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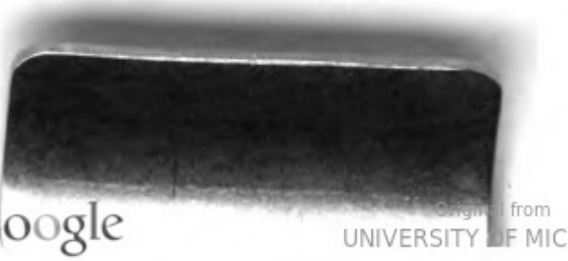

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COOKERY MANUALS

BY

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LAFAYETTE, IND.

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PREFACE.

In bread making, as in every other branch of cookery, the first step is the most difficult, and the main thing is to become acquainted with the elementary principles. When one is well grounded in these, and knows how to make the best quality of fermented or yeast raised bread of pure wheat flour, the rest is easily accomplished. Bread making then becomes easier and more interesting with each trial, and Vienna bread, Graham bread, Boston brown bread—in fact all the varieties of bread, together with rolls and buns of every description, are achievements to be attained with a little additional thought and effort.

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BREAD AND BREAD MAKING.

PRELIMINARY REMARKS.

1.—Bread of some kind is used as an article of diet by all civilized nations; and bread making in its widest sense consists in mixing and baking in different forms for human food, the products of various grains after they have been crushed or pulverized by milling or grinding.

2.—Bread of the best quality can not, however, be made by simply mixing the meal or flour of grain with water, milk and other materials and baking the mixture immediately, or after it has stood a longer or shorter period of time.

3.—Certain chemical changes must generally take place in some of the components of the mixture, and as it is very important that all the conditions necessary for aiding those changes should

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be as perfect as possible, no one can fail to see that both knowledge and skill are requisite for successful bread making.

4.—Bread made of wheat flour leavened, or raised by fermentation, and familiarly known as "light bread" is conceded to be the most healthful, and is also the most convenient for general use. If properly made and baked, it can be kept a considerable length of time, and is so porous, that when eaten, the gastric juices readily penetrate the spongy mass, and perform their functions, causing it to digest without difficulty.

5.—Lightness is not, however, as many people imagine, the chief or only requisite of fermented or yeast-raised bread; for such bread may be very light and at the same time of an inferior quality. A great deal of bread that is light and porous has lost much of its flavor and substance from the incorrect manner in which it was made, and is consequently unpalatable and innutritious.

6.—Bread in addition to being light, porous and free from taste or taint of any foreign element, should possess the fully developed natural flavor of the grain from which it is made, and be acceptable and satisfying to the appetite.

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7.—The most successful and perfect mode of leavening or raising bread, is by fermentation; and the best fermentation for the purpose, is the alcoholic. The gas bubbles that are generated during this fermentation in their efforts to escape, become lodged in the dough, causing it to puff up and grow light, and the alcohol and carbonic acid that are its products, pass away in the baking, and subsequent cooling of the bread, without having injured its flavor or quality; provided, the baking be thorough, and the cooling take place in a pure atmosphere.

8.—Yeast is a plant or germ found upon the outside of the skin of grapes, and upon certain vegetable substances, which, when introduced into elements adapted to its nourishment, seizes upon and converts them into food; and while multiplying itself indefinitely, by the simple, natural process of growing causes alcoholic fermentation.

9.—Alcoholic fermentation is the best for bread making; but if allowed to proceed too far, other fermentations take place, and the bread loses materially in nutritive value, as well as in sweetness, delicacy and palatableness. Even during the conversion of the starch and sugar of the flour into alcohol and carbonic acid by alcoholic fermentation,

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the acetous fermentation is being carried on incipiently, in consequence of the air, which comes in contact with the dough, exerting its influence in forming acetic acid from the alcohol; and the longer the dough is exposed to the atmosphere the greater will be the quantity of acetic acid formed, and the more liable the bread will be to have a sour or harsh, unpleasant taste.

10.—The great need, therefore, of bread makers is a ferment that will, within a given time, produce only alcohol and carbonic acid, and consequently of a yeast that can be depended upon to accomplish such a result.

YEAST.

The first thing to be considered in bread making is the yeast. Without good yeast it is impossible to make good bread. A great deal depends upon the quality of flour used for making bread; but unless the yeast is good the best quality of bread can not be made from the most superior grade of flour, and much excellent flour is spoiled by conjunction with worthless yeast in the attempt to make it into bread.

The compressed yeast, so much used in cities, is, in all respects, the best commercial yeast yet dis

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covered, and when fresh, is perfectly reliable. but can not be obtained conveniently at all times, and in all places. And the housewife who is ambitious to supply her family with good bread should acquaint herself with the best method of making yeast, and have it prepared at home.

HOW TO MAKE YEAST.

Steep an eighth of an ounce of pressed, or a small handful of loose hops in a quart of boiling water for about five minutes. Strain the boiling infusion upon half a pint of flour, stirred to a smooth paste with a little cold water. Mix well, boil a minute; then add one ounce of salt and two ounces of white sugar. When lukewarm stir in a gill of liquid yeast or an ounce cake of compressed yeast dissolved in warm water. Let stand twenty-four hours, stirring occasionally, then cover closely, and set in a cool place. Yeast made in this manner will keep sweet for two weeks in summer, and much longer in winter, and can be used at any time during that period for starting a fresh supply of yeast, as well as for making bread.

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FERMENT.

The first step in bread making is the preparation of the ferment.

Pour gradually, stirring meanwhile, a quart of boiling water upon half a pint of wheat flour. When the mixture has cooled to about lukewarmness (80°) add a gill of yeast, stir well, cover closely, and let stand till thoroughly light and a mass of white foam. Taste it, and it bites like beer; stir it, and it seems to dance and sparkle with exuberant life, while the odor it emits is strongly alcoholic. Ferment can be kept for several hours after it becomes light and foamy without growing sour, or appearing to deteriorate in any manner. But it is better to use it as soon as it reaches this stage, as it is then undoubtedly at its very best estate. The time required for ferment to grow light, varies from two to six hours, according to the strength of the yeast put in it, and the temperature of the place where it stands. When due attention is given to these things, the custom of preparing or "setting" ferment in the evening to be used in bread making the next day, is a convenient one; and, as it usually proves satisfactory, is in no way objectionable.

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SPONGE.

When the ferment is perfectly light, beat vigorously into it about half a pint of flour, cover, and leave to rise. By this addition of flour the ferment is transformed into sponge, which, under favorable conditions, will rise in from half an hour to an hour. As soon as the sponge rises, add more flour, and give it another beating; and so repeat each time it rises, until it gets too stiff to be easily stirred.

DOUGH.

The mixture is then dough, and is ready for working or kneading. After it has been kneaded till flour is no longer required to keep it from sticking to the molding board, it is of the proper consistency for bread, and may be divided into four equal parts, molded or shaped into loaves, and put in greased bread pans to rise for the last time, preparatory to baking; or it may be set to rise in a mass before being divided into loaves.

WHICH METHOD IS PREFERABLE.

It is very difficult to decide whether it is better to let the dough rise in a mass or in separate loaves. Bread which rises in a mass appears to be

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a trifle more elastic and spongy than that which rises in separate loaves; but the latter seems to excel the former in sweetness and delicacy of flavor. In either case the bread will be good.

POINTS FOR CONSIDERATION.

Two points in this mode of making bread deserve special attention:—

1. The flour is added repeatedly after intervals of fermentation, and as it contains fresh food for the yeast, these frequent additions of flour keep the yeast in a vigorous and healthy condition during the entire period of bread making.

2. The fermentation is always arrested in the sponge and dough before it arrives at the exhaustive point; for whenever sponge or dough is allowed to reach its utmost limit of expansion and fall back or "tumble in," as it invariably does at this crisis, it loses something of excellence that no after labor or attention can restore.

ANOTHER METHOD FOR MAKING BREAD.

Another method of making bread is to mix the yeast with the wetting, and gradually add flour, working it meanwhile, until the dough is of the proper consistency, when it should be kneaded

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upon the molding board till smooth and elastic, and then put to rise. Dough may be mixed in this manner late in the evening, and, if not kept in too warm an atmosphere, will be in proper condition for making into loaves, rolls, etc., at an early hour the next morning.

PROPER TEMPERATURE FOR BREAD MAKING.

Ferment, sponge and dough are all affected by atmospheric changes, and should be mixed and kept in thick stone or earthen vessels, and covered closely to exclude the air. And care should be taken to keep them at the proper temperature, which is about 75° during the entire process of bread making. Fermentation is arrested at a temperature below 30°, proceeds slowly at 50°, rapidly at 70°, very rapidly at 90°, and can be hastened or retarded, if necessary, by increasing or diminishing the temperature.

CONSISTENCY OF THE DOUGH.

The quantity of flour necessary to make dough of the proper consistency for bread, depends considerably upon its quality, and varies from two and a half to three measures of flour to one measure of "wetting." More flour can, however, be

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added, and the dough made considerably stiffer, without perceptible detriment. Dough for fancy bread and rolls should be quite stiff, so as to retain any desired shape or form. Soft, spongy bread possesses greater delicacy when freshly baked, but appears to lose its moisture and grow stale much sooner than that which is more compact.

TIME REQUIRED FOR KNEADING.

The length of time required for kneading or working dough is materially affected by the quality of the flour. Flour exposed to the atmosphere deteriorates quite rapidly, and the moisture it absorbs so impairs the tenacity of its gluten, that bread of the best quality can not be made from it, in spite of all the working and kneading that may be given to the dough. Much less time is required for kneading dough made from choice, than from inferior brands of flour.

PULLING AND STRETCHING DOUGH.

It is an established fact that dough is rendered tough and elastic by working and kneading; but as the same result can be accomplished sooner and less laboriously by pulling and stretching, it is advisable, in making bread, to pull and stretch as well as to work and knead the dough.

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IS MUCH KNEADING NECESSARY.

Bread dough may perhaps be kneaded a good deal with advantage, but it is by no means certain that much kneading is absolutely necessary for the production of the best quality of bread. The fermentation, back of the kneading, gives life and force to dough. When this is perfect, dough, in a suitable condition for molding into loaves or rolls, shows a great deal of resisting force. It seems, in fact, to have a *will of its own*, and its determination to rise is almost irrepressible. You may knead it in the most resolute manner and mold it into a compact ball; but in a short time it will rise, and swell, and spread, until it has doubled in dimensions. You may thrust your fist fiercely into a batch of good dough, but the impression you make upon it is by no means a lasting one. Almost as soon as you draw back your hand it regains elasticity and resumes its original position. This irrepressible spirit in dough is the surest test of its goodness, and when perfectly developed you can do as you please with the dough. You may roll it, or twist it, or plait it with the greatest ease. You can mold it into any

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form without trouble. It does not stick to the hands or the molding board. It is in its most amiable mood. It is perfectly docile and obedient except in one respect—it can not be put down and kept down; and any bread dough that can is poor stuff that will never rise to distinction or win admiration.

SHOULD RISEN DOUGH BE KNEADED?

Dough after having perfectly risen should not be kneaded again. If in pans, it should be immediately baked. If in mass, it should be divided into loaves or rolls, and gently pulled, rolled or folded into shape, when it may also be put to bake. These loaves or rolls will, however, be lighter and more delicate if permitted to rise again before they are placed in the oven. Much of the superior excellence of the Vienna Imperial roll is due to the peculiar manipulation the light dough is subjected to just before it is placed in the baking pan.

RISING IN THE PANS.

The final and perhaps most important point in bread making has been reached when the loaves are put in the pans to rise for the last time. To decide when dough is just light enough to bake, is

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a very delicate and important matter. If it is put in the oven a moment too soon, you fail to obtain the supreme loaf to which you are entitled for your toil; and if permitted to pass the point of perfect lightness you lose the best results of your labor. The exact time required for loaves to rise after they have been placed in the pans can not be given, as it varies in different temperatures, at different seasons, and with different brands of flour. But it is seldom less than half an hour, or more than an hour and a half.

TESTS OF LIGHTNESS.

A loaf of bread should nearly double in size after it is put in the pan; or if a deep gash be cut in the top of it, the incision should disappear by the time the loaf has perfectly risen. Bread, when light enough for baking, feels aerated all through; and by lifting and weighing it in the hand, one can generally recognize the condition of lightness quite as accurately as by sight.

The exercise of a little observation and judgment will soon enable one to decide when dough has reached its best and most perfect state of lightness. But where any doubt exists in regard to the matter it is better to put it in the oven while rising toward

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perfection, than after it attains the altitude at which it begins to retrograde.

PROPER SIZE FOR BREAD PANS.

The excell nce of bread is greatly dependent upon the perfection of its air cells. The sooner these are fixed by heat through the entire loaf, after it is put in the oven, the finer will be the quality of the bread. And as these cells can be fixed more readily in a small, than a large loaf, or than in several small loaves packed together in a large pan, it is quite important that bread pans should be of the proper dimensions. It has been satisfactorily demonstrated that a pan in which bread will bake most perfectly should be about four inches in width, four inches in depth, and adapted to the capacity of the oven in length.

POTATO BREAD.

Potato added to flour is generally supposed to improve the quality of bread. That it does, is unquestionably true, where the flour used is of an inferior grade. "Of all starches," says Dr. Graham, "the starch found in the potato is the best adapted to the growth of yeast, and in using potato in bread, bakers made practical application of a fact

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long before chemists discovered it to be such." Potatoes when used in bread should be well boiled and smoothly mashed, and equal portions of potato and flour be used in making the ferment. The bread is then made in the same manner as when flour alone is used.

MILK BREAD.

Milk bread is made by using milk instead of water for "wetting," and differs from that in which water is used by being more crisp and tender, and having a richer colored crust. But unless the milk is boiled, lactic acid is liable to be produced during fermentation, which gives the bread an objectionable taste and odor.

WHOLE WHEAT FLOUR.

It is claimed that bran in Graham flour often proves an irritant to delicate digestive organs. In whole wheat flour we have the entire food principle of the grain without the hull. The cold blast process of milling gives us this flour of a very superior quality.

WHOLE WHEAT FLOUR BREAD.

Whole wheat flour bread should be made in every particular like patent or new process flour bread,

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and baked in loaves, twists, or fancy rolls. It is very delicious baked in the form of muffins and eaten warm.

GRAHAM BREAD.

The ferment for Graham bread should be of white flour and prepared in the same manner as the ferment for white flour bread. When light add sugar and salt to taste, and work in Graham flour until the dough becomes elastic and clinging and is sufficiently stiff. Let stand till perfectly risen, then shape into loaves by rolling gently under the hand on a well floured molding board, and place in greased baking pans. Less flour is required in proportion to the "wetting," for Graham than for white bread. And unless Graham dough is of the proper consistency, the bread when baked will be moist, sticky and insipid, or dry, rough and unpalatable. The correct proportions are a little more than two measures of Graham flour to one measure of "wetting."

OAT, CORN AND BARLEY BREAD.

Fermented bread can be made of oat, corn, or barley meal, or flour; care being taken to add wetting in proportion to the demands of the grain. When corn or oat meal is used, boiling water

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should be poured upon it and it be permitted to swell for at least an hour before the yeast is added. These grains make delicious muffins, and bread to be eaten warm.

Pinhead oat meal, pearled barley, and corn grits, well cooked and made into bread by adding whole wheat flour, can be baked in muffin pans, or rolled thin and baked in crisp rolls.

RYE BREAD.

The method of making rye bread is almost identical with that for making wheat bread—from three to three and a half measures of flour to one measure of "wetting" being required. More time is necessary for it to ferment or rise, and it will not become so light, spongy and elastic as wheat

BOSTON BROWN BREAD.

Scald a pint of corn meal with a pint of boiling water. When sufficiently cool add a pint and a half of rye meal, a gill of yeast, a gill of molasses and a teaspoonful of salt. Mix well, and when perfectly risen, steam five hours, then put in the oven half an hour to dry and harden the crust.

VIENNA BREAD.

To a pint of new milk, add a pint of water, an

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ounce of compressed yeast, a teaspoonful of salt, and flour sufficient to make a thin batter. Stir well and let stand for an hour to rise, then work in flour until the dough is the proper consistency for bread. When very light, which will be in about three hours, divide and mold into loaves, and set to rise in the bread pans; or shape into imperial rolls and set to rise.

IMPERIAL ROLLS.

Separate one of the Vienna loaves, detached from the mass of dough, into ten or twelve irregular pieces of the thickness of about half an inch. Take separately each of these pieces in the left hand, and slightly stretch with the thumb and forefinger of the right hand one of the irregular points over the left thumb toward the center of the roll. Repeat this operation, turning the piece of dough as it proceeds, each time lifting the thumb and gently pressing it upon the last fold until all the points have been drawn in, when the roll can be placed to rise. If the folding has been properly done, the roll when baked will be composed of a succession of sheets or layers of delicate, tenacious crumb surrounded with a thin crisp crust. The fingers can be slightly greased to keep the dough

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from sticking to them while shaping these rolls; but if it is of the proper consistency, it will not stick to the hands.

CRESCENTS.

For making crescents milk alone should be used as wetting, and a quarter of a pound of lard to each quart of milk, worked into the dough, which is prepared the same as that for Vienna bread. When the dough is light roll into sheets on the molding board, cut in triangular pieces, roll up, and place on the bake pan in the form of a crescent.

BAKING BREAD.

When bread is ready for baking, it is desirable to fix the air cells as soon as possible by heat; but it does not follow that to do this it should be put in a very hot oven and a crust immediately formed on the loaves. A too sudden formation of crust interferes with the penetration of heat and prevents the coagulation of the albumen in the cell walls by which their permanence is established and secured.

TEMPERATURE OF THE OVEN.

The heat of the oven should not be greatest when bread is put to bake; it should slightly increase in

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intensity for about ten minutes, and after remaining at a firm, steady temperature for that length of time should gradually decrease till the baking is finished. The principal change to be effected by the baking, which is the coagulation of the albumen of the air cells, takes place at a temperature somewhere near 212°, and as the temperature within the loaf can not rise above that point, no changes go on there except those produced by the watery vapor or steam. Flour, however, is not browned except at a much higher temperature; hence a greater degree of heat is necessary to properly bake the outside of the loaf. During the period of baking bread the heat of the oven should not rise above 570° nor fall below 240°.

TIME REQUIRED FOR BAKING.

An ordinary sized loaf of bread, with the oven at the proper temperature, will bake thoroughly in an hour; a loaf the size of one of the pans recommended, in about half an hour. But as there are several hygienic and physiological reasons why bread should be well baked, it is better to err by leaving it in the oven a little too long than not quite long enough.

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TESTS FOR BAKED BREAD.

There are various methods of testing bread and ascertaining when it is thoroughly baked.

1. A loaf of bread, if sufficiently done, will not burn the hand when lifted from the baking pan. If it does, there is more hot steam within than is consistent with thorough baking, and the loaf should be replaced, instantly, in the oven.

2. If the bottom of a well-baked loaf be tapped with the finger, a hollow, empty sound will be emitted.

3. The crust of a loaf when properly baked is of a rich, brown color; and if the inside or crumb be subjected to light pressure, while fresh, it rebounds the instant the pressure is removed.

4. Underdone bread is easily compressed into wads, when it resembles putty in appearance, and is about as difficult of digestion as the greasy clay that is such a favorite article of diet among ignorant "clay eaters."

REMOVAL FROM THE PANS.

Bread as soon as baked should be taken from the pans and placed, uncovered, in such position as will expose the greatest possible amount of surface

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to the air. This will prevent the crust from becoming sodden, and permit the rapid escape of the carbonic acid gas evolved in the process of fermentation. This gas is essential to expand the dough and lighten the bread, but its presence is not conducive to health, and it should be encouraged to take its exit at the earliest possible moment after performing its mission.

SHOULD BREAD BE EATEN WARM?

The cell walls of fermented bread are coated with glassy starch which is quite moist and adhesive while the bread is warm and fresh, and if bread is eaten while in this condition—although very thoroughly baked—it becomes a compact mass, almost impervious to the gastric juices, and resists for a much longer time than stale or cold bread, the digestive powers of the stomach. Moreover, the yeast plants or germs generated during fermentation, although in a great measure destroyed by the heat of the oven, continue to a certain extent to live for some time after bread has been baked, and if taken into the human system may prove injurious to health. Hence fermented bread should never be eaten till, at least, thoroughly cold.

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MINOR POINTS IN BREAD MAKING.

GREASE IN BREAD.

Experience proves that butter, lard or grease of any kind put into dough does not improve the quality of the bread, and as it to some extent affects the fermentation injuriously, it should, when used, be added at the last kneading. But as the crisp tenderness caused by its introduction can be produced perfectly by skillful manipulating and baking, no "shortening" other than milk is ever necessary in bread.

SALT IN BREAD.

Too much salt injures the flavor of bread. When home-made yeast is used no salt is required. A teaspoonful of salt should be added to each quart of wetting when compressed yeast is used.

GREASED BREAD BOWLS.

To prevent dough from sticking, the bowl or ves-

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sel in which it is put to rise should always be greased with a little lard, butter or drippings.

BRUSHING WITH MILK.

If bread and rolls are brushed lightly with milk immediately before they are put in, and after they are taken from the oven, the color and flavor of the crust will be materially improved.

ABOUT ROLLS.

Rolls are more crisp and tender when baked quickly, and the heat of the oven should be somewhat greater for rolls than for bread. They should also be considerably lighter than bread when put to bake, as the fermentation is arrested so rapidly by the heat required for baking them properly, that they rise but little after they go in the oven.

WOODEN BREAD TRAYS.

Wooden trays or bowls are lighter and more easily handled than stone or earthen vessels, but are so much more difficult to keep clean and sweet that they are less desirable in bread making.

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SOUPS

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SOUP AND SOUP MAKING.

PRELIMINARY REMARKS.

Soup is so convenient, economical and healthful, that as an article of diet it ranks second in importance only to bread; and soup making is justly entitled to a prominent place in the science of cookery.

A simple soup or broth of good quality, delicately seasoned with salt and pepper, or containing some of the grains, or grain products, is always acceptable, and none of the more complex soups that can be readily secured by a judicious introduction of vegetables, herbs and spices ever meet with popular disfavor.

There are enough scraps of cooked and uncooked meats, trimmings of roasts, steaks, chops, cutlets and so on in nearly every house to keep the family

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supplied with nutritious, palatable soup, with very little trouble and at only a slight expense for additional material. And as the best dinner can generally be preceded with advantage by a light soup of some kind, to an ordinary, cold, or "picked-up" family dinner, a plate of soup is an invaluable adjunct, and can be prepared in a few minutes in a kitchen where the value of the stock pot is recognized, and the economy of good cooking understood.

Soup scientifically prepared is easier of digestion than almost any other article of diet. The solid matter which enters into its composition and would in the original form require several hours for digestion, is so broken down in the process of preparation that it can be readily assimilated with very little expenditure of vital force; and being absorbed by the stomach as soon as eaten, goes immediately to nourish the system.

But soup to fulfill its true mission must be attractive in appearance, agreeable in flavor and unmistakable in character. It must not be a weak, sloppy, characterless compound, nor a crude, greasy, inharmonious hodge-podge. The defects of unsavory, unpalatable, indigestible soups may

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be concealed, but can not be removed by the excessive use of salt, pepper and other spices and condiments. And in order that soup of any kind may legitimately aspire to high rank, either as a nutritive or hygienic agent, it must be skillfully prepared, so as to please the eye and gratify the palate.

HOW TO MAKE SOUP STOCK.

A STOCK POT.

Any ordinary pot or kettle can be used for preparing stock, but as a "digester" or stock pot is one of the most useful utensils known to the culinary art, and can be obtained at almost any hardware store, no kitchen should be without one. The cook, who is provided with a stock pot, and habitually uses it two or three times a week, can utilize all available scraps, and generally has a supply of stock on hand from which an acceptable soup, or delicious sauce can be improvised in a short time, and with very little trouble.

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The stock pot should not remain on the stove or range, and fresh material be added from time to time to that which is partly or wholly cooked; but whenever a quantity of scraps accumulate they should be carefully prepared and put to cook.

SOUP STOCK.

A great many soups are made without the previous preparation of a specially distinctive stock. But stock has as legitimate an existence in soup making, as ferment has in bread making; and its recognition is quite essential to a perfect understanding of the subject. Stock is the base of soups. It is the fluid foundation with which other materials are mixed, and skillfully incorporated into soups, that in modern bills of fare are bewilderingly designated potages, purees, and consommes.

Soup stock, in the strictest sense of the term, is the fluid extract of meat or meat and bones, and is of two kinds:—simple and compound.

SIMPLE stock is the extract from a single kind of flesh, fish or fowl. COMPOUND stock is the extract from two or more kinds of flesh, fish or fowl mingled and cooked together, or mixed together, after being cooked separately.

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HOW TO MAKE SOUP STOCK.

To make stock, meats of any kind cut in small pieces, or meat and bones well cut and broken, should be put in a pot in cold water slightly salted, and the water heated very gradually until it reaches the boiling point, after which it should be kept simmering gently for a longer or shorter time, according to the nature and quantity of the material used, and the consistency of the stock wanted. When sufficiently cooked, it should be removed from the fire, strained into a jar or bowl, and set in a cool place.

QUANTITY OF WATER.

Authorities differ somewhat in regard to the quantity of water that should be used in preparing stock and making soup.

If the simmering is to continue six or eight hours, as some recommend, a little more water is required than when it is to continue only half that length of time. But as the correct proportions are about one quart of water to each pound of meat and bones, it is absurd to use an additional quantity of water, and waste time and material in reducing the stock to the proper consistency by evaporation.

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QUANTITY OF SALT.

The principal object of using salted water in the preparation of stock, is to facilitate the separation of the blood and slime from the meat. The quantity of salt used should be regulated by the condition of the meat, and in no case more than an ounce of salt to each gallon of water.

REMOVING THE SCUM.

The blood and slime when thrown to the surface in the form of scum, should be removed as rapidly as it rises. If permitted to remain after the water reaches the boiling point, it will be speedily incorporated with the stock, and injure its appearance and flavor. A little cold water poured into the pot the moment it boils, will hasten the rising of the scum.

SOAKING AND SIMMERING THE MEAT.

The albumen of all meats, like the albumen or white of eggs, is curdled and hardened by heat, but is readily soluble in cold water, and mixes quietly with it; and when meat is put to cook in cold water, and soaked until the water reaches the boiling point, and afterward permitted to only sim-

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mer, all its juices are extracted, and mingled with the liquid so perfectly as to greatly improve the flavor, and add to the nutritive properties of the stock or soup.

QUALITY OF THE MEAT.

The flavor of soup depends upon the quality of the materials of which it is made. Tough and coarse pieces of meat, when the meat is of good quality, make good soups and sauces, and can be converted into stock advantageously, as can also a great many rough, refuse bits and scraps; but it is very important that all meats of which stock is to be made, should be cooked before they get tainted, or stale; in fact, the fresher the meat, the better will be the quality of the stock made from it.

BEEF TEA.

Especial care should be observed in regard to the freshness of the meat for beef tea, which comes under the generic name of soup, being merely a plain soup stock. A cut from the round, on account of its juiciness, is preferable, for beef tea. In preparing it, all skin and fat should be removed, and the beef cut into small pieces. It should then be covered with cold water, and allowed to soak for

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several hours, when the water should be brought slowly to the boiling point. This tea is not so nutritious as stock simmered for two or three hours, but is believed by physicians to exercise a special tonic and exhilerating influence upon the system independent of any directly nutritive quality it may possess.

CONSISTENCY OF STOCK.

The consistency of stock depends greatly upon the material used, and the length of time it is cooked. Bones contain a large quantity of gelatinous matter, and when equal portions of meat and bones are used, the stock, when cold, will be quite stiff and gelatinous; and the longer it is allowed to simmer, the more stiff and gelatinous it will become. If meat alone is used, or if the stock is cooked but a short time, it will remain in liquid form.

TIME REQUIRED FOR MAKING STOCK.

When meat and bones are well cut and broken up, all their valuable qualities will by proper soaking and simmering be extracted in two or three hours; and although longer cooking will render the stock thicker and more gelatinous, it is not advis-

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able to continue it a greater length of time, as the nutrition of soup depends very little, if at all, upon the amount of gelatine it contains, and its flavor is injured by too much cooking.

STRAINING, COOLING AND KEEPING STOCK.

Stock, when sufficiently cooked, should be carefully strained, and unless wanted for immediate use should be set where it will cool as rapidly as possible. The quicker it cools the finer will be its flavor, and the greater the length of time it can be kept. In cold weather stock will keep fresh and sweet for several days; but in summer, unless kept in a cold place, it will be necessary for its preservation, to put it over the fire and bring it to a boil, or "scald it" every day.

SALTING STOCK.

After stock has been strained and while still warm, all the salt that will be needed in the soups or sauces to be prepared from it, can be added with advantage, as it becomes thoroughly incorporated with the stock and aids in its preservation.

COOKING VEGETABLES IN STOCK.

Many cook books recommend putting vegetables into the stock pot with the meat and cooking them

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the same length of time. But as vegetables that are cooked several hours with meat are apt to give the stock a rank taste, and also to cause it to ferment in a short time in warm weather, such a method is objectionable in making stock. Where economy is a prominent consideration, or where the stock is to be used immediately in soup, it is perhaps as well to simmer the meat and vegetables together a sufficient length of time to extract all their flavor and nutriment.

CLASSIFICATION OF SOUPS.

After the stock has been properly made there is comparatively little trouble attending the preparation of any kind of soup desired; and it may be proceeded with at once, by the addition of spices, vegetables and other articles, or may be postponed till another day, and for another occasion.

The variety of soups is illimitable and can be increased almost indefinitely, as it requires but a

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new combination of materials to entitle a soup to a distinctive name, and as grotesque a one as its originator may choose to bestow upon it.

All soups, however, can be classified and arranged under five heads, viz.:

1. Plain soup.
2. Clear soup.
3. Vegetable soup.
4. White soup.
5. Mixed soup.

To one or the other of these divisions everything in the nature of soup belongs; and a little intelligent thought will enable the cook to select the materials adapted to, and appropriate for use in each division.

FLAVOR AND COLOR OF SOUP.

The flavor of the solid material, either animal or vegetable from which a soup takes its name, should always predominate when the soup is served, and only such spices should be added in its preparation as have a tendency to bring out, and perfectly develop the flavor of the dominant article.

This proposition holds good, and should be conformed to also, in regard to the color; so far, at

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least, as to prohibit the introduction of dark colored vegetables, spices, .etc., into light colored soups.

REMOVING THE GREASE.

Before using stock for soup, the first thing to be done is to remove from it all superfluous grease. When it is to be used without being permitted to cool, a little cold water poured into it as soon as strained, will cause the grease to rise to the surface so it can be skimmed off without difficulty. If it is set aside till cold, the grease will form in a cake on the top of the stock, and can be taken off when convenient, but, as it excludes the air, it is better to let it remain till the stock is needed.

CLASS ONE.

PLAIN SOUPS.

Plain soup, in its strictest sense, is either simple or compound stock seasoned with salt, or with salt and pepper. The addition of some of the grains or grain products, generally improves the flavor and increases the nutritive value of any simple soup or

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broth, but does not take it out of the category of plain soup.

Prominent among, and strikingly illustrative of this class of soups, is

PLAIN CHICKEN SOUP.

The flesh of the fowl from which the stock is to be made, should, with the exception of the breast, be cut into small pieces, and the bones broken. The breast, with the skin as perfect as possible, should be placed in the pot whole, on top of the prepared material, and removed as soon as tender. To each quart of stock, when strained and skimmed, add an ounce of rice, and let simmer three-quarters of an hour, then add the breast of the chicken, cut in dice, a little minced parsley, and salt and pepper to taste. Plain chicken soup is much improved if about a pound of round steak be cut up and cooked with the fowl.

To this soup add a pint of sweet cream, thicken with flour, and flavor highly with celery, and the product will be a much admired white soup—cream of celery soup;—or if the celery and cream be omitted, the addition of half a teaspoonful of curry powder will transform it into a choice Mulligatawny soup.

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CLASS TWO.

CLEAR SOUPS.

Clear soup is made from simple or compound stock, by straining and clarifying. It can be seasoned with salt, pepper and other condiments, or with salt and pepper alone. In the preparation of clear soups, herbs, spices and vegetables are frequently cooked with the stock, and strained out, and the soup then clarified. All soups that are made with a foundation of clarified stock, or that have clear soup for a base, can be thickened with arrow root, corn starch and similar articles, or flavored with various vegetables, cereals, etc., without losing their distinctive name or character, provided care be taken to use only such articles as will not injure the clearness of the soup. As excellent illustrations of this class of soups take—

No. 1.—AMBER SOUP.

Put a gill each of sliced onion, carrot, turnip and parsnip, fried to a delicate brown, together with the bits of ham or bacon with which they were fried, into a soup kettle; add to them a sprig each of parsley and thyme, half a bay leaf, two

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cloves, five pepper corns, and cover with five quarts of plain or compound stock. Simmer gently for an hour, strain, remove the grease, and clarify. Heat to boiling point, season with salt and pepper, add a tablespoonful of caramel and serve. If properly made, and carefully strained and clarified, this soup will be as transparent as amber.

No. 2.—TOMATO SOUP.

To four quarts of clear soup, add a quart of strained stewed tomato, a teaspoonful of sugar, a tablespoonful each of corn starch and butter stirred together, and salt and pepper to taste. Boil a few minutes and serve.

No. 3.—JULIENNE SOUP.

To four quarts of clear soup, add a gill each of carrot, parsnip, turnip, celery, string beans, core of lettuce, and a small onion, cut into thin pieces about an inch in length, and simmer gently until all the vegetables are tender. Season to taste with salt and pepper, and ten or fifteen minutes before serving the soup, put into it a few water cresses or some sorrel leaves. If all the vegetables are not readily obtainable, one or more of them can be omitted without serious detriment to either the flavor or title of the soup.

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CLASS THREE.

VEGETABLE SOUPS.

Vegetable soup is made by cooking vegetables in either simple or compound stock; or a special stock may be prepared by adding water or milk to the juice extracted from vegetables. A vegetable soup may contain but a single vegetable; or it may contain a variety of vegetables, and be of any color desired. The vegetables may be cooked a longer or shorter time, and left in, or strained out of the soup according to taste or fancy.

No. 1.—PLAIN VEGETABLE SOUP.

To three quarts of stock add a gill each of sliced carrot, turnip, parsnip and onion, and simmer gently till tender. Half an hour before serving, add a stalk of celery cut in small pieces, or two or three sprigs of parsley. Season with salt and pepper.

A number of plain vegetable soups quite different in character can be very readily compounded by using a greater or smaller variety of vegetables, or by adapting the combination to the season and the appetite.

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No. 2.—ONION SOUP.

Fry in an ounce of butter or clarified drippings, till a light brown, two or three large onions sliced thin; then add two ounces of flour and stir till about the same color. Mix thoroughly with a pint of cold stock, place over the fire in a soup kettle, and when it comes to a boil pour in a quart of boiling milk into which three boiled potatoes, mashed to a smooth paste have been stirred. Season with salt and pepper and serve hot. Water can be used instead of stock in this soup, if more convenient, and the soup still be delicious.

No. 3.—DRIED PEA SOUP.

Soak for several hours, or over night, a pint of dried peas in two quarts of cold water. Drain and put to cook in four quarts of cold water, with a quarter of a pound of breakfast bacon or salt pork, fried to a light brown. As soon as the water boils skim carefully, cover closely and let simmer gently three or four hours, or until the peas are very tender. Strain and return the soup to the kettle, add a teaspoonful of sugar, two quarts of stock, and, when boiling, a tablespoonful each of flour and butter. Season with salt and pepper, and serve with toasted bread cut in dice.

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Pea soup can be made in this manner without the bacon or pork, in which case it is advisable to use a cup of sweet cream instead of the butter, and to season delicately with celery. Sweet corn is a very desirable mixture for pea soup, and sugar may be dispensed with when it is used. The addition of a little crushed spinach juice will convert this into a nice green pea soup.

If the spinach juice be omitted, and a cup of dark rich gravy, a spoonful of caramel, and a flavoring of herbs and spices be substituted, the entire character of the soup will be so changed that it must be transferred to the list of mixed soups.

CLASS FOUR.

WHITE SOUPS.

Veal, chicken, fish, oysters and other shell fish furnish the stock for most white soups, and cream or milk enters largely into the composition of many of them. One of the leading characteristics of white soups is the prohibition of everything that has a tendency to color; hence, comparatively

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few vegetables, herbs and spices are legitimately permissible in their composition as seasoning and flavoring. With certain restrictions, however, a greater number can occasionally be introduced with appropriateness, and sometimes be given even a prominent place.

An illustration is furnished in

No. 1.—CREAM OF ASPARAGUS SOUP.

Cut off, about an inch in length, the points of two bunches of asparagus, and simmer them gently until tender in water sufficient to cover them, to which a teaspoonful of salt has been added. Boil the stalks of the asparagus twenty minutes in three pints of white stock or water, then strain and thicken the liquid with a tablespoonful of flour, let it boil two minutes, and add a pint of sweet cream and the asparagus points with the water in which they were cooked. Season with salt and pepper, and serve hot.

No. 2.—CORN SOUP.

A delicious white soup can be made by simmering a pint of sweet corn in a quart of white stock for fifteen minutes, then adding a quart of boiling milk and a small piece of butter, and seasoning with salt and pepper.

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No. 3.—A RICH WHITE SOUP.

Simmer for an hour in three quarts of white stock a gill each of white turnip, onion and celery cut in small pieces, together with a blade of mace. Strain, thicken with two ounces of flour, boil two minutes, add half a pint of sweet cream and season with salt and pepper. When about to boil stir in the well beaten yolks of three eggs, and serve.

CLASS FIVE.

MIXED SOUPS.

Delicacy in seasoning and flavoring is pre-eminently the distinguishing mark of a fine soup of any kind; but to mix, mingle and combine many different articles of food so as to produce a soup whose flavor is distinct from any single ingredient entering into its composition, yet embodying the best qualities of each, is the true criterion of merit in a mixed soup.

Nearly all soups are in a certain sense mixed soups; but plain, clear, vegetable and white soups,

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have distinctive characteristics by which they can be recognized, and their genuineness established, while the individuality of a mixed soup must be evolved from the harmonious adjustment of seemingly discordant materials, and depends in a great measure upon the good judgment, discriminating taste and artistic skill of the person who prepares it.

An illustration of a mixed soup that can not be placed under any other division is

No. 1.—MOCK TURTLE SOUP.

Ingredients:

A calf's head, a beef soup bone, five quarts cold water, one onion, one turnip, one carrot, one half stalk celery, one half bunch parsley, one bay leaf, one lemon, five cloves, ten allspice, ten pepper corns, one fourth nutmeg, two teaspoons of salt, a little cayenne pepper, two ounces butter, one ounce flour—a glass of wine to each quart of soup.

Put the head after removing the brains with the spices in the soup kettle, and cover with three quarts of cold water to which half a teaspoonful of salt has been added.

When it boils skim carefully and let simmer

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four or five hours, removing the meat as soon as tender. Strain and set aside till next day. Put the beef bone and vegetables in the soup kettle and cover with two quarts of cold water to which half a teaspoonful of salt has been added, and simmer four hours, removing the scum as it rises. Soak the brains in cold salt water an hour, tie in a linen cloth and boil gently twenty minutes in salted water. Plunge an instant in cold water to render white and firm. Cook two ounces butter and one ounce of flour in a sauce pan till very brown. Put both soup stocks together in the kettle, after all grease and settlings have been removed, also the meat from the head cut in small dice, and the yolks of a dozen hard boiled eggs, and when it boils add the brains cut in small pieces. Put the lemon, cut in thin slices, in a heated tureen, with a gill of wine for each quart of soup; pour the boiling soup on them, and serve.

No. 2.—SAVE-ALL SOUP.

Collect the scraps left from breakfast and dinner, for instance, a half pint of soup, a gill of gravy, a half pint of mashed turnip or potato, a little macaroni cooked with cheese, a sour baked apple or

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broiled chop or steak, etc., etc.; put them in the stock pot or soup kettle with sufficient cold water. simmer for an hour, removing any scum that rises. then strain and set aside. Next day remove the grease, put the soup to cook, and when it boils, season with salt and pepper, and if it seems to need other seasoning add a pinch of thyme, or celery seed, or a teaspoonful of sugar. It is sometimes well to put half a bay leaf and two or three cloves in the kettle with the scraps. The flavorings and spices required in a mixed soup of this description depend greatly upon the nature of the scraps used. If they are mostly light and delicate, thyme, mace celery, or parsley can be added; if dark and heavy, cloves, bay leaf, sweet marjoram or a little Worcestershire sauce, or walnut or other catsup can be used more appropriately. Sometimes an ounce each of butter and flour cooked together in a saucepan till browned, and then added to the soup, give it the very thing it lacks; or it may be that the flour stirred with a gill of cold sweet cream is what is needed to make it a perfect soup.

To select and harmonize the materials for a mixed soup is one of the best evidences of culinary capacity; and the cook who can do this success-

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fully, is qualified to prepare a soup of the most complex as well as one of the simplest character, without regard to its name or class.

OYSTER SOUPS.

These all belong to the white soup class, but they occupy so anomalous a position—an oyster soup being simply an oyster stew with additional liquid, and a thickening of flour—that they deserve special mention.

TO STEW OYSTERS.—*No. 1.*

Rinse a quart of oysters in cold water, drain through a sieve. Put a piece of butter the size of an egg in a stew pan, and when melted add a pint of milk and let it come to a boil; add the oysters, and the moment the edges curl remove from the fire; season with salt and pepper. Serve with small crackers, or on thin slices of buttered toast.

TO STEW OYSTERS.—*No. 2.*

Pour a pint of cold water over a quart of oysters, stir well and drain; put the liquor in a stew pan greased with butter; when it boils, skim, add the oysters, season to taste with butter, salt and pepper, and cook and serve as in No. 1.

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In changing an oyster stew to a soup, the thickening and extra liquid should be added and cooked before the oysters are put into it.

POTAGES, PUREES AND CONSOMMES.

These are French terms used to designate different kinds of soups; but they are applied so indiscriminately as to possess very little significance, even for culinary adepts; and the dividing line between a potage, a puree, a consomme, and an ordinary soup, is so imaginary as to be indistinct to plain every-day people. But as a foreign or grotesque name does not detract from the quality of a good thing, those who prefer to call a soup a potage a puree or a consomme, can do so with impunity, and not legally infringe on the domain of any professional cook.

HOW TO SCALD SOUP.

To scald stock or soup properly, it must be brought to the boiling point and thoroughly heated. Its liability to ferment and grow sour is only increased by merely re-warming it.

WHEN TO ADD FLAVORING.

Vegetables when used merely to flavor soups should be simmered only long enough to extract

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their juices; and aromatic spices, orange and lemon juice, and other liquid flavorings whose subtle essences are driven off by heat, should be added barely a sufficient length of time before the soup is served, for them to blend and harmonize with the other materials—in fact it is usually better to put them in the tureen and pour the soup over them just before it goes to the table.

ORDER OF ADDING VEGETABLES.

Where several kinds of vegetables are used in the preparation of a soup, care should be taken to put those that require most cooking in the kettle first; and, if possible, to limit the simmering of each kind to the time actually necessary to cook it tender.

BROWNING VEGETABLES.

Breakfast bacon and ham give a peculiarly fine flavor to many soups, and when they are used the vegetables added to such soups should be browned in the fryings of the meat; but when neither bacon nor ham is used, the vegetables should be browned in butter, as in most cases they impart a richer flavor to the soup, if nicely browned in a little grease before being added.

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VEGETABLES, ETC., ADAPTED TO SOUPS.

While nearly all kinds of vegetables, herbs, spices and cereals can be appropriately used at pleasure in clear, vegetable and mixed soups, those specially adapted to white soups are: cauliflower, potato, white turnip, onion, celery, salsify, cresses, capers, olives, parsley, thyme, rice, macaroni, vermicelli, tapioca, sago, mace, and red and white pepper.

TO CLARIFY SOUPS.

To each gallon of soup add, while cold, the whites and shells of two eggs beaten with a little cold water, simmer for fifteen minutes, removing the scum as it rises, and then strain through a flannel cloth or bag.

CARAMEL.

Preparations for coloring and flavoring soups can be obtained at almost any grocery by those who wish to use them. But caramel, which is innocent and cheap, is one of the best coloring materials, and is easily prepared:—

Stir half a pound of sugar and a spoonful of water in a saucepan over the fire till a bright

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brown, then add half a pint of water, boil a few minutes and strain. Caramel made in this manner will keep a considerable length of time if put in an air-tight jar or bottle.

THICKENING FOR SOUPS.

When flour, corn starch, farina or arrow root are to be used as thickening for soups they should be stirred to a smooth paste with cold milk, cream, or butter, and then added to the boiling soup. If the flour is desired brown it should be cooked with butter before it is added to the soup.

ADDITIONS TO SOUPS.

Eggs cooked in a variety of ways, croutons, noodles, dumplings, force meat balls, and a dozen other articles that are manufactured for the purpose, are used according to fancy as additions to soups. Some of them are cooked in the soup and served with it, and some are cooked separate and put in the tureen or the individual plates, and the soup poured over them.

CROUTONS.

A bit of toasted or fried bread is called in French a crouton; and croutons, which are simply

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bits of bread toasted or fried brown, are very nice in a variety of soups. The bread can be toasted in the ordinary way and used dry, or it can be buttered, cut in dice and toasted brown in the oven, or fried brown in butter or drippings. The best way of serving croutons is to put a spoonful of them in each plate and pour the hot soup over them.

NOODLES.

The noodle is one of the traditional articles for serving in soups. It is a general favorite and is easily made:

To three eggs, two tablespoonfuls of water, and a pinch of salt, add flour enough to make a stiff dough. Work and knead fifteen or twenty minutes, roll to a very thin sheet, dust lightly and evenly with flour, and roll up compactly. Then with a thin sharp bladed knife cut into very thin slices and let dry for a couple of hours before putting in the soup. They will cook in five minutes. Or,

Beat an egg very light, add flour until stiff enough to roll into little crumbs the size of wheat or rice grains, drop into boiling soup and cook a few minutes.

DUMPLINGS.

A very delicate dumpling for soup can be made

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of biscuit dough, raised with either yeast or baking powder, in this manner: roll the dough thin, cut into dice, roll under the hand on a floured board, and steam for twenty minutes; put in the tureen and pour boiling soup over them.

But the most delicate of dumplings are made of light bread crumbs, suet or marrow, egg and seasoning. These can be varied in seasoning to suit any soup. This is a good combination for a clear, white or delicate soup of any kind. Mix well, but lightly, a tablespoonful uncooked beef marrow and half a pint bread crumbs, seasoned with salt, pepper, grated lemon peel and mace; add one well beaten egg, roll into balls in the hands, and drop into the boiling soup. They should be served as soon as they rise to the surface.

FORCE MEAT BALLS.

To four parts cooked veal, and one part suet minced together, add four parts bread crumbs and season with salt, pepper, powdered cloves and sweet herbs. Bind together with beaten egg, make into small balls and fry brown. These are much used in mock turtle and other heavy soups.

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SALADS

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SALAD AND SALAD MAKING.

PRELIMINARY REMARKS.

Salads are wholesome food as well as dainty relishes. But the average cook shrinks in such dismay from the imaginary mysteries of their preparation, that pickles and condiments have, to a great extent, taken the place they should legitimately occupy in our dietary.

Salads when properly made and artistically arranged, are so grateful to the taste, and so pleasing to the sight, that no cultured family can well afford to dispense with them; and their value among all classes, as hygienic and esthetic agents, can scarcely be over-estimated.

Cook book writers, whose knowledge of the subject is, to say the least, limited, have disseminated the erroneous idea that salads are troublesome and

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expensive, until it has become firmly implanted in the popular mind. The truth is, they are so easily made that it requires very little thought or labor to prepare, at almost any time, a simple, satisfactory, refreshing salad; and they are so inexpensive—as in them can be utilized many odds and ends of food frequently permitted to go to waste—that their introduction to general use would be a national blessing.

CLASSIFICATION OF SALADS.

Salad has a different significance to-day from what it once had. The original, contracted definition of the word has broadened and expanded, with the advance of modern ideas, until salads are no longer restricted to "uncooked herbs dressed with salt, vinegar or spices," but include a wide range of fruits, vegetables, fish and meats, prepared and dressed in a great variety of ways—in fact, nearly everything used as food may be brought into requisition in making salads.

But all varieties of salads are included in five classes, viz:

1.—Fruit Salads.

2.—Vegetable Salads.

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3.—Fish Salads.

4.—Meat Salads.

5.—Mixed Salads.

To one or the other of these classes every imaginable kind and style of salad belongs, and all kinds and styles are governed by the same general principles that underlie the art of salad making.

DIVISION OF CLASSES.

Each class of salads may, however, be appropriately divided into two kinds—simple and compound salads.

A SIMPLE SALAD contains only a single sort of fruit, vegetable, fish or meat.

A COMPOUND SALAD contains two or more sorts of fruit, vegetables, fish or meat.

CLASSIFICATION OF SALAD DRESSING.

As a salad may consist only of one sort of fruit, vegetables, etc., so a dressing may be simply a sprinkle of salt or sugar, or a few drops of oil or vinegar. But as there are elaborate salads of various kinds, so there are elaborate dressings, capable of almost endless changes and modifications.

There are, nevertheless, but four distinct classes of salad dressing, viz:

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1.—Transparent Dressing.

2.—French Dressing.

3.—Cream Dressing.

4.—Mayonnaise Dressing.

THREE IMPORTANT RULES.

To excel in salad making, as in every other branch of cookery, a close analytical study of the subject is necessary; but the best success is attainable only by a strict observance of three very important rules, viz:—

1.—The ingredients composing the salad and dressing must be suitably chosen.

2.—They must be introduced into the mixture in a certain, specific order.

3.—The method of mixing must be suited to the nature of the ingredients.

SALAD DRESSINGS.

A dressing, whether of salt, sugar, vinegar, or a combination of many things, should not be the prominent or main feature of a salad. It should be only a dressing—an adjunct, to tone down and soften too sharp an acid, or too pungent a flavor; or to render finer and more distinctive, some peculiar individuality of the fruits, vegetables, etc., compos-

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ing the salad. This is the true mission of the dressing. And a salad dressing, scientifically prepared, brings out and develops the native characteristics of the various materials used, and crowns with perfectness the harmoniously compounded salad.

Class 1.

TRANSPARENT SALAD DRESSING.

A transparent dressing may be simply a clear syrup made of sugar and water; or, it may be a mixture of fruit juice and sugar. Or, it may be water in which herbs, vegetables, fish or meats have been cooked. It may be a sweet dressing, in which many fruit flavors and spices are mingled; or, it may be acid with vinegar or lemon, or pungent with mustard and other condiments. It may be thin as vinegar—thick as syrup or honey—or stiff as jelly. It may be colorless; or, it may be of any color, shade or tint that suits the fancy. Its only imperative requirement is, a transparent clearness. A good illustration of a transparent dressing, suitable for a fruit salad composed of bananas, pears, or any sweet fruit, is—

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TRANSPARENT ORANGE DRESSING.

To the juice of three oranges and one lemon, which should make a half pint, add four ounces of sugar, one gill of sherry wine, and the white and shell of one egg. Beat all together. Heat to boiling point. Simmer five minutes. Strain. The wine may be omitted from this dressing, if desired. And, if liked, a small portion of the grated peel of both orange and lemon can be added.

JELLIED TRANSPARENT ORANGE DRESSING.

Is made by adding to the mixture before heating it, half an ounce of gelatine soaked an hour in a gill of cold water.

TRANSPARENT TOMATO DRESSING.

Thicken a pint of stewed, strained tomato, with a tablespoonful of arrow root mixed with cold water. Boil two minutes. Add an ounce of butter, half a teaspoonful of sugar, the same of salt, and a little pepper. This is very nice, either hot or cold, with any kind of meat salad.

JELLIED TRANSPARENT VEGETABLE DRESSING.

To one quart of boiling water slightly salted, or

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the same quantity of fish, chicken, or veal broth, add one medium sized carrot, one onion, half a bay leaf, a root of celery, ten cloves, twenty allspice, thirty pepper corns, and half a teaspoonful of white mustard seed. Simmer an hour, strain and let cool. To each pint of the liquor add a pint of vinegar, an ounce of gelatine soaked in cold water, and the white and shell of an egg. Heat to boiling point, simmer five minutes and strain.

Class 2.

FRENCH DRESSING.

To four teaspoonfuls of vinegar add half a teaspoonful of salt and one eighth of a teaspoonful of pepper; mix, and pour over salad, then add olive oil to taste.

FRENCH DRESSING, WITH MUSTARD.

To half a teaspoonful of made mustard, add olive oil slowly, stirring constantly. When thick, add vinegar in like manner. And thus alternate until the requisite proportions of oil and vinegar have been added. By observing this method of mixing, a large bottle of oil can be made into a perfectly smooth dressing—with only the half tea

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spoonful of made mustard as a base—by the addition of a few drops of vinegar from time to time, as required to thin the mixture. Add salt and pepper to taste. The usual quantities are a teaspoonful and a half of salt, and one fifth as much pepper, to each pint of oil.

Class 8.

CREAM DRESSING.

To one pint of boiling cream, add two ounces of flour stirred to a smooth paste with two ounces of butter. Cook two minutes. Remove from the saucepan, and add one ounce of butter, stirring until cool and perfectly mixed, then season to taste with lemon juice, vinegar, salt, pepper, mustard, capers, minced onion, parsley, chopped pickle, etc.

SOUR CREAM DRESSING.

To one cup of sour cream add a fourth of a cup of vinegar or lemon juice. Season to taste with salt and cayenne pepper. Use on vegetable or fish salad.

HOT CREAM DRESSING.

Cook together, two minutes, an ounce of flour

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and an ounce of butter, add a pint of sweet cream and season to taste with salt and pepper. Use on boiled cabbage, cauliflower, potatoes, turnips, carrots, parsnips, beets or any vegetables.

This dressing may be varied by adding whites or yolks of eggs, minced onions, parsley, pickles, capers, vinegar or lemon juice; and may be used warm or cold according to taste.

HOT SLAW DRESSING.

Heat together to boiling point in a stew pan a gill of vinegar and an ounce of butter. Stir in an egg well beaten, and add a gill of sweet cream. Season to taste.

Another hot slaw dressing may be made in this manner: Mix together a gill of water and a gill of vinegar. Thicken with half an ounce of flour. Cook two minutes, add an ounce of butter and season to taste.

CLASS 4.

MAYONNAISE DRESSING.

This is the most popular salad dressing in use, and is made in this manner: With a small wooden spoon stir the yolk of an uncooked egg in an

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earthen bowl, one minute. Then, continuing the stirring in the same direction all the time add olive oil drop by drop, until the mixture becomes thick and waxy. Thin by stirring in vinegar and lemon juice, in small quantities. Add oil as before; and so alternate the oil and vinegar until the required amount of dressing is made. Season with salt, pepper, mustard, chopped olives, capers, pickles, onions, celery, parsley, cresses or whatever is desired, according to taste, and the requirements of the salad with which the dressing is to be used. By simply observing care in regard to adding oil and vinegar slowly in small quantities, a large bottle can be made into dressing, and only one egg yolk be used as a base. Butter may always be substituted for olive oil when desired, and can be used in a Mayonnaise by stirring to a cream, and gradually adding a well beaten egg. The white of an egg beaten stiff may be added to any cream or Mayonnaise dressing just before it is used. In rich oil dressings sherry wine is frequently used in equal proportions with vinegar.

MAYONNAISE DRESSING. No. 2.

Mix in a two-quart bowl—to allow room for

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beating—one even teaspoonful of mustard, one teaspoonful of salt, and a teaspoonful and a half of vinegar. Add the yolk of an egg, beat all well together, then add gradually half a pint of olive oil. The oil should be poured in a fine thread-like stream, and the mixture all the while be beaten rapidly. More vinegar or lemon juice may be used if required to make it the proper consistency.

COOKED MAYONNAISE DRESSING.

Add the well beaten yolks of five eggs to five tablespoonfuls of boiling vinegar. Cook in an earthen bowl, set in a pan of boiling water, until stiff—being careful to stir clean from the sides of the bowl while cooking. Remove from the fire, add four ounces of butter, and stir until cool and perfectly mixed. When quite cold season to taste with salt, pepper, mustard, etc., and thin with sweet cream to the required consistency. Oil, if preferred, may be used in place of cream. If the mixture when cooked is not perfectly smooth, it should be rubbed through a hair sieve. This is an excellent and convenient salad dressing; and when properly cooked will keep, without deterioration, for several days.

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SYDNEY SMITH'S SALAD DRESSING.

The hard boiled yolks of eggs were formerly much used, and are by some people still preferred for making salad dressing. Perhaps the best recipe, when they are used, is the one popularized by being reduced to rhyme by the talented and witty English clergyman after whom it was named.

Two boiled potatoes passed through kitchen sieve,
Smoothness and softness to the salad give.
Of mordant mustard add a single spoon:
Distrust the condiment which bites too soon;
But deem it not, thou man of herbs, a fault
To add a double quantity of salt;
Three times the spoon with oil of Lucca crown,
And once with vinegar procured from town.
True flavor needs it, and your poet begs,
The pounded yellow of two hard-boiled eggs.
Let onion atoms lurk within the bowl,
And, scarce suspected, animate the whole;
And, lastly, on the flavored compound toss
A magic teaspoon of anchovy sauce.
Oh, green and glorious! A herbaceous treat!
'Twould tempt the dying anchorite to eat;
Back to the world he'd turn his fleeting soul,
And plunge his fingers in the salad bowl!
Serenely full, the epicure would say,
Fate can not harm me, I have dined to-day.

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SALADS.

Class 1.

FRUIT SALADS.

Fruit salads in season, without doubt, take first rank, on account of being more delicious, wholesome and attractive than any other kind of salads; and an almost endless variety of them can be easily made by judicious mixing and mingling of fruits and fruit flavors. Bananas, oranges, lemons, peaches, pears, pine-apples, currants, and all kinds of small fruit and berries, make desirable salads, served either as simple or compound salads. And the art of the cook is chiefly displayed in selecting proper materials to mix together, and in choosing a suitable dressing for them.

SIMPLE FRUIT SALAD.

Ripe currants gathered on the stem, and well washed, make a nice fruit salad. They can be

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sprinkled with sugar, or eaten without, according to taste.

A better way, perhaps, to serve currant salad is to remove the fruit from the stems, sprinkle lightly with fine sugar, and set in a cold place an hour before serving.

Any fruit may be served, in a similar manner, as a salad.

COMPOUND FRUIT SALAD

In combining fruits in salads it is well to select for the purpose, such as not only harmonize in flavor, but also act as helps to each other.

RASPBERRY SALAD

Mix in equal proportions raspberries and currants, by placing in a glass or porcelain bowl, a layer of currants sprinkled with sugar, then a layer of raspberries sprinkled with sugar, and thus alternating until all the fruit is added. Set in a cold place an hour before using. Raspberries and currants make a very harmonious mixture. The raspberries give a fine flavor, and the currants add piquancy and character to the dish.

ORANGE SALAD.

Put in the salad bowl in alternate layers, the de-

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sired quantity of oranges and bananas, carefully sliced. Pour over them a transparent dressing. Cover closely and set in a cold place two or three hours. In a similar manner fruit salads may be prepared indefinitely, and by the omission or addition of different fruits, a great variety of combinations can be made with excellent results. A variety of transparent dressings can also be made, similar to transparent orange dressing, and adapted to different tastes and different salads, by a harmonious combination of different fruit juices. But whenever fruits or fruit juices are mixed in a salad, it is very essential that the mixture should stand in a cool place, for at least an hour before being used, so that each distinctive flavor may be combined and lost, in a rich commingling of the whole.

FRUIT SALAD IN JELLY.

Prepare a jellied transparent orange dressing, or a jellied transparent dressing of the kind desired. Fill a mold of the proper size and form, to the depth of one fourth of an inch, with it. Put the mold on ice until the jelly is firmly set, then arrange a layer of fruit upon it, so as to produce a pretty effect when turned from the mold. Do not

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let the fruit touch the sides of the mold. Fill with jelly, just beginning to thicken, all the interstices between the pieces of fruit and between the fruit and the sides of the mold. Put on ice, or in a cold place, till firmly set; then add another layer of fruit, again filling in with jelly and putting in a cold place; and so repeat until the mold is filled. It should then stand on ice for several hours, and just before serving should be placed for an instant in hot water,—or the mold should be wrapped in a towel wrung from hot water, and the salad be turned out upon a shallow dish.

In this, and in a similar way very beautiful effects can be produced in preparing fruits for salads and desserts.

Class 2.

VEGETABLE SALADS.

The same general principles that govern the preparation of fruit salads, are applicable in the preparation of vegetable salads.

Lettuce, cabbage, cucumbers, tomatoes, cresses, nasturtiums, dandelions, onions, radishes, etc., are all served raw, and frequently alone as salads, and are preferred by many people, without the addi-

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tion of salt, sugar, vinegar or condiments of any kind.

Asparagus, beans, peas, cauliflower, salsify, carrots, turnips, and in fact every known vegetable, may when cooked, be served alone in salads, if desired; and all vegetables may be combined and mixed, more or less, according to taste or fancy, in compound salads. Onion is, however, the most miscellaneous and universal aid, or adjunct, in the formation of vegetable salads, and is appropriately called into service in combination with cucumbers, tomatoes, lettuce, potatoes, and a number of other vegetables.

LETTUCE SALAD.

Lettuce is a popular favorite among vegetable salads, and is served, dressed and undressed, in an almost endless variety of ways. Lettuce is one of the most delicate of vegetables in both flavor and texture, and rough handling deteriorates, and to a great extent, spoils it. After being carefully rinsed and drained it should remain on ice, or in a cool place, until wanted for use; and is best, served with the leaves unbroken. The dressing for lettuce may be very simple, or it may consist of

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many things mixed and mingled together; but it should invariably be added at table. Some people like lettuce dressed with sugar and vinegar. Others prefer it dressed with sugar and cream. But the most approved dressing for lettuce is French dressing, with or without mustard, according to taste. Cresses, onions and radishes make a pretty garnish for a dish of lettuce; and either one of them may be mixed with the lettuce when dressed; or they may all be served together, forming a compound salad.

CABBAGE SALAD.

Cabbage comes next in popularity to lettuce as a salad, on account of its crisp sweetness, and its ability to stand exposure and rough treatment without material detriment. By a great many it is preferred to any other salad. Cabbage, when at its best estate, makes a delicious salad—dressed either simply or lavishly. Perhaps as a dressing for it, a cooked Mayonnaise, or a cream dressing is, on all accounts, most appropriate—either of which can be varied to a considerable extent, to meet the special requirements of the salad. The addition of a small quantity of sugar to a dressing for cab-

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bage may be an improvement, in supplying a saccharine need; but mustard should always be omitted, as cabbage possesses that flavor, or family trait, in a sufficient degree. Celery appears to be about the only vegetable that makes a perfectly harmonious combination with cabbage.

POTATO SALAD.

Potato salad is very appetizing, and deservedly popular. It should be served with cooked Mayonnaise dressing, to which has been added finely minced onion and parsley, in the proportion of one tablespoonful of each to a pint of dressing. The dressing for potato salad forms an exception to the general rule applicable to salad dressing, and should have a predominating flavor, for the reason that cold boiled potatoes have no especial flavor that can be developed, or which it is desirable to preserve; and a piquant flavor, like that of onions or cresses, added to the dressing, renders the salad much more delicious.

Potatoes for salad should be boiled until perfectly tender, but not until they break and fall to pieces. When cold they should be sliced very thin, and put with the dressing in alternate layers,

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in the salad bowl. In the preparation of potato salad, as in most dishes of the class, stirring is objectionable, and should be avoided.

A cream dressing may be used for potato salad, in place of a cooked Mayonnaise, if preferred; but French dressing, although much used, is inappropriate, on account of the potato absorbing the vinegar; and because the potato is a great absorbent, the dressing used should be comparatively thin, and a greater quantity should be provided than for lettuce or cabbage salad. Potatoes may be mixed with cooked vegetables of any and every sort, in a compound salad.

BEET SALAD.

Beets, well boiled and sliced, may be served with simple cream dressing, with or without vinegar, either warm or cold, and constitute an acceptable dish,—whether it be termed a vegetable or a salad. Mixed with an equal portion of potato, and served with cream dressing they make a very inviting and appetizing salad. Beets, like potatoes, may be mixed with all sorts of vegetables, into compound salads.

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TOMATO SALAD.

Slice perfectly ripe tomatoes. Arrange tastefully on a dish. Place on ice or in a cold place. Serve with a cream, French, or Mayonnaise dressing.

CHEESE SALAD.

Sprinkle grated cheese plentifully over lettuce and serve with either French, or cooked Mayonnaise dressing.

ONION SALAD.

Mash together equal quantities of boiled onion and potato. Season with salt and pepper Add a small piece of butter or a little sweet cream. Serve warm.

Another nice onion salad may be made by mixing together in the same way equal quantities of boiled onion, boiled potato and stewed tomato.

MELON SALAD.

Cantaleups and melons of various kinds, when dressed with salt, pepper and sugar, can appropriately be classed among salads. They should always be served as cold as possible.

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Class 3.

FISH SALADS.

Oysters, scallops, shrimps, salmon, and all kinds of fish may be made into salad either with or without the admixture or accompaniment of vegetables. It is very important in fish, as in other classes of salads, to use such dressing as suitably belongs to the peculiar kind of fish to be served in salad. If the fish be of a delicate flavor, trout, for instance, a mild unobtrusive dressing will best serve the purpose of making the dish most acceptable to the appetite. But if, on the other hand, it is high flavored, like lobster, or salmon, a majority of tastes would prefer a dressing that modified or toned down the excessive sapidity of the fish. Every variety of dressing is brought into use in the multiplicity of salads prepared from fish, and are varied to suit tastes and circumstances. The dressings for many fish and meat salads, are better made with anchovy or tarragon vinegar; and minced onion, or onion juice, may be appropriately added to many dressings.

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OYSTER SALAD.

Raw oysters dressed with salt, pepper, vinegar, oil, etc., constitute an oyster salad with which most people are familiar. Oysters mingled with an equal proportion of finely cut celery, and served with a Mayonnaise dressing, gives another variety.

OYSTER MAYONNAISE.

This is another variety of oyster salad, and is made by selecting medium-sized oysters, heating them to boiling point in their own liquor, draining well, and when cold, dressing with Mayonnaise highly seasoned with salt, pepper and mustard, and sprinkling finely cut celery over the top of the salad.

A French or cream dressing may, if preferred, be used in place of the Mayonnaise. But it should always be borne in mind in preparing oyster salads, that oysters possess a flavor which should be preserved and developed, not disguised or obscured by a too pungent dressing.

SHRIMP SALAD.

A very ornamental salad can be made of shrimps in various ways. One nice method of making

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shrimp salad is to put several cooked shrimps in shallow lettuce cups, formed by placing together two or more of the cup-shaped leaves of head lettuce. When thus served, French dressing, or any suitable dressing, may be added at table. If the shrimps have been canned, they should be well rinsed in cold water, and after being drained, be soaked for at least an hour in vinegar and sweet oil, in the proportion of one part oil to three parts vinegar. All surplus oil and vinegar should be drained from them before they are served on the lettuce. Shrimps, lobster, or any cooked fish, may be minced or cut in small pieces, mixed with a dressing and placed in cups of lettuce leaves.

These cups can be tastefully arranged in the salad bowl with pieces of ice—a folded napkin having been first placed in the bottom of the bowl, and covered with lettuce leaves, to absorb the drippings from the ice.

SALMON SALAD.

Salmon makes a specially nice salad when mixed with cabbage and served with a cream dressing. Pick the cooked salmon into small pieces free from skin or bone, and have the cabbage white, crisp

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and finely shaved. Sprinkle a layer of cabbage in the bowl, cover it with bits of salmon, add another layer of cabbage, then a layer of salmon, and thus alternate till the desired quantity is obtained. Pour over it a cold cream dressing, and garnish, by sprinkling lightly over the surface some fine, white shavings of cabbage. Cream dressing may be used for all kinds of fish salad, but it is particularly appropriate for salmon and lobster, as in each it softens and improves the flavor.

SARDINE SALAD.

Sardines with the skin unbroken, molded after the manner of fruit salads—in a transparent jellied dressing, make a very appetizing and ornamental salad. Sardine salad, and all molded salads, should be placed on ice several hours before using.

EEL SALAD.

Boil medium sized eels in water seasoned with salt, pepper, onion, cloves, bay leaf and vinegar. When cooked, slip out the bones, cut in pieces about two inches in length, and arrange tastefully in a mold with slices of hard boiled egg and sprigs of curled parsley. Cover with a transparent jellied

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dressing made of the liquor in which the eels were boiled, and let stand in a cold place till firm. Serve in the same manner as sardine salad.

FISH-ROE SALAD.

Boil shad, herring, or any fish-roe, cut in thin slices, and put in a salad bowl in alternate layers with sliced ripe tomatoes. Garnish with lettuce, and serve with either French or transparent tomato dressing, or with both, mixed in equal proportions.

LOBSTER SALAD.

There is, perhaps, no salad about the serving of which there is a greater diversity of opinion than that of lobster. Many like it very daintily dressed —others prefer it seasoned with a French dressing —while others again wish it seasoned with a French dressing, and then served with a rich Mayonnaise. It is therefore generally best to serve lobster, whether fresh or canned, in lettuce cups, or on a bed of lettuce, accompanied with Mayonnaise dressing, so that each particular taste may be suited.

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CLASS 4.

MEAT SALADS.

Game, poultry, and meats are seldom used as salads, unmixed with vegetables. And when so used can more appropriately be classed with spiced meats, deviled dainties, etc. A dish of salad can however, be made from any kind of cold game, poultry or meat, cut into dice-shaped pieces and dressed, according to taste, with French, cream, or Mayonnaise dressing. Or, it may be molded into ornamental form, with a transparent jellied dressing. One of the best illustrations of salads of this class is—

CHICKEN AND TONGUE SALAD.

Prepare the white meat of cold boiled or roast chicken, and cold boiled tongue, in equal quantities, in the form of dice. Make a rich transparent dressing of chicken broth or stock, seasoned with salt and pepper, and flavored with tarragon vinegar or sherry wine. Mold the same as fruit or fish salad, arranging the light and dark meats so as to produce a pretty effect when turned from the mold.

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BEEF SALAD.

Prepare cold roast or stewed beef by cutting in dice free from skin, and tough or hard pieces. Dress with French dressing and let stand an hour. Garnish with hard boiled eggs, lettuce or curled parsley.

Any meat may be served in this way, and if liked, tomato may be used instead of French dressing.

CLASS 5.

MIXED SALADS.

This class of salads comprehends a wide range of materials, and everything that is used in salad making may form a part of some variety of mixed salads. The most popular, perhaps, of all salads is included in this class, viz.

CHICKEN SALAD.

Select a full grown chicken, and cook by simmering very gently in beef stock or water slightly salted, until perfectly tender. The addition of a quarter of a pound of salt pork, if of good quality, will improve the flavor. Let the fowl cool in the

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liquor in which it boiled, and when perfectly cold remove the skin, and separate the flesh from the bones. Reject whatever is tough or sinewy. Cut the reserved portions of flesh into dice a quarter of an inch in length, and mix thoroughly in an earthen bowl, with white crisp celery cut in similar pieces, in the proportion of two measures of chicken to one measure of celery. Add cooked or uncooked Mayonnaise dressing, with which chopped pickle, minced olives, or capers have been mingled. Stir the salad with forks, or with spoon and fork, put in the salad bowl, smooth the surface, spread dressing over it, and garnish with celery and curled parsley.

If celery can not be obtained, nice crisp head lettuce or cabbage, properly prepared, and flavored with celery seed, can be used as a substitute in making chicken salad.

HERRING SALAD.

A very popular German salad is made in this manner: Soak a dozen pickled Holland herring over night, drain, remove the skin and bones, and chop fine. Add a pint of cooked potatoes, half a pint of cooked beets, half a pint of raw apples,

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and six hard boiled eggs chopped in a similar manner, and a gill each of minced onions and capers. Use French dressing. Mix well together. Fill little dishes with the mixture, and trim the tops with parsley, slices of boiled egg, beets, etc.

In selecting materials for a mixed salad it is best, as a general rule, to confine them to one distinct class. But as some people are willing to tolerate incongruous mixtures for the sake of producing marvelous and startling effects, an illustration of an inharmonious salad of this description may be found in Prof. Blot's felicitous recipe for

"A SALAD MACEDOINE.

This salad ought to be called 'compound salad,' as it is made of a little of everything that can be served in salad, that is, fish, meat, green and dry vegetables, etc. When the whole is mixed, you add chopped parsley, sweet oil, vinegar, salt and pepper. You move till your arms are sore, and you have a salad Macedoine. Every one has a right to try it."

CONCLUDING OBSERVATIONS.

Salads, with rare exceptions, should be served

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crisp and cool. Glass, china or earthen bowls should be used for mixing, and nickel or silver-plated knives for cutting and preparing the materials of which they are composed. Much care should be observed to avoid unnecessary handling of the ingredients, and they should not be permitted to come in contact with rude vessels and crude implements.

Fruit salads are especially acceptable at breakfast. The heavier salads are more appropriately served at lunches and suppers, where they form a principal part of the repast. A rich salad composed of poultry, fish or meat seems out of place at dinner, where a simple fruit or vegetable salad would be acceptable as a dainty relish.

All kinds of pickles, olives, capers, hard boiled eggs, and every variety of fruits and vegetables may be used in garnishing salads. But in every case the garnishing materials should be so chosen that they may be suitably mixed and eaten with the salad. Meat or wine jellies of various shades may be cut in fancy forms, and used in decorating salads; and combined with celery, lettuce, parsley, or fruits produce a pleasing effect.

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VEGETABLES

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VEGETABLES AND VEGETABLE COOKING.

PRELIMINARY REMARKS.

Market gardening is becoming so important an industry that the production of vegetables is rapidly on the increase. Many different kinds are already in general cultivation, others are being introduced to popular notice, and nearly all of them when cooked according to the best methods, are highly relished by a majority of people.

The cooking of vegetables is, however, so imperfectly understood, that instead of an attractive variety of them being served regularly at the average dinner table, it is not infrequently the case that the vegetable family is represented there, day after day, by the potato alone—and that always dressed in the same unvarying style.

The general rules applicable to the cooking of meats, etc., are also applicable to the cooking of vegetables, and they can only be cooked according to the seven primary methods, namely: Roasting, Baking, Boiling, Steaming, Stewing, Frying and Broiling; but the meth-

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ods of seasoning, combining and serving may be varied so as to produce an almost limitless number of dishes with distinctive names.

A difference of opinion exists in regard to the temperature of the water in which different vegetables should be put to cook; but a safe general rule to follow, until the question is settled beyond all controversy, is:— To put all fresh or green vegetables in slightly salted boiling water, and let them cook gently until tender;—and to put all dried, leguminous vegetables, such as beans, peas, etc., in cold water, and after it reaches the boiling point, allow them to simmer gently until done.

Dried vegetables should be well soaked in cold water before they are cooked, and most green vegetables are improved by being subjected to the same process,—especially is this the case with potatoes, turnips, parsnips, salsify, etc., all of which become discolored, when pared or scraped, unless immediately laid in cold water.

For the sake of preserving them in handsome shape vegetables are often served under-done; but are more frequently sent to table an over-cooked, insipid mess. In either case they are unpalatable, indigestible and innutritious. They should always be cooked thoroughly, but never so much as to render them mushy, or cause them to tumble to pieces.

The length of time required for cooking any variety of vegetable depends greatly on its maturity or age, and varies considerably at different seasons. The time in

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which various vegetables will cook is approximated in the table here given; but the true, and only safe, rule is to test them occasionally during the process of cooking.

TIME TABLE.

Giving the approximate length of time required for cooking different vegetables:

30 MINUTES.—Asparagus, corn, macaroni, mushrooms, peas, boiled potatoes, tomatoes, lettuce.

45 MINUTES.—Young beets, carrots, parsnips, turnips, baked potatoes, rice.

ONE HOUR.—Artichokes, new cabbage, string beans, brussels sprouts, cauliflower, greens, salsify, new onions, winter squash.

TWO HOURS.—Winter cabbage, carrots, parsnips, turnips and onions.

THREE TO FIVE HOURS.—Old beets.

FIVE TO EIGHT HOURS.—Dried beans, dried peas, hominy, etc.

The flavor of vegetables can be very perfectly developed by the addition of suitable condiments, at the proper stage of their preparation for the table, and may, by judicious seasoning be modified to suit every taste.

Melted butter, drawn butter, clear sauce, white sauce, brown sauce, tomato sauce, and several salad dressings are appropriate for serving with different vegetables, or with the same vegetable prepared in different ways, and sugar, lemon juice, vinegar, salt, pepper

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and numerous other spices are suitable seasonings to many of them.

It is, however, impossible to give a specific recipe, of any practical value, in regard to the proper quantity of seasoning or dressing to be used with different vegetables, as some people like very little and others a great deal, consequently the matter must in a great measure, be left to individual judgment.

DRAWN BUTTER.

Cook together one ounce of flour and two ounces of butter—or about two measures of flour to one measure of butter—stirring meanwhile, until well mixed, add one pint of water or broth, boil until the flour is perfectly cooked and the sauce smooth, which will be in from two to five minutes, then season to taste with salt and pepper.

CLEAR SAUCE.

Cut meat, or meat and bone in small pieces, cover with cold water, add a little salt, simmer three or four hours, strain, and remove the grease.

WHITE SAUCE.

Cook together one ounce of flour and two ounces of butter, add one pint of sweet cream or milk, simmer gently five minutes, and season to taste with salt and pepper. When desired acid, add lemon juice or vinegar just before serving.

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BROWN SAUCE.

Cook together one ounce of flour and two ounces of butter, stirring constantly, until a dark brown, add a pint of cold water or broth, cook, and season to taste with salt and pepper. By browning meat and making it into broth, a rich coloring can be obtained for brown sauce.

TOMATO SAUCE.

Stew a quart of tomatoes in a pint of any simple broth, or in their own juice, until very soft, rub through a sieve, and season to taste with salt and red pepper. If too acid, add a quarter of a teaspooonful of sugar.

FRENCH SALAD DRESSING.

To a half teaspoonful of made mustard add olive oil, stirring constantly until thick; then thin by adding vinegar in like manner; and thus alternate until the required quantity is obtained, when season to taste with salt and pepper. A French dressing, without mustard, is made by mixing together four teaspoonfuls of vinegar, half a teaspoonful of salt and one-eighth of a teaspoonful of pepper, and when used, adding olive oil.

CREAM DRESSING.

Cook together, two minutes, an ounce each of flour and butter, add a pint of sweet cream, and season with salt and pepper.

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COOKED MAYONNAISE DRESSING.

To each table spoonful of boiling vinegar used, add the well beaten yolk of an egg, and cook in a bowl set in a pan of boiling water, till stiff. Remove from the fire, add an ounce of butter, and stir until cool and perfectly stiff. After it becomes cold season with salt, pepper and mustard, and thin to the required consistency with sweet cream.

VEGETABLES.

ARTICHOKE SALAD.

There are two kinds of artichokes—the Jerusalem and the Globe—both of which are occasionally served as salads. The former is a tuber, similar in appearance to a potato, and the latter a plant resembling a thistle, with a large scaly head, the under part only of which is edible. When eaten raw they are dressed according to taste, with melted butter or oil, and salt, pepper, mustard, vinegar, etc.

BOILED ARTICHOKES.

Wash and scrape Jerusalem artichokes, boil till tender, drain, and serve with drawn butter or white sauce, or mash fine and season with salt and pepper.

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SCALLOPED ARTICHOKES.

Boil and mash Jerusalem artichokes, season with salt and pepper, put in shells, or in a baking dish, sprinkle with bread crumbs, moisten with butter, and brown in the oven.

FRIED ARTICHOKES.

Boil Globe artichokes, remove the chokes, divide the bottoms in pieces the size desired, dip in beaten egg and crumbs, and fry in butter or drippings.

BOILED ASPARAGUS.

Wash, tie in small bundles, cook till tender and serve on toast, with melted butter, or white sauce.

ASPARAGUS PEAS.

Wash, cut in small pieces, simmer till tender in just enough of water to cover, thicken slightly with flour and butter stirred together, add a little sweet cream, and season with salt and pepper.

ASPARAGUS ROLLS.

Cut cold boiled asparagus very fine, mix with beaten egg in a sauce pan, thicken with a little flour and milk stirred together, season with salt and pepper, pour hot into rolls from which the crumb has been removed and serve; or pour on toast and serve.

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ASPARAGUS PUDDING.

Mix together half a pint of asparagus peas, four eggs, a table spoonful of finely minced ham, an ounce of butter, two table spoonfuls of flour, and milk sufficient to make a thick batter. Pour into a buttered pudding mould, steam two hours, and serve with drawn butter.

BOILED BEETS.

Wash, boil till tender, rub off the skin, slice and season with salt, pepper and melted butter.

STEWED BEETS.

Wash, parboil, rub off the skin, cut in slices, put in a stew pan, cover with milk, add a lump of butter rolled in flour, simmer till tender, and season with salt and pepper.

BAKED BEETS.

Bake in a moderate oven till tender, rub off the skins, baste with melted butter and lemon juice, put in the oven a few minutes, and serve hot.

BEET SALAD.

Mix equal quantities of boiled sliced beet and boiled sliced potato, and serve with cream dressing; or mix with onions, celery, endive and other vegetables, and serve with a French dressing.

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STRING BEANS.

Remove the strings, put the beans in a small quantity of water—just enough to cover them—simmer gently till tender, drain, and serve with melted butter, or white sauce. Or break in small pieces, cook in a small quantity of water, let the water evaporate as the beans become sufficiently cooked, then add sweet cream, and season with salt and pepper.

SHELLED BEANS.

Put the beans in just sufficient water to cover them, stew gently till tender, add a little sweet cream, and season with salt and pepper; or omit the cream, and season with salt, pepper and butter.

DRIED BEANS.

Soak, put to cook in a liberal supply of cold water, which must be poured off as soon as it boils and enough of cold water to barely cover the beans be added, salt lightly, cook gently until very tender, but not falling to pieces, and season with salt, pepper and butter; or serve with white, or brown sauce.

BAKED BEANS.

Put a piece of salt pork and a little molasses in a bean pot, or a deep stone jar, and fill to within three inches of the top with beans that have been boiled until the skins will crack when exposed to cold air,

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and pour in enough of the water in which they were cooked to cover them. Place the lid on the jar, set it in the oven and bake from 6 to 12 hours—adding water occasionally, if needed. The quantity of pork and molasses can be varied to suit the taste, but the usual proportions are a pound of pork and two table spoonfuls of molasses to a gallon of beans. The beans may be enriched with a small piece of butter instead of pork, or by adding a cup of sweet cream an hour before they finish baking.

BORECOLE OR KALE.

Cook and serve the same as cabbage.

BRUSSELS SPROUTS.

Boil till tender, drain, put in a sauce pan with a little melted butter, season with salt and pepper, simmer a few minutes, and serve on buttered toast; or serve plain.

BROCOLI.

Brocoli bears such a close resemblance to cauliflower that it can scarcely be distinguished from it. Cook and serve in the same manner.

CAULIFLOWER.

Wash, trim, boil gently until tender, drain carefully, put in a vegetable dish and dress with drawn butter, or white sauce. The white sauce may be flavored with Parmesan cheese, if liked.

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BOILED CABBAGE.

Trim, wash and divide each head into quarters or eights boil till tender, drain, press out the water, and serve with white sauce or drawn butter.

STEWED CABBAGE.

Slice or chop the cabbage, stew until tender, but not soft, drain, add a little sweet cream or milk, simmer ten minutes, and season with salt and pepper.

COLD SLAW.

Slice crisp, firm cabbage very fine, dress with sugar, salt and vinegar; or serve with a French, or cooked mayonnaise dressing.

HOT SLAW.

Slice or chop cabbage fine, stew till tender, season with salt, pepper and butter, add a little vinegar and serve.

SOUR KROUT.

Stew in its own liquor till tender, or fry until slightly brown, in fryings from bacon, or salt pork.

BAKED CABBAGE.

Chop boiled cabbage fine, add milk and beaten egg, season with salt and pepper, put in a buttered baking

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dish, cover with seasoned bread crumbs and bake brown. Cold boiled cabbage can be used in this way advantageously.

KOL-CANNON.

Chop boiled cabbage fine, add an equal quantity of mashed potato, moisten with milk, season with salt and pepper, mix together thoroughly, and serve hot.

STEWED CELERY.

Cut in inch pieces, simmer until tender in a little water, add sweet cream, season to taste, and serve; or pour over slices of toasted bread and serve hot.

BOILED CARROTS.

Wash, scrape, boil till tender, drain, season with butter, salt and pepper; or slice, and serve with white sauce.

STEWED CARROTS.

Parboil, drain, slice, put in a stew pan with a little broth or milk, simmer till tender, season with salt, pepper and chopped parsley.

FRIED CARROTS.

Parboil, slice, fry in butter till brown on both sides, season with salt, pepper and chopped parsley. Or

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boil till tender, mash, season to taste, make into cakes and fry brown.

SAVORY CARROTS.

Put in a stew pan three ounces of butter, a tablespoonful of flour, a teaspoonful of minced parsley, half a tablespoonful of minced onion, a grating of nutmeg, and salt and pepper to taste, add a quart of sliced carrots, cook gently–shaking the stew pan frequently—until the contents are a light brown color, then add a pint of broth, cover closely, and simmer until very tender.

BOILED CORN.

Husk, boil till tender, and serve on the cob; or cut the corn from the cob, season with salt, pepper and butter, and serve in a heated dish.

STEWED CORN.

Cut the corn from the cob, scrape off the pulp and eyes, put in a stew pan with a half pint of water to each pint of corn, cover closely, stew gently till thoroughly cooked—stirring occasionly to prevent the corn sticking to the pan and burning—season to taste with salt and pepper, add a little cream or butter, and serve.

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CORN OYSTERS.

Split each row of kernels through the middle while on the cob, shave off the corn in thin slices, and scrape out the pulp and eyes. To the corn from each dozen ears add the white of three eggs beaten to a stiff froth and three tablespoonfuls of flour, season with salt and pepper, and fry in spoonfuls in hot fat on a griddle, or in a spider.

CORN FRITTERS.

Beat together till smooth and light, one teacupful of sifted flour, one egg yolk, and half a teacupful of milk, stir in gradually half a teacupful of milk, and two teacupfuls of corn prepared as for oysters, add the white of an egg beaten to a froth, season to taste with salt, and fry in hot fat.

CORN PUDDING.

To a quart of corn prepared as for oysters, add a quart of milk, four eggs, a teaspoonful of salt and a little pepper. Mix well together, pour into a buttered dish, and bake.

CRESS.

The various cresses are usually eaten raw, and dressed according to individual taste. Mixed with lettuce and other salad plants they give them an agreeble pungency.

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CUCUMBER SALAD.

Pare the cucumbers, lay on ice or in cold water half an hour, slice thin, and dress with salt, pepper and vinegar. Cucumbers lose their crispness by soaking in vinegar, and should be served as soon as dressed. Their flavor is improved for most tastes by the addition of a few slices of onion.

STEWED CUCUMBERS.

Pare, split in pieces lengthwise, scrape out the seeds, boil five minutes, drain, cover with water, simmer until tender, thicken with flour and butter, and season with salt and pepper. A few slices of onion can be added if liked.

FRIED CUCUMBERS.

Pare, cut in slices of equal thickness, wipe dry, roll in flour, fry brown in hot fat, season with salt and pepper.

STUFFED CUCUMBERS.

Cut off one end of each cucumber, scoop out the seeds, fill with a mixture of seasoned bread crumbs, egg yolk, minced onion and parsley, replace the ends, lay the cucumbers on thin slices of bacon in a dripping pan, pour in a little water, dust with salt, pepper and flour, bake in a quick oven, and serve with brown sauce.

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FRIED EGG-PLANT.

Cut in slices half an inch in thickness, lay in salted water an hour, wipe each slice dry, dip in flour or fine corn meal, season with pepper and fry brown in a little hot fat, or dip in beaten egg, then in fine crumbs, and fry in hot lard.

BAKED EGG-PLANT.

Pare, cut in pieces, boil until tender, drain, mash, season with salt and pepper, put in a baking dish cover with bread crumbs moistened with butter, and bake in a hot oven.

ENDIVE.

Endive is generally served raw as an ornamental addition to salads, but may be stewed in cream, brown gravy or butter, seasoned very lightly, and served hot.

LETTUCE.

Lettuce is usually served raw as a salad, and is dressed according to taste, with salt, sugar and vinegar, or with French dressing. It is excellent cooked and served as greens, or as endive.

GREENS.

Brussels sprouts, cabbage sprouts, collards, borecole, endive, spinach, dandelions, young beets, mustard, lettuce, narrow dock, corn salad, purslane, nettles and a

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large number of other edible plants and weeds are cooked and served in a similar manner under the general designation of "greens." Trim carefully, wash thoroughly, cook till tender, drain in a colander, and season to taste with salt, pepper, butter, vinegar, etc

HOMINY.

Wash, put to cook in cold water slightly salted, and boil slowly for eight hours, or until tender.

KOHLRABI.

Cook and serve the same as turnip.

KALE.

(See Borecole.)

STEWED MUSHROOMS.

Put in a stew pan with a lump of butter, salt and pepper to taste, and a tablespoonful of lemon juice to each pint of mushrooms, cover closely, stew until tender, thicken with a teaspoonful of flour, add a little sweet cream, and serve.

BAKED MUSHROOMS.

Lay in a baking dish, sprinkle with melted butter, salt and pepper, and bake in a quick oven.

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BROILED MUSHROOMS.

Place in a wire gridiron, broil over a clear fire, lay on a hot dish, and season with salt, pepper, butter and lemon juice.

MACARONI.

Macaroni is composed of wheat flour and water, and is simply paste or dough pressed into shape and dried; but it occupies the anomalous position of being generally classed among vegetables. It is easily prepared for the table, makes a palatable, nutritious and inexpensive dish, and should be more generally used.

BOILED MACARONI.

Break in pieces two or three inches in length, boil till tender enough to be easily mashed with the fingers, drain in a colander and serve with drawn butter, or with white, brown, tomato, or any other sauce.

BAKED MACARONI.

Boil, drain, put in a shallow baking dish, season to taste with salt and pepper, add a little sweet cream or milk, and a lump of butter, cover thickly with grated cheese, sprinkle with seasoned bread crumbs, and bake in a quick oven till nicely browned.

STEWED MACARONI.

Boil, drain, stew in cream, milk or broth, season to taste, and serve; or serve with any kind of sauce.

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MACARONI PUDDING.

Mince together equal portions of boiled chicken and boiled ham, add beaten egg, sweet cream and grated cheese, season with salt and pepper, mix with boiled macaroni, put into a buttered pudding mold, cover closely and simmer in boiling water about an hour; or put in a baking dish and bake in the oven. Serve with any sauce liked.

STEWED OKRA.

Wash and slice the pods, simmer in a little water or broth till tender, and season with salt, pepper and butter.

BOILED ONIONS.

Peel, boil till tender, drain, season with salt, pepper and butter.

STEWED ONIONS.

Peel, boil half an hour, drain, cover with milk, stew until tender, drain, mash or chop, add a little cream, stir until thoroughly heated, season with salt and pepper and serve. Or when cooked tender and drained dress and serve whole.

BAKED ONIONS.

Peel, boil till tender, roll each onion in tissue paper, bake an hour in a moderate oven, remove the paper, brown the onions, and serve with drawn butter.

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SCOLLOPED ONIONS.

Peel. boil till tender, drain, divide each onion into several pieces, place in a baking dish with alternate layers of seasoned bread crumbs, moisten with milk and bake a nice brown.

GLAZED ONIONS.

Peel, slice, put in a baking dish, moisten with brown sauce, or any well seasoned broth, and brown in the oven.

SARATOGA ONIONS.

Peel, slice thin, drop in smoking hot fat, fry till a light brown, drain in a colander, and serve hot.

FRIED ONIONS.

Peel, slice, put in a frying pan containing a small quantity of hot butter or drippings, cover, and fry slowly, turning them over frequently to prevent burning. When tender, and a light brown color, season with salt and pepper, and serve.

PARSLEY.

For flavoring soups, stews, etc., parsley can be minced and sprinkled in them while cooking. For garnishing it can be used raw, or can be put in a wire basket, plunged in hot oil or fat for a minute, drained, and then used.

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PUMPKIN.

The old familiar pumpkin is cooked and served in every respect like the winter squash, which is so much drier, sweeter and finer grained, that it has nearly superseded it for table use.

BOILED PARSNIPS.

Wash, boil till tender, drain, cut in slices and serve with drawn butter, or with a white sauce, to which a little vinegar or lemon juice has been added.

STEWED PARSNIPS.

Wash, scrape, cut in pieces, stew tender, drain, press out the water, mash fine, season to taste, add a little cream or milk, and stir over the fire about five minutes

BROWNED PARSNIP.

Wash, scrape, boil till tender, drain, roll in flour, and brown in drippings or butter, in the oven.

FRIED PARSNIP.

Wash, scrape, boil, drain, mash, season to taste, make into cakes and fry brown.

PARSNIP FRITTERS.

Mash two or three boiled parsnips, add a well beaten egg, two tablespoonfuls of milk, one tablespoonful of

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flour, season to taste, drop by spoonfuls in a little hot butter and fry brown.

BOILED PEAS.

Shell the peas, tie in a muslin bag, simmer till tender and season with salt, pepper and butter.

STEWED PEAS.

Shell, put in a small quantity of boiling water, cover closely, and simmer until tender. Add sweet cream, a lump of butter rolled in flour, and season with salt and pepper.

PEAS PUDDING.

Soak dried peas several hours in cold water, tie loosely in a bag, boil till tender, rub through a sieve, add half a pint of cream and two beaten eggs, to each pint of peas, season to taste, tie up in a floured pudding bag, boil half an hour, and serve with melted butter, or white sauce.

BAKED POTATOES.

Wash, wipe, put in a moderately hot oven and subject to a gradually increasing heat until perfectly baked, then crack, place in a dish, leave uncovered, and serve hot. The starch in potatoes absorbs moisture when the cells are ruptured by heat, and unless baked or roasted potatoes are broken as soon as cooked, so the

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steam can escape, they become watery and dark colored, and lose their flavor.

GERMAN POTATOES.

Scoop out, and mash the flesh of partly baked potatoes, mix with finely minced meat, season to taste, replace in the scooped-out skins, put in the oven and bake.

STUFFED POTATOES.

Scoop out and mash the flesh when partly baked, mix with grated cheese, bread crumbs and any other ingredients desired, season to taste, replace in the scooped-out shells and bake.

BROWNED POTATOES.

Pare, parboil, lay in the pan containing a fowl, or roast of meat, and turn over occasionally while cooking, so they may brown evenly.

KENTUCKY POTATOES.

Pare, slice, put in layers in a baking dish, moisten with milk or cream, season with salt and pepper and bake in a quick oven.

Vary the liquid and seasoning used in preparing potatoes according to this formula, and each variation will produce a different dish that can, without impropriety, be named after any State in the Union.

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POTATOES A LA ROYAL.

Cut potatoes in balls, parboil, brown in the oven, and serve hot.

Cut in other shapes, parboil, and brown in the same way, and they may be dignified with other pretentious titles.

BOILED POTATOES.

Simmer gently and without interruption, whether pared or unpared, until tender enough to be pierced with a straw, drain, cover with a folded towel and set to dry off, where they will keep hot.

SCOOPED POTATOES.

Cut balls from pared potatoes with a vegetable scoop, boil and serve plain, or with any sauce desired. Old potatoes treated in this way, and served with a white sauce are often imposed upon unsuspecting guests as new potatoes.

STEAMED POTATOES.

Put the potatoes, whether pared or unpared, in a steamer, cover closely, set over a pot of boiling water, and cook till tender.

STEWED POTATOES.

Slice pared potatoes, stew gently till tender, drain and serve with white or other sauce; or when drained,

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add a little cream or milk, season with salt, pepper and minced parsley, simmer a few minutes and serve.

SARATOGA POTATOES.

Pare, slice thin, soak in cold water, drain in a colander, dry thoroughly in towels, separate the slices, drop a few at a time into a kettle of hot lard, fry till a light brown, lift with a skimmer, drain on a sieve, sprinkle with salt, and serve hot or cold, as preferred.

JULIENNE POTATOES.

Slice with a crimped, instead of a plain or common, knife, and fry the same as Saratoga potatoes.

POTATOES A LA FRANCAIS.

Cut with a scoop or spoon, and fry in a quantity of hot grease.

PARISIENNE POTATOES.

Cut with a spoon, fry in hot grease and sprinkle with salt and minced parsley.

FRIED POTATOES.

Pared potatoes cut in slices and strips, or in rhomboidal, globular, angular and other irregular shapes and cooked in hot fat are served as Saratoga, Julienne, Parisienne, etc., etc., but however varied the style, and

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however fanciful the name under which they are made to do duty, they are simply—*fried potatoes*; and the secret of frying potatoes successfully—in whatever shape sliced, or by whatever name dignified—is to have the lard, oil or drippings at the proper temperature when they are put into it, and to keep it so during the entire process of cooking.

BROILED POTATOES.

Parboil, cut in tolerably thick slices, put in a wire gridiron, broil a nice brown on both sides, and season with salt, pepper and melted butter.

CRISPED POTATOES.

Boil in their skins, peel, place whole in a gridiron, crisp thoroughly over the fire, and serve hot.

MASHED POTATO.

Pare, boil or steam till tender, drain, dry off, mash fine in a warm pan or kettle, moisten, to the consistency liked, with hot milk, season with salt, pepper and butter, then beat very light with a wooden spoon or wire masher, and serve hot. Be careful to mash the potato till very smooth before, and to beat it till very light after, the seasoning is added.

POTATO SNOW.

Pare, boil, rub through a colander, allow the curly strings to pile up on a heated dish in a snowy mass, and serve hot.

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DUCHESSE POTATO.

Boil, mash, season to taste, add beaten egg, work well, roll out flat, cut in narrow strips two or three inches in length, or squeeze through a pastry bag in shape of lady fingers, and brown in the oven.

CASSEROLE OF POTATOES.

Form an oval pile of mashed potato on a dish, make a hole in the centre the size desired, brush the surface with beaten egg yolk, set in a hot oven till nicely browned, fill the hole with stewed tomatoes, macaroni, or with ragout or stew of any kind, and serve hot.

POTATO CROQUETTES.

Enrich mashed potato with beaten egg yolk, season with salt, pepper, lemon peel, nutmeg, mace or other spices, form into balls or rolls, dip in beaten egg and bread crumbs and fry in hot grease.

SCOLLOPED POTATO.

Fill buttered shells or patty pans with seasoned mashed potato, cover the surface with bread crumbs moistened with butter, and brown in a quick oven.

POTATO PUFFS.

Stir together a cup of milk, two cups of mashed potato, two well beaten eggs, two tablespoonfuls of butter

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and a little salt, pour into a buttered baking dish, and bake in a quick oven.

POTATO FRITTERS.

To a pint of milk and the yolks of three eggs beaten well together, stir a half a dozen medium sized boiled potatoes grated or finely mashed, and flour enough to make a batter the proper consistency. Add a pinch of salt and the beaten whites of the eggs, and fry in hot grease.

POTATO SOUFFLE.

Put a quart of mashed potato with a little butter, in a stew pan over the fire, season to taste, add gradually half a pint of milk and the beaten yolks of two eggs, stir until the mixture begins to thicken, remove from the fire, add the whites of the eggs beaten to a stiff froth, pour into a baking dish, smooth the surface and bake in a quick oven.

POTATO BISCUIT.

Add a cup of milk and half a teaspoonful of salt to a quart of mashed potato, work in flour until the dough is sufficiently consistent to roll out and cut into biscuit. Bake on a griddle or floured pan. Or a tablespoonful of yeast can be added, the dough set to rise, and when light it can be shaped into biscuit or rolls and baked in the oven.

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POTATO AU GRATIN.

Slice cold boiled potatoes, stew in broth or milk season with salt and pepper, sprinkle with grated cheese and bread crumbs, and brown in the oven.

POTATOES POLONAISE.

Stew cold sliced boiled potatoes in broth or milk, and dress with caper sauce.

POTATO A LA MAITRE DE HOTEL.

Stir together in a sauce pan over the fire equal portions of butter and flour, pour in a little milk, add cold boiled potato sliced, simmer till well heated, season with salt, pepper, minced parsley and lemon juice.

POTATO A LA BARIGOULE.

Cut cold boiled potatoes the shape of olives and fry with a spoonful of minced herbs, in olive oil.

POTATO A LA PROVENCALE.

Cut cold boiled potatoes in balls, and fry with a few slices of onion in oil, butter or drippings.

POTATO LYONNAISE.

Cut cold boiled potato in dice, fry, with minced onion, in butter, season with salt and pepper, and sprinkle with chopped parsley.

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POTATO BALLS.

Enrich cold mashed potato with egg yolk, make into balls, dip in beaten egg, roll in corn meal or bread crumbs, and brown in a quick oven; or shape into cakes and fry in a little hot fat.

TO STEW COLD POTATO.

Slice cold boiled potato, put in a stew pan with cold gravy or milk, season with salt and pepper, and simmer till thoroughly heated.

TO FRY COLD POTATO.

Slice cold boiled potato, dredge lightly with flour, and fry brown; or fry without dredging. Or hash fine, season with salt and pepper, and fry brown.

POTATO HASH.

Heat together in a stew pan, a spoonful of butter and a teacupful of milk seasoned with salt and pepper add cold hashed potato, cover closely and simmer gently till well heated.

SWEET POTATOES.

Sweet potatoes are much dryer and nicer steamed than boiled, but are at their best estate only, when baked. They can, however, be prepared very acceptably, in many of the ways in which white potatoes are cooked and served. They should be cooked in their skins.

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BOILED RICE.

Wash, soak an hour, drain, put in boiling water slightly salted—allowing two and a half measures of water to one of rice—boil till tender, cover with a folded towel, and set where it will dry off and keep hot.

STEAMED RICE.

Wash, soak an hour—allowing three measures of water to one measure of rice—set the vessel containing the rice and water in a steamer, add a little salt, and steam an hour, or until tender. If desired, part of the water may be omitted, and its equivalent in milk added when the rice is nearly done cooking.

SPINACH.

Trim, wash carefully, put in a small quantity of water, cover closely, boil till tender, drain in a colander, press out the water, season with salt, pepper and butter, and serve with poached eggs, or with hard boiled eggs cut in slices; or, after it is cooked and drained, chop fine, put in a stew pan with a lump of butter, add a little sweet cream, season with salt and pepper, stir till well heated, and serve with poached, or hard boiled eggs.

BOILED SALSIFY.

Scrape, cut in pieces half an inch in length, boil till tender, drain, and serve with drawn butter or white

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sauce; or mash fine, season to taste, add a little cream and serve.

FRIED SALSIFY.

Boil, drain, mash fine, season to taste, add a spoonful of cream and a well beaten egg, make into small cakes and brown on a griddle, or fry in hot fat.

SCALLOPED SALSIFY.

Boil, drain, cut in slices, put in a baking dish with alternate layers of seasoned bread crumbs, moisten with milk and bake brown.

SALSIFY TOAST.

Slice, stew tender in milk, season with salt and pepper, stir in two well beaten eggs, and pour over slices of hot buttered toast.

SEA KALE

Cook and serve the same as asparagus.

BOILED TURNIPS.

Wash, pare, boil till tender, drain in a colander, press out the water, mash fine, season with salt, pepper and butter, serve hot. Or cut in slices and serve with cream sauce, or with drawn butter to which vinegar or lemon juice has been added till slightly acid.

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STEWED TURNIPS.

Wash, pare, boil fifteen minutes, drain, add a pint of milk to each quart of turnips, simmer till tender and serve with salt and pepper.

BAKED TURNIPS.

Wash, pare, boil half an hour, cut in thin slices, lay in a buttered pudding dish, sprinkle with seasoned bread crumbs, moisten with milk and bake in the oven until a rich brown.

TOMATO SALAD.

Peel and slice perfectly ripe tomatoes, arrange in a dish, set on ice or in a cold place, and serve plain, or with cream, French, or Mayonnaise dressing. Or arrange on a dish with alternate layers of sliced onions, and serve with French dressing.

STEWED TOMATOES.

Peel, slice, stew until very soft, and season with salt. pepper and butter. Or cream may be substituted for butter, and a delicate flavoring of mace or nutmeg, if liked, can be added. Simple broth or stock of any kind may be used for stewing tomatoes, and a small quantity of onion added for flavoring. The stew may also be thickened, if desired, by the addition of bread crumbs, boiled rice, macaroni, corn starch or flour.

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BAKED TOMATOES.

Wash and wipe smooth ripe tomatoes, remove the stems with a sharp pointed knive, place in a baking dish. cook in a mod:rately hot oven till nicely browned, season with salt, pepper and butter.

SMOTHERED TOMATOES.

Cut in halves, put skin side down in a buttered baking dish, season with salt and pepper, cover with fine bread crumbs, moisten with butter and bake in the oven.

STUFFED TOMATOES.

Make a hole in the centre of each tomato, fill with bread crumbs, season with salt, pepper and butter, and bake. Or scoop out the inside, put in a sauce pan with some finely minced ham, onion, parsley and bread crumbs, stew fifteen minutes, season with salt, pepper and butter, fill the scooped out tomato skins with the mixture, and bake.

SCALLOPED TOMATOES.

Fill a baking dish with alternate layers of sliced tomato and seasoned bread crumbs, and bake in the oven.

FRIED TOMATOES.

Slice firm unpeeled tomatoes, season with salt and pepper, dip in flour, corn meal, or bread crumbs, and fry until brown.

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BROILED TOMATOES.

Slice unpeeled tomatoes, dip in olive oil or melted butter, then in flour or fine bread crumbs, place in a wire broiler and cook quickly.

FRICASSEED TOMATOES.

Slice, fry a nice brown in butter, and lift to a warm plate. Pour a little sweet cream in the frying pan, season with salt and pepper, and turn boiling hot over the tomatoes.

BOILED SQUASH.

Pare, remove the seeds, cut into pieces suitable for serving, put in a covered vessel with a small quantity of boiling water, simmer gently until tender, serve with melted butter, white sauce, or brown sauce; or dry off, mash fine, and season with salt, pepper and butter.

STEAMED SQUASH.

Cut in halves, remove the seeds, steam until tender, scoop out of the skin, and season to taste.

BAKED SQUASH.

Cut in two or more pieces, scrape out the seeds, put in a pan, skin side down, bake and serve with butter; or scoop out of the skin, and season with salt and pepper.

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FRIED SQUASH

Pare, steam or stew till sufficiently tender, drain, roll in beaten egg, then in crumbs and fry in hot fat.

SUMMER SQUASH.

Cut in pieces, stew, drain, mash and season with salt, pepper, butter and sweet cream. Or cut in slices, and fry, the same as egg-plant.

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SUPPLEMENTARY SUGGESTIONS.

Most vegetables can be prepared for the table in a variety of ways; and in a majority of cases, a large number belonging to a special class, can be cooked and served according to the recipes applicable to the preparation of any single vegetable of that class.

By a judicious admixture of two or more vegetables many dishes may be formed that possess characteristics peculiar only to such combinations, and of which the different vegetables composing them are destitute when served separately.

Simmering in broth or plain stock improves the flavor of some vegetables, and "pot liquor." or the water in which ham, pork, corned beef and other salt meats have been boiled, when freed from grease, may be used for cooking vegetables in, if prefered to clear water.

Cooked vegetables need never be thrown away or wasted. They should all be saved and utilized. By skillful re-warming they can be converted into numberless dishes that are attractive and appetizing, and in their preparation can be so varied as to suit almost every taste and fancy.

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