



THE TABLE:

HOW TO BUY FOOD, HOW TO COOK IT,
AND HOW TO SERVE IT.



1861

*Very Sincerely
Yours obedient servant
Alessandro Filippini*

THE TABLE:

HOW TO BUY FOOD, HOW TO COOK IT,
AND HOW TO SERVE IT.

BY
ALESSANDRO FILIPPINI.

REVISED EDITION, WITH SUPPLEMENTS.

NEW YORK:
CHARLES L. WEBSTER & COMPANY.
1890.

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PRINTED BY
JENKINS & McCOWAN,
224 Centre St., N. Y.

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Delmonico's 341 Broadway
New York February 14th 1889

Mr. Charles C. Delmonico,
My Dear Sir:-

You are, no doubt, acquainted with the fact, that for the past five years, I have been engaged upon a work, designed for the use of private families. This work, which embraces the culinary art of the past and present, together, with a collection of Menus, from almost every country in world, is now completed.

Having been with "Delmonico's" for nearly a quarter of a century; and as a mark of reverence for those departed and of respect and esteem to those living, I should feel honored by your permission, to dedicate the book

To the Delmonico Family;

Very Sincerely
Yours obedient servant
Alessandro. Filippini

New-York March 4th 1889

Mr. A. Filippini,

Dear Sir,

The work which you have now completed, I have no doubt, will prove instructive and invaluable.

Your labors in the house of Delmonico, satisfactory as they have been, should be a sufficient guarantee, of your comprehensive knowledge of the subject.

Very sincerely
Charles Delmonico-

vi.

THE TABLE.

THE PLEASURES OF THE TABLE.

THE pleasures of the table are enjoyed by all who possess good health. Nothing is more fascinating than to be seated at a well-served, well-cooked breakfast or dinner; and yet, of the immense number that enjoy the good cheer and luxuries of the table, how few, very few, there are who stop to consider the vexatious trouble our host undergoes when arranging the daily bill of fare. "Variety is the spice of life," but nowhere is it more important, aye, actually necessary, than in the getting up of a palatable meal. This pertains not only to the dining-room of a hotel of the least pretensions or to the so-called "grand" restaurant, but particularly to the family table. The writer has known a gentleman who presided over an immense restaurant, and daily provided the supplies therefor. He experienced no difficulty with any single part of his business, yet when he came to arrange the details of his own family's meals, and attempted to practically fulfill them, he was puzzled and annoyed beyond description. And, after all, there is no place in the civilized world where the market for the supply of food is so well provided as in New York, both as to variety and excellence, and even as to luxuries. Educated as thousands of persons have been, in the art of dining, by the famous Delmonico and his able lieutenants, New York, perhaps, contains a larger number of so-called high-livers than any other city.

These "gourmands" (if you please), and their number is legion, have, with the aid of the excellent resources of the American market and the encouragement given to the culinary art of the period, brought the modern American table to virtual perfection. This is saying a great deal, inasmuch as the famed restaurants of London, Paris, and Vienna have ever claimed a reputation and an ascendancy over others that seemed to form a part of history itself.

But as times change, so we change with them. Westward the course of Empire sways, and the great glory of the past has departed from those

centres where the culinary art at one time defied all rivals. The sceptre of supremacy has passed into the hands of the great metropolis of the New World. It has been the writer's good fortune to gain experience on this subject from his observations in Europe as well as in this country. He can state, without fear of contradiction, that more first-class, well-fatted, and corn-fed cattle reach the markets of New York, than any other market of the United States. Whenever a first-class article of beef is required by one of the inland hotels, they send to New York for it.

Ask the ordinary traveler, and he will tell you that a first-class steak, an "A 1" chop, or prime roast beef is a *rara avis* in hotels outside of New York. London has excellent mutton and good beef; that is all. Paris gives plenty of variety, but it is all of an inferior quality with the exception of veal, which is good. The same may be said of northern Germany, where, in addition, the larger hotels in Hamburg and Bremen are able to supply good steaks, the cattle in that country being of fine quality.

Yet no American, accustomed to his prime beef at New York, can be pleased at any of these continental hotels, as he loses sight of his favorite roast and steak.

At the extensive cattle yards of Berlin, which are under control of an excellent administration, and perfectly arranged, it was impossible, for instance, on a well-supplied market day to find a single dozen corn-fed young steers that would make good enough beef for first-class custom in New York. The bulk of cattle offered for sale was made up of oxen that had been overworked—they had horns bigger than themselves—and the remainder were old cows and bulls.

Of the bovine family, the branch most celebrated for the good quality of beef is the Durhams or Shorthorns. It is only fifty years ago that the first were imported to this country from England, and so well have they prospered and multiplied that the finest and best specimens of the race are now found in these United States. They are now freely exported, at large prices, to the mother-country, where they are highly prized for breeding purposes. There are farms in Kentucky, Illinois, Indiana, Ohio, and even in Missouri and Kansas, that turn out annually from 300 to 1,000 head of fatted, corn-fed cattle, from two to four years old, and weighing from 1,500 to 2,500 pounds per head.

As to mutton, this country is already beginning to occupy a position second to none. We may probably not as yet surpass England in this respect, but we have learned a great deal on this subject during the past thirty years; hence the American breed of sheep has considerably improved. The quality and flavor of our mutton is improving to that extent that a long time cannot possibly elapse before the prejudice now existing in favor of the English article must give way to the honest acknowledgment that the American mutton, if not superior to, stands at least fully on a par with, the English rival.

Our farmers and agriculturists have learned a great deal on this question. They now know that, as to early lambs, for instance, the ewes

should be strong, and kept in good condition, so that they can supply the lambs with plenty of milk. They are now kept in a warm barn where the cold winds do not touch them, and where the sun can shine on them. They commence feeding them by putting a little bran in the lamb's mouth, so that it can taste it, and the lambs commence eating from a box separate from the sheep. They generally feed them with cracked corn or meal, and sometimes oats and corn ground together, with plenty of milk from the ewes. If kept in good order and well fed, they will be ready for market by the time they are six to eight weeks old. After the month of June, lambs come from New York State—mostly from Dutchess County. They are turned out to graze on the hills, where some cracked corn and meal are put in the fields, so they can eat it at their pleasure. Many of the late sheep and lambs come from Canada. Two of the largest sheep ever sold in New York were raised by Mr. Vail, of Dutchess County, and sold by A. Luyster to Mr. L. Delmonico for the sum of \$100. The two weighed, alive, 632 lbs., and dressed, 420 lbs.

One of the leading questions that directly affects the American cuisine is the contest now progressing as to the transportation of animal food to the great Eastern markets. Heretofore live cattle were transported to, and slaughtered at, the places of consumption. This so-called home-slaughtering interest has within the past few years experienced great competition with the slaughterers of cattle in the far West, who have brought their meats to the Eastern market in refrigerator-cars. The great question now is: Which is the better way, and by which method are the public interests served the best, as well as the sanitary condition of this important article of food most improved?

There can be no doubt that, while this controversy lasts, the consumer has already been benefited, and the transportation of live cattle has already been greatly facilitated and improved. The quality of the meat does not depend upon the place where the animal is slaughtered, but it does depend upon the state of the animal's health when it is slaughtered. Let the cattle-cars be improved so that cattle can be transported without being knocked about and bruised, and let them be properly fed and watered while in transit; after making the long journey from the far West, let them be well rested and cooled off before slaughtering.

The Western dressed-beef men will also have to be on their mettle in order to meet the exigencies of the times. Let them keep their wild prairie cattle and their scalawags out of the better markets, handle their beef carefully, keep it subjected to a uniform temperature of about 35° Fahrenheit, discard all artificial preservative means, and all opponents to their interests will be bereft of argument.

OUR MARKETS.

OUR markets contain an abundant supply of poultry and game of an exceptionally fine quality. For superior and palatable chickens we are recommended to those raised about the creameries of New Jersey. The hand-fed geese and ducks of Rhode Island rival in flavor and delicacy the celebrated *Caneton-de-Rouen*, while the American turkeys are famous the world over. To give any adequate idea of the quantity of game which comes from the vast feeding-grounds of this country, or to enumerate substantially every form in which, during the different seasons, game appears in market, would require too much space.

No game is more highly prized or more eagerly sought after in Europe than our American canvas-back ducks, grouse and wild turkeys. It has become part of our history that during the late war twenty thousand turkeys were shipped by one firm in New York City to supply a Thanksgiving dinner to an army; while at present so plentiful is the supply that but a few days would be required to secure double that number.

Near Rhode Island, on one farm of about fifty acres, twenty thousand geese, and as many ducks, are fattened annually for market. In Vermont and other cold localities during December, when turkeys are full grown and fattest, hundreds of tons of them are dressed, frozen hard in boxes, and preserved in that condition for use in the spring and summer months; when freshly killed, turkeys are tough and unpalatable. Unless well experienced, the purchaser would do better to leave the selection of poultry and game to some reliable dealer, rather than depend upon "signs," which are at times deceiving.

Spring chickens appear in market about May; those hatched in incubators come somewhat earlier. They are very small, weighing about a pound each, and improve in flavor and richness as they increase in size. Tender chickens may be had almost the whole year, but they are not plentiful during the spring months.

Capons are good from December until April.

Young turkeys are first killed in September; they are full grown and fattest in December, and remain good until spring, when they are superseded by frozen turkeys.

Geese and ducks are first brought to market in June, and, if they have been properly fed, are a great delicacy. They may be had through the summer, autumn, and winter months. Geese are called "green" until they are three or four months old.

Guinea-fowls are best in summer and autumn, when young and fat.

Squabs are in market the whole year.

The laws for killing and selling game vary somewhat in the different States, and sometimes in the different counties of the same State. Reference is made principally in regard to the New York City markets. So great are the facilities for forwarding quickly by rail and steamer, that supplies of game are easily obtained from long distances; and birds killed in southern Texas, or other remote places, may be served perfectly fresh on New York tables a few days later. The flight of birds is greatly controlled by the weather. An early or late season, or a wet or dry one, or even a cold wave, may hasten or retard them, and make game plentiful or scarce, fat or poor; but an abundant supply of all kinds of game in its best condition is generally to be had in the months it is in season, as follows:

Ruffed grouse, commonly called partridges, are in season from September 1 to February 1.

Pinnated grouse, commonly called prairie-chickens, from September 1 to February 1.

Quails, from November 1 to February 1.

Woodcock are in the market from August 1 to February 1, and are fattest in October.

English snipe appear in the spring, and again in the autumn, when they are in their best condition, and are to be had in smaller quantities during the winter.

Yellow-legged snipe, robin or red-breasted snipe, dowicher and black-breasted or winter snipe, also common snipe, are abundant in the spring, and again from July through October, when they are best.

Upland, grass, or gray plover are in market through the spring and summer months, and are fattest in August and September.

Doe-birds are to be had at about the same time. They are plover of a larger size, and are considered not inferior to any other.

Golden plover, or frost-birds, are plentiful in the spring, and are in fine condition in September and October.

Sora, or Virginia rail, are best in September and October.

Reed-birds, or rice-birds, become very fat in August and September. When found among the reeds of New Jersey they are called reed-birds, and rice-birds when from the wild rice-fields of the South.

Rabbits and hares are in season from November 1 to February 1.

Venison is in market from August 1 to January 1 only, and is good during that time.

Antelope may be generally had through the autumn and winter months.

Wild pigeons appear in the spring and autumn, but no longer in such immense numbers as formerly. It is only possible to obtain them for market when their "nestings" are near a railroad, which facilitates their quick shipment. The young birds (wild squabs), taken from the nest, make a most delicious broil.

Wild ducks, swan, geese, and brant are in season from September 1 to May 1. The choicest of these are: canvas-back, mallard, teal, red-

head, widgeon, wood, brant, cygnet or young swan, goose when young and fat.

English pheasants, English hares, and Scotch grouse are to be found in the New York markets in excellent condition during the winter months.

The wild mongrel goose, which appears in our markets about Christmas-time, is, like the canvas-back duck, considered as one of the greatest luxuries, and exclusively American.

The far-famed canvas-back duck is also an exclusively North American species. Closely resembling in appearance and habits the red-head of America and the pochard of Europe, it is still quite distinct from and superior to both these species in the excellence of its flesh. It is found throughout North America, from the Arctic Ocean to Central America, on the interior waters and on both shores. Chesapeake Bay is the most noted ground for canvas-back ducks in the country, but they are especially abundant in Southern California. They breed on the ponds, rivers, and lakes, from Oregon to the more extreme northern portions of the continent. The canvas-back is without doubt the most sought after and widely known of all our ducks, and in localities where it can obtain the root of the *Vallisneria spiralis* (called by some tape-grass, and by others, incorrectly, wild celery), the food to which it owes the peculiarly delicate flavor for which it is so famous. As a highly prized delicacy, it stands without a rival. When, however, it is obliged to content itself with a diet chiefly of animal food, or is not properly handled in the kitchen, it becomes merely a very ordinary table bird. The *Vallisneria* is not found on the Pacific Coast, but in many parts of the interior, and especially in the Chesapeake Bay. The canvas-back being an excellent and strong diver, brings from the bottom the *Vallisneria* by the roots; these it bites off and swallows, while the red-head, black-head, and other ducks feed on the refuse grass, or occasionally a root snatched from the canvas-back. At times the water is covered with grass thus pulled up. By the middle of December the canvas-back becomes so fat as to have been known to burst open in the breast in falling on the water. In New Orleans it is called "canard cheval." The canvas-back is covered somewhat like the red-head, but there is no reason for the confusion which exists in the minds of so many people regarding the two species. A careful comparison of the following descriptions of the two birds will indicate well-marked differences by which they may always be distinguished. The cook of a Buffalo gentleman, when asked if she knew the difference between a red-head and a canvas-back replied, "To be sure! one has the head of a fool!" (meaning the canvas-back).

CANVAS-BACK.

Feathers of the head short and smooth. Male with head and neck of deep chestnut color, the former sometimes quite blackish. Fore parts of body, wings and tail, black,

RED-HEAD.

Feathers of the head rather long, giving it a puffy appearance.

Male with head and neck chestnut red. Fore parts of body, wings and tail, black, under parts

under parts white ; back and sides whitish, waved with black, but the white predominates, and the black lines are faint and much broken up. Female everywhere duller in color than the male.

Bill entirely greenish-black, longer than head, nearly as long as middle toe (without claw), narrow, high at base, and nostrils medium.

Iris red.

The weight of a pair of good fat canvas-back ducks with feathers on will average six pounds.

white ; back and sides whitish, waved with black, the dark waved lines unbroken. Female everywhere duller in color than the male.

Bill dull blue, with a black belt across the end, shorter than the head, shorter than the middle toe (without claw), broad, depressed ; nostrils within its basal half. Always to be distinguished from other ducks by shape of the bill.

Iris yellow.

The weight of a pair of good fat red-head ducks with feathers on will average five pounds.

The red-head duck is found in greater or less numbers throughout North America, on the Atlantic and Pacific coasts, breeding in high northern latitudes, and frequenting in winter the southern portions of the continent as far as Mexico. The red-head is not common on the coasts of New England. During the winter months it abounds considerably along the south shore of Long Island, and is extremely abundant from this point south, especially at Chesapeake Bay and Currituck. Its flesh is excellent, and when it is enabled to feed on the well-known *Vallisneria* is almost fully equal in point of flavor to that of the canvas-back. The diet of the red-head is by preference vegetable, but in default of a sufficiency of food of this nature, they will, like other ducks, eat frogs, tadpoles, and various mollusks. In the West they feed largely on corn and wheat, which they glean from the fields, and on wild oats, the seed of the water-lily, and roots and leaves of other aquatic plants.

VARIETIES OF FISH TO BE FOUND IN THE MARKETS DURING THE DIFFERENT MONTHS.

JANUARY.

Live codfish [*Gadus morrhua*]. Haddock [*Melanogrammus agle finus*]. Cusk [*Brosminus brosme*]; this belongs to the cod family, and although very little known, is an excellent table fish. Hake [*Phycis chuss*]; this is another of the codfish family, but inferior to any of the other varieties. Halibut [*Hypoglossus vulgaris*]. Small chicken halibut [*Hypoglossus vulgaris*]. Striped bass [*Roccus lineatus*]. Eels [*Arguilla vulgaris*]. Lobsters [*Homarus Americanus*]; very scarce, and in poor condition. Fresh salmon [*Oncorhynchus chouicha*]; these salmon are caught in the Columbia River, Oregon, all the year round, and are shipped in refrigerator-cars, and received daily in the New York markets. Frozen salmon [*Salmo salar*]; caught in the Restigouche River in July, and kept in freezers. Turbot [*Platysomatichthys hippoglossoides*], coming from Newfoundland, are occasionally in market during this month. Frost-fish, sometimes called tom-cods [*Microgodus tomcod*]. Frozen fresh mackerel [*Scomber scombrus*]. Frozen Spanish-mackerel [*Scomber omarus*]. Pompano [*Trachynotus carolinus*]; a few occasionally in market, coming from Pensacola, Florida. Red-fish, or channel bass [*Sciaen ocellata*], caught in Florida. Sheep's-head [*Diplodus pobatocephalus*], from Florida. Grouper [*Epinephelus morio*], from Pensacola; a very good fish for boiling, somewhat like the red-snapper, but the meat is of a finer grain. Red-snapper [*Lutjanus Blackfordii*] has become a staple article in our markets during the winter. They weigh from two pounds upward, as much as twenty pounds each. It is good either boiled or baked, but most epicures prefer it baked. In selecting a fish, care should be taken not to buy one that weighs over eight pounds, as anything larger than that is apt to be tough and lacking in flavor. Shad [*Clupea sapidissima*], caught in the St. John's River, in Florida, are to be had nearly every day during this month. Frozen bluefish [*Pomatomus saltatrix*], preserved by being kept in freezers since the previous fall. Herring [*Clupea harengus*], from Nova Scotia. Skate, or ray-fish [*Pterroplatea maclura*]. The demand for this fish increases every year. The American people begin to appreciate its many excellences. Probably the annual dinners of the Ichthyophagous Club, at which this fish is always served, have materially increased the popularity and demand for this fish. Rainbow trout [*Salmo irridea*]. These fish were first marketed during the winter of 1885 and 1886, and they are one of the notable exam-

ples of fish-culture, as the following brief history will show. Six years ago Professor Spencer F. Baird, then Commissioner of Fish and Fisheries for the United States, received a lot of eggs of the rainbow trout from California. He presented five hundred of them to the South Side Club, who have one of the most complete fish-cultural establishments in this State. These eggs were hatched and the fish raised in the preserves of the Club, where they increased to such an extent that the Club decided to send their surplus to market, and they have become very popular, and sell readily at one dollar and twenty-five cents per pound. The open season for these trout is from April to September. Salmon-trout, frozen [*Salvelinus namaycush*]. Whitefish, frozen [*Coregonus clupeiformis*]. Pickerel [*Esox reticulatus*], weighing from half a pound to ten pounds each, are very good during the winter months. Wall-eyed pike [*Sticostedion vitreum*]. Catfish [*Ictalurus punctatus*]. Smelts [*Osmerus mordax*] are received from different parts of the East and North during this month. The choicest come from Maine and Massachusetts. Those coming from Canada are always frozen, and are inferior, and sold at a very low price. Green turtle. Diamond-back terrapin. Prawns, from South Carolina. Scallops. Oysters. The following are the best in this month: Blue Points, Shrewsburys, East Rivers, and Mill Ponds. Hard crabs. Crab-meat, fresh picked. Whitebait. Finnan haddie. Smoked salmon. Smoked halibut. Best boneless dried codfish.

FEBRUARY.

Live codfish. Haddock. Halibut. Striped bass. Eels. Live lobsters. Fresh salmon. Frost-fish. Fresh Spanish-mackerel are found occasionally in market, coming from Pensacola, Florida. Pompano. Sheep's-head. Red-fish, or channel bass. Grouper. Red-snapper. White perch [*Roccus Americanus*], from Long Island; one of the best pan-fish that is found in market. Smelts, green, from Maine, Massachusetts, and Rhode Island, and frozen smelts from Canada. During the latter part of the month very choice smelts are received from Long Island. These fish are large, and are considered the best of all varieties of smelts received. Shad. During the latter part of the month they begin to come from North Carolina. These fish are oftentimes large, weighing six pounds each, and in flavor are equal to those taken in the Connecticut River. Herring. Skate, or ray-fish. Salmon-trout. Whitefish. Yellow perch [*Percis Americana*]. Pickerel. Wall-eyed pike. Catfish. Green turtle. Terrapin. Prawns. Scallops. Oysters. Codfish tongues. Soft shell crabs during this month are in excellent condition, and are considered one of the most seasonable shell fish in market at this time. Hard crabs. Whitebait. Crab-meat, fresh picked. Finnan haddie. Smoked salmon. Boneless dried codfish. Smoked halibut.

MARCH.

Live codfish. Haddock. Halibut. Striped bass. Chicken Halibut. Eels. Live lobsters. Salmon, from the Columbia River. During the

latter part of the month a few fish are received from Nova Scotia, weighing about eight pounds each, and are called Kennebec salmon by the tradesmen, although no salmon are caught either in the Penobscot or Kennebec rivers, Maine, until about the 1st of May. Large flounders [*Pseudopleuronectes Americanus*], suitable for making fillet of sole. Spanish-mackerel. Pompano. Sheep's-head. Red-snapper. Grouper. Shad are abundant this month from North Carolina, and about the 25th or 30th of March they make their first appearance in the North or Hudson River. Herring. Skate, or ray-fish. Sturgeon [*Acipenser sturio*]. Salmon-trout. Whitefish. Yellow perch. Pickerel. Cisco [*Giregonus artedii*]. Catfish. Wall-eyed pike. Green turtle. Terrapin. With the month of March closes the terrapin season, as after the 1st of April it seems to be universally conceded that the weather is too warm, and terrapin are not relished, nor does the palate crave them. Soft shell clams are still excellent this month. Prawns. Scallops. Oysters. Those known as East Rivers, caught on the north shore of Long Island, are considered best in this month. Crab-meat, fresh picked. Smoked haddock. Smoked salmon. Smoked halibut. Smoked mackerel.

APRIL.

Live codfish. Haddock. Halibut. Striped bass. Chicken halibut. Eels. Live lobsters. Tomcods. Salmon, fresh from the Columbia River. Salmon, fresh from Nova Scotia. Flounders. White perch. Fresh mackerel. About the first part of April mackerel make their appearance on our coast, oftentimes in enormous numbers, and are sold in the markets at prices so low as to make them the cheapest food of the season. Spanish-mackerel and pompano are occasionally in the market from Pensacola, Florida. Kingfish [*Menticirrus nebulosus*]; a few come into market from North Carolina. Sheep's-head, from North Carolina. Smelts; with the close of this month the fish goes out of season. Red-snapper are to be found in market up to the 15th of April. Sea bass [*Serranus atrarius*]; a few occasionally come into market from Charleston, S. C. Shad increase in abundance from the North and Hudson rivers. Skate, or ray-fish. Bluefish [*Pomatomus saltatrix*]; a few make their appearance, caught on the Florida coast. Brook-trout [*Salvelinus fontinalis*]. The open season for this fish commences April 1. Salmon-trout. Whitefish. Pickerel. Cisco. Wall-eyed pike. Catfish. Green turtle. Prawns. Crayfish [*Atacus fluviatilis*] are found during this month in the markets; they are caught in the Potomac River. Scallops; with the close of this month they are out of season. Oysters are generally better during the month of April than at any other time of the year, but, according to custom, with the close of this month the oyster season ends. Fresh frogs' legs during the latter part of this month are taken, and begin to make their appearance in market at prices of about sixty to seventy-five cents per pound. Codfish tongues. Hard crabs. Crab-meat. Whitebait. Smoked haddock. Smoked salmon. Smoked halibut.

MAY.

Codfish during this month is apt to be poor, as no live fish are brought to the New York markets. It is mostly fish caught off Nantucket and repacked in Boston, and from there shipped to New York. Haddock; the same applies to this fish as to the cod. Halibut is in excellent condition this month, both large fish for steaks, and small chicken halibut for dinner fish. Striped bass. Eels. Lobsters. Blackfish [*Tautoga onitis*]. Salmon from Restigouche make their appearance about the 20th of May. Oregon salmon continue to come during this month, although not in as good order as in previous months. Large flounders for fillet of sole are excellent this month. Fresh mackerel. Spanish-mackerel and pompano from Pensacola, Florida. A few come to market from North Carolina during this month. Butter-fish [*Stromateus triacanthus*] make their appearance in the market this month. Weakfish [*Cynoscion regalis*] plenty and cheap. Kingfish from Long Island make their appearance during this month in the markets, and are an excellent fish, growing better each month till October, when they go out of season. Sheep's-head; a few make their appearance from Long Island. Porgies [*Stenotomus chrysops*], from Long Island. Sea bass during this month are abundant from Narragansett Bay. Shad from Connecticut is probably at its best this month. There is no doubt that shad from this river possesses a flavor superior to all others. Shad from the North River begin to get soft and are not in good condition. Bluefish; there are a few weighing one and a half to two pounds each in market. Squid [*Loligo pealei*] This is an article of food that Spaniards and Italians think a great deal of, but it is very little used by American people as yet. It has been introduced to the American public by the dinners of the Ichthyophagous Club, which is composed of a few gentlemen connected with the leading newspapers, and some eminent scientific men, whose object is to cultivate a taste and demand for those varieties of fish which are not generally supposed to be good edible food. Brook-trout under the existing law come into market on April 1. Probably the finest flavored trout found on this continent are the wild brook-trout taken in the streams of Long Island. Cultivated brook-trout that are raised in ponds and preserves depend very much upon the character of their food as to what the flavor will be. Trout that are fed entirely upon chopped liver are usually flat and insipid to the taste. But trout that are fed upon small minnows or other fish-food, such as clams, larvae of insects, and small fish of any kind, are always more delicate in flavor. Salmon-trout and whitefish; a few are found in market this month, but during warm weather it is very difficult to obtain them in New York City markets in prime condition. Carp [*Cyprinus carpio*]. These fish are now making their appearance in our markets in considerable quantities, having been introduced into this country through the instrumentality of Professor Spencer F. Baird, late United States Fish and Fisheries Commissioner, some eight years ago.

They have been distributed in nearly every State of the Union, and in the Southern States have grown larger, and are found in better condition, than they are in Germany, where the parent fish came from. The market is principally supplied now with fish caught in the Potomac River, weighing from two to fifteen pounds each, and are selling at present for twenty-five cents a pound; but in the course of a few years there is no doubt that these fish will be sold for from ten to twelve cents a pound. Green turtle. Frogs' legs. Crayfish during this month come from Wisconsin. They are of very fine flavor, and are the best that are found in this country. Prawns from South Carolina. Crab-meat, fresh picked. Soft crabs grow more abundant during this month, and are in excellent condition. A very choice smoked fish is in season this month, called the roe herring, and by some of the grocers under various names, such as bloaters, Burlington herring, etc.

JUNE.

Codfish may be had, but not in good condition. Haddock may be had, but not in good condition. Halibut. Striped Bass. Eels. Lobsters. Fresh salmon from the Kennebec and Penobscot rivers, Maine, and from the Restigouche and other rivers in Canada, are very abundant this month, and are to be had at the lowest price during the season, selling oftentimes as low as fifteen cents per pound by the whole fish. Large flounders for fillet of sole. Blackfish. Fresh mackerel. Pompano. Spanish-mackerel. Weakfish. Butter-fish. Kingfish. Sheep's-head. Porgies. Sea bass. Sturgeon. Shad from the Connecticut River are still in good condition, but with the close of this month go out of season. Bluefish are larger, sometimes weighing four to six pounds each, and are improving in quality. Carp. Skate, or ray-fish. Black bass [*Micropterus dolomieu*] are in season from the 1st of June until the 1st of January. This is a very choice table fish; probably one of the best of the fresh water fishes. Crayfish. Frogs' legs. Soft crabs. Crab-meat. Whitebait.

JULY.

Cod. Haddock. Halibut. Striped bass. Eels. Lobsters. Kennebec salmon. Pompano. Restigouche salmon. Large flounders for fillet of sole. Blackfish. Fresh mackerel. Spanish-mackerel. Butter-fish; this is a small, sweet pan-fish. Weakfish. Kingfish. Sheep's-head. Porgies. Sea bass. Bluefish. Moonfish [*Chaetodon faber*]. This fish is somewhat similar in appearance to the sheep's-head, and is a very fine boiling or baking fish. Squid. Skate. Brook-trout. Black bass. Green turtle. Crayfish. Prawns. Frogs' legs. Soft crabs. Whitebait.

AUGUST.

Cod. Haddock. Halibut. Striped bass. Eels. Lobsters. Restigouche salmon. Kennebec salmon. Large flounders for fillet of sole. Fresh mackerel. Spanish-mackerel. Bonito [*Sarda mediterranea*]. This fish is sometimes sold through the country as Spanish-mackerel, but it is

a very inferior fish as compared with the Spanish-mackerel. Crevalle [*Caranx hippos*]. This fish is sometimes sold as pompano, but is a very inferior fish, as the pompano is one of the choicest fishes that we have in market. Butter-fish. Tilefish [*Lopholatilus chamaeleonticeps*]. This fish was first discovered in our waters by the United States Fish Commission in 1880. It is very brilliant in color, but the meat is very coarse-flaked, and somewhat resembling the haddock in appearance and flavor. Lafayette [*Liostomus xanthurus*], a small fish weighing about a quarter of a pound each, and a very desirable pan-fish. Sea-robins [*Prionotus palmipes*]. This fish is found very plentifully at this season of the year in the waters of Long Island, and was first introduced as a table fish by the Ichthyophagous Club some five years ago. It is a very fair pan-fish. Sea bass. Kingfish. Sheep's-head. Porgies. Bluefish. Moonfish. Squid. Skate. Brook-trout. Black bass. Catfish. Green turtle. Crayfish. Prawns. Frogs' legs. Soft crabs. White-bait.

SEPTEMBER.

Codfish. Haddock. Halibut. Striped bass. Lobsters. Eels. Salmon from Nova Scotia. During this month the salmon advance very much in price, and with the close of the month fresh salmon caught on the Atlantic coast go out of season. Large flounders for fillet of sole. Blackfish. Fresh mackerel. Spanish-mackerel. During this month the Spanish-mackerel are in their best condition, being fat and of delicate flavor. Cero [*Scomberomorus caballa*]. A large fish, weighing from six to twenty pounds each, resembling the Spanish-mackerel in appearance, but not so fine flavored. Crevalle [*Caranx hippos*]. Pompano. Butter-fish. Tilefish. Weakfish. Lafayette. Porgies. Squid. Smelts make their appearance for the first time in the season during this month. Red-snapper are to be found in market this month, the first of the season. Grouper; a fish somewhat resembling the red-snapper in form, but of a darker red color, and similar in flavor to the red-snapper, and by a great many people thought to be superior to the red-snapper. Sea bass. Skate. Bluefish are in better condition, and in their prime during this month. Salmon-trout. Pickerel. Whitefish. Catfish. Wall-eyed pike. Carp. Green turtle. Crayfish. Prawns. Frogs' legs. Scallops begin to come into market at this time, but are not quite so good as they are a month later. Hard crabs. Whitebait. Soft crabs are in better condition and of better flavor during this month than at any other time of the year. Moonfish. Butterfish. Bonito. Sea-robins.

OCTOBER.

Codfish; during the latter part of this month codfish are brought alive to the market. Haddock. Halibut. Striped bass. Eels. Lobsters. Blackfish. Columbia River salmon commence to come into market at this time. These salmon are what are known as the steel-head variety [*Salmo gairdneri*]. They are not as fine flavored nor as much esteemed as those that are called chinooks, which come earlier in the season. Large

flounders for fillet of sole. Fresh mackerel. Cero. Spanish-mackerel. Pompano. Weakfish. Kingfish. Sheep's-head. Grouper. White Perch. Smelts. Red-snapper. Sea bass. Bluefish. Black bass. Salmon-trout. Whitefish. Yellow perch. Pickerel. Cisco. Wall-eyed pike. Green turtle. Carp. Terrapin are caught during every month in the year, but are not considered good for the table until the weather is cold, and with the month of October are first used on the table. Crayfish. Prawns. Frogs' legs. Hard crabs. Soft crabs are to be found in market usually up to the 10th of October. White-bait. Scallops. Redfish, or spotted bass. This is a Southern fish, and is somewhat similar in flavor to the striped bass, but not quite so good.

NOVEMBER.

Live cod. Haddock. Halibut. Striped bass. Eels. Lobsters. Salmon. Cusk. Blackfish. Fresh mackerel. Redfish, or spotted bass. Grouper. White perch. Smelts. Red-snapper. Skate. Black bass. Salmon-trout. Whitefish. Yellow Perch. Pickerel. Cisco. Shad. For the past two or three years, during the month of November, shad have been taken off the coast of Massachusetts in the nets along with the mackerel. These shad are large, weighing five pounds each, and are very fat and of excellent flavor. Bluefish. This month usually closes the bluefish season, but during the months of December, January, and February they are found in market, but always are fish that have been preserved by freezing. Masquallonge [*Esox nobilior*]. This fish weighs from four to twenty pounds each, and is of the pickerel family, and considered the most superior in flavor to all the pickerels. Wall-eyed pike. Catfish. Green turtle. Terrapin. Crayfish. Prawns. Scallops. Frogs' legs. Hard crabs. Whitebait.

DECEMBER.

Live cod. Haddock. Halibut. Striped bass. Eels. Lobsters. Columbia River salmon. Large flounders for fillet of sole. Turbot. These fish are caught in extreme Northern waters. They are somewhat similar in flavor to the chicken halibut, but are black upon both sides. They are of a very peculiar flavor. Tomcods, or frost-fish. A small fish weighing about one-fourth of a pound each; very sweet, and a desirable pan-fish. Cusk. Blackfish. Grouper. Smelts. Mullet [*Mugil albula*]. A Southern fish, sweet and oily, and a good pan-fish. Red-snapper. Skate. Shad are received during this month from St. John's River, Florida. Black bass. Salmon-trout. Whitefish. Yellow perch. Pickerel. Masquallonge. Cisco. Wall-eyed pike. Green turtle. Terrapin. Crayfish. Frogs' legs. Prawns. Scallops. Hard crabs. Soft crabs. This is a different variety of crab than is found in the summer; it is very much smaller, and of a brown color; not equal in flavor to the soft crab found during the summer.

VEGETABLES.

VEGETABLES are grown to such an extent in the South, and also in hot-houses in the North, that we may enjoy, even in the coldest winter weather, nearly every variety.

The growing of vegetables in the South for Northern markets received its impetus through an incident which happened in a then well-known resort in New York. A party of gentlemen, among them a steward on one of the Southern steamers, were seated one day in January conversing, when the steward, who was in the habit of bringing mint with him for this particular resort, ordered a mint-julep; this order, at that time of the year, created a little surprise, especially to one of the party, who was a dealer in vegetables. However, the matter was explained, and the dealer arranged with the steward to bring him some mint, together with whatever vegetables he could get, on each of his Northern trips. The demand for them increased so fast that a great many growers commenced to raise vegetables, so that the business has grown to vast proportions.

The following information may be useful to those who wish to know at what season of the year certain vegetables may be had, and also where they may be had in their prime.

Asparagus. The consumption of asparagus has grown so much during the past few years, partly, perhaps, through the recommendation of physicians, that it might be well here to give an idea as to where and when it is grown. It first makes its appearance in market from the middle of February until the middle of March, according to the condition of the weather.

Occasionally it may be had during the winter from hot-houses, but of inferior quality. The first of out-door growth comes from Charleston, S. C., where there are a number of very large beds, and where it is grown very successfully, both as to quality and quantity. It is shipped from there to Baltimore, Washington, Philadelphia, and New York, arriving at the latter place by express in a little less than forty-eight hours after cutting. Although North Carolina is growing more every year, the next location where it is raised in quantities for market is Norfolk, Va., the quality being of the best. We now reach our own vicinity—Oyster Bay and New Jersey. The former place has long had the reputation of raising the finest asparagus, but as a great many of their beds are getting old, and not receiving the proper attention, they are fast losing their prestige to Jersey, where they are growing more and more every year, and of the very finest quality. Asparagus may be had at its best from the 1st of May, until the 1st of June; after this time it commences to run out until July first, when cutting is stopped. The demand has been so great for

the past few years that, although more and more is raised every year, the price advances instead of getting less, and for the large "Colossal" or "Delmonico" asparagus immense prices are paid.

French artichokes may be had all the year round; the quality and size depend on the condition of the weather during their growth. Most of the supply is from France, but occasionally from California and the South.

Jerusalem artichokes appear from the 1st of October until June; they are always good.

String beans can be had from the middle of February until December; they are in their prime during the spring and fall months. Occasionally we receive them in December and January from Havana, but they are not first-class.

Lima beans, which are seldom shipped from the South, can be had from August until frost sets in; they are always good.

Beets all the year round; best in spring and summer.

Cabbage all the year round; always good. The first new cabbage comes from Florida in March. During the winter large quantities of cabbages are imported from Denmark.

Carrots all the year; the small young ones appearing in the spring.

Chives can be had all the year round.

Cucumbers all the year round. In the winter we get them from the hot-houses around Boston; they are of the very finest quality, although rather expensive.

Cauliflower all the year round; we have them in January, February, and March from England and France, and in April and May from the hot-houses on Long Island. They are of fine quality at all seasons except during summer.

Celery may be had in every month but May and June, but is best during the cold weather. It is being extensively raised in Kalamazoo, Mich., for the past three or four years; and as they raise it much earlier than we, and of good quality, it will not be long before we have it all the year round.

Chervil may be had all the year round, but is usually poor during warm weather.

Chicory we have from August until March; best during fall and winter months; occasionally during February and March; a fine quality comes from France.

Corn or winter salad (called by the French *doucette*, and by the Germans *fetticus*) from September until warm weather sets in. It is purely, as its name indicates, a winter salad, as it never grows in the summer.

Cress all the year round; best in the spring.

Dandelion from January 1 to June.

Escarolle salad from August until March.

Egg-plant all the year round; scarce during winter.

Garlic all the year round; in large quantities for the past two or three years during May, June, and July, from New Orleans.

Herbs, such as thyme, sage, sweet basil, borage, dill, lavender, sweet-fennel, sweet-marjoram, rosemary, summer-savory, tansy, etc., may be had green in the summer and fall, and dry during the balance of the year.

Kohl-rabi from May until November.

Knot celery from September until May.

Leeks all the year round.

Lettuce can be had all the year round. In the winter it comes from the hot-houses of Boston, Providence, Long Island, and Jersey, but principally from Providence, as that city for the past few years has made a business of growing lettuce for the New York market. It is best in the fall and spring. It is almost impossible to grow good lettuce in the summer, for, should it head at all, the warm weather would rot it.

Mint can be had nearly all the year round; scarce during December and January.

Mushrooms can be had all the year round; they are raised principally in cellars and hot-houses on Long Island, and the demand for them increases yearly. The people are gradually getting over the fear they once had of the poisonous toad-stools, of which, by the way, there is no danger now, as the mushrooms are carefully picked and sent to market by men who understand the business. They are scarce during the very warm weather.

Oyster-plant can be had from September until June.

Okra appears all the year round; in the winter and spring it comes from Havana.

Parsley all the year round.

Onions may be had all the year round.

Green peppers all the year round. In winter we get them from Havana.

Potatoes all the year round. There need be but little fear of a potato-famine. During the past few years, when our own crop has been light, large quantities were imported from England, Ireland, Scotland, and Germany. The first new potatoes come from Bermuda about April 1.

Sweet potatoes from August until June.

Peas from March until November

Parsnips from September until June.

Pumpkins from September until February.

Romaine salad can be had in the spring and fall.

Radishes all the year round; they are very scarce in hot weather.

Rhubarb from February until July.

Brussels-sprouts from October until April. We import the very finest from France during March and April, but our growers are improving in raising them from year to year, and we hope before long to rival the French.

Kale-sprouts from November until June.

Shallots all the year round. They are green in spring and summer and can be had dry during winter.

Spinach all the year round; it is covered up in the early winter to keep it from freezing, but occasionally during extreme cold weather the cold reaches it, when it is impossible to cut it, which makes it scarce and high in the markets.

Sorrel can be had all the year round; it is raised mostly by French gardeners.

White and yellow summer-squash from April until October.

Marrow-squash all the year round, except May and part of June; they are used quite generally to make pies instead of pumpkins.

Tomatoes can be had all the year round, except December and part of January. The first new ones come from Key West; they are of excellent quality.

White and ruta-baga turnips can be had all the year round.

Estragon appears from March until December.

WATER-MELONS AND MUSK-MELONS.

WATER-MELONS first make their appearance in market about the first of July, and can be had until the middle of October. Unlike the musk-melon, they are of a rather hardy nature, and after the melon has grown on the vine, the changes in temperature, or rain, have little effect on them. The first in market come from Florida, and as the season advances we get them from further North, until New Jersey is reached. More melons are raised in Georgia than in any other State, and of far better quality. The best variety to be relied on, as to quality, is known as the "Gem."

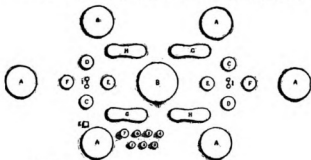
Musk-melons, although raised in nearly all parts of the country where the climate will admit, are seldom shipped to New York from any distance further than North Carolina, as a musk-melon, in order to be of good flavor, must be ripened, or nearly so, on the vine. When ripe they are so easily cracked or mashed that they would not stand transportation. For the past two or three years, a few, of a rather hard-rind variety, but of excellent flavor, have been shipped from New Orleans, but with only partial success, as the cost of transportation and the loss are so great that it hardly pays. We often hear the remark, "I have not eaten a good melon this season." This can be easily explained.

A melon is of a very sensitive nature, and the delicious flavor is destroyed by rain or cold weather. A melon-patch from which we get finely flavored melons to-day, may be ruined (as to flavor) for a few days, by a heavy rain-storm; for the melon absorbs water like a sponge. When we have hot nights and no rain, we have perfect melons. Invariably, it is during this kind of weather that they are most appreciated. Melons first appear about the middle of July, and last until cold weather.

HOW TO SET A TABLE.

TO set a table seems, perhaps, very easy, but to set it properly and tastily is not such an easy matter. The advice herewith given may prove advantageous to many.

Place the table in the centre of the dining-room, under the chandelier, and see to it that it is perfectly steady; that is to say, that there is no



- A—Plates.
 B—Flowers.
 C—Sherry.
 D—Sauterne.
 E—Fruits.
 F—Cakes.
 G—Celery.
 H—Radishes.
 I—Black and Red Pepper.
 K—Salt Cellars.

- 1—Green Glass for Sauterne.
 2—Glass for Sherry.
 3—Red Glass for Rhine Wine.
 4—Glass for Champagne.
 5—Glass for Latour.
 6—Glass for Chambertin.
 7—Glass for Water.

danger of its being shaken while the dinner is in progress. Should it not rest firmly, perhaps an old relic, in the shape of a Bland Dollar, could be made serviceable by placing it under one of the feet. See to it that there is plenty of space between each cover; it is annoying to come in contact with every move of your neighbor.

A table for six persons should be six feet long. Take a woollen cloth and put it over the table, and then place a linen cloth on top of it; this will deaden the noise of plates and glasses.

Flowers should never be absent from the table when you have guests; they can be procured at all seasons. A large basket or bouquet should be placed in the centre of the table; a large bouquet on the right side for each lady, and a small *boutonnieres* for each gentleman, also on the right side of the cover.

On each side of the centre-piece place a fruit-stand, nicely arranged with the choicest fruits of the season. Next to this place a *compotier* with assorted cakes. Place celery, olives, or radishes symmetrically in the space that is left between the centre and the covers. Fish-knives, soup-spoons, and oyster-forks must be placed on the right side of the plate, and the fork on the left side. If desired, place fancy pieces on the table, (*pièces montées*); but as the foregoing items pertain only to a dinner for six persons it would crowd out much available space. The diagram on the preceding page will illustrate the arrangement of the glasses on the table.

Napkins can be arranged in various styles and figures; into flowers or any other desired form. The latest and most fashionable way is to arrange them folded plainly, so as to show the monogram of the family. A small salt-cellar should be placed at each cover, to avoid asking the servant for it.

Menus, either printed or written, should be placed at each cover. It is not a breach of etiquette to refuse a course you do not desire; by knowing what is coming, you can with propriety refuse a course, and take the next one.

About ten minutes before commencing dinner, fill the decanters with Sauterne and with sherry, and place the same on the table, as in diagram, marked *C* and *D*.

HOW TO SERVE MEALS.

NEARLY every family of means is in the habit of giving a few dinners to its friends during the year. As a matter of course, the members of the family are, in return, invited to "dine out."

If you invite your friends to a dinner, you should not wish them to go away dissatisfied. After a varied experience of many years, both in this country and in Europe, the author feels that no apologies are necessary if he endeavors to enlighten our epicures and dinner-givers as to how to arrange and serve a fine dinner, from commencement to close, after the manner of the French.

It should not be forgotten that much depends upon the appearance of the table, and the manner of serving the courses. In fact, more success can be attained by studied attention to the room, the table, and the serving of the courses, than in the preparation of costly viands.

On entering a dining-room, the first object which strikes the eye is the table. If the table is void of flowers, and other side decorations, including olives, radishes, and celery, tastefully arranged napkins and wine-glasses, an impression is given of a boarding-house table. On the contrary, when you see a beautifully decorated and artistically arranged table, the heart is immediately gladdened.

A proper regard should be given to the comfort of the guests as regards temperature. Have the room neither too cold nor too warm; the

temperature should never exceed sixty degrees. The dining-room should be well aired before dinner commences. Great care should be taken that the dinner be served very hot. Noises with plates and glasses should be avoided.

There is as much system in serving a fine dinner as there is in running a railroad, or in any other business. French dinners are generally served in three main courses, viz., *Relevés*, *Entrées*, and *Rotis*; all the rest are considered side courses. It depends entirely on the taste of the host as to how many main courses he desires served. The author would suggest two *relevés*, three *entrées*, and one or two *rotis*; this could be made an elaborate dinner.

Naturally, what you shall serve will depend entirely on what there is in market at the season. For instance, you cannot serve brook-trout in January, or canvas-back duck during the months of June, July, August, or September. However, the very best in the market should invariably be selected.

Care should be taken to have the wines at the right temperature. Sherry, Sauterne, Chablis, and Rhine wines should always be served cold. Champagne should be served very cold, almost at the freezing-point. Bordeaux and Burgundy should be kept twelve hours before dinner in a room at a temperature of seventy degrees. Servants should be instructed not to fill the glasses more than three-fourths full; for guests are in danger of soiling their dresses, and, again, it is not considered good form.

The following is a fair menu for a New Year's dinner, with the necessary instructions how to serve it:

Blue Point Oysters, 198.		<i>Haut Sauterne.</i>
	SOUPS.	
	Cream of Asparagus, 70.	
Consommé Royale, 107.		<i>Amontillado.</i>
	MORS D'ŒUVRE.	
Radishes, 292.		Olives.
	Timbales à l'Économique, 261.	
	RELEVÉS.	
	Bass à la Régence, 305.	
Potatoes à la Windsor, 2008.		<i>Rosenthaler-Berg.</i>
	Fillet of Beef, larded à la Parisienne, 514.	
Saddle of Mutton, currant jelly, 666.		<i>Pommery Sec.</i>
	ENTRÉES.	
	Sweetbread, larded à la Colbert, 617.	
Terrapin à la Maryland, 297.		<i>Chateau Latour.</i>
	ROBBET.	
	Kirsch Punch, 1205.	
	ROTI.	
	Canvas-back Ducks, 874.	
Celery, Mayonnaise Salad, 1042.		<i>Chambertin.</i>
	ENTREMETS.	
Artichoke Bottoms, 897.		French Peas, 977.
	String Beans, 948.	
	SWEET ENTREMETS.	
	Plum Pudding à l'Anglaise, 1163.	
	ICES.	
Vanilla, 1271.		<i>Pistache, 1275.</i>
	Fruit.	Cakes.
	Coffee, 1349.	
	<i>Cordials.</i>	

To begin with the oysters or clams: place some finely chopped ice on each soup-plate, with a small fancy napkin on top. Arrange the oysters or clams nicely on top of each plate, with a piece of lemon, and serve. With this course serve also Haut Sauterne. It is understood that the oysters or clams are to be served after all the guests are seated. It should be made a rule never to remove any plates while some of the guests are still eating. When all have finished, remove the oyster-plates and leave dinner-plates in their stead; then serve the soup. The servant is expected to present a plate of each kind to each guest, and ask which is preferred. Serve sherry with the soup. Always serve the plates on the right side, and remove on the left. Serve timbales. First put a spoonful of sauce on each plate, and then the timbale; at the same time you are serving the timbale, remove the cold plates and serve the fish. Put the fish on the plates, then the sauce, with a few potatoes on the same plate. Serve Rauenthaler-Berg. Remove the plates and serve fillet of beef, which should be cut in small, even slices. Put the sauce on the plate, and then the fillet. Place the artichokes on the same plate. Serve Pommery Sec with this and with the other course. Remove the plates and serve saddle of mutton. Cut the loin of the saddle lengthwise, and then crosswise, and serve with a little gravy and a spoonful of string-beans on the same plate. When this course is finished, serve the sweetbreads. Put the sauce first on the plate, as with the fillet, with a spoonful of peas. With this serve Chateau Latour. The next course, terrapin, should be served in a very hot tureen. Before serving, add a little fine sherry; mix well, and give each guest a small portion. Serve more Chateau Latour with this course.

After this comes sorbet. This can be served in glasses or in shells; for instance, take six lemons or six small oranges, cut off the tops, take the soft parts out of them, and in them place the sorbet. Arrange them on cold dessert-plates, decorated with small fancy napkins or fancy paper. While the guests are enjoying the sorbet, remove sherry, Sauterne, and Hock glasses, no matter if empty or full. (Replace knives and forks before serving the sorbet.)

Now come canvas-back ducks. Before serving, place them for a moment before the host, so that all the guests can see them. Cut off only the breasts, and serve with a little of the gravy and a small piece of fried hominy, on very hot plates; then pass around the currant jelly. You can serve a whole breast or a half one; however, during a hearty dinner, a half one is preferable; this is entirely at the disposition of the host. Serve celery salad with mayonnaise dressing on separate dessert-plates, with forks, and then serve Chamberlin.

When this course is finished, remove all side dishes, casters, and salt and pepper cruets, and leave nothing on the table but flowers, fruits, and cakes. Clean the table neatly with a brush or napkin, and then place dessert spoons and forks at each cover. Serve plum pudding the same as *omelette au rum*. Pour the rum over the pudding, spread powdered sugar on top, and, with a spoon, keep pouring the burning liquid over it

until it ceases to burn. Then cut in slices and serve, putting some of the liquid on each plate.

Vanilla and pistache ice-cream should be served on cold dessert-plates with fancy paper underneath, and with dessert spoons and forks. Serve the cakes with the ice-cream.

When this course is finished, serve to each guest a finger-bowl, with a thin slice of lemon in the water. Small cups for coffee should be passed at the same time. Fruits, nuts, and raisins come next. It is customary with some old American families to introduce at this course a bottle of very old Madeira wine; but this is certainly not necessary.

Now comes the last, the coffee, which must be served fresh and very hot, for the preparation of which the author refers you to page 38*t*. At the same time serve cordials, and the dinner will be completed.

MENUS FOR EVERY DAY IN THE YEAR.

EXPLANATORY NOTE.

While these menus are simple and complete, it is not supposed that they can always be carried out in detail. They will, however, furnish suggestions to house-keepers who are daily perplexed with the question, "What shall we have for breakfast, luncheon, and dinner?" The number placed after each dish refers to the recipe showing how the dish is prepared. The menus are arranged so as to be used for any year. New Year's, 1890, will begin on a Wednesday instead of a Tuesday, as here printed; in that case, use the New Year's menu and then turn to the first Thursday in January and proceed in regular order. Should you come out uneven at the end of the month, through skipping some days at the first, turn back again to the beginning. For instance should Thursday be the 29th of January, instead of the last, as printed, turn back to the first Friday in January, and proceed until the month is completed. Special menus have been prepared for New Year's Day, Washington's Birthday, Fourth of July, Thanksgiving Day, and Christmas.

NEW YEAR'S DAY.

Tuesday, January —.

Breakfast.

Eggs à l'Aurore, 444.
Boiled Haddock, Cream sauce, 352, 181.
Lamb Chops, maison d'oe, 683.
Potato Croquettes, 997.
Stewed Prunes à la Général Dufour, 1330.
Wheat Cakes, 1184.

Luncheon.

Stuffed Deviled Crabs, 390.
Chicken Sauté à la Marengo, 772.
Sweet Potatoes Soufflés, 1010.
Macaroni au Gratin, 955.
Maraschino Pudding, 1134.

Dinner.

Blue Point Oysters, 298.	<i>Haut Sauteuse.</i>
SOUPS.	
Cream of Asparagus, 70.	
Consommé Royale, 107.	<i>Amouillado.</i>
HORS D'OEUVRE.	
Radishes, 292.	Olives.
Timbales à l'Economise, 261.	
RELEVÉS.	
Bass à la Régence, 305.	
Potatoes à la Windsor, 1008.	<i>Rauenthaler-Berg.</i>
Filet of Beef, larded à la Parisienne, 514.	
Saddle of Mutton, currant jelly, 666.	<i>Pommery Sec.</i>
ENTRÉES.	
Sweetbread, larded à la Colbert, 617.	
Terrapin à la Maryland, 397.	<i>Chateau Latour.</i>
SORBET.	
Kirsch Punch, 1305.	
ROTES.	
Canvas-back Ducks, 874.	
Celery, Mayonnaise Salad, 1042.	<i>Chambertin.</i>
ENTRÉEMETS.	
Artichoke Bottoms, 837.	French Peas, 977.
String Beans, 948.	
SWEET ENTRÉEMETS.	
Plum Pudding à l'Anglaise, 1163.	
ICES.	
Vanilla, 1271.	Pistache, 1275.
Fruit.	Cakes.
Coffee, 1349.	
<i>Cordials.</i>	

Wednesday, January —.

Breakfast.

- Eggs, with brown butter, 414.
 Fried Scallops, Tomato sauce, 307-305.
 Minced Lamb à l'Anglaise, 688.
 Hashed Potatoes, 1009.
 Rice and Milk, 1177.

Luncheon.

- Lobster à la Bordelaise, 350.
 Mutton Chops, Maitenon, 685.
 Potatoes Château, 1009.
 Herring Salad, 1074.
 Galette, 1221.

Dinner.

- Oysters, 298.
 Mock Turtle, 17.
 Celery, 290. Sardines, 283.
 Filets of Sole, Joinville, 322.
 Salmi of Duck à la Bourgeoise, 829.
 String Beans, with cream, 946.
 Venison Steak, Londonderry sauce, 880.
 Stuffed Tomatoes, 1093.
 Roast Veal, 585.
 Escarole Salad, 1055.
 Nelson Pudding, 1155.
 Coffee, 1349.

Thursday, January —.

Breakfast.

- Omelet Raspail, 467.
 Fish Balls, 347.
 Beefsteak, with Anchovy butter, 524-146.
 Potatoes à la Rice, 1007.
 Blanc Mange à la Josephine Delmonico, 1270.

Luncheon.

- Oyster Patties, 387.
 Broiled Kidneys, with Bacon, 713.
 Saratoga Potatoes, 1011.
 Blanquette of Veal, with Mouilles, 552.
 Strawberry Tart, 1117.

Dinner.

- Oysters, 298.
 Purée Crêcy, 47.
 Olives. Radishes, 292.
 Salmon à la Régence, 305.
 Sweetbreads, with Spinach, 607.
 Spaghetti à l'Italienne, 960.
 Mignon Filets aux Pommes Parisiennes, 513.
 Roast Chicken, 755.
 Celery Salad, 1041.
 Almond Cake, 1224.
 Coffee, 1349.

Friday, January —.

Breakfast.

- Eggs à la Bourguignonne, 411.
 Whitebait, 301.
 Pig's Feet à la Boston, 730.
 Succotash, 1022.
 Brioche à la Condé, 1203.

Luncheon.

- Boiled Skate, cream sauce, 325-181.
 Stewed Calf's Liver à l'Alsacienne, 582.
 Oyster-Plant Poulette, 1019.
 Lobster Salad à la Plummer, 1066.
 Vermicelli Pudding, 1142.

Dinner.

- Oysters, 298.
 Cream of Asparagus, 70.
 Celery, 290. Thon, 282.
 Smelts à la Toulouse, 354.
 Braised Beef à la Flamande, 472.
 Artichokes à la Florentine, 903.
 Chicken Sauté à la Marengo, 771.
 French Peas.
 Roast Quail, with Watercress, 834.
 Lettuce Salad, 1057.
 Pie à la Martha Washington, 1105.
 Coffee, 1349.

Saturday, January —.

Breakfast.

- Ham Omelet, 462.
 Boiled Halibut, butter sauce, 309-257.
 Chicken Livers, with Bacon, 769.
 Sweet Potatoes Soufflés, 1020.
 Corn Fritters, 965.

Luncheon.

- Stuffed Oysters à la Mail, 386.
 Chicken Pot-pie, 757.
 Anchovy Salad, 1037.
 Diplomatic Pudding, 1189.

Dinner.

- Clams, 300.
 Pot-au-feu, 54. Radishes, 292.
 Olives.
 Matelote of Eels, 332.
 Partridge, braised with Cabbage, 845.
 Stewed Tomatoes, 1027.
 Calf's Head à la Poulette, 699.
 Potatoes à la Bignon, 1001.
 Roast Mutton, 585.
 Chicory Salad, 1045.
 Baked Apple Dumplings, 1182.
 Champagne Jelly, 1322.
 Coffee, 1349.

Sunday, January —.

Breakfast.

- Eggs à la Livingstone, 410.
 Picked-up Codfish, 346.
 Escalops of Veal, Provençale, 573.
 Potatoes Julienne, 1023.
 Iced Timbale of Rice, 1175.

Luncheon.

- Lobster à la Newburg, 359.
 Chicken Croquettes à la Périgourdin, 761.
 Hashed Potatoes au Gratin, 1004.
 Macaroni, with cream, 954.
 Chocolate Eclairs, 1243.

Dinner.

- Oysters, 298.
 Chicken à la Périmontaise, 63.
 Radishes, 292. Celery, 290.
 Blackfish au Gratin, 319.
 Minced Beef à la Catalan, 502.
 Cauliflower, butter sauce, 925.
 Boiled Leg of Mutton, caper sauce, 651.
 Brussels Sprouts, 922.
 Romaine Punch, 1304.
 Roast Grouse, 852.
 Watercress Salad, 1072.
 English Pudding, 1137.
 Stilton Cheese.
 Coffee, 1349.

Monday, January —.

Breakfast.

- Omelet, with fine Herbs, 452.
 Lobster Cutlets, Victoria, 366.
 Soufflés au Gastronomes, 740.
 Carrots and Cream, 927.
 Rice à l'Airôlé, 1171.

Luncheon.

- Broiled Sardines on Toast, 403.
 Hamburg Steak, Russian sauce, 566.
 Potatoes à la Hanna, 1022.
 Chicken Salad, 1044.
 Apple Tarts, 1120.

Dinner.

- Clams, 300.
 Brunoise, 2. Olives
 Lyon Sausage, 286.
 Smelts au Gratin, 356.
 Stewed Lamb, with Peas, 706.
 Potatoes Soufflés, 1020.
 Croquettes of Sweetbreads, Périgueux, 619.
 String Beans, 946.
 Squash à l'Américaine, 820.
 Harbe de Capucine Salad, 1038.
 Plum Pudding, 1110.
 Coffee, 1349.

Tuesday, January —.

Breakfast.

Fried Eggs, 412.
Soles à la Horly, 321.
Mutton Chops, Sover, 647.
Scorwed Potatoes, 995.
Peach Marmalade, 1331.

Luncheon.

Lobster en Chevreuse, 362.
Mignon Filets aux Pommes Parisienne, 515.
Celery à la Bonne Femme, 928.
Apple Pie, 1083.

Dinner.

Oysters, 298.
Chicken, with Leeks, 68.
Radishes, 292. Thon, 282.
Broiled Sea Bass, maître d'hôtel, 326.
Cucumber Salad, 289.
Hot Patties à l'Anglaise, 266.
Braised Noix of Veal, Morlaisienne, 635.
Stuffed Egg-Plant, 909.
Roast Chicken, 755.
Lettuce, and Egg Salad, 1058.
Charlottes Glacées, 1299.
Coffee, 1349.

Wednesday, January —.

Breakfast.

Eggs à la Tripe, 419.
Pouterhouse Steak, with Watercress, 524.
Cold Boiled Ham, 722.
Hashed Potatoes au Gratin, 1004.
Brioche Fluten, 1204.

Luncheon.

Stuffed Clams, deviled, 376.
Epigrammes of Lamb, with chicory, 690.
Macarons au Gratin, 955.
French Pudding, 1139.

Dinner.

Oysters, 298.
Consommé Royal, 107. Olives.
Celery, 292.
Filets of Bass à la Chambord, 143.
Croquettes of Chicken à la Reine, 758.
Braised Beef à la Mode, 479.
Spinach, maître d'hôtel, 942.
Roast Venison, currant jelly sauce, 878.
Escarole Salad, 1055.
Savarin à l'Anglaise, 1299.
Sherry Wine Jelly, 1328.
Coffee, 1349.

Thursday, January —.

Breakfast

Scrambled Eggs, with Asparagus tops, 408.
Broiled Sardines on Toast, 403.
Black Sausages, with mashed Potatoes, 719.
Stewed Prunes, 1330.

Luncheon.

Canapé Lorenzo, 391.
Beefsteak Pie à l'Anglaise, 487.
Macédoine Salad, 1063.
Rhubarb Tarts, 1112.

Dinner.

Clams, 300.
Terrapin, 61.
Radishes, 292. Lyon Sausage, 286.
Sheep's-head au Gratin, 319.
Saddle of Mutton à la Sevigné, 669.
Broiled Fresh Mushrooms on Toast, 956.
Chicken Sauté à la Parmentier, 775.
French Foas.
Roast Partridge sur Canapé, 843.
Celery, Mayonnaise Salad, 1042.
Baba au Rhum, 1217.
Coffee, 1349.

Friday, January —

Breakfast.

- Oyster Omelet, 452.
 Pork Andouillettes, 742.
 Mutton Chops, maison d'or, 683.
 Sorrel, with Croûtons, 974.
 French Pancake, 1186.

Luncheon.

- Mussels à la Marinière, 378.
 Duck à l'Américaine, 823.
 String Beans, 947.
 Apple Charlotte, 1167.

Dinner.

- Oysters, 298.
 Blaque of Crabs, 9.
 Celery, 290.
 Broiled Pompano, maître d'hôtel, 329.
 Cucumber Salad, 289.
 Tenderloin Piqué à la Bernardi, 523.
 Stuffed Green Peppers, 975.
 Calf's Head en tortue, 641.
 Roast Quail, 834.
 Watercress Salad, 1092.
 Vanilla Ice-Cream, 1271.
 Lady-Fingers, 1231.
 Coffee, 1349.

Saturday, January —

Breakfast.

- Eggs à la Finesse, 424.
 Coddish à la Bonne Femme, 345.
 Veal Cutlets en Papillotes, 566.
 Mashed Potatoes au Gratin, 998.
 Milan Cake, 1228.

Luncheon.

- Crabs à la St. Jean, 372.
 Chicken à la Maryland, 785.
 Stewed Tomatoes, 1027.
 Anchovy Salad, 1037.
 Apricot Tart, 1108.

Dinner.

- Oysters à l'Alexandre Dumais, 299.
 Croûte-au-Pot, 11.
 Thon, 282.
 Radishes, 292.
 Fillet of Soles, à la Hollandaise, 317.
 Potatoes à la Parisienne, 986.
 Shoulder of Lamb Rosennaise, 698.
 Spinach, with gravy, 913.
 Sweetbreads à la Béarnaise, 610.
 Roast Squabs, 816.
 Chicory Salad, 1045.
 Omelet Célestine, 477.
 Lemon Water Ice, 1279.
 Coffee, 1349.

Sunday, January —

Breakfast.

- Sausage Omelet, 465.
 Fried Smelts, tartare sauce, 301, 207.
 Kidneys, stewed with Madeira, 662.
 Potatoes, maître d'hôtel, 985.
 Preserved Peaches, 1340.

Luncheon.

- Stuffed Clams, 376.
 Curry of Lamb à l'Indienne, 677.
 Spaghetti au Gratin, 961.
 Chicken Salad, 1044.
 Apple Pie, meringué, 1203.

Dinner.

- Oysters, 298.
 Consommé Deslignac, 108.
 Celery, 290.
 Olives.
 Bass aux Fines Herbes, 323.
 Suprême of Chicken à la Toulouse, 786.
 Brussels Sprouts, 922.
 Antelope Steak, purée of Chestnuts, 890, 882.
 Potatoes à la Bignon, 1001.
 Kirsch Punch, 1305.
 Roast Beef, 527.
 Escarole Salad, 1055.
 Diplomatic Pudding, 1129.
 Gorgonzola Cheese.
 Coffee, 1349.