light; beat the yolks and whites of six eggs *well*; sift one pound and a half of flour into the butter, sugar, and eggs; a teaspoonful of mixed spices (cinnamon, nutmeg, and mace); half a glass of rose-water; stir the whole *well*, and roll it on your pasteboard about half an inch thick; then cut out your cakes and bake

them a few minutes; when cold spread the surface of each cake with peach, quince, or raspberry marmalade; beat the whites of eight eggs very light; add enough powdered sugar to make it thick as icing; flavor it with lemon, and with a spoon put it on each cake, high in the centre; put the cakes in an oven, and as soon as they are a pale brown take them out.

GINGER SNAPS.

Four quarts of flour, one quart of molasses, one pound of sugar (brown), one pound of lard, one ounce of soda or pearlash, and three ounces of ginger.

JEW'S CAKE.

To one pint of flour put four ounces of brown sugar, a little nutmeg and lemon-peel, or mace or cinnamon, according to taste; mix the dough up with the yolk of an egg; roll it out thin, and cut into any shape you please. Just as they are to be put into the oven throw a little pounded white sugar over them (not pounded very fine). The brown sugar must be rolled fine and smooth with the rolling-pin before it is mixed with the flour.

GOOD GINGER CAKE.

One pound of butter, three-quarters of a pound of brown sugar, one quart of molasses, one ounce of cinnamon, three dozen cloves, six dozen allspice, two tablespoonfuls of ground ginger, and about three quarts of flour, or enough to make a tolerably stiff dough.

MRS. GARRETT'S TEN-MINUTE CAKE.

Take two teaspoonfuls of cream of tartar and mix it, by sifting, with one pint of dry flour, one even teaspoonful of soda, dissolved in a teacupful of milk; rub a piece

of butter the size of an egg into the dry flour; then beat up one egg, and a teacupful of sugar; mix all *well* together, and bake without delay. Have your oven ready heated before you begin mixing, and you can *make* and *bake* the cake in ten minutes.

BAKER'S OR PLEBEIAN GINGERBREAD.

Two quarts of flour, four teaspoonfuls of soda, one quart of molasses, one cup of sour cream, one half cup of ginger, one large table-spoonful of lard. Sprinkle the ginger into the flour; mix sugar and molasses with the cream and soda.

NEVER-FAILING CAKE.

Three-quarters of a pound of butter, one pound of sugar, one pound of flour, eight eggs. Cream the butter and sugar together; add a handful of flour and two eggs, then another handful of flour and eggs, and so on, until all the ingredients are mixed together. Flavor as you like. Beat well each time, and bake in a one-pound mould.

COCOA-NUT CAKE.

One pound of flour, one pound of sugar, half a pound of butter, one dozen eggs, the half of a cocoa-nut grated, one lemon (juice and rind); mix as you do pound-cake batter, and bake in small cups or shallow pans.

LEAVENED FRUIT CAKE.

To one pound and a half of flour put one gill of yeast, six eggs, and a pound of butter, one pound and a quarter of good brown sugar, one gill of brandy, three teaspoonfuls of mace and nutmeg mixed, one pound of raisins or currants, half a pint cup of cream. Let half the materials be set to rise with the quantity of yeast named, and when well risen the other part added. Give it ample time to

rise, and when well swollen put in the second half of the materials, and give it another good rise. It will require a part of two days to complete the whole process, but rewards by being a cake of peculiarly nice flavor.

WHITE CUP CAKE.

Whites of eight eggs beaten to a stiff froth, three half-pint cupfuls of flour, two half-pint cupfuls of white sugar, one half-pint cupful of butter, one half-pint cupful of cream, one teaspoonful of cream of tartar sifted into the flour, half a teaspoonful of bicarbonate of soda dissolved in the cream; mix sugar and butter together until well creamed, then add alternately flour and eggs until all are in, reserving the cream to pour in last; season with essence of bitter-almonds or rose-water. Bake in rather a quick oven.

ANGEL'S FOOD.

(The glass spoken of in this recipe is an ordinary half-pint tumbler.) One glass of flour sifted *five* times, one glass and a half of powdered sugar sifted, whites of eleven eggs, beaten to a stiff froth, one teaspoonful of cream of tartar; season to your taste with vanilla—a delicate flavor recommended, however; beat the eggs very light; sift in the sugar by degrees, not beating but stirring lightly; add the flour very gently, using your spoon lightly—*do not beat*; season to suit your taste, and, last of all, stir in the cream of tartar: bake at once. Do not grease your pan, but line the bottom and sides of the mould with paper. Use a straw to test the fact of its being done, and let the cake stand in the pan a few minutes after it is done.

REPUBLICAN CAKE.

Five eggs, three-quarters of a pound of sugar, one pound of flour, half a pound of butter, one teaspoonful of

soda, two teaspoonfuls of cream of tartar, one cup of sweet milk; first beat the eggs, whites and yolks separately; add the sugar to the yolks when they are light, and beat again; then add the butter, after washing the salt from it and creaming it, then the cup of milk and whites of egg. The flour should be added last, the soda and cream of tartar having been perfectly incorporated with it by sifting. Let the process of making be as prompt as possible, and bake in a quick, steady oven.

Flour	1 lb.	Sugar.....	$\frac{3}{4}$ lb.
Butter.....	$\frac{1}{2}$ "	Milk	1 cup.
Eggs	5	Cream of tartar.	2 teaspoonfuls.
Soda.....	1 teaspoonful.	(Flavor as your fancy directs.)	

WAFERS.

Beat six eggs separately; add a pint of flour, half a pound of sugar, and two ounces of butter. They are nice without any flavoring; but, if preferred, a little grated nutmeg or powdered cinnamon is not amiss. For the baking of these cakes a particular iron is needed, known as wafer-tongs. Grease these well, but delicately; pour in a dessert-spoonful of batter; thrust the irons in the fire; hold them there only three minutes; cut off with a knife any burnt batter that may exude; have a clean dish ready; rest the irons upon a table close at hand, and with a fork fold the wafer up into a small roll. No cake can be more dainty and delicious, if successful. If, upon trying, the batter be a little too short, and break, add a few teaspoonfuls of milk, and the fault will be corrected.

CREAM CAKE.

Three cups of sugar, one cup of butter, rubbed together, two cups of cream, five cups of flour, four eggs, half a teaspoonful of soda, half a glass of wine, and one teaspoonful of any spice you fancy.

TEA CAKE, No. 1.

Two teacupfuls of sugar, one teacupful of butter, one teacupful and a half of milk, and two eggs; dissolve half a teaspoonful of soda in the milk, and mix enough flour with these ingredients to make a paste that will roll handily; cut out with a biscuit-cutter, and bake.

TEA CAKE, No. 2.

Three pints of flour, with which Horsford Powder has been incorporated in the regular proportion, three teacupfuls of sugar, a piece of butter the size of an egg, and one nutmeg; make up with milk or water, as you find convenient; roll them out, and cut into round or fancy shapes. If you prefer, you can use buttermilk and a teaspoonful of soda instead of yeast flour.

INDIAN MEAL POUND CAKE.

Sift a pint of Indian meal and half a pint of flour; mix them together; stir together half a pound of loaf sugar and half a pound of fresh butter, with a table-spoonful of cinnamon, a nutmeg, a glass of wine, and one of brandy; beat eight eggs very light, and stir them into the butter and sugar, a little at a time, in turn with the meal. When well mixed and beaten, pour into a greased pan and bake for an hour and a half.

ALMOND CAKE.

One pound of butter, one pound and a half of flour, one pound and a half of sugar, the *whites* of eighteen eggs, two pounds of blanched almonds, one dozen of bitter almonds, one teaspoonful of mace. This cake must be baked in shallow pans, and is delicious. It should be iced.

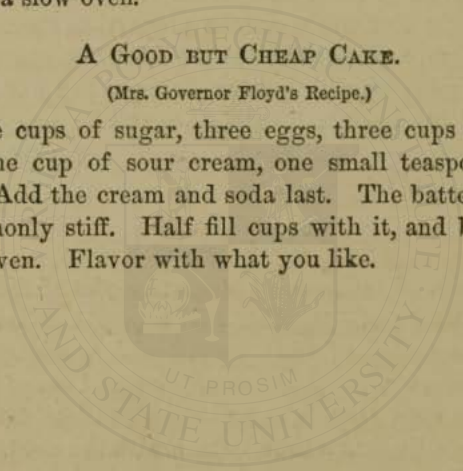
TO MAKE SHREWSBURY CAKES.

Take four eggs; beat them with two spoonfuls of rose-water and three of wine; one pound of flour well dried, half a pound of butter, and three-quarters of a pound of sugar; cut your butter in slices upon the flour, and put the sugar to it; then put your eggs to the flour, sugar, and butter, and mix them all well together; then cut them out into little thin cakes, dust sugar over them, and bake in a slow oven.

A GOOD BUT CHEAP CAKE.

(Mrs. Governor Floyd's Recipe.)

Three cups of sugar, three eggs, three cups of sifted flour, one cup of sour cream, one small teaspoonful of soda. Add the cream and soda last. The batter will be uncommonly stiff. Half fill cups with it, and bake in a quick oven. Flavor with what you like.



CHAPTER XVI.

ICINGS.

Icing for Cake, No. 1.—Icing for Cake, No. 2.—Transparent Icing.
—To Make Boiled Icing.—Chocolate Icing.—Red or Pink Coloring for Icings, Jelly, etc., Nos. 1 and 2.

ICING FOR CAKE, No. 1.

To the whites of three eggs put one pound of very fine pulverized white sugar, and any flavoring you like, either the juice of a large lemon strained, or a teaspoonful of extract of rose or vanilla; sift the sugar into a bowl and break the eggs into it, being very careful not to let a *particle* of the yolk be mixed with the whites; beat the latter with the sugar until they are very light, using a wooden spoon or paddle; when become very white and smooth add a pinch of cream of tartar, to promote rapid hardening; wipe the cake over with a little flour, and apply the icing by means of a knife with a broad blade; keep a bowl of water at hand, in which the knife may be repeatedly dipped, for this gives a fine gloss. The icing should not run off the cake; if it does, add more sugar.

ICING FOR CAKE, No. 2.

Another equally good way to make icing is to whip up the whites of four eggs till they stand alone, then to add one pound of sifted sugar, a spoonful at a time, beating all the while, and so lightly that the whites never fall, and when applied can be put on in a thick coating, of which not a drop will roll off; add a little dissolved gum-arabic, to prevent the icing from peeling off in a sheet

when cut into. This kind of icing dries rapidly, especially when exposed to the heat of a fire, but take care not to set it near enough for the color to be browned; flavor with orange or lemon-juice, or any extract fancied.

If you wish to ornament your iced cakes with flowers or figures, you must either purchase a cone, patented for the purpose, or make a paper cone for yourself, gluing the sides together and making an opening at the bottom large enough for the icing to come out in dots or a continuous stream, made to follow the outline of a design, sketched lightly on the smooth coating of icing that has been put on in the first instance.

Wax tapers are fastened on the top of birthday cakes by melting them a little at the lower end, and holding them a minute or two gently in position, when they will keep in place.

TRANSPARENT ICING.

For a large cake put two pounds of finely powdered white sugar in a small kettle, and add to it a pint of water; let them boil together until quite thick; then rub the sugar against the sides of the kettle until it looks white and milky; then flavor with two table-spoonfuls of lemon-juice, or enough vanilla to impart a delicate flavor, and pour the icing while hot over the cake so as to coat it all over.

TO MAKE BOILED ICING.

Two pounds of pure white sugar are to be put into a stewpan with half a pint of water, and boiled until the water is out, but the sugar must not be suffered to candy; take it off the fire, and when cool enough not to harden them, beat the whites of eight eggs very light, and stir all well together; flavor, and apply to the cake like any other frosting. Some persons prefer this mode of making it to any other.

CHOCOLATE ICING.

Three table-spoonfuls of grated chocolate, five table-spoonfuls of white sugar, a lump of butter the size of a hickory-nut, and one spoonful of cream. This icing must be boiled about ten minutes, and then spread hot over the cake to be iced.

RED OR PINK COLORING FOR ICINGS, JELLY, ETC., No. 1.

Take twenty grains of cochineal and fifteen grains of cream of tartar finely powdered; add a piece of alum the size of a pea; boil these things together with a gill of soft water, slowly, for half an hour in an earthen vessel; then strain through thin muslin, and cork very tightly in a phial. It will keep, and a very little suffices to use at one time.

RED OR PINK COLORING FOR ICINGS, JELLY, ETC., No. 2.

Gather poke-berries just before frost falls; express the juice, and let it drip clear through a flannel or thin muslin bag; to one pint of juice allow three-quarters of a pound of white sugar; boil rapidly together for twenty minutes, and put away in a small glass jar for use. This quantity will last an ordinary family for a whole year, and be found very useful in ornamental cookery.

CHAPTER XVII.

ICE-CREAM AND CUSTARD.

Vanilla Ice-cream.—Economical Lemon Ice-cream.—Lemon Sirup.—Lemon Ice-cream.—Strawberry Ice-cream.—Strawberry Ice-cream in Winter.—Raspberry Ice-cream.—Peach Ice-cream.—Green-apple Cream.—Caramel Cream.—Cocoa-nut Ice-cream.—Chocolate Ice-cream.—Chocolate Custard.—Coffee Cream.—Coffee Cream (Another Way).—Pineapple Cream.—Orange Ice.—Lemon Sherbet.—Pineapple Sherbet.—Frozen Tea.—Tutti Frutti.—Currant Ice.—Gooseberry-fool.—Frozen Plum Pudding.—Boiled Custard.—Trifle.—Burnt Custard.—Baked Custard.—Banana Ice-Cream.—Banana Cream.—Frozen Peaches.

No dessert is so generally liked, and it is a mistake to suppose that its preparation involves more than ordinary trouble. With a little pains in studying general principles, and exercise in carrying them into practice, the house-keeper will find that she can succeed in making as elegant a dish as can the city confectioner, and one that is more palatable. Here, as in so many other departments of household economy, modern science has been at work to facilitate mechanical processes; therefore, with a "Five-minute Freezer," that actually does freeze ice-cream in ten minutes, no house-keeper can escape the imputation of indolence who refuses to treat her family now and then to the healthful refreshment afforded by a bowl of ice-cream.

But with an ordinary freezer one can do very well. Wherever colored labor is employed, experience has proven that simple contrivances are safest to employ; for, where there is the least complication of machinery with

our colored friends, there is ever a screw loose or a button lost, since they have an invincible repugnance to modern improvements. So, in Southern families, "Five-minute Freezers" have mostly been laid aside for the plain tin cylinder for a freezer, with its double bottom coated with zinc. A tall, deep tub should be procured, not more than four inches larger in diameter than the freezer; then with a small spade (about the size of a woman's hand), fastened securely to a long wooden handle, one is furnished with the whole outfit needed, though one should wish to have ice-cream made every day during the hot season.

Snow has been ascertained to answer for freezing purposes even better than ice. The finer ice is pounded the more expeditiously will the task of freezing be accomplished. To avoid waste, when ice is to be pounded it should be first enclosed in a stout linen bag, and from that be emptied into the tub, where it must be packed around the freezer as closely as possible, salt being sprinkled upon it through and through. The philosophy of the matter being that the freezing of the cream results from the lowering of the temperature caused by the action of the salt in melting the ice, it follows that the larger the surface acted upon by the salt the more perfect will be the mixture of the two, and the quicker the reduction of temperature to the required state. In brief, the finer the salted ice, and the more numerous its points of contact with the freezer, the faster will the cream harden. In a freezer such as we have described half an hour is enough time to allow for the operation. A gallon of salt and a peck (twenty-five pounds) of ice is the allowance for a two-gallon freezer.

Before putting in the cream wipe off the top and sides of the freezer, to prevent the admission of the least parti-

cle of salt, and do so every time the lid is lifted. Holding its handle, the freezer must be shaken rapidly from the very first; but, after five minutes' brisk turning, open the freezer and cut down from the sides the slight sheet that will already line the sides; spade it up from the bottom likewise, and beat the whole together, the little that has frozen with the rest. The proper motion is very like that known to cooks as "creaming" when they prepare butter for cake. After beating it up light shut the freezer-lid down close again, turn rapidly for another five or ten minutes; cut down and beat up again, etc., until the cream is all evenly frozen light and smooth.

Whipping up the cream increases the bulk, and improves the dish to most tastes. A few whites of egg added when the cream has fairly begun to freeze help to make the process go on rapidly, and add to the smoothness of the mixture, making home-made ice-cream more like confectioner's. Pure cream, simply sweetened and flavored, is undoubtedly the best formula of preparation that can be given for ice-cream, but delicious imitations can and have been made, when no inexhaustible dairy was at hand whence to draw supplies. A gentleman who was a connoisseur in such matters once asked a lady to let him know where to procure such delicious cream, when there was not a drop of cream in what was before them. Skill and good taste can so combine as to make the best of all apologies for the thrift of the economical housewife.

VANILLA ICE-CREAM.

Vanilla is more popular than any ice-cream, and yet the provider finds that it is the most expensive in a very important respect—namely, it requires much richer cream to make it good than any other flavoring. To one gallon of ice-cream, which is enough for sixteen persons, put one

pound and a quarter of white sugar, and a flavoring of vanilla according to taste.

The great difference in the strength of extracts makes it impossible to name an exact quantity for the seasoning. Remember, it is always better to put too little than too much. The fact is, where one can afford it, there is no flavoring of vanilla imparted equal to that obtained from the genuine vanilla bean, its comparatively high price alone having brought it into disuse. The way to season with that (one bean being enough for a gallon) is to split it and boil it in a cup of milk. When the milk has boiled take out the bean and scrape down the tiny seeds into the milk, for they are so infinitesimally small as not to be objectionable. Then add the milk to the cream. Dry the bean, and it may be used once more.

The next best seasoning of vanilla for home-made cream is obtained from the vanilla grass, a clump or two furnishing flavoring enough for a summer. Gather the seed-heads, and, tying a bunch of them together, boil in a bag in milk, as directed in case of the bean.

When your cream has been set to freeze beat up the whites of four eggs, and add them when the freezing has just begun, stirring so as to mix thoroughly. Whether you whip up the cream or not must be left to discretion, for, in the judgment of many, the beating up inside the freezer is amply sufficient for making it light, and a good house-keeper never encourages a useless expenditure of time and strength.

ECONOMICAL LEMON ICE-CREAM.

Often in the country cream cannot be spared, because all must be given to the churn, and yet a nice dessert is wanted. For ice-cream enough for twelve persons take two quarts of fresh buttermilk (it must not be cheesy), then put on the fire a quart of unskimmed sweet milk, in

which you have dropped the thinly-pared rinds of three lemons ; meanwhile beat up very well the yolks of four eggs, and stir into them one pound of sugar ; as soon as the milk boils pour it upon the eggs, a very little at a time, till all is smoothly mixed ; then return to the kettle and keep there for about five minutes, stirring constantly, or until the custard thickens ; then mix with the buttermilk, and if upon tasting it you find the acid to be at all perceptible, however mild, you need add no lemon-juice. If you think a little would give piquancy to the flavor, however, squeeze in just the least bit. This combination so successfully imitates cream that it would deceive an expert. The little egg put in gives a delicate yellow hue that aids in the pleasing illusion, the eye having more to do with the perceptions of the palate than we are accustomed to believe. Save the whites of the egg to add while the freezing is going on. When lemons are out of season use a sirup made by the following recipe. It is judicious to keep some on hand, making it in the spring of the year, when lemons are so cheap and plentiful in the cities.

LEMON SIRUP.

To two pounds of loaf or pulverized sugar put two pints of water and the juice of eight good lemons, with the rind of three, boiled for about twenty minutes. After the sugar and water are boiled and skimmed till clear you then add the juice, which is not to be strained until the sirup is done ; when done, then strain and bottle it. This quantity makes two quart bottles full, bringing the cost to about twenty or thirty cents apiece.

LEMON ICE-CREAM.

Differing from vanilla, lemon-juice greatly enriches cream, so that if it is very rich it will stand a considera-

ble admixture of milk, and be the better for it. Take two fair-sized lemons, pare off their rinds very thin, and put them on the fire to boil in a pint of fresh milk; squeeze the juice from the lemons; put into your freezer three pints of pure cream, and then strain into it the pint of seasoned milk, in which has been dissolved three-quarters of a pound of sugar; lastly, strain the juice, and do not be alarmed if the milk curdles, for the process of freezing will restore it to its first condition. We have moreover seen cream that had really turned to bonny-clabber, when seasoned and frozen, answer just as well as if it had been perfectly sweet. This is especially the case when flavored with lemon. Ice-cream should always have rather more sugar allowed in the first instance than taste requires, because it loses in sweetness from being frozen.

We do not recommend essence of lemon to be used at all in flavoring ice-cream, for it is not delicate enough to take the place of the fresh fruit. Add the whites of a few eggs, as usual during the process of freezing; taste your cream after mixing it, and, if more lemon is needed, strain in a little more juice; more sugar *may* also be needed, but the above measures will be found correct under ordinary conditions.

STRAWBERRY ICE-CREAM.

When strawberries are in season there are three distinct ways of making them into ice-cream, any one of them good. We give the three, that you may follow the one you fancy, or alternate at pleasure. The prettiest way is that adopted by confectioners. Squeeze wild strawberries, if you can get them, capped or uncapped, and to one pint of the expressed juice put two quarts of cream and one pound of pulverized sugar. No one can complain of this cream; but at the first of the season, when

strawberries, being scarce and high, are all the more craved, persons cannot afford to be so lavish of them, and one quart of capped berries, simply mashed up and made into ice-cream, gives three times as many persons enjoyment of the variety as could be afforded in any other way. As nearly as we can come at the proportions of strawberry cream made in this fashion, they are: one quart of strawberries, two quarts of cream, one pound of sugar.

The third way is resorted to when berries are ripe and plentiful. Take two quarts of large, red strawberries, after they have been capped, put them in a china bowl, and sprinkle through and over them one pound and three-quarters of sugar. In two hours much sirup will have been formed, which must be added directly to three quarts of cream. Then put them in the freezer, and when beginning to get firm stir in the whole berries left in the bowl. This is a very delicious cream: two quarts of strawberries, three quarts of cream, one pound and three-quarters of sugar.

Remarks.—Strawberry juice, like lemon, imparts richness, so that where cream is scarce you can use, in part, milk, and even a little buttermilk, and still have your cream amply rich.

No matter how exact may be the recipe you follow, always taste ice-cream before you set it to freeze, the better to guard against disappointment. When sweetened exactly to the taste, it is always safe to add a light cupful of sugar more "for the freezer."

STRAWBERRY ICE-CREAM IN WINTER.

When strawberries are out of season a pint bottle of strawberry acid (*vide* Strawberry Acid, page 278) is sufficient to flavor three pints of cream without farther addition of sugar, but a little poke-berry jelly mixed first, with

the point of a knife, in a spoonful of the cream taken out and then stirred in the whole till the right color is attained, will materially improve the resemblance to cream made of the fresh fruit.

Canned strawberries of the Wayne County brand also make an excellent cream, retaining the flavor of the fresh fruit to a surprising degree, nor need any sugar be added. The aid of a little coloring matter may be called in here, too, to advantage. Strain in the juice only, or use fruit and sirup, as you prefer—either is very nice.

RASPBERRY ICE-CREAM.

The juice only must be used in making raspberry cream, about one pint of juice to one quart of cream, and a light pound of sugar. The red Antwerp raspberry, when blended with the cream, produces a lovely color, and has exquisite fragrance as well as delicate flavor, but even the juice of the common wild raspberry makes a very nice variety in the matter of creams.

In winter, canned raspberries, or even raspberry jam, put in a small sieve, and the juice from them strained into cream, will prove most satisfactory. Allow five ounces of sugar to a quart of the flavored cream, if the fruit has not been sweetened; otherwise sweeten to taste.

PEACH ICE-CREAM.

This may be made the best of all ice-creams, and yet it is one of the most difficult for which to supply an exact recipe. Try the following, and if more sugar is needed alter to your taste. The best ice-cream is made from mellow, soft peaches, and the yellow-fleshed give a charming color. In an emergency, however, I have seen very nice made out of indifferent pieces not presentable in any other form. Peel, halve, and spread out your peaches

upon a large flat dish, and with a silver or broad wooden fork mash as fine and smooth as possible. Measure the pulp, and to one quart put three-quarters of a pound of powdered sugar and a quart of cream, that need not be very rich. Mix and freeze as usual.

Soft peaches, mashed..... 1 qt. | White sugar, powdered... $\frac{3}{4}$ lb.
Cream, 1 qt.

GREEN-APPLE CREAM.

Stew the apples when green, the last of June, or in July; mash and sweeten them very sweet with white or brown sugar; flavor with lemon or a little nutmeg; add as much cream as you have apples, which you can ascertain by measurement, and sweeten to your taste, or by allowing a heaping teacupful of sugar to a quart, then adding a small cupful "for the freezer." Some prefer to freeze the coddled apples alone, and send a pitcher of cold cream to table with them, to be used *ad libitum*.

Coddled apples..... 1 qt. | Cream.... 1 qt.
Brown or white sugar. 3 cupfuls. | Nutmeg... a half one grated in.

CARAMEL CREAM.

This ice is admired wherever it is seen, but is more than usually troublesome to prepare, because taste, judgment, and experience are all called into requisition to make success certain. If one has aptitude for cookery, however, she may do well the first time by the following directions, which are as precise as they can be made:

Put on to boil in a preserving-kettle one gallon of rich new milk; meanwhile beat up as light as possible the yolks of sixteen eggs; after they are light add to them, and beat in, two cupfuls of pulverized white sugar. At the same time have an assistant put two cupfuls of brown sugar, dry, into a skillet, and place it on the fire where it

may burn. When the milk boils remove it quickly from the fire, and add it to the eggs, a little at a time, stirring until all is mixed. Then return to the fire, and stir until it thickens. The sugar will have now been burnt very black, some one having been stirring and watching it all the while. Take the custard from the fire and pour a little of it into the burnt sugar, which will sputter and send out smoke, but this must not be minded; keep on adding a little and a little till the whole is smooth and the skillet full, then pour its contents gradually into the main bowl of custard, but pause and taste when it looks the color of strong coffee, for if darker than this the sugar has been too much burnt. The art of making caramel depends upon burning the sugar to the precisely proper extent. If too little burnt the cream is mawkish; if too much, bitter and brackish; if precisely right, it is delightful. "Practice makes perfect," and we recommend the recipe as worth trying.

Burning the sugar too little is remedied by taking another cup of sugar and burning that most decidedly; burning too much, by adding cream or more custard until the proper degree has been reached. But it is most advisable to take great pains to be right in the first place, if trouble and annoyance would be avoided. Made thus: For one gallon of custard take one gallon of milk, two cupfuls of white sugar, sixteen yolks of eggs, two cupfuls of brown sugar burnt.

N.B.—Do not forget to add the extra cup allowed to make up for the waste of sweetness in freezing.

COCOA-NUT ICE-CREAM.

Free the nut from its shell, and grate the meat fine; allow two nuts to one gallon of cream; sweeten the cream with a pound and a quarter of white sugar; add the milk

of the cocoa-nut, if you like its rich taste, or omit it at pleasure. When the cream is partially frozen add the cocoa-nut, with the beaten whites of three eggs. If a confectioner is near at hand, it is better to purchase the nut already grated, as he will be willing to furnish it thus for a few additional cents—not worth speaking of, compared with the trouble saved.

CHOCOLATE ICE-CREAM.

Scrape up a quarter of a pound of Baker's Chocolate, and dissolve it in a little water; then add to it one quart of fresh milk, and put it on the fire in a stewpan to boil, stirring it all the time; make a paste of one table-spoonful of corn-starch and the same quantity of cold milk; stir it into the chocolate, and boil until it has well thickened, which should be in about fifteen minutes; add two teacupfuls of white sugar and a teaspoonful of vanilla extract; when well thickened, remove the chocolate from the fire, and add it to a quart of rich cream; freeze as usual.

CHOCOLATE CUSTARD.

Many of the best house-keepers do not trouble themselves about having any cream at all in preparing frozen chocolate, but use custard altogether. Some persons like a mere delicate flavor of chocolate, others prefer it strong and rich. We here endeavor to strike a happy medium. Either a very little cinnamon or vanilla is thought to improve the flavor of this cream; but when the French preparations are used they are sufficiently seasoned, without addition of any kind save a little sugar.

Scrape a quarter of a pound of chocolate very fine, and put it on the fire with two quarts of fresh milk; meanwhile beat up very well the yolks of six eggs, adding, when they are partially lightened, two cupfuls (or ten

ounces) of sugar; continue beating until the chocolate and milk boil up, when take it quickly from the fire, and pour in a little at a time upon the sugar and eggs, till all are smoothly mixed; then return to the kettle, and stir briskly for five minutes longer, when the eggs will be done, and the custard sufficiently thick; beat up the whites of eggs left, and add them when the cream in the freezer is beginning to harden.

COFFEE CREAM.

This is a favorite refreshment at gentlemen's supper-parties. Toast two gills of raw coffee till it is a light brown, and not a grain burnt; put it hot from the toaster, without grinding it, into a quart of rich and perfectly sweet milk; boil it, and add the yolks of four eggs beaten up and mixed with half a pint of sugar. When done in this way the color of the coffee is not imparted; but, as this is often particularly admired, you can obtain it by burning a cup of brown sugar, and adding a little of the hot custard to it at a time till all is added, and your cream a rich coffee-color.

COFFEE CREAM (Another Way).

Take eight table-spoonfuls of freshly ground Java coffee and put it on to boil, or rather steep, in a small coffee-pot, with only one cup of water; pour this extremely strong decoction into two quarts of rich cream, and sweeten with three-quarters of a pound of sugar. If the cream should not be thick enough, it may be brought to the right consistence by making a table-spoonful of corn-starch into a paste, boiling it with a small portion of the cream, and stirring it into the whole quantity when thoroughly done.

PINEAPPLE CREAM.

Slice fine ripe pineapples and lay them in a bowl, with pulverized sugar strewn over them; in a few hours the sirup will have drawn, and makes a fine flavoring for ice-cream; add of it until the taste is sufficiently distinct; and whether more sugar is needed must also be determined by the person making the dessert. The fruit is sometimes chopped up and added, but there is a certain hardness about most pineapples that renders the way we recommend here preferable.

ORANGE ICE.

Choose sour, high-flavored oranges, as sweet oranges make this dish not only a very expensive but a mawkish one likewise. To the juice of twelve oranges add that of two lemons, and grate in the rind of only one orange; add the beaten whites of six eggs, a gallon of water, and a pound and a half of white sugar.

Oranges.....	12	Lemons.....	2
Water.....	1 gal.	Sugar.....	1½ lbs.
Gelatine.....	1 oz.	Whites of eggs.....	6

LEMON SHERBET.

We are indebted to the East for this most refreshing of all delicacies during the burning heat of our American summers. Lemon is the fruit most commonly used for this purpose, and certainly the most appropriate. The simplest way of making is the best. When the lemons are fine and juicy, eight will be enough to flavor a gallon of water. Rub the lemons till very soft; squeeze out the juice, and strain it into the water. A little flavor of the rind imparts richness, and may be given by grating immediately into the lemonade, or by peeling very thin

the rinds of two for a gallon, and boiling them well in a pint of the water set aside for your gallon of sherbet. It should be strained after boiling five minutes; an ounce of gelatine, dissolved thoroughly and beaten into the sherbet with the stiff foam from six whites of eggs, is said to prevent sherbet melting rapidly when taken from the freezer and exposed to the air.

Lemons..	Juice of 8 or 12 large.	Lemons..	The grated rind of 2.
Water ...	1 gal.	Eggs.....	Whites of 6.
Sugar....	1½ lbs.	Gelatine..	1 oz.

PINEAPPLE SHERBET.

One can of pineapples, one dozen lemons (the juice of all and rinds of six). Chop up the pineapple, squeeze the lemon-juice into it, and boil the rinds, thinly pared, in a pint of water, which must be deducted from the gallon of plain water that must go to this quantity of fruit. Try one pound and a quarter of white sugar; but if not sweet enough, add until a little too sweet, for freezing always takes off something in that way. When half-frozen, add the beaten whites of three eggs and one ounce of gelatine dissolved in a teacup of water. Freeze, beating thoroughly from time to time.

FROZEN TEA.

Take as much fine-flavored tea as you choose, drawn in the usual way, and sweetened while it is hot; then give a dash of the lemon flavor by slicing up half of one very thin and adding it to the tea. Freeze as usual. Some persons find it more reviving on a hot day than any other sherbet.

TUTTI FRUTTI.

One gallon of cream, one can of peaches, one can of apricots, six lemons, six oranges, twelve bananas. Chop

the peaches and apricots; add the juice of the lemons and oranges, with the pulp of three of each; whip the cream thoroughly, having first sweetened it to your taste, and stir into the fruit. Two pounds of sugar will probably be about the quantity of sugar required. Freeze all together to a paste; then add the bananas, cutting them up into quarter-inch slices with a silver knife; stir them in lightly with a *silver* spoon, and complete the freezing. This quantity makes two gallons when frozen.

CURRENT ICE.

To the strained juice of red currants, in the proportion of three quarts of water to one of juice, put one pound and a quarter of sugar and freeze.

Currant juice.....	1 qt.		Sugar.....	1½ lbs.
Water.....	3 qts.		Whites of eggs.....	3
	Gelatine.....			1 oz.

GOOSEBERRY-FOOL.

Take two quarts of green gooseberries, wash off any mould on them with hot water, and pick off blossoms and stems; put them in a preserving-kettle with just enough water to cover them, and let the berries stew until they are tender, their color being best preserved by keeping the kettle uncovered; when they are soft, with the back of a large spoon press the pulp through a colander or sieve, and while this pulp is hot add to it two pounds of white sugar; when cool, stir into it either a quart of rich cream or boiled custard; mix this with the gooseberry pulp until they thoroughly combine.

This cream must be served in a glass bowl, with whipped syllabub for a garnish. Cake is a proper accompaniment for this dessert.

The old English mode of preparing gooseberry-fool

was to omit the cream or custard and substitute an ounce of butter stirred into the hot pulp at the same time that sugar was added. At the same time six eggs were beaten up and stirred raw into the pulp, when both were returned to the fire for a few minutes, until the eggs were cooked. When cold, a spoonful of spinach-juice was added to brighten the green color, and the dish was then ready to be sent to table. Besides cake, a glass of rich milk would be needed by most tastes for the perfecting of this dessert.

FROZEN PLUM PUDDING.

Make a custard of one quart of milk and the yolks of four eggs, with one cup and a half of white sugar; flavor with vanilla; seed and cut into small pieces three ounces of raisins; add three ounces each of citron and conserved cherries, cut small; mix with the fruit three ounces of grated chocolate; pour over these ingredients enough wine to cover well, and let them simmer all together until a thick paste is formed, stirring frequently; then add the custard to the fruit; also one quart of cream sweetened with five ounces of sugar flavored with vanilla and whipped up light. Put this cream into the freezer, and when it begins to harden whip up the whites of the four eggs to a stiff froth, and stir in lightly.

Custard.....	1 qt.	Cream.....	1 qt.
Raisins	3 oz.	Cons. cherries..	3 oz.
Chocolate.....	3 "	Eggs.....	4
Sugar	$\frac{1}{4}$ lb.	Vanilla.....	2 teaspoonfuls.

BOILED CUSTARD.

In winter custard takes the place of ice-cream, and a handsome dessert seems incomplete without its presence. The most common mistake in preparing it is to use the whites of eggs, which ought always to be omitted.

To one quart of fresh morning's milk put a teacupful of white sugar, the yolks of four eggs, and fifteen drops of extract of vanilla (rose or almond); set the milk on to boil in a preserving-kettle; at the same time break your eggs and beat the yolks persistently until the milk boils up, adding the sugar as soon as they seem rather light. The lighter the eggs are beaten the richer and thicker will be the custard. The moment the milk boils, lift it from the fire and add it gradually to the sugar and eggs until all is in; then return to the fire, and stir continuously until the custard has thickened and the white foam has disappeared from its surface. This should not take more than five minutes. Empty them into a bowl; continue to stir until you see that there is no sign of curdling, and then set aside to get cold. It is so essential to have it perfectly cold, that even in winter it is better to make it the day before it is wanted. Dish in a glass bowl, and garnish with whipped syllabub.

TRIFLE.

The term trifle is applied to a bowl of boiled custard into which has been cut up several slices of stale sponge-cake; cut the cake into inch squares; heap them up in the bottom of the bowl, and pour over them a gill of white-wine; also intersperse with the cake thinly pared slices of citron; now nearly fill the bowl with custard, and top off with whipped syllabub, as usual; flavor with vanilla. No dish is more generally admired.

BURNT CUSTARD.

A bowl of boiled custard is said to be burnt when, instead of being garnished with syllabub, the whites of eggs left out in making it are whipped up until they stand alone, sweetened with a table-spoonful of powdered sugar

allowed to each egg and a flavoring of vanilla or lemon-juice. Pile up this *meringue* so as to cover the custard entirely, and by means of a shovel heated to a white heat, and held within an inch of the surface, brown and glaze it prettily, and you will have the dish known as "burnt custard," and one that is deservedly popular.

The fire for boiling custard should be a brisk one, as long standing over the fire will curdle almost any milk.

BAKED CUSTARD.

One quart of fresh milk, four yolks of eggs, five ounces of sugar, fifteen drops of vanilla; beat up the yolks and sugar till very light; add the flavoring, and mix in the milk; then fill your custard-cups until they are within half an inch of being full; place the cups in a pan of lukewarm water, the water reaching half-way up their sides, and set the pan in a very moderately heated oven; in twenty minutes try one by dipping a teaspoon into it, and if it cuts, it is done.

Everything in baked custard depends upon the *regularly heated slow oven*. If made with nicety, it is the most delicate of all sweets; if cooked till it wheys, it is hardly fit to eat.

If a richer custard is desired, twice as many eggs may be used; but the proportions given above are for persons who like their food good, but care not to be extravagant or lavish in the use of materials. A very small lump of butter may also be added, if one wants something specially rich.

BANANA ICE-CREAM.

Take six ripe bananas; peel and slice them; put half a pound of sugar on the bananas, taking care to use a silver knife in cutting them up, as steel turns the fruit black; let them stand two or three hours; provide a quart

and a half of rich cream and a quart of milk; pour a part of the milk over half a box, or one ounce, of gelatine; let it soak an hour; heat the other part of the milk to boiling-point; stir it into the gelatine; take four eggs, beat the yolks and whites separately; add a quarter of a pound of sugar to the yolks; stir this into the bananas after cooking the eggs with the milk and gelatine; pour the milk into the cream; mix all together, except the whites of the eggs, which must be slightly beaten, and added to the cream as you freeze it. If you use all milk instead of cream, add two more bananas. This is a delicious cream.

BANANA CREAM.

Peel the bananas, and mash the fruit to a smooth pulp. Allow equal quantities of fruit and cream, and to one quart of the mixture allow a quarter of a pound of sugar. Let no steel come in contact with the bananas, as it spoils the color.

FROZEN PEACHES.

Pare and divide large, fresh, ripe, soft peaches; sprinkle them with granulated sugar in the proportion of a quarter of a pound of sugar to one pound of fruit; put them into a freezer, and freeze exactly as you would ice-cream. When sending them to table in a glass bowl, powder again thickly with powdered sugar. Canned peaches and all kinds of berries may be prepared in the same way. It is a pleasant addition to have at hand a supply of cold rich milk or cream, served separately, in pitcher or bowl.

CHAPTER XVIII.

JELLY, CHARLOTTE-RUSSE, ETC.

Calf's Foot Jelly.—Jelly without Eggs or Boiling.—Isinglass Jelly.—Lemonade Jelly.—Orange Jelly.—Fruit in Jelly.—Rock Cream.—Cream Jelly.—Jerusalem Cream.—Farina Jelly.—Blanc-mange, No. 1.—Blanc-mange, No. 2.—Chocolate Blanc-mange, No. 1.—Chocolate Blanc-mange, No. 2.—Jelly without Wine.—Bavarian Cream.—A Pretty Supper-dish of Jelly.—To Make a "Hen's Nest."—Carrageen Moss Blanc-mange.—Chocolate Charlotte-Russe.—Apples with Jelly.—Ellie's Éclaires.—Plummary.—Charlotte-Russe.—Almond Blanc-mange.

CALF'S FOOT JELLY.

BOIL four feet that have been well cleaned and the hoofs taken off. When the feet are boiled to pieces, strain the liquor through a colander, and when cold, skim off all the grease and measure the jelly into a preserving-kettle, leaving behind the dregs which will be at the bottom. From four feet the yield should be about two quarts of jelly. Pour into it one quart of wine, the juice of six fresh lemons, strained from the seeds, one pound and a half of sugar, a little powdered mace or cinnamon, as well as the thinly-pared rinds of the six lemons. Wash eight eggs very clean, and whip up the whites to a froth; crush the shells and put them in for clearing also; set the kettle over a good brisk fire; stir until the jelly is melted, but do not touch it afterwards; when it boils to one side, leaving an opening where the jelly looks clear, and the dross accumulates on the other side, it is done; remove the dross carefully, and be provided with a kettle of hot water, if you have a regular jelly-strainer, as is

desirable in every household; lift up the lid and fill the double lining with boiling water, to expedite the running through of the jelly. A square of scalded flannel laid across the mouth and held down by the top answers just as well for a bag as any other shape. Pour back what will run out in a thick, muddy stream at first, and keep returning the jelly to the strainer until it runs through perfectly clear; then leave it to drip, putting a cover all over, to keep out the dust; if you have not a jelly-strainer, improvise one out of flannel, and suspend it between the backs of two chairs.

JELLY WITHOUT EGGS OR BOILING.

To one paper of Coxe's Gelatine pour one pint and a half of cold water, the juice of three lemons, and the rinds pared thin. Let it stand so for an hour; then pour over it three pints of boiling water and one pint and a half of wine; add one pound and a half of loaf-sugar, strain through a napkin, and when cold it is ready for use. Allow it about twelve hours for hardening.

This recipe does in an emergency, but is not recommended as being equal to the others given.

ISINGLASS JELLY.

Take two ounces of Cooper's Isinglass, break it up, wash it clean, and put it to soak in two quarts of cold water. Let it set for two or three hours, and then add to it two pounds of white sugar. Put in, for clearing, the whites of four eggs, beaten well, the juice of four lemons and their rinds, peeled very thin, also a stick of cinnamon, and half a dozen blades of mace. Stir all well together, and then put on the fire, and let it boil for twenty minutes, being careful not to stir it. When you think it is done add gently one quart of clear wine.

Strain through a jelly-bag, but take care not to shake it while the jelly is dripping, or it will certainly be muddy.

LEMONADE JELLY.

Take twelve lemons and pare off very thinly the rinds of six. Put these in one pint of boiling water, cover them, and let them steep while the other ingredients are being prepared. Rub the lemons and squeeze them dry. Pour one pint of cold water to the gelatine, let it soften for twenty minutes, and then, emptying it into a large bowl, pour over it one quart of boiling water, which should completely dissolve it. If this is not the case, put it over the fire until not a particle of unmelted gelatine is to be seen. Now strain the juice into it, and add the rinds and water in which they have been steeping, with two quarts of *clear* cold water. If all the water used in this recipe is clear there is no necessity for straining, as in other jellies. Set away in a cold place to stiffen. You can either let it jelly in a mass and break it up with a spoon, for encircling blanc-mange, or mould it in pretty shapes, and serve it with plain or whipped cream. This dish is new, simple, and greatly admired.

To succeed in warm weather, either more gelatine must be added or the jelly set upon ice. All recipes in which gelatine is used are to be understood as referring to cool weather.

Lemons.....	12	Water.....	1 gallon.
Sugar.....	1½ lbs.	Gelatine.....	2 boxes.

ORANGE JELLY.

Melt the gelatine by softening it in a teacupful of cold water, and then dissolve it by pouring on, after an interval of twenty minutes, three cupfuls of boiling water. Put the pound of sugar into the bottom of a bowl and

strain upon it the juice from all the fruit, then add the melted gelatine, and stir all well together. Grate into it enough orange-peel to give a zest to the flavor; and if you still think the taste of orange has not been imparted with sufficient distinctness, peel two more oranges, pick out the seeds, slice them thin, and drop them into the jelly so that they will be distributed throughout the whole; if the jelly is moulded, let some pieces be in each mould.

Oranges.....	8	Lemons.....	2
Sugar.....	1 lb.	Gelatine.....	1 box.
		Water.....	2 qts.

FRUIT IN JELLY.

The most skilful caterer can furnish no prettier dish for a party. Make two quarts of sparkling, amber-colored jelly by adding a little browned sugar to either of the recipes furnished in this book for gelatine jelly. Wet two jelly-moulds holding a quart each, and invert them, seeing that they are supported so as not to be overturned, and fill each of them half full of jelly. Set them in a cold place to harden as soon as possible. In an hour, or as soon as they are firm enough to support the weight, lay lightly on the jelly a few grapes and cherries, or any other pretty fruit of that sort. Let the fruit be fresh, if it can be procured, else taken from cans and drained free of sirup. Meanwhile, having kept a portion of the jelly warm in a pitcher near the fire, fill the moulds with it, and set them away until the jelly is perfectly firm and ready to turn out. It is always better to allow jelly to stand at least twelve hours before it is sent to table, although it *may* harden earlier under very favorable circumstances.

N.B.—If a light-colored jelly is preferred, use white sugar, white wine and lemon only for seasoning, and the hue will be a delicate straw-color.

ROCK CREAM.

One teacupful of boiled rice mashed to a paste, the whites of six eggs beaten stiff and sweetened with three heaping table-spoonfuls of sugar; add three table-spoonfuls of sweet rich cream, and flavor with ten drops of extract of rose or almond. Put into moulds as you would blanc-mange, and eat with cream or milk and preserves.

CREAM JELLY.

Of stock gotten from boiling hog's or calf's feet take one quart, every particle of grease being skimmed off. Put with it into a preserving-kettle one pint of rich sweet cream, and one pint of fresh milk. Melt all together over the fire, but do not keep it there long enough to boil—only long enough to dissolve the stock; then add a teaspoonful of rose flavoring and enough poke-berry jelly to make it of a pretty, delicate pink. Have ready some blanc-mange moulds wetted with cold water, strain the jelly into them, and set away until firm. When wanted for the table turn out into a deep dessert-dish, and serve with whipped syllabub. It is extremely delicate in flavor, and quite an ornamental dish. Country house-keepers, who have more stock than they always know what to do with at pork-curing seasons, will be glad to know so desirable a way of utilizing it.

JERUSALEM CREAM.

One quart of cream, one-third of a box of gelatine, a cupful of sugar, and three table-spoonfuls of brandy; dissolve the gelatine in the brandy, then stir in the cream very gradually, set it in an oven until lukewarm, or stir it constantly over the fire; then pour it into moulds and turn it out like blanc-mange; eat it with plain cream or

gelatine jelly. It is good diet in some cases of invalidism, where strong food cannot be taken.

FARINA JELLY.

Boil one quart of new milk; while boiling sprinkle in slowly a quarter of a pound of farina; continue the boiling from half an hour to an hour; season with a teacupful of sugar and a teaspoonful of vanilla; when done, turn out into a mould and place it on the ice to stiffen. Serve it with whipped cream.

BLANC-MANGE, No. 1.

One ounce of isinglass or gelatine to a quart of sweet cream and a pint of new milk, sweetened to your taste; the gelatine having been softened by lying in cold water* for a few minutes, add it to your cream and milk; put all on the fire to stay until thoroughly mixed and heated; sweeten with a cup and a half of pulverized sugar, and flavor with a teaspoonful of the extract you prefer. Vanilla, almond, or rose is peculiarly suitable. Since cream so readily turns sour, if you prefer you can melt the gelatine in a little water and stir it into the cream cold. If you prefer cooking, remember to wait until it is lukewarm before putting into the moulds, else the watery particles of gelatine will rise to the top and spoil the looks and taste of the blanc-mange. Dip the moulds in cold water before putting the cream in them; blanc-mange will stiffen in cold weather in a few hours, but it is best to make it the day before you intend to use it. It keeps sweet much longer than most preparations of cream.

* Old recipe says, "the isinglass having been dissolved the overnight in boiling water." How much less trouble have modern house-keepers!

BLANC-MANGE, No. 2.

Season one quart of rich cream with five ounces of white sugar and whip it to a stiff froth; pour one pint of cold water on half a box of gelatine, let it soak fifteen minutes, then simmer over embers until perfectly dissolved. When lukewarm pour the whipped cream slowly in, beating it all the time till stiff enough to drop from a spoon; flavor with vanilla or lemon, and put into moulds, as directed above.

CHOCOLATE BLANC-MANGE, No. 1.

Boil two quarts of milk with half a pound of sugar (two teacupfuls will also give the proper amount); grate a quarter of a pound of Baker's Chocolate, and mix it smooth in a little boiling water; as soon as the milk and chocolate boil add four table-spoonfuls of corn-starch stirred to a paste with a little cold milk. Let all boil together for ten minutes longer, and when cooled till lukewarm put into moulds, having first flavored with vanilla.

CHOCOLATE BLANC-MANGE, No. 2.

Two quarts of rich milk, four ounces of grated chocolate, three-quarters of a pound of white sugar, and two ounces of gelatine, which is the quantity contained in one box. Dissolve the gelatine in one pint of water; boil the milk, chocolate, and sugar together for three minutes, then add the gelatine and a teaspoonful of vanilla extract, and let it boil for five minutes; pour into moulds.

* JELLY WITHOUT WINE.

To two ounces of gelatine put half a gallon of water, a pound and a half of sugar (white or brown, according to the color desired), the whites of three eggs well beaten; the juice and thinly-pared rinds of six lemons, with a

teaspoonful of mace and a stick of cinnamon also, if the flavor is not objected to. Let the gelatine be well softened in part of the water, cold, then mix everything together and boil until a clear place opens in the middle and the scum moves to one side. Drip through a flannel jelly-bag placed in a jelly-strainer, with the usual carefulness not to shake.

BAVARIAN CREAM.

Pour on half a box of gelatine a small cup of milk, and leave it in a bowl to stand until soft. Meanwhile make a quart of good custard, into which, while on the fire, put the softened gelatine. Take a good pint of cream flavored with wine and sugar as for syllabub, and as soon as the custard is cool and *begins* to stiffen whip the cream, putting it into the custard as fast as it froths, and have some one to beat it hard as you add the whipped cream, a spoonful at a time. The custard must be flavored mildly with vanilla.

N.B.—The proportions of cream and custard may be reversed, if your dairy admits of the change.

A PRETTY SUPPER-DISH OF JELLY.

Fill a deep glass bowl half full of jelly; have as many small fish-moulds as will conveniently lie in it; fill them with blanc-mange; when they are cold, and the jelly set, lay them on it as if going in different directions; put in a little more jelly, and let it get cold, to keep the fish in their places, then fill the dish so as to cover them. The jelly may be made either of gelatine or hog's feet, very light-colored, and perfectly transparent.

TO MAKE A "HEN'S NEST."

Get five small eggs, make a hole at one end and empty the shells; fill them with blanc-mange; when stiff and

cold, take off the shells, pare the yellow rind very thin from six lemons, boil them in water till tender, then cut them in thin strips to resemble straw, and preserve them with sugar; fill a small deep dish half full of nice jelly; when it is set put the straw on in form of a nest, and lay the eggs in it. It is a beautiful dish for a dessert or supper.

CARRAGEEN MOSS BLANC-MANGE.

Boil one handful of moss in a quart of new milk; flavor it with a cupful of white sugar and a few drops of vanilla or rose extract, then strain it and put it into wetted moulds, where it will harden to a consistency like that of blanc-mange.

Carrageen or Irish moss is a kind of lichen growing freely on the coast of Ireland, and thought to have peculiarly strengthening virtues when joined with milk and made into food, besides having a most delicate and pleasant flavor of its own. It may be procured at any well-furnished drug-store.

CHOCOLATE CHARLOTTE-RUSSE.

Half an ounce of Cooper's Gelatine soaked in a very little cold water, three tablespoonfuls of grated chocolate rubbed smooth in a little milk, half a cup of powdered sugar, four eggs, half a pound of sponge-cake, one pint of cream; heat the cream to boiling, slowly stirring frequently; add the sugar, chocolate, and gelatine, and when these are dissolved add a spoonful at a time to the beaten yolks; set back in the saucepan of boiling water, and stir five minutes till very hot, but do not let it boil; take it off, flavor, and whip or churn to a standing froth, adding the beaten whites towards the last. Line a mould with sponge-cake, fill with the mixture, and set on ice.

APPLES WITH JELLY.

One dozen apples, pared and cored, one pound and a half of sugar. Put the apples on with water enough to cover them, and let them stew until they look as if they would break; then take them out and put the sugar into the same water; let the sirup come to a boil; put in the apples, and let them stew until done through and clear; then take them out, slice into the sirup one large lemon, and add an ounce of gelatine dissolved in a pint of cold water. Let the whole mix well and come to a boil; then pour upon the apples. The sirup will congeal. It is to be eaten cold, with cream.

ELLIE'S ÉCLAIRES.

Prepare a pound of sponge-cake made in the following proportions: one pound of sugar, one pound of eggs, weighed in the shell, and nine ounces of flour. Flavor with the juice and rind of a lemon. Bake in tin pie-plates. The cake should be not quite an inch thick after it has risen. Boil one quart of new milk; beat the yolks of four eggs, with four table-spoonfuls of white sugar. When the milk has boiled up once pour it boiling upon the beaten eggs, stirring rapidly all the time. When well mixed return to the fire. Of three light table-spoonfuls of corn-starch make a paste with a little cold milk, which stir immediately into the custard on the fire. Let it cook until well thickened, stirring all the while. Take off the fire and flavor while hot with a teaspoonful of vanilla. Put a layer of this custard between two of the cakes. Make a chocolate icing for them of three table-spoonfuls of scraped chocolate, six table-spoonfuls of white sugar, two table-spoonfuls of sweet cream, and a very small piece of butter—say half an ounce. Let this

icing simmer over the fire for a few minutes, when it can be immediately applied to the éclaires. While yet hot sprinkle over the top a coating of white granulated sugar. One pound of cake ought to make six ordinary pie-plates—enough, that is to say, for three éclaires—the thickness never being more than two cakes, with one layer of custard between. No dessert can be better.

FLUMMERY.

Put the juice of one lemon and the rind of two to one quart of thick cream; sweeten to your taste (six ounces would suit most persons), and let it stand for half an hour, then whisk it until it becomes thick; add one ounce of gelatine softened in half a pint of water or cold milk, then heat over the fire until dissolved; strain it through a sieve, then beat all together for several minutes; then put the cream into one large or two small moulds, and when perfectly set turn out into a pretty dessert-dish and encircle with whipped syllabub.

CHARLOTTE-RUSSE.

Six whites of eggs, three ounces of sugar, one pint of rich cream, one-third of a box of gelatine melted in half a cup of milk, and half a teaspoonful extract of vanilla.

Directions for Making the Cake for Lining Mould.—One pound of sugar, nine eggs, ten ounces of flour, rind and juice of one lemon. The eggs for the cream must be whisked until perfectly dry, the cream whipped, and *only* the froth lightly lifted off and added to the whites of eggs. The gelatine must be soaked twenty minutes in cold sweet milk, then heated over the fire, stirring carefully all the time to prevent burning; then add the sugar. When lukewarm stir rapidly into the egg and cream; lastly, drop in the vanilla, and then fill up a mould that

has been previously lined with a thin layer of sponge-cake.

This favorite dessert may be elegantly varied according to the dictate of taste. The proportions given above should fill a one-pound cake-mould. By simply cutting the cake into strips, turning out the crust and inside alternately, the outer case will be prettily striped yellow and brown.

By half filling the mould with the cream, as directed above, and adding enough poke-berry jelly to the remainder to impart a rose tint, and laying it on top, when cut, the appearance of the Charlotte-Russe is such as to make it seem too good to be eaten: in short, the very poetry of food.

ALMOND BLANC-MANGE.

One ounce of gelatine, two quarts of cream, one pound of almonds, weighed in the shell, two half-pint cupfuls of white sugar, nine peach-kernels or bitter-almonds; soak the gelatine in a little cold water till soft; then melt it thoroughly over the fire and mix with the cream; last of all add the almonds, and then put into moulds. Prepare the almonds thus: scald them in boiling water, when the skins will easily come off; then put them into a marble mortar and beat to a paste, with a sprinkling of fine white sugar, and rose-water dropped in from time to time until they are ready to add to the cream. This prevents oiling.

CHAPTER XIX.

PRESERVES, ETC.

To Preserve Apples.—Apple Jelly.—Blackberry Jam.—Beautiful Jelly Made from Pippin Apples.—Blackberry Preserves.—To Preserve Cherries.—Red-currant Jelly.—Fox-grape Jelly.—To Preserve Siberian Crab-apples.—To Preserve Cranberries.—Damson Preserves.—Sweetmeats of Citron or Cantaloupe Melons.—Green Gooseberries.—Greengage Plums.—Jelly.—Grape Preserves.—To Preserve Clingstone Peaches.—Peach Jam.—Quince Preserves.—Pear Preserves.—Raspberry Preserves.—Strawberry Preserves.—To Make Jelly out of Strawberry Acid.—Green Tomato Preserves.—Sweetmeats.—Pineapple Preserves.—To Preserve Oranges Whole.—Orange Marmalade.—Quince Marmalade.—Green Sweetmeats.—Fig Preserves.—Quick Way of Preparing Watermelon Rind.—Canned Peaches.—Brandy Peaches.

TO PRESERVE APPLES.

PEEL the apples (pippins or wine-saps are best) the evening before they are to be preserved. Weigh the apples and sugar, allowing three-quarters of a pound of the latter to one of the former, and put the sugar over the apples. Next morning drain the sirup from the apples and put it on in a preserving-kettle to boil. When hot drop in enough apples to cover the bottom of the kettle; when transparent take them off, spread them on dishes to cool and toughen a bit, and meanwhile let another set of apples be put into the kettle, and so continue lifting out and returning to the kettle until all of your apples are clear and done through. Flavor with fresh lemons, grating off the rind into the sirup and squeezing in the juice. Allow one lemon to every two pounds of fruit. If you have not lemons at hand, a little mace imparts a very grateful flavor, or even a little ginger and nutmeg will answer.

APPLE JELLY.

Cut up your apples; put them in a kettle and cover with water; boil till thoroughly done; strain in a coarse bag; measure the juice, and to each pint of juice allow a pound of sugar; put the juice on the stove without the sugar, and boil twenty minutes; while the juice is boiling heat the sugar in a pan inside the stove; after the juice has boiled twenty minutes add the sugar and stir only until dissolved; then take off, and pour into glasses; cut papers out just to fit the inside of the glasses, dip them into brandy, place them on top of the jelly, and cover with close-fitting tin tops.

BLACKBERRY JAM.

See that the fruit is fresh, as the least acidity will bring to naught all of the preserver's labor, and small fruits gathered in hot weather need particular care in this respect. After carefully picking out any bits of stem, trash, or leaves that may be adhering to your berries, weigh them, and to each pound of fruit add half a pound of nice brown sugar (extra C, say); put the berries on, however, by themselves, with a small cup of water to a large kettleful of fruit; cook them, stirring frequently, until the fruit seems to be reduced to a solid mass almost; then add the sugar, and half an hour's longer cooking will be sufficient. Some persons add a little powdered ginger for flavoring, but more frequently they are left without seasoning, and are greatly liked in most families for puffs, at the tea-table, and for rolls.

BEAUTIFUL JELLY MADE FROM PIPPIN APPLES.

Pare, core, and drop the pieces of apple into cold water as you get them ready; allow just as much water as will

serve to stew them without burning or sticking to the kettle; do not let them remain on the fire any longer than is necessary to cook them tender; strain clear through a coarse flannel bag, without *squeezing* or shaking even, if it can be helped; pare the rinds from two lemons to five pounds of apples, and boil them with the apples before they are strained, the juice also being squeezed into them. To each pint of apple-juice allow three-quarters of a pound of cracked loaf-sugar, or other that you know to be pure; put them together in a kettle on a charcoal furnace, seeing that the fire burns briskly from the very first; boil fast for twenty minutes, and then put into glasses, dropping a little of the jelly into each glass, so as to heat it gradually and prevent breakage. The result is a sparklingly clear and beautiful jelly.

BLACKBERRY PRESERVES

Differ from jam in having the proportion of sugar increased to three-quarters of a pound to one of fruit. Then the berries are left whole as much as possible, the sugar put on at once when the preserves are set to boil, and only one hour allowed for the whole process, while four should be allowed for jam.

TO PRESERVE CHERRIES.

If one wishes a pretty preserve for an ornamental dish choose the wax or carnation cherry. Do not seed them, or even pull off their short stems, for, if nicely done, they will not shrink and be so transparent that the stone can be seen through the skin. Allow a pound of best white sugar to a pound of fruit; make a sirup of one pint of water to a pound of sugar; when boiled and skimmed clear add as many cherries as can cook at one time without being crowded; when the first parcel has been in

about twenty minutes lift them out with a perforated ladle and spread on dishes to cool; put in others, and so continue to change them about, lifting out some and returning others to the kettle, until all are equally and sufficiently done; then fill with them small glass jars, see that the sirup covers them completely, and seal up, after covering the surface of the preserves with papers cut to fit, and dipped in brandy. In this way both mould and fermentation are hindered. If finely flavored but plain preserves are desired for filling pies and using on the tea-table, select the high-flavored, tart morello cherry, or the red cluster, which is equally good to the taste and much more pleasing to the eye. Remove carefully *every* seed, but take good care of the juice that will flow very freely during the seeding process. Weigh out a pound of sugar (A or extra C will do) to every pound of fruit; place them in a china bowl, in layers, and let them so remain for two hours, to draw out the sirup, so that no water at all need be used; then drain off the sirup and put it in your preserving-kettle to boil for fifteen minutes before the cherries are added; stew them together until the cherries are clear; then put them up in glass jars, but do not seal finally the first day, for if the cherries rise to the top of the sirup you may conclude that more cooking is needed, and return them to the kettle for another boiling of twenty minutes. Expose to the sun all your preserves of small fruit for several weeks after they are made; and then, if you have no dark closet in which to store them, wrap each jar in a piece of thick, dark paper, so that light will be excluded from them.

RED-CURRENT JELLY.

This is the best of all jellies for use with meats, such as mutton, venison, or ducks. Jelly-making is one of the

nicest of processes, and if the house-keeper is not scrupulously attentive to small precautions mortifying failure is apt to result. Choose dry, clear weather to work in, and, if possible, let the whole process be gotten through with in one day. The *least* tendency to fermentation prevents fruit from forming jelly, and sugar *must* be pure to insure success. It is better not to attempt more than five or six pounds at once, as a larger quantity requires a longer time for boiling than that prescribed, and every element of uncertainty increases the difficulty of attaining to an unvarying result. Strip the currants from their stalks, and put them in a porcelain-lined or bell-metal kettle with the least drop of water, to prevent their burning before the juice begins to come; mash them gently with a wooden mallet so as not to break the seeds, and just as soon as the fruit is heated through, and the juice freed, turn them into a flannel, or coarse, porous linen bag, and let the juice drip into a china bowl; measure the juice, and to one pint allow three-quarters of a pound of best white sugar; put them on the fire (it must be a brisk one), and stir only enough to blend the sugar well with the juice; have a watch or clock at hand, and from the minute it comes to a boil allow twenty more, and it should be firm jelly. If you want your currant jelly to be of a bright red color, gather the fruit before it is entirely ripe, which in Virginia is apt to be the last week in June.

Another mode of making currant jelly successfully is to put the juice on to boil ten minutes alone, the sugar, meanwhile, being put into a slack oven, where it may be dried and heated without being burnt or discolored. As it must be hot, it will not check boiling, when added to the juice, for more than two minutes, and in ten minutes' boiling afterward the jelly will be firm.

The nicest and most convenient way of putting up such

jellies is in cheap tumblers, that may be bought with tight tops already fitted to them. Always remember, though, to put in a close-lying brandied paper immediately over the jelly.

FOX-GRAPE JELLY.

Currants are not plentiful every year, or it may be inconvenient in some way to have jelly made while they are in season. The very best substitute that can be found is the fox-grape. Beautiful jelly is made of them at every stage. Some prefer them green, from their similarity of flavor at that time to the gooseberry. If so, they should be gathered in July. Later, when there is just a blush of color on one side of the grapes, if the juice is expressed the result is jelly of the *loveliest* pink hue; later on the tint is a bright crimson. Just before frost the color is a rich garnet. At all times the flavor is fine and tart.

The juice may be obtained by putting the grapes (after they have been stripped from their stems) in a tall stone jar, and setting that inside a pot of warm water that must be gradually brought to a boil, and kept boiling around it until the skins of the grapes are well broken and the juice flows freely. Stir from time to time with a wooden spoon. For clear, transparent jelly use only juice that has dripped without squeezing the bag. To avoid waste, after all has been used that would drip clear squeeze every particle that will come afterward and make a more cloudy jelly, that will answer very well for jelly-cake and other inferior uses. Or it may be added to the pulp rejected from the first jelly, and made into a serviceable jam for family use, by adding half a pound of sugar to every pint of the mixture, and cooking down till very thick. To one pint of clear juice for fine jelly put three-quarters of a pound of cracked loaf-sugar.

TO PRESERVE SIBERIAN CRAB-APPLES.

These beautiful little apples, hardly larger than the finest cherries, make a highly flavored preserve and exquisitely colored jelly. Take a peck of the apples, with their stems still attached, weigh them, and allow three-quarters of a pound of sugar to one of fruit; put the apples on in enough water almost to cover them, and let them parboil; then take out the apples and spread them on dishes to cool; add the sugar to the water, with the thinly-pared rind of four lemons and their strained juice; boil and skim the sirup; return the apples to it one half at a time, and let them all simmer till clear and well done; then put them into self-sealing glass jars, pour in the sirup until they are well covered, when they may be immediately put away. The sirup left in the kettle may be boiled down until it jellies, and it is uncommonly good and beautiful.

TO PRESERVE CRANBERRIES.

Cranberries are kept perfectly well through the winter in their fresh state by simply filling a jar two-thirds full of them, then placing upon them an inverted china plate, and weighing it down with a clean, heavy stone. Fill the jar up to the brim with pure water, and take from them as many as you will use in two or three weeks; stew them rapidly in a little water, allowing three pounds of white sugar to four pounds of the fruit; keep the cranberries covered all the while, and in from fifteen to twenty minutes they will be sufficiently tender and clear, preserving also their charming color. They are seen so universally nowadays as a sauce for turkey that one is apt to forget what a delicious tart or pudding may likewise be made of them preserved. Some persons put pound to

pound of sugar and fruit, but for our own taste we prefer the proportions given above.

Be particular, in preparing cranberries for table use, not to let them come in contact with tin or pewter, else the color will be injured.

DAMSON PRESERVES.

This fruit is increasingly popular for canning and preserving, and a variety has recently been introduced of the same color, when ripe, as the greengage plum, and rivalling it in flavor. There is a diversity of taste, to begin with, about which the house-keeper must consult those for whom she provides before commencing her preserves, viz., as to whether the seeds must be discarded, in part or in whole. Many assert that they are needed to give flavor, while others object to them as an unmitigated nuisance. There is a stage of ripeness at which the damson arrives when the seed may be taken out with a pen-knife clean, and in gathering or purchasing them it is well to see if such is the case. Again, when the sugar and whole damsons are put on to boil quantities of the seed will rise to the surface, and may be skimmed off by a watchful and industrious person, so that few will be left to annoy, and maybe enough to flavor, and thus strike a happy mean as to taste, but the writer has always preferred to sit down and patiently seed. Three-quarters of a pound of sugar, and brown at that—extra C is very nice—has been found to keep damsons perfectly, and sweeten them sufficiently. Two hours is about enough time to allow for their cooking, and they may be put away in large jars without danger of spoiling.

Damsons may also be utilized by making out of them jam, jelly, and wine, by the usual processes, and with an ordinary amount of sugar.

SWEETMEATS OF CITRON OR CANTALOUPE MELONS.

In order to green the melons, which is the first part of the process, put them in a skillet and cover them with grape or collard leaves, then put in enough water to cover all, and lay on the top a small flannel bag of ashes. Put the skillet on the fire, and let its contents simmer slowly till the melons appear quite done. This sweetmeat is made most economically at the approach of frost, when those small ones make the prettiest which could not have time to ripen.

But, before greening, the melons, whether they be of small or middling size, must be thrown into strong salt-and-water as soon as they are pulled from the vine; there let them stand three or four days; then cut off the outer rind as thin as possible, and *green*.

When they are perfectly green and tender open them and scrape out the seed and pulp; let the small ones be preserved whole, but the large ones may be cut into any form that fancy may direct. Throw them into cold water, changing it three or four times a day, until they become crisp and the salt is entirely taken out of them. Meanwhile, have the sirup thus prepared: for every pound of melon allow three ounces of best white ginger and two crab-apples—if small, three; the ginger must be boiled gently four hours, then pared and sliced thin. The weight of melons, apples, and ginger all together must be taken in sugar for the sirup; after it is clarified add the apples, ginger, and melons, letting them boil ten minutes; have the melons well dried, and then put them to the sirup; let them boil ten minutes more; let them stand for some days and boil them up again; this must be repeated three or four times till they look clear; unless they are made pretty tender in greening they will not look so,

and are apt to shrivel when put into the sirup. The last time they are boiled the sirup must be boiled to candy height; if it does not cover them, more must be made; after they are cold a few drops of the essence of lemon mixed with the sirup gives them much of a citron flavor; if that cannot be had, the thin peel of lemon boiled in the sirup will have the effect. They are better a twelve-month after making, but may be used in two or three months.

GREEN GOOSEBERRIES

Make the most delicious of all tarts. Rub off the dried blossoms and stems, gathering the berries when they have attained their growth but are still unripe. To one pound of gooseberries allow one pound of white sugar; make a sirup of the sugar with half a pint of water to five pounds of fruit, and stew them together until the berries are done through, but still whole; half an hour will be time enough to allow, and the color is best preserved by keeping the fruit uncovered. For winter use, fill quart self-sealing bottles that have been scalded just before the fruit is put into them with water directly from the kettle; fill to the very brim, seal up tight, and either wrap in thick paper or keep on a shelf in a dark closet. Old-fashioned housekeepers used to put gooseberries away in clean, dry black glass bottles, filling them up with the raw fruit fresh from the garden. If in a few days the berries were found to be shrunken, more were added, the cork driven in tight and sealed, and the bottle stored in a cellar. This plan is still followed with success, and gooseberry tart is not to be despised even amid the dainties of the Christmas board.

GREENGAGE PLUMS

Make tarts next to gooseberry in excellence, if gathered while green, the seeds taken out with a penknife, and

stewed for fifteen minutes, with a pound of sugar allowed to every pound of fruit. These may also be put up for winter use in self-sealing cans, just as gooseberries are.

A delightful jam is furnished by stewing the seeded fruit alone for twenty minutes, then adding half a pound of sugar to each pound of plums, and cooking them together until they are as thick a jam as you like.

If you wish to make of them an ornamental preserve, prick each plum through with a coarse needle, and proceed exactly as in the directions for preserving wax-cherries previously given in this book.

JELLY.

For whatever jelly you purpose to make from berries the directions are identical. If you would have it bright and clear, drip, and do not squeeze, juice through a flannel bag. Let the fruit be perfectly fresh and sweet, and do not let it cook a moment longer than necessary in getting the berries ready to drip. A good plan is to squeeze the juice first out of the raw berries, and then let it drip and clarify before proceeding to make the jelly. A convenient arrangement for straining juice during a whole season is to take an empty barrel and place in the bottom of it a bowl in which to catch drippings. Buy a yard of strong, coarse flannel, and sew it to a hoop fitting the mouth of the barrel, using all available dexterity in making it fit and assume the desirable bag-like shape. You will find it answer admirably, and easy enough to rinse out and dry each time, in readiness for a new parcel of fruit, whether for jelly or drink. Blackberry jelly is most desirable in a family where there are children, for it has really medicinal qualities, and is always acceptable to the little creatures. Strawberry jelly is of a rich garnet color, and may be made the nearest approach to

guava jelly, which it closely resembles in taste. Raspberry jelly is a delightful constituent of "floating-island" and other creams; therefore most useful to have among one's stores. The diligent house-keeper, then, will not neglect to lay in supplies of this sort.

GRAPE PRESERVES.

The steady increase of late in attention given to grape culture leads us more and more to consider all the uses to which the fruit may be put. So far as we have seen it used as a preserve, the Catawba is the most delicious in taste and the prettiest in color. Jelly made of that variety is inferior to *none* of any fruit, the color being a bright amber. Three-quarters of a pound of *pure* white sugar is sufficient to put to a pint of juice. The trouble about the preserves is getting rid of the seeds, which is managed pretty well by scalding the grapes and then putting them into an inverted sieve (not too many at a time), rubbing them and shaking the sieve, so that the seeds will pass through, while the pulp and skins remain behind. Some very patient people seed them raw with the sharp point of a penknife, and others, again, disregard the annoyance and preserve seeds and all, the flavor being so uncommonly fine as to lead them to overlook a small drawback. In either case allow three-quarters of a pound of sugar to one of fruit, unless you prefer to cook it down to a jam, when half a pound of one is enough to go with a pound of the other. Sugar always goes farther in preserving if the fruit is cooked alone for a while, and the sugar added later.

TO PRESERVE CLINGSTONE PEACHES.

For a pink preserve choose the finest white Heath variety, but for a rich, gold-colored one the juicy yellow

sort. Pare the peaches nicely, and, if skilful enough in the use of a penknife, simply extract the stone and leave them whole; otherwise halve them. Have their weight of pounded sugar and sprinkle it over them as they are put into a china bowl. If you like the flavor, crack a few stones, take the kernels, blanch them as you would almonds, and scatter them through the peaches. Let them stand two or three hours. Put them in a kettle, add a little water, and let the peaches remain until thoroughly scalded. Take them out with a ladle, draining off the sirup; should there not be enough to cover the peaches, add a little water. Boil and skim the sirup, return the fruit, and simmer them gently until they are clear.

N.B.—If well cooked, three-quarters of a pound of sugar to the pound will keep peaches, and be even better, as the preserve is then less cloying and retains more of the flavor of the fruit.

PEACH JAM.

By all means choose yellow, soft peaches, and use white sugar, when the jam will be of a beautiful golden color. Scald and mash the fruit well, after peeling and cutting it up small, as it will greatly expedite matters. This is the most trying of all preserves to make, on account of the incessant spitting and spattering, unless the fire is kept very low all the time; and even then there is no rest from ceaseless stirring and watching. But, for all that, it is so good that few house-keepers spare themselves the trouble. Prepare for the conflict by providing yourself with a pair of very long gauntlets and an equally formidable stirrer, which should be a long wooden paddle, and then stand as far off as you can. Those who have oftenest performed the task will be the least apt to laugh at these directions as absurd. We hear that stirrers such as

we speak of may be found at furnishing stores, with handles inserted at right-angles. If so, by all means provide yourself with one. Stir and cook the mashed fruit alone for one hour, then add the sugar in the proportion of half a pound to a pound, and in another hour, unless you have a large kettleful, the task should be done. If the fruit is *not* mashed previously and you attempt over ten pounds at once, we have seen persons toil over a sputtering kettle for half a day and come off with well-burnt hands besides.

QUINCE PRESERVES.

Yearly this fruit seems to be growing in popular estimation, so that we may hope to see it improved by cultivation. The wormy, defective character of most in market calls for the utmost exercise of patience on the part of the house-keeper. Unlike almost every other fruit, the quince is unfit to preserve when freshly plucked, and must be laid by on shelves to mellow and become fragrant. Wipe them off clean, and put them whole into a large kettle, where they must be parboiled in plenty of water and kept covered over. When sufficiently softened take the quinces out and set them where they will cool as fast as possible. Pare and core them nicely. Have some whole and some in slices. Put them back into a portion of the water in which they were parboiled and cook them until you can pass a straw through them with ease; then put them on dishes to cool and acquire some firmness. Take as much of the water in which they were boiled as you think will be sufficient to cover them when the sugar is added, and make a sirup of one pound of sugar to one pound of fruit; boil it, and when clarified put in as many of the quinces as can cook at once without being crowded and broken to pieces. Cover for a while with a large plate (it makes them light-colored) and let them

boil slowly until they are clear. Every now and then take them out of the kettle and lay them singly on dishes to cool, while other pieces take their place in the kettle; by-and-by put them back, to cook more, while the others cool, and so exchange until all are done equally and become of a beautiful red hue. By covering the kettle with a lid they remain yellow, but are really not nearly so pretty a preserve. Let the sirup boil a while after the quinces are taken out of it, and most likely it will jelly and look beautiful, filling the place of the cores in those that were left whole.

PEAR PRESERVES.

One pound of fruit, one pound of sugar; pare off the peelings thin. Make a nice sirup of nearly one pint of water and one pound of sugar, and when clarified by boiling and skimming put in the pears and stew gently until clear. Choose rather pears like the Sickle for preserving, both on account of the flavor and size. A nice way is to stick a clove in the blossom end of each pear, for this fruit seems to require some extraneous flavor to bring out its own piquancy. Another acceptable addition to pear preserves may be found instead by adding the juice and thinly-pared rind of one lemon to each five pounds of the fruit. If pears are hard and tough parboil them till tender before beginning to preserve, and from the same water take what you need for making their sirup.

If you can procure only large pears to preserve cut them into halves, or even slices, so that they can get done more quickly, and lose nothing in appearance either.

RASPBERRY PRESERVES.

The red Antwerp raspberry is deliciously fragrant, and makes a pretty preserve by strewing a pound of sugar

through a pound of berries, leaving them for two hours to draw juice, then putting them on in a preserving-pan over a brisk fire and letting them boil rapidly for just twenty minutes. Put them hot into half-pint glasses, cover first with brandy-papers, shut down the lid close, and they will keep nicely.

For jam allow only half as much sugar as fruit. Cook the fruit half an hour alone, and half an hour after the two are combined, and there is no jam superior to it. Some put a third part of the fruit in red currants, and regard it as an improvement to raspberry jam. The English, so-called, or Philadelphia purple raspberry, are also of very fine flavor when made into either jam or preserves by the above directions.

STRAWBERRY PRESERVES.

Even while the fresh fruit may be had this preserve is in request. There are several ways of making it, but none, unfortunately, whereby the strawberry retains its lovely natural color.

A mistake often made is to put off preserving strawberries till the end of the season, while those that ripen in the early part of it are always larger and finer. Gather them, if possible, fresh from the vines, cap them, weigh them, and put them into a bowl, with an equal weight of loaf-sugar distributed through the fruit in layers. After standing a few hours plenty of sirup will have formed; the bowl may be emptied into a preserving-kettle, and in twenty minutes, boiling rapidly, the preserves will be sufficiently done to keep, and of a light garnet color. Use self-sealing cans, if you have them; but if not, put the strawberries into glass tumblers; lay brandy-papers close upon the top; and while the glasses are still hot cut out circular papers an inch larger in diameter than the tum-

blers they are meant to cover; wet the edges well with white of egg, press and hold them down well with your hand until they stick fast, and you will have no trouble with fermentation. For a common preserve you can put eight quarts of capped strawberries into a bowl with six pounds of fair brown sugar, and let them set all night. Early in the morning put them on the fire to preserve, and let them cook together for an hour; then take the fruit out with a ladle, and let the sirup cook fifteen minutes longer. Pour it over the strawberries, and put away in stone jars not holding over a quart. If you prefer jam only cook the same proportion of fruit and berries just given for a much longer time, until the bulk is reduced one-half and the desired stiffness has been obtained. Strawberry jam makes an excellent puff.

TO MAKE JELLY OUT OF STRAWBERRY ACID.

Dissolve one ounce of isinglass in as small a quantity of water as possible; strain a bottle of the acid (for which the recipe is given in the proper place) and warm it over a vessel of hot water; add the isinglass to the warmed acid, stir and mix well together, and put the whole into a blanc-mange mould that has been dipped in cold water. If the weather be very warm allow one ounce and a half of isinglass or gelatine, which amounts to the same thing, to a pint-bottle of the acid.

Raspberry, blackberry, or currant acid may be stiffened in the same way; so that jelly can be made at any season of the year, if you have them among your stores, as is to be recommended.

GREEN TOMATO PRESERVES.

Take one peck of green tomatoes, peel, after scalding them in hot water, and cut them up into thin slices; slice

also six fine lemons, without removing the skins, but carefully extracting every seed. To this quantity of tomato put six pounds of fair brown sugar and one table-spoonful of white ginger ground fine. Taking care to skim off all the froth that rises to the surface, boil until the preserve seems thoroughly cooked. The time required will be about two hours. One table-spoonful of Spears's Preserving Fluid added ten minutes before removal from the fire will insure its preservation, even in a large jar, without especial care as to sealing it up very securely, and no foreign taste will be perceptible.

SWEETMEATS.

We generally term sweetmeats such as are made in imitation of West India preserves, and mostly from Southern or exotic fruits.

PINEAPPLE PRESERVES.

Grate the pineapple, and to one pound of it allow half a pound of sugar; sprinkle the sugar over the pineapple, and let it stand so for a few hours; then put it in the kettle and boil it gently for three-quarters of an hour; or you can slice it as for the table, and, allowing three-quarters of a pound of sugar to one of fruit, simmer them together until the pineapple looks transparent. This sweetmeat is a pleasant accompaniment to vanilla ice-cream.

TO PRESERVE ORANGES WHOLE.

Take as many oranges as you wish to preserve and cut a hole in one of them large enough to enable you to scoop out the inside; put in cold water three days to soak, changing the water each day; then boil slowly until the bitter is extracted, changing the water every half-hour till it no longer tastes bitter. To one pound of fruit put

two pounds of sugar; clarify the sugar by adding two beaten whites of egg after you have made a rich sirup, in the proportion of a pint of water to each two pounds of sugar, which must be white, of the best quality. When the sirup is clear drop the oranges in, and boil until transparent. They will take about four hours to boil, if the fire is well kept up.

The juice may be expressed from the inside of the oranges, measured, strained, and made into a jelly that will make a beautiful addition to the orange sweetmeats, or can be put away in glasses separately.

ORANGE MARMALADE.

Take of high-flavored sour oranges half their weight in sugar; squeeze the juice through a sieve coarse enough to allow some of the pulp to pass through as well, but none of the seeds or white inner skin; grate in as much of the yellow rind as will flavor the marmalade richly; and if, after you have mixed the sugar with the fruit, it seems insipid, add the juice of lemon until the proper tartness is acquired. Cook for two hours, stirring all the time, and put away in glasses or small wooden boxes lined with thin white paper.

QUINCE MARMALADE.

This is a most useful sweetmeat, and easily made. Take the small pieces rejected from your quince preserves, such as may be cut from inferior, half-rotten fruit, parboil them, pour off nearly all the water, mash up to a jam, and cook over a gentle fire for several hours, stirring all the while; when nearly stiff add the sugar, which must be half the weight of the fruit before it began to cook; cook until it is almost too stiff to stir, and then pack away in cups, small moulds, little wooden boxes lined with paper, or

whatever vessel you may find convenient; for it never spoils, and will keep and be good indefinitely. It can be cut into bits, for garnishing puddings, pies, etc., or cut into little squares, dipped in sugar, thus becoming a delicious confection.

GREEN SWEETMEATS.

Watermelon-rind preserves, when cut into leaves, wreaths of flowers, harps—in short, all sorts of fanciful devices—look almost too good to be eaten; and yet they are very good—strangely good—considering whence they come, and how much manipulation is needed to perfect them. The figures are traced first with a pencil, and then cut out with a sharp pen-knife, so that there is a dark green tracery of the outer rind upon a transparent, whitish-green background. Like all the slower, more tedious processes of house-keeping, this artistic fashioning of melon-rinds has fallen into disuse; but at least the memory of such industry and skill combined deserves mention, even where we care not to imitate. The prettiest we see now are copies from nature of various leaves; and if a party of ingenious young people were to set themselves to work, after enjoying a fine watermelon, to present the mistress of the house with some such specimen of skill, it would not be the meanest use to which an artist has been turned.

FIG PRESERVES.

In the more northerly of the Southern States fig-bushes frequently bear fruit that cannot reach perfection before frost. Such immature fruit may be gathered when frost threatens, and thus utilized. Dip them in hot lye, as you do brandy peaches, and wipe off with a dry cloth, so as to leave the skin smooth. Weigh the figs, and allow

pound for pound of white sugar ; make a sirup of a pint of water to a pound of sugar, seasoning with a teaspoonful of pure extract of lemon; and when it has boiled clear and been well skimmed put in the figs, and let them simmer gently until transparent, when they come legitimately under the category of green sweetmeats.

QUICK WAY OF PREPARING WATERMELON-RIND.

Scrape young and tender rinds on both sides. To one pound of rind add one ounce of alum; let them boil together slowly, with water enough to cover them, until they become yellow; then put them into a vessel of cold water, where they must remain a short while; then put them on the fire again, with weak vinegar and water mixed sufficient to cover them. After they become green pour them into *cold* water again, letting them stand ten or fifteen minutes—the exact length of time is not important. To every pound of rind put nearly two pounds of loaf-sugar (some persons put one pound and a half) and one pint of water. If there is not water enough to cover with sirup and keep the rind from burning add more. When the sirup is rich and clear the sweetmeats will be beautifully green and transparent. For flavoring put in white ginger, with the strained juice of one lemon and its thinly-pared rind, to each pound of preserve; or, if you prefer, use two blades of mace and a teaspoonful of pure extract of lemon instead.

CANNED PEACHES.

To one pound of peaches allow half a pound of sugar; to six pounds of sugar add half a tumbler of water; put in the kettle a layer of sugar and one of peaches until the whole of both are in. Wash about eight peach-leaves, tie them up and put into the kettle, remembering to take them

out when you begin to fill up the jars. Let the sugared fruit remain on the range, but away from the fire, until upon tipping the vessel to one side you can see some liquid; then fill the jars, taking them out of hot water, into which they were put when cold, remaining until it was made to boil around them. In this way you will find out if the glass has been properly annealed; for we consider glass jars with stoppers screwing down upon india-rubber rings as the best for canning fruit in families. They should be kept in a dark closet; and although somewhat more expensive than tin in the first instance, are much nicer, and keep for years with careful usage.

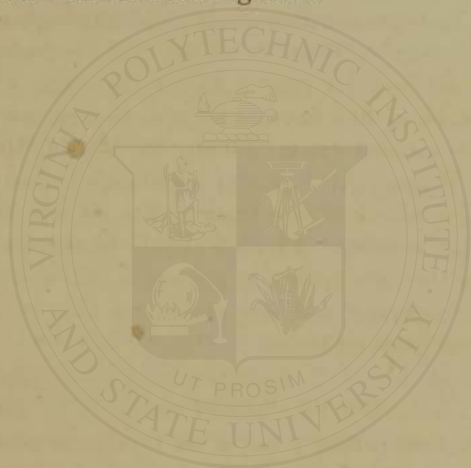
Fruit must be of fine flavor, and *ripe*, though not *soft*, to make nice canned fruit. Stump the World, Honest Johns, and Mixens give greater satisfaction than any other varieties of which we know. The White Heath is not good for canning. Peaches should be thrown into cold water as they are peeled, to prevent a yellow crust.

Apricots, greengage and egg plums are next in value to the peach as canning fruits.

BRANDY PEACHES.

Pare nice, firm, white peaches as thinly as possible. To a pound of fruit allow half a pound of white cut loaf-sugar for the formation of sirup. To six pounds of sugar add a pint and a half of water; boil for ten minutes, then measure. To each pint of sirup add one pint of white brandy; do this while the liquid is boiling hot, or else it may jelly or candy. Cook the first separately, using one pound and a half of sugar to six pounds of fruit, or rather more, if the fruit is very high-flavored. Put only enough of the fruit in to cook at a time to cover the bottom of the kettle, with sirup enough for them to boil till so soft that a fork may penetrate them easily; take

them out of the sirup with a perforated ladle and lay them upon a dish to drain. When all are done fill your jars full of the fruit, and pour on of the brandied liquid until they are entirely covered. The sirup from the peaches may be used for stewing fruit to be used at once. Some think it best to peel after weighing, and allow six peaches for the thin skins of six pounds. Two persons should be engaged, the one in peeling, the other in cooking, to prevent the fruit from looking dark.



CHAPTER XX.

PICKLES.

Prepared Vinegar.—Green Pickle, No. 1 (quickly made).—Green Pickle, No. 2 (quickly made).—Isabella's Cabbage Pickle.—Green Mangoes.—Cabbage Pickle.—Chopped Pickle.—Filling for Five Dozen Peach Mangoes.—Peach Mangoes.—Peach Mangoes (Another Way).—Pepper Mangoes.—Martinoes.—Cut-cucumber Pickle.—Ripe Tomato Pickle.—Green Tomato Pickle, No. 1.—Green Tomato Pickle, No. 2.—Onion Pickle.—Walnut Pickle.—Hidden Salad.—Chow-chow, Nos. 1, 2, and 3.—Pickled Mushrooms.—Pickled Peppers.—Sweet Pickle. (So-called German.)—To Green Pickles.—To Stuff Forty Large Cucumbers.—Spanish Pickle.—Watermelon-rind Pickle, No. 1.—Watermelon-rind Pickle, No. 2.—Buck and Breck Pickle.—Sweet-peach Pickle.—Ripe Cantaloupe Pickle. (Eastern Shore.)

GENERAL DIRECTIONS FOR PICKLING.

THE horseradish used in pickles must be scraped and dried; the garlic must be soaked from three to ten days in salt and water, changing the water once or twice a day. Let the mustard and other seeds be bruised; spices are put in without any preparation. The above-mentioned ingredients may be put in as you prepare them, but the vegetables should not be kept waiting; as soon as they are ready the vinegar must be poured upon them.

PREPARED VINEGAR.

Pour two gallons of vinegar to one pint of black mustard-seed well beaten, four ounces of white ginger, three ounces of black pepper, three ounces of allspice, one ounce of cloves, one ounce of mace, all to be pounded together

in a mortar tolerably well ; a large handful of horseradish scraped and cut into thin slices, one handful of garlic, two pounds of sugar, one ounce of celery-seed bruised, and three lemons sliced, the seeds being carefully picked out with the point of a penknife. This liquor will do for either green or yellow pickle. If meant for the latter, add one ounce of turmeric. This vinegar should be made and set in the sun during the clear hot weather in summer, and kept in a dry place. When the fruit for the yellow pickle is sufficiently bleached for the pot, more turmeric should be added ; and if after a while it is not found sweet enough, add also more sugar until it is pleasantly flavored. In preparing cabbage, it is better to boil it a while in water with a little salt, and let it drain in the sun for a few hours, than to keep it in brine for a few days ; it is more tender, and sooner fit for use. When put in the liquor the cabbage should be sprinkled with turmeric.

GREEN PICKLE, No. 1. (Quickly Made.)

Cucumbers, snap-beans, gherkins, green fox-grapes, and tomatoes are principally used for this pickle. Put your materials in brine that will bear an egg. Let them remain so a fortnight, or as long as you choose ; for they may remain for six months or even a year thus, without injury, if you only see to it that they are well covered up with grape-leaves weighted down upon them and submerged in brine. When you are ready to pickle, take them out and soak them in weak vinegar for several days ; then scald them in strong spiced vinegar, prepared as follows : To one gallon of vinegar (which will be sufficient for a peck of pickles) put four ounces of long pepper, one ounce of cloves, four ounces of mustard-seed (half white, half black), one ounce of mace, two ounces of cel-

ery-seed, six red-pepper pods, a handful of horseradish; sweeten to your taste. Three pounds would not be too much for most modern tastes.

GREEN PICKLE, No. 2. (Quickly Made.)

Two pounds of sugar, half an ounce of cloves, two ounces of celery-seed, half an ounce of mace, four ounces of white ginger, four ounces of white mustard-seed, four ounces of pepper (red and black), two ounces of allspice; put of horseradish, dried and sliced, as much as you can grasp in one hand; one lemon cut in thin slices, and the seed extracted; one pint of onions or garlic sliced or chopped.

The above seasoning is meant for one gallon of vinegar, a greater or less quantity to be proportioned accordingly; the vegetables to be prepared in the usual way. It is better to put all together on the fire until the flavoring has struck well through the pickles and they are tender. When cold, tie up closely, and be careful to exclude the air always. A good house-keeper is always watchful of her pickle-pots, and if there is any tendency to mould or ferment pours off the vinegar, scalds and skims it, adding fresh, and stronger if it can be procured.

ISABELLA'S CABBAGE PICKLE. (Very Good.)

Get the hardest small heads of cabbage that you can, and cut them into quarters; put them in a kettle, and sprinkle over them a little salt; set them on a slow fire, and let them simmer gently till done—that is to say, tender; then take them out of the water and let them stand till the next day. Take as much vinegar as will cover them, with one table-spoonful of turmeric, and scald them; let them stand in it a day; then take them out and let them drain. Next, take what flavoring you like of sugar, seeds, onion and spices, with as much vinegar as

will fill up your pot; put them on the fire together, and when they have come to a boil pour them, scalding hot, over the cabbages, placed in a pickle-jar ready to receive the bath. You should be careful not to let the cabbage get too done, else the leaves will come apart and drop to pieces.

GREEN MANGOES.

For this purpose small cantaloupes or watermelons are generally pulled when so late in the season that there is no possibility of their ripening. Occasionally large cucumbers, having their seeds scraped out, are stuffed mango fashion. They are to be greened as other pickles by lying in brine between layers of grape-leaves; prepare for their stuffing half a pound of white ginger soaked in salt-water till soft, half a pound of horseradish scraped, and soaked twelve hours, a pint of garlic soaked and dried, a pint of onions chopped into small pieces; scrape your melons clean of seed, fill them with salt, and let them remain three days; on the fourth, wipe them quite dry. In addition to the above condiments, collect two ounces of long pepper, dried and salted, half an ounce of common black pepper, a table-spoonful each of mace, cloves, and two ounces of celery-seed, with half a pound of mustard-seed, black and white mixed; beat all together into a paste with olive oil, or butter fresh from the churn. Fill the melons, put them in a stone jar; pour in half a pint of mustard-seed, and fill the jar with boiling vinegar.

CABBAGE PICKLE.

One dozen heads of cabbage (the firmest must be selected); quarter them, and cover with boiling brine; let them stand twenty-four hours, then squeeze and dry upon a large flat dish for several days; then put them in a kettle covered with vinegar; add a teacupful of ground gin-

ger, two table-spoonfuls of allspice, two table-spoonfuls of black pepper, one dozen small green pepper-pods, a teacupful of mustard-seed and one of celery-seed, all bruised together, one spoonful of mace, and two ounces of turmeric. Boil until the stalk is soft, and then add two pounds of brown sugar. It is ready for immediate use.

CHOPPED PICKLE

Is made in the same way, except that it needs to be scalded but once. Chop the cabbage, sprinkle it with salt, and let it stand for two hours; then drain in a colander until dry. Put the cabbage in a kettle, with some chopped onion, pepper, horseradish, mustard, and celery-seed, adding a small proportion of pounded mace; cover with good cider vinegar; let all boil together well, and when cold the pickle is fit for use. Sugar will be found necessary in almost all cases nowadays. It is safe to allow one pound to a gallon of vinegar; and many persons put it in their pickle-dishes whenever they fill them to set upon the dinner-table.

FILLING FOR FIVE DOZEN PEACH MANGOES.

Stick three cloves of garlic in each one, and have ready made into a paste, with olive oil and five table-spoonfuls of flour of mustard, a quarter of a pound of chopped onion, half a pound of white mustard-seed, a quarter of a pound of black mustard-seed, a quarter of a pound of long pepper, four table-spoonfuls of black pepper, one ounce of mace, half an ounce of cloves, and half a pound of horseradish.

PEACH MANGOES.

In making mango peaches for yellow pickle, you must let them lie three days in salt and water; then they will be soft enough to rub off the down and take out the stones,

which must be done with great care. Be careful to keep the slice you take from the bottom, in order to sew on again after you stuff them with everything that the recipe calls for in case of green mangoes, adding to those ingredients a little turmeric sprinkled in with other things. The large White Heath peach is the best variety to select for the above purpose.

PEACH MANGOES. (Another Way.)

Select the largest size of the Black Georgia peach of the open-stone kind; let them be full grown, but by no means mellow when used for pickle; cover them first with brine strong enough to bear an egg; allow them to remain in this a week; remove the stones carefully, and wipe them dry. First rub on the inside of each peach a teaspoonful of celery-seed; then stuff each peach with as much of the filling, for which a recipe is appended, as it will hold, and sew it up securely with a large needle and strong linen thread or fine twine. Have vinegar ready to cover them, prepared thus: To one gallon of vinegar put a pound of nice brown sugar, a pod of red pepper sliced, or a teaspoonful of Cayenne; let it come to a boil, and immediately take it off; pour it hot over the peaches, but do not tie up closely till perfectly cold.

PEPPER MANGOES.

A large pepper is grown especially for this purpose. Put your peppers in brine for several weeks after the seed has been extracted, by cutting a slit in the side, which must be sewed up after the mangoes are stuffed. Take them out of the brine and soak in clear water for a day and night; scald them in vinegar, and let them stand three days; prepare the stuffing as for any other mangoes, only adding besides some cabbage chopped, small snaps, and

tiny cucumbers, at pleasure. When the peppers are filled and stitched up put them in a jar; whatever spices you have left from stuffing, put in a thin muslin bag and boil in one quart of vinegar; pour this hot on the mangoes, and then fill the jar with the best cider vinegar, cold.

MARTINOES.

Gather them early in the morning, when they are tender enough to push the head of a pin through them; wash them clean; put them in salt-water; let them lie in it three or four days; take them out and put them in fresh-water for a day; then boil them for a few minutes in vinegar, with a seasoning of allspice and cloves. Pour all in a jar, and let them stand four or five weeks; then put them in your green-pickle jar. In six weeks they are ready for use.

CUT-CUCUMBER PICKLE.

Prepare a strong brine, in which you can keep your pickles as long as you choose; wipe the cucumbers well after taking them out of the brine, and let them soak a few days in weak vinegar to extract the salt and water; then cut the cucumbers in slices half an inch thick. For two gallons of pickle have ready laid in some convenient place, and well combined, two ounces of allspice, half an ounce of cloves, one ounce of mace, one ounce of black pepper, half an ounce of Cayenne, a gill of celery-seed, and a pint of chopped onion. In a stone jar put a layer of cucumbers, a layer of these seasonings, and strew brown sugar over; repeat this until your jar is filled to within three inches of the top; cover with strong vinegar; tie up the jar very securely and set it in an iron pot of cold water coming two-thirds up its sides; let the water boil around until you can run a straw through the pieces of cucumber.

N.B.—You may vary the flavoring, if you fancy, thus:

two ounces each of cloves, mace, nutmeg, pepper, and mustard-seed ; allow about three pounds of sugar to a two-gallon jar.

RIPE TOMATO PICKLE.

Gather fine ripe tomatoes and lay them in salt-water for one night ; then chop a good quantity of onions, and pack them away with the whole tomatoes in a jar ; layers of tomatoes and onions, with a plenty of pepper, salt, and allspice beaten fine and sprinkled over each layer. When the jar is full add the vinegar (sweetened or not, as you like), and tie it up close.

GREEN TOMATO PICKLE, No. 1.

Gather all the green tomatoes off the vines in the fall when frost seems imminent. They will keep good for some time spread on boards or shelves. Some of them will ripen, and the rest may be made into delightful pickles and catsups. To half a bushel of tomatoes put five table-spoonfuls of mustard-seed, beaten up fine (or powdered mustard), five gills of mustard-seed whole, two table-spoonfuls of ground pepper, two table-spoonfuls of allspice, two table-spoonfuls of cloves, one gill of salt, three pints of chopped onion, four pounds of brown sugar, two gallons of vinegar, or just enough to completely cover the pickle ; less may do ; boil until tolerably tender and transparent. The tomatoes should be cut into thin slices the day before you are ready for pickling, and sprinkled through and through with salt, only not *too* heavily. In the morning pour off all the liquor that will drain from them, and then proceed as directed above.

GREEN TOMATO PICKLE, No. 2.

Take one peck of tomatoes cut into slices ; sprinkle with salt for one day ; strain through a colander. Make

ready four onions sliced in the same way, four ounces of white mustard-seed, one ounce of cloves, one ounce of ground ginger, one ounce of black pepper, half an ounce of allspice, two ounces of ground mustard mixed as for the dinner-table. Mix the spice and the onions together; have your kettle ready; put in a layer of tomatoes and one of spice alternately; then cover them with vinegar and let them simmer until the tomatoes look clear. They may be used at once.

ONION PICKLE.

Take large white onions, and pour over them boiling salt-water; let them stand so three days; then pour off the brine and add fresh boiling brine, letting it remain other three days; then take one gallon of vinegar, adding two ounces of turmeric in a thin muslin bag. Scald the vinegar a few moments, and pour over the onions boiling hot. Cover close, and let them stand ten days or two weeks; then take out and drop into your seasoned vinegar.

WALNUT PICKLE.

White walnuts are the best for this pickle, but English walnuts are very nice, and the common black walnut will do. Gather the nuts early in June, while the outer rind may be easily penetrated with a pin. Put them in a jar, and cover them well with boiling salt and water strong enough to bear an egg. Keep them thus nine days, changing the brine every three days. When you take them out, spread them on a large dish or dishes to dry in the air, turning them at least once. This exposure to the air will aid in turning them black. In the evening put them in fresh-water, and next day put them in a kettle, and covering them with vinegar, well flavored with black pepper, cloves, garlic, mustard-seed, and a dash of mace,

let them all come to a boil together. Next day pour off the vinegar, and let it boil alone, only scalding the pickles with it; repeat this the third day, and when cold tie up very close. This pickle keeps admirably, and is as popular as any other made; especially in the spring of the year is it acceptable with fish.

a fine recipe
HIDDEN SALAD.

To one gallon of cabbage chopped fine add half a gallon of green tomatoes, one pint of green pepper-pods (first taking out the seeds), one quart of onions, all chopped fine. Strain off the juice, and throw it away; then add four table-spoonfuls of mixed mustard, two table-spoonfuls of ground ginger, one table-spoonful of cloves, two ounces of turmeric, one ounce of celery-seed, two pounds of brown sugar, two table-spoonfuls of salt to two quarts of good vinegar. Boil slowly twenty minutes, and add to the other ingredients, which must be well mixed together.

CHOW-CHOW, No. 1. (Very like what is Imported.)

In making this admired pickle, so justly regarded as a delicacy, the rarer and more tender the vegetable the nearer it comes to the proper standard of excellence. Wide-mouthed glass jars should be provided for the putting away of chow-chow. The following recipe is for filling four quart-bottles: Take two large perfect heads of cauliflower, and divide them up into small but shapely pieces, so as to leave a little of the blossom unbroken on each one; one quart of cucumbers, by no means over two inches in length, one dozen small green-pepper pods, and one quart of cloves, of garlic, or tiny onion-bulbs peeled; half a pint of nasturtiums are nice, but may or may not be included. Let the vegetables stay twenty-four hours in brine; the garlic or onions to be scalded and left to

soak in a vessel by themselves ; next morning mix all together, and let them drain two hours through a colander; taste, and if too salt pour a bath of hot water through them while still in the colander ; next put the vegetables in a preserving-kettle over the fire, sprinkling through them two ounces of turmeric, adding two table-spoonfuls of Cayenne pepper and a quarter of a pound of English mustard mixed smooth, with a teacupful of water that has been boiled but become lukewarm ; pour on enough of the best cider vinegar to cover well, and simmer until the vegetables are tender, watching and stirring from time to time. Imported chow-chow has no sugar; but to please American taste the house-keeper may add to suit the requisition of her own family. In deference to the great diversity of tastes, we give two other approved recipes for the same.

CHOW-CHOW, No. 2.

Half a peck of onions, half a peck of green tomatoes, three dozen large cucumbers, four large green pepper-pods, one pint of small red and green peppers. Sprinkle one pint of salt upon them, and let them drain all night ; then add one ounce of mace, one ounce of white pepper, one ounce of white mustard-seed, one ounce of turmeric, half an ounce of cloves, half an ounce of celery-seed, three table-spoonfuls of made mustard, two pounds of brown sugar. The cucumbers are not peeled, but sliced an inch thick. The onions and peppers are also sliced. Cover all with vinegar, and boil half an hour.

CHOW-CHOW, No. 3.

One large head of bleached cabbage, two dozen cucumbers (medium size), one dozen green peppers, one gallon green tomatoes, half a dozen onions (silver-skinned). Chop the onions, and pour hot water over them, letting

them stand ten minutes; chop the ingredients fine, and sprinkle salt over them, adding the onions. Let them stand all night, and then drain two hours in the morning; pour weakened vinegar over them, and let them stand twenty-four hours; pour off that vinegar, and to every gallon of the mixture put one pound and a half of sugar; put two table-spoonfuls of turmeric in a Swiss muslin bag and drop it into the pot for coloring matter. For seasoning put one ounce of cloves, half an ounce of mace, two ounces of white mustard-seed, and one nutmeg to each gallon of vegetables. Two quarts of vinegar for the same quantity of pickling matter.

PICKLED MUSHROOMS.

Wash the buttons well from the dirt, without peeling, and let them drain. Peel the large ones. To nine quarts of mushrooms put two table-spoonfuls of mace, one of cloves finely pulverized; Cayenne pepper to the taste; two or three pieces of garlic and a teaspoonful of salt. Place the mushrooms in the pot in which you intend to keep them, sprinkling the seasoning through as you fill it up; pour boiling vinegar over them; tie them up so as to exclude the air, and in a few weeks they will be mature enough to use. As a condiment for almost any impromptu stew, a dash of this pickle would commend itself to the taste of an epicure.

PICKLED PEPPERS.

These are useful, not only for seasoning but in cases of sore throat or cold. Let them stand in salt and water a fortnight, changing it every third day; cut them open at the sides and extract the seed. When taken out of the brine boil weak vinegar to pour over them every day until green; then boil the vinegar with two handfuls of

salt; let it get perfectly cold, and pour over them. The unripe ball-nosed peppers of all sizes are the best ones to use for this pickle.

SWEET PICKLE. (So-called German.)

Seven pounds of fruit, three pounds of brown sugar, one quart of sharp vinegar, one ounce of cinnamon, half an ounce of cloves, six blades of mace. Boil the sugar, spices, and vinegar together, and pour over the fruit boiling hot; cover up tight, and let it stand so for twenty-four hours; then pour off the vinegar, boil it, and return it hot to the fruit; the third morning scald the fruit with the vinegar, and the process is complete. Keep in a dry and cool place. This recipe answers equally well for cherries, peaches, damascenes, plums, etc., etc. The peaches commonly chosen for sweet pickle are the Georgia Cling-stone or Heath; but if you cannot procure these, any cling-stone peach will do. Pears are prettier when small in size and firm in flesh. The only preparation these fruits need is paring. Damsons and plums must be pierced with a coarse needle to prevent their skins from bursting. Cherries are prettier with their stems left on.

TO GREEN PICKLES.

To a piece of alum the size of an ordinary walnut add one gallon of water. Put the cucumbers in, and let them stand half a day; then take them and throw them into cold water.

An easy way to green all pickles is to boil them in strong ginger tea.

TO STUFF FORTY LARGE CUCUMBERS.

Green them as described above. Take the seeds from the melons, being careful not to take out too much of

the inside; sprinkle them with salt, and let them stand twenty-four hours; take them out, and make a weakened vinegar in which to soak them a week or ten days; then draw off the vinegar, and stuff them as follows: One half-pound of mace, the same of ginger and horse-radish scraped and dried, one pound of white mustard-seed washed and dried, half a pound of garlic, two ounces of turmeric, two ounces of cloves, two ounces of mace, half a pound of celery-seed; beat all these ingredients well together in a mortar. Mix a pint of made mustard and salad oil with one pound of brown sugar; stuff the cucumbers, sew up, and after you have filled your jar with them pour over strong cold vinegar, and expose to the sun every day until cold weather comes. This pickle improves with age. If you prefer to make them into yellow pickle, omit the greening and put a quarter of a pound of turmeric into the first vinegar in which they are thrown after being taken from the brine.

SPANISH PICKLE.

One peck of cucumbers sliced about an inch thick, two dozen onions, sliced, two dozen pods of green peppers; sprinkle with salt, and let them stand twenty-four hours. Then put all where they can drain all night. Prepare vinegar by adding to one gallon of pure cider vinegar one ounce of turmeric, two ounces of white ginger, a quarter of a pound of ground mustard, one ounce of horse-radish, two ounces of celery-seed, four table-spoonfuls of olive oil, and a pound and a half of brown sugar.

WATERMELON-RIND PICKLE, No. 1.

Of late years this has become a favorite on the tables of many, and is certainly convenient to resort to in seasons when fruit is scarce and dear. Pare the outer rind

off watermelons that are brought from the dinner-table; cut them simply into strips or leaves, stars—any shape, in short, that you may fancy; take ten pounds of this rind and boil it in clear water until tender; make a sirup of two pounds of sugar, one quart of vinegar, half an ounce of cloves, and half an ounce of cinnamon; the sirup to be boiled, and poured over the rinds *boiling hot*; drain the sirup off and let it come to a boil, and pour over the rinds three days in succession. It will keep for years.

WATERMELON-RIND PICKLE, No. 2.

Scrape off the outer hard green rind, and leave the other part of the rind as thick as possible; put the prepared pieces, cut about two inches long, in fresh-water, and let them stay in it all night. Next morning put them on the fire in fresh-water, and let them boil until tender and clear; to each ten pounds of the fruit put the grated rind and juice of two lemons, and two ounces of scraped white ginger; boil the ginger and lemon in one quart of vinegar, and pour it hot over the rinds four mornings successively; then fasten up securely.

BUCK AND BRECK PICKLE.

Three heads of firm, hard cabbage, one peck of green tomatoes, half a peck of ripe tomatoes, one dozen onions; half a dozen each of green and red peppers, two pounds of sugar; all to be chopped fine and salted overnight. In the morning squeeze the water from it; put the vegetables in the kettle, with vinegar enough to cover them; simmer the whole for three hours together; just before removing from the fire add a teaspoonful of grated horse-radish. The other seasonings are a table-spoonful of ground mustard, the same of whole white mustard-seed, the same of black mustard-seed, half an ounce of mace,

half an ounce of cloves, one table-spoonful of black pepper, and three table-spoonfuls of celery-seed.

SWEET-PEACH PICKLE.

To fourteen pounds of peeled peaches put six pounds of fair brown sugar and two quarts of vinegar. Put together in a plate two ounces of stick cinnamon, broken up, a table-spoonful of whole mace, and a teaspoonful of cloves. Get a tall, two-gallon stone jar; lay in it about a quart of peaches; cover them with sugar, sprinkle some of the spice on top; go on so until you have exhausted all your materials; when your jar is full then pour over the vinegar; tie a cloth tightly over the top, first putting a saucer or plate that will just fit over the fruit to keep it under the vinegar; set the jar in an iron pot half full of cold water; set it on the fire, and let the water boil around it till the pickle is tender enough to be easily penetrated with a straw.

RIPE CANTALOUPE PICKLE. (Eastern Shore.)

Seven pounds of cantaloupe-rind cut from a melon ripe but *not* soft. Peel thickly; wash and drain thoroughly. To two quarts of vinegar add four pounds of brown sugar, and one ounce each of cinnamon, white ginger, and cloves, with the rind of two lemons; boil the vinegar and sugar together, and remove any scum that rises; add the spices, and let it boil a few minutes; then put in the fruit, and let it boil until the sirup looks a little thick.

CHAPTER XXI.

CURED MEATS AND FISH.

To Cure Bacon.—To Cure Jowls and Chines for Early Use.—Sausage-meat, Nos. 1, 2, and 3.—To Cure Hams by Pickling.—Souise in Moulds.—Brine for Preserving Souise.—Mock Bologna Sausage.—Pudding.—To Corn Beef, Nos. 1, 2, and 3.—A Spiced Round of Beef.—To Broil Ham Nicely.—A Stuffed Ham.—To Cure Tongues.—To Cure Rennet.—Prize Recipe for Curing Virginia Hams.—To Boil a Ham.—Pressed Beef.—Pickled Herrings.

TO CURE BACON.

PORK is always killed before dawn, in order that, if possible, it may all be cut up the same day and put away without loss of time. Use Liverpool salt for curing it. Rub every piece well on the skin, in the first place. To each joint take a dessert-spoonful of saltpetre and rub it in the flesh with a table-spoonful of brown sugar and a teaspoonful of black pepper; then rub it all over again with salt, and pack away in hogsheads with the skin *downward*, and let it remain untouched five or six weeks, according to the temperature of the weather; for while damp, unseasonably warm weather should be especially avoided as the time for pork-killing, on the other hand salt does not strike in near so well as if the weather is freezingly cold: more time should then be allowed for the salting part of the process. *Too* long lying in salt makes bacon rusty.

The next part of the process is smoking the meat, for which every family used to be provided with a regular smoke-house, whether living in town or country. The

meat was hung upon rafters in a house without a chimney (brick preferred), a slow fire was built on the ground in the centre of the room—such as would produce smoke, not flame—and the meat left hanging where it was fully exposed to it for several weeks. When taken out of the packing-tubs, the pork was scraped clean of salt and rubbed well with dry hickory ashes before being hung up to smoke. Great care was taken not to let the meat get heated while exposed to the smoke, and the fire was watched constantly—a careful, trustworthy person being selected for the office. To avoid the ravages of the fly, hams and shoulders had always best be put into canvas bags, or simply wrapped closely in several folds of paper before the warm spring weather sets in. Where the place is safe, bacon may be left hanging in the smoke-house all the year, a little fire being made up from time to time to keep off mould and damp, but it keeps well also laid down in barrels, packed in dry hickory ashes.

TO CURE JOWLS AND CHINES FOR EARLY USE.

Jowl affords the sweetest meat to cook with turnip-tops, the Virginian's favorite dish in early spring, and the same thing may be said of chine as served with nice, bleached heads of cabbage. Use the upper ends of the chine cut in foot lengths for a nice dish at table; trim off the superfluous fat, but see that the butcher has left a good layer of flesh on either side of the bone; allow a teaspoonful of saltpetre to each jowl and chine, and rub it well all over the surface, and then drop them into a tub containing brine made in the proportion of one quart of salt to a gallon of water; place the meat in the bottom of a cask, cover with boards, which must be weighted down, and then pour over enough brine to completely cover.

SAUSAGE-MEAT, No. 1.

Take forty-two pounds of lean pork, twenty-four pounds of leaf-fat, eight pounds of backbone fat, ten ounces of black pepper, twenty-two ounces of salt, forty table-spoonfuls of sage, and one ounce of Cayenne pepper. To be good, sausage should be chopped very fine; and for this end a sausage-grinder is recommended, being an inexpensive machine, and very useful whenever meat is to be chopped.

SAUSAGE-MEAT, No. 2.

Take all the trimmings cut in shaping the regular joints of a porker; carefully remove every particle of bone, and try to pile up the meat in the proportion of one pound of fat to three of lean. The rule is always to have fat enough for the sausage to fry itself, otherwise it is pronounced too poor. Season very highly with pepper, salt, and sage, cooking a little to judge if it is well seasoned, and adding whatever may be required. If you make more than your family can consume fresh, the best way for keeping it is said to be frying it in cakes as if for present use, then packing them closely together in a small jar or wide-mouthed bottle, and to fill up the mouth with lard, then seal up so as to be air-tight until wanted. Packed raw in small bladders or entrails, or even sewed tightly in cotton cloths and hung in a dry place, sausage will keep quite satisfactorily, and make a nice dish as an occasional relish, especially when fried with eggs.

SAUSAGE-MEAT, No. 3.

Twenty pounds of pork, mixed in the proportion of one part of fat to two parts of lean meat, six ounces and a half of salt, four ounces and a half of black pepper, three table-spoonfuls of powdered sage. Let the meat be ground

very smooth and fine. If you want to put any away for use some months later add two ounces of sugar, and be very careful that no water touches the meat.

TO CURE HAMS BY PICKLING.

Immediately after the hams are cut out sprinkle the under side slightly with saltpetre, which will remove all the surface-blood, leaving the meat fresh and clean. Have ready an iron-bound cask, proportioned in size to the number of hams you wish to cure, and make a brine thus: To one gallon of water put four pounds of salt, one pound of sugar, two ounces of saltpetre, and half an ounce of pot-ash; in the same proportions make as many gallons as you like. Boil all together until the dirt from the sugar and salt has risen to the surface and been skimmed off, then pour it into a tub to cool; pack your pork in the cask; weight it down with clean bricks or stones; pour the brine over until the meat is thoroughly covered, and let it so remain for four or five weeks.

SOUSE IN MOULDS.

Three faces and one jowl will make two nice pound moulds. Have the meat nicely cleansed, and boiled until tender enough almost to drop to pieces; mince the flesh thoroughly after picking every bone carefully out; then flavor with a teaspoonful of allspice, the same of black pepper, and a table-spoonful of salt. Put the souse into cake-moulds, pressing it in very firmly; next day turn out of the moulds and put the cakes into a pickle of brine and vinegar.

BRINE FOR PRESERVING SOUSE.

Five quarts of water and one quart of vinegar to one quart of salt; the salt is to be carefully dissolved in the liquor, and the mixture to be strained through a cloth.

If this quantity is not sufficient to cover as much souse as you have prepared, increase the bulk by adhering to the same relative proportion of one ingredient to the others.

Souse cheese is a dish always ready and in place. Made of refuse meat, as it were, it is a genuine delicacy, and must have the accompaniments of mustard, pepper, salt, and any catsup or sauce fancied, when set upon the table.

MOCK BOLOGNA SAUSAGE.

One part of beef, two parts of pork, with enough fat on both for the sausage to fry without butter or lard; season to taste with onion, sage, and pepper, black and red. If not for immediate use, stuff tightly in cloth bags and hang them up in a dry place.

PUDDING.

Take five hog faces and have them singed and scraped nicely; then throw them into a tub of water, with a handful of salt; let them remain so for two days or more, changing the salt and water every day; some persons add a few slices taken from the backbone. Have ready about two pounds of beef liver; when the meat has been long enough in soak, put it on to boil, and let it cook until the flesh is ready to drop off and the bones can be all removed with readiness. While thus preparing this part of the pudding, put the liver on to parboil, and then chop all together very fine on a board, if you have no sausage-grinder; season with salt, pepper, and allspice to your taste; two table-spoonfuls of each will probably answer. Most people make a sort of sausage of this preparation by stuffing with it hog entrails of the larger kind, or beef entrails, which are still better. If to be kept in this way, boil a short time before storing, in order to cook the outside, which will make it keep longer. Fried, however,

fresh as you do sausage, it is very nice for persons who can partake of rich dishes, and in cold weather is a favorite breakfast relish at many tables. This recipe is of German origin, and came from the valley of Virginia, where are many settlers of that nationality.

TO CORN BEEF, No. 1.

To six pounds of salt put five gallons of water, two pounds of common brown sugar, and half a pound of saltpetre; boil this brine, and skim it well; when perfectly cool put the beef in it. It is important to sprinkle the beef first with salt, and keep it lying thus on a board or other place where it can be drained of all blood adhering; then see that it is submerged beneath the brine, and keep it well covered. This recipe never fails to give satisfaction. The beef matures in ten days, and is tender and sweet. Into this brine you can drop with advantage tongues, chines, or jowls, and find them conveniently ready for use.

TO CORN BEEF, No. 2.

Six gallons of water, nine pounds of salt, three pounds of brown sugar, one quart of molasses, three ounces of saltpetre, two ounces of pearlash or soda. Boil, skim, and pour over the beef when cold.

TO CORN BEEF, No. 3.

Four gallons of water, six pounds of salt, one pound and a half of sugar, four ounces of saltpetre.

A SPICED ROUND OF BEEF.

Take a large round of beef weighing from twenty to twenty-five pounds; take three ounces of saltpetre, and, after beating it up very fine in a muslin rag, rub it well into the round; let it stand thus for two days; then take

one quart of salt, two nutmegs grated, with one ounce of cloves, and half an ounce of mace pounded up fine, and rub the meat well with it, and put it in a tub provided with a close cover; take out the bone that runs through the round, and fill the cavity thus formed with the salt and saltpetre; rub the round well with the spices, etc., every day for two weeks or longer, if you do not wish to cook it at the end of that time. When ready to bring it to table, wash the beef off; fill the hole where the bone was with a piece of suet; lay the round on a board, take a tape or piece of strong twine, and bind it to keep it round and compact; then put it in an oven that just fits it; strew some suet over the top, pour over a pint and a half of water; then make a paste out of a quart of flour and cold water, nothing else; roll it out and make it fit all over the beef; then place a thick sheet of paper over that, and set it to bake. Allow five hours at least for the baking, and do not remove the top crust until next day, when it is perfectly cold.

When one has cut off of a spiced round until tired of it the meat may be grated up, and will furnish a delightful relish at tea or lunch.

TO BROIL HAM NICELY.

Slice the meat from the ham raw as thin as you can, then put it into a pan of cold water; set it on the stove in a stewpan and let it come to a boil; then have your griddle hot, and broil the meat with a little butter dropped into the pan and a plentiful sprinkling of black pepper.

A STUFFED HAM.

Boil the ham until you can remove the skin readily, then gash it to the bone; fill the cavities with a stuffing made of stale bread-crumbs seasoned with butter,

pepper, salt, and a sprinkling of thyme or parsley, if you like those herbs; then grate bread-crumbs finely over the top; brush with the yolk of egg, and bake slowly till done. Or, if you serve a hot-boiled ham for dinner one day, and but little of it is used, fill up the space whence slices have been cut—near the hock it should be—with a stuffing as directed above, and let it remain in the oven just long enough to brown nicely, no further cooking being required.

TO CURE TONGUES.

Select large ones; rub them in salt, and lay them where they may drain for two days, and then drop them into a brine made just as directed for corned-beef. If you like them smoked, when sufficiently salt, ten days or two weeks will answer; take them out of the brine, rub them dry with corn-meal; then spread them on a board and paint them well over with pyroligneous acid, which you can buy from any good druggist; then run a string through the small end, and hang them up to dry.

TO CURE RENNET.

Take the stomach from the calf as soon as it is killed; do not wash it, but hang it in a dry cool place for four or five days; then turn it inside out; slip off all the curd nicely with the hand; fill it with a little saltpetre mixed with a good handful of salt, and lay it in a small pot. Pour over it a small teaspoonful of vinegar, and sprinkle a handful of salt over it; cover it closely, and keep it for use. You must not wash it, for that would weaken the gastric juice and injure the rennet. After it has been salted six or eight weeks cut off a piece four or five inches long; put it in a large mustard-bottle, or any vessel that will hold about a pint and a half; put on it five gills of cold water and two gills of rose brandy or sherry

wine. Stop it very close, and shake it when you are going to use it. It should be prepared in very cool weather, and, if well done, will keep more than a year. A table-spoonful is enough to turn a quart of milk, whether the design is to make cheese, slip, or cheese-cakes.

By recourse to the druggist, the town house-keeper can supply herself more conveniently with prepared rennet; but the notable country housewife who wants nothing wasted will find no more useful addition to her stores than a timely supply of rennet.

PRIZE RECIPE FOR CURING VIRGINIA HAMS.

(Given by M. S. W. Ficklin, Albemarle County, Va.)

For each hundred pounds of hams ten pounds of salt, two ounces of saltpetre, two pounds of brown sugar, and one ounce of red pepper, and from four to four and a half gallons of water, or just enough to cover the hams after being packed in a water-tight vessel (or enough salt to make a brine to float a fresh egg high enough, that is to say, out of the water). From five to six weeks in brine; then hang up, smoke, and put in papers before the fly appears in spring—and bagged with the hock turned down, and hung till wanted. Boil till well done, for bad cookery can spoil the best ham.

TO BOIL A HAM.

Put it in a large pot of *cold* water, and boil it slowly, gently, for five, six, seven, or even eight hours, if uncommonly large—the longer the better. Keep plenty of water in the pot all the time, being sure to let what you add, however, be always boiling hot. If the ham is old, it is well to let it lie overnight in cold water to soak. The choicest hams do not weigh over twelve or fifteen pounds; larger ones are apt to be coarse, and not so finely

flavored. It is a point of pride with old gentlemen farmers to produce a very old ham when they wish to do a guest distinguished honor, or commemorate some festive occasion.

PRESSED BEEF.

First have your beef nicely pickled; let it stay in pickle a week; then take the thin flanky pieces, such as will not make a handsome dish of themselves; put on a large potful, and let them boil until perfectly done; then pull it to pieces, and season just as you do souse, with pepper, salt, and allspice; only put it in a coarse cloth and press down upon it some very heavy weight.

The advantage of this recipe is that it makes a most acceptable, presentable dish out of a part of the beef that otherwise might be wasted.

PICKLED HERRINGS.

Take fifty nice roe-herrings, cut their heads, tails, and fins off; take out the roe and lay on a dish; wash the fish thoroughly, and wipe them dry with a cloth. Mix together one teacupful of fine salt, one teaspoonful of Cayenne pepper; take a pinch of the mixture and rub inside of the fish; then lay the roe back in the fish, and rub the outsides also with the salt and pepper; lay them in a flat stone jar (with stone top), backs down; on every layer sprinkle a few allspice and mace; fill jar with pure cider vinegar; cover the top with a piece of flour dough; set the jar in an oven after the fire is removed, and let it remain all night just to keep it warm.

CHAPTER XXII.

CORDIALS AND COOLING DRINKS.

Strawberry Acid.—Raspberry Vinegar.—Rose Brandy for Flavoring.—To make Lemon Sirup.—Cherry Shrub.—Blackberry Acid.—Blackberry Cordial. (Medicine.)—Currant Shrub.

STRAWBERRY ACID.

PUT twelve pounds of fruit in a bowl, and cover it with two quarts of water, previously acidulated with five ounces of tartaric acid. Let it remain so for forty-eight hours; then strain it, taking care not to bruise the fruit. To one pint of clear juice add one pound of powdered loaf-sugar; stir it till dissolved; then leave it for a few days; then bottle it; tie a muslin cloth over the mouth in case a slight fermentation should occur, and in a week or ten days, being secure against further trouble, cork tightly; the whole process to be cold; the bottle, when put away, to be kept erect. Do not use any tin vessel in making the acid. By this same recipe any berry or small fruit may be preserved for an indefinite period, furnishing the most refreshing drinks in warm weather by the simple addition of ice-water; by their bright colors enlivening the tables of temperance people who do not care to have recourse to wine. As a flavoring for ice-creams they are invaluable, and beautiful jellies may also be made through their help.

RASPBERRY VINEGAR.

Put one gallon of ripe garden raspberries in a bowl or stone jar, and pour over them one quart of strong, well-

flavored vinegar, which must be light in color; mash the berries up well with a wooden masher; let them stand twenty-four hours, and then strain them through a flannel bag. Pour the liquid thus obtained over another gallon of fresh berries; strain in the same manner, and then use a third gallon. When the last is prepared, put it in a tall stone jar, with one pound of white sugar to each pint of vinegar. As soon as the sugar is melted stir it well, and put the jar in a pan of water over the fire, where it may simmer for some time; skim carefully, until nothing more rises to the surface, when it must be taken from the fire, allowed to cool, and then bottled. There is something peculiarly grateful in the flavor of raspberry vinegar; but for those who shrink from the tediousness of the process, raspberry acid made by the preceding recipe will be found satisfactory we are sure.

ROSE BRANDY FOR FLAVORING.

Gather leaves from fragrant roses, without bruising; fill a pitcher with them, and cover them with French brandy; next day pour off the brandy, take out the leaves, and fill the pitcher with fresh ones, and return the brandy. Do this until it is strongly impregnated; then bottle it. Keep the pitcher closely covered during the process. It is better than distilled rose-water for cakes, etc.

TO MAKE LEMON SIRUP.

In the spring, when lemons are cheap, a large family would always find it to their advantage to buy a whole box. Some dozens squeezed, and the juice made into sirup, enables one to have lemonade at a moment's notice for months, and give much needed refreshment to the sick or weary. To two pounds of loaf or crushed sugar put two pints of water and the juice of eight good lemons,

boiled for about twenty minutes with the rind of three. After the sugar-water and rind are boiled and skimmed till clear, you then add the juice, not to be strained till the sirup is done; when boiled for about five minutes, take it off the fire, strain and bottle it. This quantity makes two quart-bottles full, bringing the cost to from twenty to thirty cents each.

CHERRY SHRUB.

Gather ripe Morello or red *sour* cherries; pick them from the stalk, and put them in an earthen pot, which must be set into an iron pot of water; make the water boil, but take care that none of it gets into the cherries. When the juice is extracted, pour it into a bag made of tolerably thick cloth, which will permit the juice, but not the pulp, of the cherry to pass through. Put a pound of sugar to a pint of juice, and, when it becomes perfectly clear, bottle. Put half a gill of spirit into each bottle before you pour in the juice. Cover the corks with rosin. Cherry shrub will keep all summer in a dry, cool place, and is delicious mixed with water.

BLACKBERRY ACID.

Is made precisely by the recipe for strawberry acid, and is one of the finest of all, actually improving by being kept till the second year. Its color is a rich garnet.

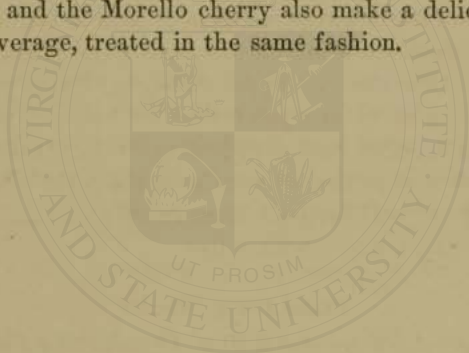
BLACKBERRY CORDIAL. (Medicine.)

To two quarts of blackberry juice add one pound of sugar (the best loaf), half an ounce of nutmegs grated, half an ounce of powdered cloves, half an ounce of powdered cinnamon, and half an ounce of allspice, also pulverized. Boil all together for a short while, and when cold add one pint of fourth-proof brandy, or pure rectified

whiskey, and half a pound of white sugar ; crack up a handful of the seeds, and throw them into the juice before it is strained, to heighten the flavor ; put the juice and sugar on the fire ; let it come to a boil, and skim well. When it is cold, add the spirit, and bottle, corking securely.

CURRENT SHRUB.

To every pint of currant-juice run through a bag without squeezing add one pound of sugar, and use as a summer drink, mixed with three times as much water as juice, iced bountifully. If the shrub is to be kept any length of time, and in that case only, add half a gill of brandy to each quart-bottle of the shrub. The red-cluster sour cherry and the Morello cherry also make a delicious cooling beverage, treated in the same fashion.



CHAPTER XXIII.

HOME-MADE WINES.

Blackberry Wine, Nos. 1, 2, and 3.—Wine from Catawba Grapes.—
Grape Wine.—Currant Wine.—Good Cooking Wine.

WHILE the compilers of these recipes advocate the strictest temperance, they do not exclude from their collection directions for making pure wines at home, useful as they are for medicinal purposes, and for making wholesome and palatable some articles of diet. Since Jesus Christ, our great exemplar, in his intercourse with men, seems to have taught moderation, rather than the exclusion of any creature fitted for nourishment from lawful use, we cannot think it wrong to make, or teach others how to make, pure wine for home consumption.

BLACKBERRY WINE, No. 1.

(Orange County Recipe.)

Cover your blackberries with *cold* water; crush the berries well with a wooden masher; let them stand twenty-four hours; then strain, and to one gallon of juice put three pounds of common brown sugar; put into wide-mouthed jars for several days, carefully skimming off the scum that will rise to the top; put in several sheets of brown paper, and let them remain in it three days; then skim again, and pour through a funnel into your cask. There let it remain undisturbed till March; then strain again, and bottle. These directions, if carefully followed out, will insure you excellent wine.

BLACKBERRY WINE, No. 2.

(Calpepper County Recipe.)

Take ripe blackberries and press the juice from them; let the juice stand thirty-six hours to ferment; skim off whatever rises to the top; then to every gallon of juice add one quart of water and three pounds of sugar. Let this stand in open vessels twenty-four hours; skim and strain it, then barrel it, and keep it corked tight till March, when it should be carefully racked off and bottled.

BLACKBERRY WINE, No. 3.

(Albemarle County Recipe.)

Express the juice from the blackberries; to the squeezed pulp add as much water as it has yielded juice, and stir for half an hour; then strain, and mix with the juice. To every gallon of this mixture add two pounds and a half, or three pounds, of *white* sugar; place the cask in the cellar while the process of fermentation is going on, and cover the mouth with grease, so as to admit air but exclude insects. To ascertain if there is saccharine matter enough in the juice and water to make good wine, drop an egg in, and if it floats all is right; otherwise, add more sugar. Rack off and bottle in November, after fermentation has entirely ceased.

A few observations may not be amiss on blackberry wine-making in general. All of the three recipes given above have been tested and approved by good judges, and we believe either of the three will produce satisfactory results. Dewberries, or low-berries, as they are called in some sections of the country, answer just as well for wine-making as the high, or shrub-growing variety; possessing the same astringent properties, so valuable for checking some diseases. Whether the sugar be the com-

monest brown or purest white, let there be enough of it to float an egg—three pounds to the gallon being the approximate weight allowed in all cases to the gallon, if success is to be sure. A cellar affords *the* most favorable temperature for the keeping of this and all other wines. There seems to be a great diversity of opinion as to the relative proportions of water and juice—authorities varying from one pint of juice to three quarts and one pint of water to nearly the converse, viz., one quart of water to three quarts of juice. It would seem that if the quantity of sugar is right to the gallon, wine is sure to result in either case, and the color is prettier where there is less of the fruit juice. Some say dark-brown sugar containing a quantity of alcohol makes the wine have more body; others insist that *white* sugar is indispensable; while yet others, again, come between the two, and prescribe fair-brown sugar. We have seen good wine made by persons holding these diverse opinions, and mention them to show the house-keeper that a large margin may be allowed for variations that circumstances sometimes enforce, and yet her wine not be spoiled. There is room, too, for those who love experiment to try and bring more certainty into a manufacture about which there seems to be so much as yet undecided.

A third of an ounce of alum to each gallon of wine, put in when the juice is set to ferment, is thought by some to be a great improvement.

WINE FROM CATAWBA GRAPES.

Gather the grapes, and strip them from their stalks, leaving out all decayed ones; put them into a large china bowl or wooden tub; with a masher break the skins and express the juice; cover, so that gnats may not be attracted, and leave for several days, or until decided fermentation sets in; then strain, and to each gallon of the

juice put *one* pound of white sugar. A delicious lady's sweet wine is thus furnished—such as would be very reviving to a delicate or feeble person.

GRAPE WINE.

Mash the grapes, and strain them through a cloth ; put the skins in a tub after squeezing them, with barely enough water to cover them ; strain the juice thus obtained into the first portion ; put three pounds of sugar to one gallon of the mixture ; let it stand in an open tub to ferment, and for a period of from three to seven days skim off what rises every morning. Put the juice in a cask, and leave it open for twenty-four hours ; then bung it up, and put clay over the bung to keep the air out. Let your wine remain in the cask until March, when it should be drawn off and bottled.

CURRANT WINE

Is better than blackberry in all cases where a light color is desirable ; and, strange as it may seem, we have seen a good and bright wine made by the following directions : One quart of currant-juice, three quarts of water, three pounds of brown sugar, all to be put together in a cask. Let it remain with the bung out (open) for six weeks ; then stop up.

GOOD COOKING WINE. (Simple and Perfect.)

One quart of grape-juice (Fox grapes, Catawba, Concord, or the small wild grape, gathered after frost, will answer), three quarts of water, two and a half pounds of common brown sugar. Let the juice of the grapes be strained clear ; mix it with the water and sugar, and put directly into an open barrel or cask (for the vessel should be full), and let it stand so in a cellar for nine days ; then cork up the cask tight ; fasten the bung, and set aside till spring, when it may be bottled, and is ready for use.

CHAPTER XXIV.

THE DAIRY.

To Make Butter.—Brine for Keeping Butter.—To Cure Butter.—Mrs. Colston's Recipe for Putting up Butter to Keep.—Cottage Cheese.—Bonny-clabber.—Slip.—Curds and Cream, No. 1.—Curds and Cream, No. 2.—Cheese.—Cream-cheese, No. 1.—Cream-cheese, No. 2.—To Make Slip-coat Cheese.

TO MAKE BUTTER.

WE cool the milk as soon as possible after it is strained; a small portion of ice around the pans cools it very soon. The milk is allowed to stand about twenty-four hours before it is skimmed; and if properly cooled when first milked it will not thicken or sour in that time, in scarcely any weather, in a well-ventilated dairy. We use care in skimming to take only the cream; the less milk with the cream the better. The cream is kept in good stone jars, and churned as soon as it begins to sour. We use the barrel-churn and pan, fifty to sixty revolutions per minute, with a steady, even stroke. It takes from thirty-five to forty-five minutes to make the butter come. As soon as granules begin to form, if they are soft or of a whitish, creamy appearance (as they will be if the cream is too warm), we cool down with less, until they acquire a proper consistency. As soon as the churning is finished we draw off the buttermilk, and press the whey all out of the butter with the paddle; it is then salted, at the rate of one ounce to one pound of butter, which is well worked in the butter; it is then set aside for six or eight hours, for the salt to dissolve and the butter to cool, when it is thor-

oughly worked and pressed to get the whey all out of it, and packed down at once in stone jars, using the paddle and packer all the time, and never touching it with the hand. An ounce of salt is none too much, as a large portion of it is carried off with the whey in the last working of the butter. When the jar is filled, a thick coat of salt is put over the top of it; then a piece of paper, greased by dipping it in a cup of melted butter; another layer of salt is placed over this, and then another fold of paper, and all secured by tying a thick cotton cloth over the mouth of the jar. Butter managed in this way will keep from May until the next spring perfectly sweet.

The giver of the above recipe, Dr. J. A. Reid, took the first premium for butter at a Virginia State Fair, and his instructions may be relied upon in every particular.

BRINE FOR KEEPING BUTTER.

Make a brine strong enough to bear an egg, then put in two handfuls of salt to each gallon of water; add half a pound of white sugar and two teaspoonfuls of saltpetre; boil well, and skim until perfectly clear; then strain six or eight times. Always keep a bag of salt in the brine with the butter; let the butter be weighted down, the rolls tied separately in cotton cloths, and it will preserve its sweet, fresh taste for a year or two.

TO CURE BUTTER.

In the fall of the year is the best season for putting away butter, so that it will keep to use during the spring months, when it is usually so scarce and high in price. Half a pound of salt, a quarter of a pound of saltpetre, a quarter of a pound of white sugar; pound these ingredients together, and put one ounce to every pound of butter as you take it from the churn, sprinkling and working it

just as with salt alone. Pack it down in a jar as tightly as possible, adding from week to week until it is full; then cover with an inch of salt, tie a thick cloth over the mouth, invert the jar, and it will be better after six months' keeping than at first.

MRS. COLSTON'S RECIPE FOR PUTTING UP BUTTER TO
KEEP.

Pulverize together in a mortar two quarts of best common salt, one ounce of saltpetre, and one ounce of white sugar; work the butter three times, and at the third working put in an ounce of the above mixture to every pound of butter; the butter must be made up into half-pound rolls and put into the following brine: To three gallons of brine strong enough to bear an egg add a quarter of a pound of white sugar.

COTTAGE CHEESE.

Take a pail of new, rich milk, put it in a kettle over the fire, and let it scald (be careful that it does not boil, or the curd would become hard and tough), then strain through a thin, white, cotton bag, allowing it to hang and drain all night. In the morning add a teaspoonful of salt, a small piece of butter, and enough sweet cream to make the cheese of such consistency as you like.

Most persons simply turn it out into a dish and send to table with a pot of cream in addition; but it may be shaped in small moulds, or made up into rolls or cakes.

BONNY-CLABBER.*

Where the dairy is good, this plain but, to many tastes,

* Spelled in dictionaries *Baugh-naugh Clough-baugh*. A gentleman from America calling to pay his respects to Fredrika Bremer was asked to sup with her on this homely dish.

delightful dish may be enjoyed daily in hot weather. It is simply milk that through heat has "turned" or thickened until it is of the consistence of baked custard. It should then be set upon ice, or in the coolest part of the spring-house, and sent to table not a moment before it is to be helped out.

Individuals eat it with relish just as it is ; but for most persons sugar, cream, and grated nutmeg are required to make it one of the choicest of Arcadian dishes.

The milk may be poured into a glass bowl before it turns, and then be more presentable than in one of the dairy milk-pans.

SLIP.

Slip is bonny-clabber without its acidity, and so delicate is its flavor that many persons like it just as well as ice-cream. It is prepared thus : Make a quart of milk moderately warm ; then stir into it one large spoonful of the preparation called rennet ; set it by, and when cool again it will be as stiff as jelly. It should be made only a few hours before it is to be used, or it will be tough and watery ; in summer set the dish on ice after it has jellied. It must be served with powdered sugar, nutmeg, and cream.

Artichoke blossoms were made to take the place of rennet by Virginia matrons in times past, and it may be convenient to know that they possess the same virtue as rennet ; but nowadays druggists sell a nice preparation of rennet quite reasonably, that renders the making of slip one of the simplest of processes. A nice dessert is thus furnished with hardly any trouble, and at very short notice.

CURDS AND CREAM, No. 1.

Turn one quart of milk as for slip ; let it stand until just before it is to be served ; then take it up with a skimming-ladle, and lay it on a sieve ; when the whey

has drained off, put the curds in a dish, and surround them with cream ; use sugar and nutmeg with them.

CURDS AND CREAM, No. 2.

One gallon of milk will make a moderate dish. Put one spoonful of prepared rennet to each quart of milk, and when you find that it has become curd, tie it loosely in a thin cloth and hang it to drain ; do not wring or press the cloth ; when drained, put the curd into a mug and set in cool water, which must be frequently changed [A refrigerator saves this trouble.] When you dish it, if there is whey in the mug, ladle it gently out without pressing the curd ; lay it on a deep dish, and pour fresh cream over it ; have powdered loaf-sugar to eat with it ; also hand the nutmeg-grater.

CHEESE.

Persons living in the country sometimes have more milk than they can use, of which cheese may be made. Indeed a really energetic house-keeper loves to be independent, and know how to make *everything* that may conduce to the comfort of her family under any circumstances. A cheese of one's own make must taste better than another ; and for a young house-keeper of such mind we give the following tried recipe, mainly as from Mrs. E. Lea's directions : Put four gallons of new milk in a clean tub that is kept for the purpose ; skim your night's milk, and put two gallons of it over the fire ; when it is near boiling put it in the tub with the new milk and the rest of the night's milk. It should be rather more than milk-warm. If it is too warm, the cheese will have a strong taste. The day before you make cheese, put a piece of rennet three inches square in a teacup of water, and stir it into the milk ; cover the tub, and let it stand in a warm

place; when the curd begins to form cut it in squares with a long wooden knife, and spread a thin towel over it; when the whey comes through the cloth you can dip it off with a saucer; then put a thin towel in the cheese-vat, put in the curd, spread the cloth over the top, put on the lid, and press it moderately about half an hour; then put it back in the tub and salt it to your taste; mix it well, and if you want it very rich put in a quarter of a pound of butter. It is always better to skim the night's milk and put in butter, as the cream is apt to press out. Have a clean cloth in the vat; put in the curd, close it over, and put on weights; if you have no cheese-press, a heavy stone will answer the purpose; press it very gently at first, to keep the richness from running out. The next morning draw it out by the cloth, wash and wipe the vat, put in a clean cloth, and turn in the cheese upside down; do this morning and evening for two days; then take out the cheese and put it on a clean board; set it where the mice and flies will not get at it; rub it every morning with a little butter, and turn it three times a day; dust it over with Cayenne pepper if you cannot keep it from the flies; and if it should crack, plaster on a piece of white paper with butter. It is fit for use in two weeks. Cheese made in this way has a rich, mild taste, provided that the milk is of good quality. If you get eight gallons of milk a day, you may make cheese twice a week, and still supply your family with butter. You should keep four thin cloths on purpose for cheese.

CREAM-CHEESE, No. 1.

(Mrs. Jas. Madison's Recipe.)

To four gallons of milk warm from the cow add one gallon of sweet cream; stir into the milk while warm seven or eight teaspoonfuls of rennet-water; let it stand

till it begins to whey; tie it in a cloth, and let it drip ten or twelve hours, frequently squeezing it; then put the curd in a cloth laid in a mould; press, but do not lay too great a weight at first, but increase as the cheese may require. When dry enough, sprinkle it over with salt, and set it in the shade.

CREAM-CHEESE, No. 2.

(English Recipe.)

Take five quarts of new milk fresh from the cow, and add to it a quart of cream and a pint of warm water; then stir it all together, and put into it enough prepared rennet to turn that quantity of milk (one dessert-spoonful to a quart), and when it is quite firm press it down a little, without breaking the curds; then put the curds and whey together into a cloth, and turn it from one side of the cloth to the other, till the whey be all run out; put it then into a cloth upon a board, with a vessel underneath to catch the dripping whey; press it, but gently and gradually, laying on but two pounds at first, and increasing the weight gradually till you have laid on seven pounds; salt it by sprinkling a little upon it daily while it is pressing; turn it every time you lift off the weights; when it has lain two or three days thus, put it into some nettles to ripen it, and change your nettles once in two days, or every day, as you see occasion. It will be fit to eat in a fortnight's time, and makes delicious food.

TO MAKE SLIP-COAT CHEESE.

Take two quarts of new milk from the cow, and add to it one pint of cream; put to them a table-spoonful of prepared rennet, and when the milk has become a firm mass break up the curd well, separating it from the whey with your hand; then put it under the pressure of a four-

pound weight, the cheese being wrapped in a clean, wet cloth; turn it once in two hours in a wet cloth, and when you have turned it three times strew a little fine salt upon it, and so keep it turned every two hours in a wet cloth all the day, and at night turn it into a dry cloth; the next morning take it out, and lay it in vine-leaves, changing the leaves twice a day till you find it fit to eat, which is usually in eight or ten days.



CHAPTER XXV.

CANDIES AND CONSERVES.

Cocoa-nut Candy.—Cocoa-nut Balls.—Candy in Pudding Fashion.—Newport Candy.—Cream Caramels.—Conserves of Strawberries.—Kisses.—Peach Chips or Conserves.—Peach Leather.—Butter Taffy.—Cocoa-nut Cones.—First-rate Molasses Candy.—Chocolate Caramels.—Delightful Cough Candy.

COCOA-NUT CANDY.

EQUAL quantities of white sugar and grated cocoa-nut; add enough milk of the cocoa-nut to moisten the sugar, and then put it on the fire to boil, stirring almost constantly. When the candy begins to return to sugar, stir in the cocoa-nut as quickly as possible, and in a minute or two spread it on dishes to cool, marking it off in squares to cut after it hardens sufficiently. If you would like a portion pink stir a little pokeberry jelly into some of the candy while hot, until it has acquired the tint you like.

COCOA-NUT BALLS.

Any confectioner now will furnish his customers with freshly-grated cocoa-nut at a reasonable price, which is a great saving of labor at home. To one pound and a half of white sugar put one pint of water, and boil until ropy; then turn it out into a bowl, and stir into it one good-sized cocoa-nut, and when cool make into balls with the hand, and set away to dry.

CANDY IN PUDDING FASHION.

Take half a pint of citron, half a pint of raisins, half a pound of figs, quarter of a pound of shelled almonds,

one pint of peanuts before they are hulled; cut up the citron, stone the raisins, blanch the almonds, and hull the peanuts; cut up the figs into small bits. Take two pounds of coffee-sugar, and moisten with vinegar; put in a piece of butter as large as a walnut; stew till it hardens, but take off before it gets to the brittle stage; beat it with a spoon six or eight times; then stir in the mixed fruits and nuts. Pour into a wet cloth and roll it up like a pudding, twisting the ends of the cloth to mould it. Let it get cold, and slice off pieces as it may be wanted for eating.

NEWPORT CANDY.

One pint of molasses, half a pint of brown sugar, quarter of a pound of butter. Choose a cold winter day for your candy-making, and you can hardly fail to be pleased with your success, for this recipe is generally liked: Boil for several hours, until a drop cast into a cup of cold water will harden by the time it reaches the bottom. Have ready some buttered dishes, and pour a thin layer of the boiling candy over the surface. Let it cool without pulling. It is crisp, and very good.

CREAM CARAMELS.

Half a pound of chocolate, two pounds of white sugar, a table-spoonful of butter, one teacupful of cream. Cook these together until the mixture candies; flavor with vanilla, but not too much—say one teaspoonful. Stir this candy all the time. This makes the dark part.

White part: three cupfuls of sugar and one of cream, boiled together for twenty minutes; not to be stirred too much, and flavored with lemon or orange juice. Butter a flat dish; place upon it a layer of the brown mixture; let it get a little hard, and then add a layer of the white, which also allow to harden for a few minutes; place on top an-

other layer of chocolate. Check off in little squares, and cut into blocks when cold.

CONSERVES OF STRAWBERRIES.

Prepare the fruit as for preserving; that is to say, sprinkle the strawberries with sugar, when freshly gathered, in the proportion of half a pound of sugar to one of fruit; let them stand four hours to allow time for the sirup to form, and the fruit get slightly hardened; then pour off the sirup, put it on the fire in a preserving-kettle, drop in the fruit as soon as it comes to a boil, and let it stay just long enough to become well scalded; then take it off gently in a ladle that is perforated, spread the berries on dishes in the sun to dry, throwing over them a thin muslin covering to protect them against bees; bring them in at nightfall, turn them, and the next day's sunning will probably be sufficient to dry them enough. Pack them in glass jars, interspersing each layer of fruit with a sprinkling of granulated sugar.

KISSES.

Whites of two eggs, into which beat very gradually two teacupfuls of powdered sugar and two table-spoonfuls of corn-starch; flavor with lemon or vanilla. Drop in teacupfuls, two inches apart, on well-buttered letter-paper; lay the paper on a half-inch board, and place in a moderate oven. Bake fifteen minutes, until slightly brown.

PEACH CHIPS OR CONSERVES

Are made almost precisely as directed for strawberry preserves; the only difference between chips and preserves being that the former are made of clingstone peaches sliced thin, stewed, and put out to dry, and the others are, preferably, made of soft peaches, or rather free-

stone peaches, and only cut into halves when put into the preserving-kettle. Bees are perfectly voracious after this sweetmeat ; and, if it is not put to dry out of the reach of their depredations, will disappear with the most amazing rapidity. The choicest French confectionery is not equal to this sweetmeat when seen in perfection, and it is not very troublesome to make.

PEACH LEATHER.

Stew as many peaches as you choose, allowing a quarter of a pound of sugar to one of fruit ; mash it up smooth as it cooks, and when it is dry enough to spread in a thin sheet on a board greased with butter, set it out in the sun to dry, and when dry it can be rolled up like leather wrapped up in a cloth, and will keep perfectly from season to season. School-children regard it as a delightful addition to their lunch of biscuit or cold bread. Apple and quince leather are made in the same fashion, only a little flavoring of spice or lemon is added to them. These leathers are made in the valley of Virginia, and seldom seen elsewhere in the State.

BUTTER TAFFY.

This may be made by first melting in a shallow vessel a quarter of a pound of butter, adding to it one pound of brown sugar ; stir them together fifteen minutes, or until a little of the mixture, dropped in cold water, will break clear between the teeth without sticking to them. Extract of lemon, pineapple, or vanilla should be added for flavoring just before the candy is done. The taffy, when taken from the fire, should be poured into a shallow dish, which must be buttered on the top and edges. By drawing a knife across it when partially cold, it can be broken into squares.

COCOA-NUT CONES.

Beat to a froth two eggs ; add gradually a small cup of sugar, one cup of cocoa-nut grated, one spoonful of flour ; make into cone shape by rolling them. Put on buttered sheets of tin ; cover with letter-paper, and bake five minutes in a quick oven. Let them cool before removing from the tin.

FIRST-RATE MOLASSES CANDY.

One gallon of good, fair molasses, five pounds of brown sugar, and a quarter of a pound of butter ; boil together until they candy well ; then pour out in buttered dishes, and pull until very white. It is crisp, and uncommonly good.

CHOCOLATE CARAMELS.

Not quite half a pound of Baker's Chocolate, one pound and a half of brown sugar, a quarter of a pound of butter, a teacupful of cream ; cook steadily for thirty minutes after it begins to boil ; put in a table-spoonful of vanilla just before taking it off the fire.

DELIGHTFUL COUGH CANDY.

Break up a cupful of slippery-elm bark, and let it soak for an hour in water poured over it in the measuring-cup. Half fill a cup with flaxseed, and fill up to the brim with water, leaving it to soak the same time as the slippery-elm. When you are ready to make the candy, put one pound and a half of brown sugar in a stewpan over the fire ; pour the water from the slippery-elm and flaxseed over it, straining the last, and stir constantly until it boils and begins to turn back to sugar ; then turn it out, and it will break up into crumbly, small pieces. For preachers or teachers who use their voices too much, it will be

found an admirable and agreeable medicine, the taste being peculiarly pleasant. It is highly recommended to any one subject to throat affections. The best flavor for it is a little lemon-juice.



CHAPTER XXVI.

FRITTERS, PANCAKES, ETC.

French Fritters. — Bell Fritters. — Rice Fritters. — Puff Fritters. — Apple Fritters. — Spanish Fritters. — Snow-flake Sauce. — Berryville Fritters. — Quaking Pudding. — Pancakes. — Scotch Pancakes.

FRENCH FRITTERS.

PROVIDE one quart of fresh milk ; sift one quart of fine flour and mix it to a paste with half the milk ; put the other half on the fire in a preserving-kettle, and as soon as it boils thicken it with the paste, and stirring steadily let it cook until very well done ; then set it aside to cool in a large bowl or pan. Meanwhile beat separately, until perfectly light, the whites and yolks of ten eggs, mix them, and add to the batter a spoonful at a time until all is in. Add a teaspoonful of salt. Have a small oven ready, half-full of boiling lard ; drop into it, for each fritter, not quite a spoonful of the batter, and take the fritters out with a perforated ladle before they turn dark. Begin to fry your fritters before the meat dinner is taken up, and when fried a pretty brown put them into a colander, so that every particle of lard may drain from them. Eat with hot, boiled molasses, wine and sugar, or any sweet sauce that you like best.

BELL FRITTERS.

Put one quart of water into a kettle, with a large spoonful of butter ; set it on a slow fire, and stir into it by degrees one quart of flour, adding a teaspoonful of salt.

When perfectly smooth pour it into a dish to cool ; then beat six eggs very light, the whites and yolks separately, and then knead all together. Make the dough into small balls and drop into boiling lard ; when of a light-brown dish them. This quantity will serve a family of eight persons. One pound of lard should be allowed for the frying.

RICE FRITTERS.

A pint of rice boiled soft, and a table-spoonful of butter added while it is hot. Beat up three eggs very light, and add them to the rice after it has become cool. Make into balls, and fry in boiling lard. Eat with molasses for a plain dessert.

PUFF FRITTERS.

To one pint of milk put eight spoonfuls of flour, mixing them well together. Grease a pan well, and in it scald this batter well, stirring all the time that it is upon the fire. When removed and cold, add fourteen eggs well beaten. Mix all together until perfectly smooth, beat until light, and drop from a spoon into boiling lard, like other fritters.

APPLE FRITTERS.

(Mrs. Maria Randolph.)

Pare some apples, and cut them in thin slices ; put them in a bowl, with a glass of brandy, some white wine, a quarter of a pound of pounded sugar, a little cinnamon finely powdered, and the rind of a lemon grated ; let them stand some time, turning them over frequently ; beat two eggs very light ; add one quarter of a pound of flour, a table-spoonful of melted butter, and as much cold water as will make a thin batter ; drip the apples on a sieve, mix them with the batter ; take one slice

with a spoonful of batter to each fritter ; fry them quickly of a light-brown, drain them well, put them in a dish, sprinkling sugar over each, and glaze them nicely.

SPANISH FRITTERS.

Make up a quart of flour, with one egg well beaten, a large spoonful of yeast, and as much milk as will make it a little softer than muffin dough ; mix it early in the morning ; when well risen work in two spoonfuls of melted butter, make it into balls the size of a walnut, and fry them a light-brown in boiling lard, and eat them with molasses or the sauce given just below.

SNOW-FLAKE SAUCE.

Take half a pound of nice butter, a pound of sugar (pulverized if possible), and a teacupful of sweet but rich cream. Wash the salt carefully from the butter, and cream it well, then put in the sugar, which must also be creamed with the butter. Put the cream into a pitcher, and then as you stir the butter and sugar pour this into it in as small a stream as possible—this being necessary in order to get the butter and cream to mix smoothly. Season with lemon or vanilla.

If you make it of granulated sugar, prepare the sauce the day before it is needed, and set it in a cool place to get firm. After mixing, wet your hands and make into small oval pones, or into one large round pat like butter, and serve it in a small flat dish. In helping it, slice it with a silver knife instead of a spoon.

BERRYVILLE FRITTERS.

Mix one pint of rich milk with five table-spoonfuls of flour, four eggs, beaten, and the addition of two apples chopped up fine; fry them.

QUAKING PUDDING.

(Judge St. George Tucker.)

Take one pint of cream, out of which take two or three spoonfuls and mix quite smooth with a spoonful of fine flour; set the rest to boil. When it has boiled, take it off and stir in the cold cream and flour until smooth. When it is cool, beat five eggs and two whites of eggs; stir in grated nutmeg or mace and a little salt; sweeten to your taste. Butter a wooden bowl or other vessel and put it in. Tie a cloth over and boil it half an hour. It must be put into boiling water and turned about a few minutes, to prevent the eggs going to one side. When done, turn it into a dish and pour over it a sauce of melted butter, sugar, and wine. You may dress it with citron or other sweet-meats.

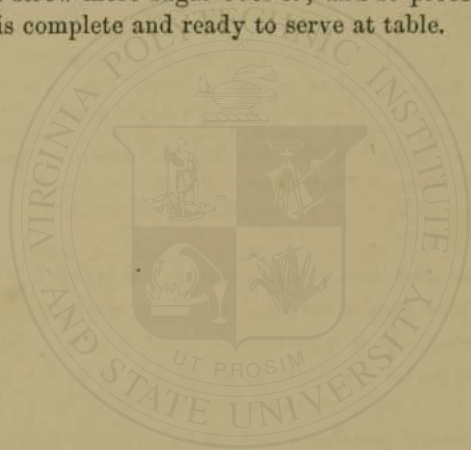
PANCAKES.

One pint of flour, one pint and a half of milk, two eggs, and one small teaspoonful of salt. All depends upon the cooking, and this takes some practice. The tossing of a pancake requires real sleight-of-hand, and is seldom even attempted by an ordinary cook. Take a frying-pan, and when it is hot have a little butter tied up in a rag and just rub it over the pan for a pancake or two at first, and that will be enough, for they will afterwards fry themselves. Lay the batter in the pan very thin, and when brown on one side turn it; when it is done roll it up like wafers and put it on your dish.

SCOTCH PANCAKES.

Take a pint of cream, the yolks of eight eggs and six of the whites, a quarter of a pound of butter, three table-spoonfuls of flour, a little wine, sugar, and nutmeg; put the butter into the cream, and set it over the fire till it

boils; then take it off. Stir the eggs—being first well beaten, with the flavoring in them—into the cream and butter; beat all well together; add the flour, and beat it all up to a batter. Put a small lump of butter into a frying-pan, and when it is melted put in a little batter, and fry it till it be just brown next the pan; then turn it into a dish, with a little sugar strewed over it. When this is done, take a little more batter and put it into the pan; and when done as before, put it upon the first pancake in the dish, and strew more sugar over it; and so proceed until the pile is complete and ready to serve at table.



CHAPTER XXVII.

FOR THE SICK.

Beef Essence.—Chicken Essence, or Tea.—Beef Tea, No. 1.—Beef Tea, No. 2.—Chicken Soup.—Panada, No. 1.—Panada, No. 2.—Rusk Panada.—Caudle.—Rice Caudle.—Flour Caudle.—Hard Biscuit for Invalids.—Crisp Biscuits.—Mush.—Gruel.—Arrow-root.—Tapioca Jelly.—Sago.—Rye Mush.—Cremo.—Eggnog.—Mint Julep.—Prunes.—Lemons.—Limes.—Soft Peaches.—Cranberries.—Apples.—A Plain Rice Pudding.—Rice Milk, No. 1.—Rice Milk, No. 2.—Rice Shapes.—Clover Tea.—Mullein Tea.—Tamarind-water.—Toast and Water.—Apple-water.—Elder-flower Tea.—A Fine Tonic.—Lemon Honey.—Dewberry Sirup.—Boiled Flour for Invalids.—To Cure a Cold.—An Admirable Cough Mixture.—Cherry-bark Tea.—Brown Mixture for Coughs.—Burns.—Blisters.—Basilicon Salve.—Cuts.—Wounds.—Sprains.—Bruises.—For a Rising Breast.—Boils.

HAVING once had the experience of being very sick in one of the most elegant of city hotels, where meal seemed to succeed meal with hardly any intermission the whole day through, and every imaginable dainty that could tempt the healthy appetite was obtainable, there was positively nothing at all found suited to the simple tastes of the sick.

We would not have it so in our *ménage*. For, if attention to the preparation of food where the well are concerned is a duty, how much more imperative does it become in case of those upon whom disease has laid its hand. We will not, then, close our cookery book without appending a few recipes meant especially to meet the wants of a sick-room, although we may not hope, within the limits of one brief chapter, to cover the ground so completely as we could desire.

BEEF ESSENCE.

Chop up as fine as possible one and a half to two pounds of the fleshy part of beef; wash it, and put it immediately into a wide-mouthed vessel of glass or stone, adding no water but what adheres from the process of washing; cork tightly, and put over the fire in a stewpan of cold water, that must be brought gradually to a boil and kept boiling for three or four hours steadily. The above quantity of meat will furnish nutriment for an ill person for twenty-four hours.

A little salt may be added in almost every case, and sometimes a little flavoring of celery is admissible.

CHICKEN ESSENCE, OR TEA.

For a very sick person choose a full-grown fowl, the juice being more nutritious; chop it up fine with a meat-axe, bones and all, and put it into a wide-mouthed bottle closely stopped, with no water but what has adhered after washing; set the bottle into a pan of cold water, and let it boil around it for several hours. In some cases this is preferable to beef tea; but when to use one or the other it is the part of the physician to decide.

BEEF TEA, No. 1.

(Professor Marshall.)

Take one pound of beef, free from fat; cut it into small pieces, and then submit it for three hours, each time in succession, to half its weight in water—half a pint of *cold*, of *warm*, and of *boiling* water. The fluids strained off from the first and second infusions are to be mixed with that strained off hot from the third, or boiling process, and the mixture should be just brought to a boiling heat to cook

it; the fat should be skimmed off; a few drops of some acid (when admissible), with a very little salt, will improve the flavor.

BEEF TEA, No. 2.

Two pounds of beef, without fat or bone; half a breakfast-cup of cold water; place it in a jar, close covered, within a saucepan of water; place it where it may simmer gently for at least four hours.

CHICKEN SOUP.

For an invalid who needs plain, nourishing diet, but at the same time is not very sick, take a half-grown fowl, or spring chicken, and cut it up into eight pieces; put this meat into a stewpan of suitable size, and cover with cold water — about a quart will suffice; set it on the back part of the stove and let it simmer, but not boil, for two hours. Half an hour before it is needed add a gill of rice and put in salt to the taste; thicken with a very little flour made into a paste with cold water before putting it into the soup, and add a flavoring of parsley chopped up, or celery, whichever is preferred; skim off the grease very carefully. For a richer soup, the yolk of an egg beaten may be added to the thickening. Half this quantity will be enough to serve at one time.

PANADA, No. 1.

Take a large slice of the nicest stale light bread and cut it up into half-inch cubes; put the bread into a china bowl, and sprinkle over it a table-spoonful of white sugar, and drop in half a dozen grains of allspice; pour over all a teacupful of boiling water, and cover up close. In five minutes it will be ready for use, and is very nice. In some cases a flavoring of wine and nutmeg is preferred to the allspice. I have known a person relish panada who could eat no other soft food.

PANADA, No. 2.

Toast very nicely a slice of stale baker's bread ; butter it, and cut it up into small squares, and set aside in the bottom of a small tureen or bowl ; set on the fire a tea-cupful of fresh milk, and while it is boiling beat up very light the yolk of an egg, to which add a salt-spoonful of salt and a little pepper, if the patient can use it. As soon as the milk boils, pour it hot over the egg, stirring all the while, and in two minutes take it boiling from the fire and pour it upon the buttered toast in the tureen ; cover it up close, and as soon as the toast has swelled you may serve it up.

RUSK PANADA.

Boil two rusks for half an hour in a pint of water ; strain off the water, and beat the rusks up until smooth ; then add half a pint of milk ; return to the fire in a stew-pan, adding a dessert-spoonful of sugar, a table-spoonful of wine, and a little grated nutmeg ; let all simmer together for ten minutes, when the dish will be ready to serve.

CAUDLE.

(Lady Cust.)

Beat an egg (yolk and white together), and stir it into a pint of thin, cold gruel of either groats or oatmeal ; set it on the fire, adding wine, sugar, and spices, as permitted to the patient.

RICE CAUDLE.

Rub a table-spoonful of ground rice into a pint of water by degrees ; boil it till smooth and thick ; sweeten with a table-spoonful of white sugar, and flavor with a slight sprinkling of nutmeg. If too thick dilute it. This is nourishing food for teething children, and a gill of pure milk boiled with it renders it yet more so.

FLOUR CAUDLE.

Put on half a pint of new milk to boil in a small stew-pan, and rub two teaspoonfuls of flour into half a pint of cold water ; as soon as the milk boils up, stir the flour and water into it, and stir constantly over a slow fire until the mixture is well thickened, which will be in about fifteen minutes. (To be used when astringent food is required.)

HARD BISCUIT FOR INVALIDS.

Work a pound of flour into a stiff paste with two ounces of butter, and as much skimmed milk as will leave it stiff enough to roll ; add half a teaspoonful of salt, and beat it with a rolling-pin until very smooth. Roll it very thin, and cut it into round biscuits. Bake them six minutes.

CRISP BISCUITS.

Knead well into a stiff dough a light quart of flour, the yolk of an egg, and half a gill of milk ; add a very little salt. When well kneaded until very smooth, cut it into small, thin biscuits. Bake them in a slow oven until they are crisp.

MUSH.

Have ready a clean saucepan, and into it put a pint of boiling water ; drop in a teaspoonful of butter, and sprinkle in sifted corn-meal with one hand, while you stir the mixture with the other ; add a pinch of salt ; keep stirring, and adding meal all the time until the mush is as thick as you like it, and perfectly smooth.

No food can be more simple and digestible. With the addition of cream many persons are very fond of it, and sugar, too, may be added at pleasure. By this same recipe make the mush that, when fried, is always considered an indispensable part of the dish of fried chickens, and is

never missing at any dinner-party given in Virginia during the early summer months.

To have it in perfection, it should be made early in the morning, spread out thin on dishes to cool and rise, and only cut into little square cakes to fry just before dinner-time.

GRUEL.

This is made from various grains; but if you ask for "gruel" in Virginia, it will be always understood that you mean Indian-meal gruel, as corn-meal is one of the staple articles of diet there. It is made thus: mix two spoonfuls of sifted corn-meal in a very little water; have ready a clean skillet, with a pint of boiling water in it; stir it gradually in, and let it stay over the fire until the meal is done; then season it with salt to your taste, or sugar if you prefer it.

ARROW-ROOT.

(E. E. Lea.)

Bermuda arrow-root is the best. Moisten two teaspoonfuls of powdered arrow-root with water, and rub it smooth with a spoon; then pour in a very little boiling water, and stir it well, and afterwards a teacupful of boiling water; season it with lemon-juice, or wine and nutmeg. In cooking arrow-root for children, it is a very good way to make it very thick, and thin it afterwards with milk.

TAPIOCA JELLY.

(E. E. Lea.)

Wash the tapioca well, and let it soak for several hours in cold water; put it in a saucepan with the same water, and let it boil slowly till it is clear and thick; then season it with wine and loaf-sugar. The pearl tapioca will require less time to soak, and no washing.

SAGO.

(E. E. Lea.)

Wash the sago and soak it an hour ; boil it slowly till it thickens ; sweeten it with loaf-sugar, and season it with wine or lemon-juice.

RYE MUSH.

(Miss Leslie.)

This is a nourishing and light diet for the sick, and is by some preferred to mush made of Indian-meal. Four large table-spoonfuls of rye-flour mixed smooth in a little water, and stirred into a pint of boiling water; let it boil twenty minutes, stirring frequently. Nervous persons, who sleep badly, rest much better after a supper of corn or rye mush than if they take tea or coffee.

CREMO.

Two eggs, a pint of milk, three dessert-spoonfuls of flour, two even table-spoonfuls of white sugar. Beat the yolks of the two eggs with the sugar; put the milk on the fire in a stewpan, and when it boils pour it over the eggs and sugar, stirring rapidly. Meanwhile, mix the flour smoothly with a little cold milk; return the custard to the fire, and stir in the paste, continuing to stir until the whole is well thickened; add any delicate flavoring that you prefer. Place the cremo in a pretty china dish that will just hold it, and, when cold, wisk the two whites to a froth with a table-spoonful of pulverized sugar, and pile over the top meringue fashion; brown slightly by holding within an inch of it a shovel heated to a white heat.

EGGNOG.

Beat the yolk of an egg until it is very light and thick; add a dessert-spoonful of sugar and a table-spoonful of

French brandy; now pour to it a gill of milk or cream, and beating the white of the egg until it can stand alone, mix all well together, and serve to your patient as directed by his physician.

MINT JULEP.

This is so valuable a remedy, especially in cases of *cholera infantum*, that every garden should have growing a little patch of branch mint. Put a dessert-spoonful of fine white sugar in the bottom of a tumbler; beat up fine enough ice to fill it; add to it four or five sprigs of mint and a table-spoonful of brandy; mix all together well with a spoon, and administer to a child a very little at a time until it appears to be revived.

PRUNES.

French prunes preserved are among the greatest delicacies of the table; but the Turkish prunes, that may now be bought so cheap, serve every purpose medicinally, and stewed with only three ounces of brown sugar to the pound are quite palatable. As a laxative agency they are valuable. A little lemon-juice added is an improvement in all respects. When a real aperient is needed, make a tea with a few senna-leaves; stew it with the prunes, and eat a few before retiring at night.

LEMONS.

This fruit is coming more and more into use both as a preventive and cure of disease. In the spring of the year, when they are so plentiful, their free use is especially beneficial in cleansing the system from impurities and building it up generally. Taken medicinally, sugar had better be dispensed with. One half of a lemon furnishes juice enough for a glass of hot water, in which it should be dis-

solved. Take a glass of this lemonade at night, as well as before breakfast in the morning, if you would try this remedy of nature fairly. As an antidote to rheumatism and malarious influences, as well as dyspepsia, lemons are well worth trying. All travellers are recommended to provide themselves with a few lemons, that they may always be at hand.

LIMES.

This tropical fruit is said to be a specific against seasickness when used in the following way: Crack up a tumblerful of ice; add to it a teaspoonful of sugar, and squeeze the juice of the lime on top; mix it up, and sip a little at a time. The relief experienced is said to be marvellous.

SOFT PEACHES

Are the most digestible of all fruits, and may even be given to teething children with impunity when peeled and perfectly ripe.

CRANBERRIES

Are said to be a pleasant and efficacious remedy when mashed up and made into a poultice to apply in cases of erysipelas.

APPLES

Must be baked or stewed to be included in the list of fruits peculiarly suited to the needs of the delicate. Cooked in this way they are wholesome as well as palatable.

A PLAIN RICE PUDDING.

To one quart of new milk put two and a half table-spoonfuls of rice; wash the rice, rubbing it well, and then pour boiling water upon it; strain off the water, and let the rice soak from one to two hours in the milk, throwing in half a teaspoonful of salt and three table-spoonfuls of white sugar; put your pudding in a small baking-dish and

set it on the top of the stove until the rice is soft and the milk a jelly; then set it in a slow oven, and let it stay long enough merely to brown nicely on top.

RICE MILK, No. 1.

Wash and clean nicely a gill of rice, and let it soak for an hour, as in the recipe on preceding page; then put it over the fire in a small kettle, and let it boil until every grain of the rice is thoroughly swelled and tender. It is usually served in small deep plates, and eaten with the addition of sugar and a little nutmeg.

RICE MILK, No. 2.

Boil a gill of rice in water until tender; pour off the water, and add a teacupful of fresh milk into which two well-beaten eggs have been stirred; boil all together for five minutes, stirring constantly to prevent the rice sticking to the bottom of the pan and burning; sweeten while hot with a table-spoonful of white sugar, and grate nutmeg over the top, when its flavor is relished.

RICE SHAPES.

Pound half a pound of rice in a mortar until quite fine; put it in cold water and let it remain until nearly soft; then pour off the water, and put the rice into a stewpan with one pint of sweet milk; set it on the top of the stove, and let it cook until thick and smooth like mush; sweeten with a teacupful of white sugar, and flavor delicately with whatever you like—(rose-water is very suitable); dip your *blanc-mange* moulds in water; fill them, and the shapes will be ready to turn out in half an hour. Dish it with boiled custard or whipped syllabub; but plain cream and a little jelly or jam make a nice dessert for sick or well.

CLOVER TEA.

Gather the blossoms of the purple clover and dry them in the shade. The first crop only is safe to use medicinally. Take a handful, and steep it in a pint of boiling water until the strength has been extracted. For a tonic drink a wineglassful three times a day.

This simple remedy is excellent for purifying the blood, and has been known to remove tumors pronounced cancerous by surgeons. It is said to relieve greatly in cases of whooping-cough; and growing freely, as clover does, at our very feet, is well worth the gathering and laying by, as one of the careful housewife's treasures.

MULLEIN TEA.

To one large stalk of mullein pour one gallon of hot water; boil down to half the quantity; strain, and to every pint of the liquid add a pound of loaf-sugar or rock-candy. To the whole quantity add a gill of spirit to prevent fermentation. Dose: a wineglassful three times a day.

This preparation is said to be an invaluable remedy in throat affections, or any case which seems to threaten consumption.

Mullein is found growing commonly on the roadside or in other uncultivated ground. Its botanical name is *verbascum*.

TAMARIND-WATER.

East India tamarinds make another pleasant acid beverage by merely steeping the fruit in hot water, and keeping it closely covered up until enough of the flavor has been extracted to suit the patient's taste. The fruit is preserved in sugar, but a little more may be added if required.

TOAST AND WATER.

Toast nicely a large slice of loaf-bread; scrape off every burnt particle, and cut into cubes half an inch square; have a pint of boiling water ready in a small pitcher, and add to it the bits of toast. As soon as it is sufficiently cool it may be drunk.

APPLE-WATER.

Roast several apples of fine flavor and put them into a small pitcher; pour upon them enough boiling water to fill the pitcher, and a drink is furnished peculiarly grateful to persons who are feverish from cold, for instance.

ELDER-FLOWER TEA.

Infuse dried elder-flowers the same way as common tea is made; add a little acid to hide the sickly taste of the elder; sweeten to the taste. This is an excellent remedy to promote profuse perspiration.

A FINE TONIC.

Take thirty grains of quinine and mix with enough lemon or other sirup to fill a four-ounce phial; shake well before using, and take a teaspoonful just as you sit down to each meal.

LEMON HONEY.

A pleasant remedy for a cough. Three lemons, one pound of sugar, a quarter of a pound of butter, six eggs. Beat the eggs up light; add the other ingredients, and set it over a slow fire until it boils, taking care to stir frequently and see that it does not burn. Eat as you like.

DEWBERRY SIRUP.

To one quart of juice take one pound of loaf-sugar, two nutmegs, one table-spoonful of cinnamon, one table-spoon-

ful of allspice, and two dozen cloves; boil the ingredients until their strength is extracted; strain it, and when nearly cold put in one pint of best French brandy. This is considered efficacious in diarrhœa, and especially good for teething children. The dose for a child one year old is a teaspoonful, to be taken three times a day.

BOILED FLOUR FOR INVALIDS.

Take one pound of fine flour and tie it up in a strong linen cloth as tightly as possible; after frequently dipping it in cold water, dredge the outside with flour until a crust is formed around it which will prevent the water from soaking into it while boiling; then boil it until it becomes a hard, dry mass; grate two or three spoonfuls of this, and prepare it as you would arrow-root, for which it is an excellent substitute.

TO CURE A COLD.

Take the juice of two lemons and three-quarters of a pound of loaf-sugar, simmering them together for half an hour; then remove from the fire, add two table-spoonfuls of paregoric, and bottle for use. Dose: one teaspoonful three times a day.

AN ADMIRABLE COUGH MIXTURE.

Three table-spoonfuls of molasses, two table-spoonfuls of vinegar, one teaspoonful of antimonial wine, and forty drops of laudanum. Take a teaspoonful after each fit of coughing, and it often cures.

CHERRY-BARK TEA.

There is no better tonic and cure for a cough at times than a tea made of the inner bark of the wild-cherry. It should be cut off in thin slips or chips, and a pint of hot

water poured over a handful of these. When the decoction is of a light amber color it is ready for use. Take half a wineglassful three times a day.

BROWN MIXTURE FOR COUGHS.

One ounce of paregoric ; one ounce of gum-arabic ; one ounce of licorice ; one table-spoonful of antimonial wine.

Although the following recipes may not appear altogether suitable for insertion in a *cookery* book, they are believed to be so valuable for reference, especially in country houses, where medical aid is not always promptly at hand, that we give them for humanity's sake. Moreover, they have peculiar interest as being copied (by permission of her daughter, Mrs. Page) from the manuscript book of one of the most gifted and distinguished women of her day, viz., Mrs. Elizabeth Coalter Bryan, granddaughter of Judge St. George Tucker, of Williamsburg, and the favorite niece of John Randolph of Roanoke. In person she was wont to administer these healing remedies to her servants, as well as children, with an effective tenderness, the memory of which abides up to this day.

BURNS.

The best application for a burn is liniment made of lime-water and oil, beaten together till it looks like butter melted to dress vegetables for the table. It matters not whether common lime or the chloride of lime is used ; and either sweet-oil or linseed-oil will answer. Wrap the parts in fine linen covered with this mixture, and cover thickly on the outside with raw cotton to exclude the air. Never open but once in twenty-four hours, and then carefully soak off the rags with the lime-water and oil, so as

not to injure the tender skin that may be forming on the wound. Bathe well with the liniment and cover with cotton as at first. When *lime cannot be got*, the next best dressing is soot and lard mixed well, melted, and strained to get out the coarse particles of soot. In this case you may first use alum-water to assuage the pain, and then put on a plaster of the above. In every case, over the rags put raw cotton to exclude the air and keep the part from being rubbed.

BLISTERS.

If you wish a blister to heal quickly, be careful not to *remove the skin*. On infants this should be observed. The first dressing should be lily or cabbage leaves coddled in boiling water, then a salve made thus: one part wax, one of lard, one of turpentine (from the pine-tree); melt and strain. Rosin is sometimes used instead of turpentine. This makes basilicon. If the part be in a situation apt to be rubbed, cover with cotton bats, as in a burn, especially in case of an infant.

BASILICON SALVE.

One part lard, one of beeswax, one of turpentine (from the tree, or rosin will do); melt together and strain. It is good to keep this always ready.

CUTS.

A cut should be drawn together and strapped across with sticking-plaster. This should not be removed for three or four days, and when withdrawn it should be by *both ends at once*, so as to pull it out together instead of opening it. When no sticking-plaster is at hand, a pretty good substitute can be made by beating comfrey and sugar together, and spreading the juice (*not the substance*) on a bit of strong linen, and using it as above directed.

WOUNDS.

Ragged wounds (in the hand or foot especially) should be *freely* and *frequently* bathed in hot lye, and dressed either with lye poultice, thickened milk poultice (with a little oil to keep it from getting hard), or with mush and fat.

SPRAINS.

Parsnip-tops beat to a pulp and wet with vinegar are a good application; or bran, clay, or brown paper made wet with vinegar; but I think that for sprains or

BRUISES

You had better wrap the part with a soft cloth in many folds, and keep it constantly wet with water as warm as the patient can bear it. This treatment should be kept up for an hour or two at a time.

FOR A RISING BREAST.

Make a plaster of two table-spoonfuls of flour, two of honey, and two of linseed oil; stew together, and spread smooth on a cloth; scrape two table-spoonfuls of gum camphor as fine as possible, and sprinkle over it; apply this to the breast if it is desirable to dry up the milk. Nothing can be better. If you do not wish to dry up the milk, a hole should be cut for the nipple, and the child frequently nursed to keep up the flow of milk, or it will dry up. To soften a breast in which cold has been taken, flannel wrung out of hot salt water (very strong and as hot as can be borne) is the best thing I ever saw tried.

BOILS.

These painful and troublesome things may sometimes be prevented by wetting a stick of caustic at one end and

making a circle around the inflamed part. If it *will* rise, apply a warm flaxseed or a mush and fat poultice, and as soon as it is soft open with a lancet, and dress with Basilicon. If the boil is a hard tumor, with a hard speck in the middle, which when opened shows a greenish-looking core, it is a carbuncle, and should have a blister put entirely over it. All boils which are slow to rise are best treated by being blistered, which is less painful than would be supposed.

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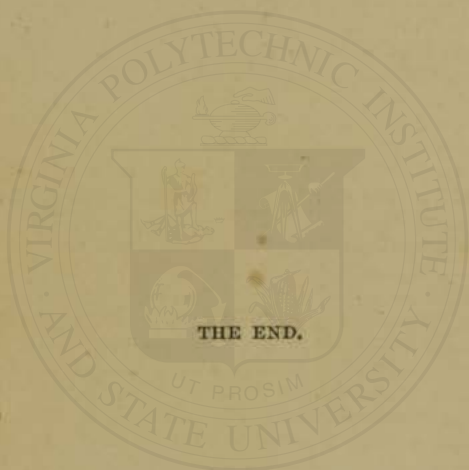
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