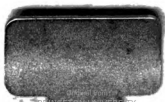


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THE
INVALID'S OWN BOOK.

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THE

INVALID'S OWN BOOK:

A

Collection of Recipes

FROM

VARIOUS BOOKS AND VARIOUS COUNTRIES.

BY

THE HONOURABLE LADY CUST.

NEW-YORK :

D. APPLETON AND COMPANY,

200 BROADWAY.

M.DCCC.LIII.

P R E F A C E .

ALL the works on Cookery hitherto published are full of recipes to gratify the taste and provoke the appetite of persons in the enjoyment of good health ; but few of the recipes contained in them are intended for those who, unfortunately, do not enjoy that blessing. It is for such persons that this little work has been written ; and both the simplicity and the economy of its arrangements will, it is hoped, place it within the reach of all classes of society.

Many of the Recipes were collected for the use of a beloved suffering member of my own

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family, since deceased, the companion of our residences in the Spanish Main, many of the Dutch, French, Spanish and English West Indian Islands, and North America, by whose bedside the midnight hours were beguiled in compiling them.

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THE
INVALID'S OWN BOOK.

TEAS.*

BALM TEA.

POUR boiling water upon the dried leaves of balm. Let it infuse till sufficiently strong, and pour it off.

SPEARMINT TEA.

Is made in the same way.

PEPPERMINT TEA.

Is made in the same way.

* Fresh herbs of flowers should never be used for infusions; they should always be previously dried.

ROSEMARY TEA.

Is made in the same way.

LIME-FLOWERS TEA

Is a nice diluting drink, made from the blossoms of the lime tree.

VIOLET TEA

Is made from the dried flowers of the wood violet.

COMPOUND CAMOMILE TEA.

Take twenty camomile flowers, the rind of half a lemon peeled thin, and four cloves ; pour a breakfast cup of boiling water upon them, and let them stand closely covered all night. In the morning strain off the liquor, and take a wine-glassful half an hour before breakfast.

This, with a tea-spoonful of sal-volatile, was a favourite recipe of the late Dr. Maton, for indigestion.

LIQUORICE TEA.

Pour boiling water upon bruised liquorice branch. Let it stand, and strain it.

This is a very good remedy for cough.

ELDER-FLOWER TEA.

Infuse dried elder-flowers the same way as common tea is made. Add a little acid to hide the sickly taste of the elder. Sweeten to the taste.

This is an excellent remedy to promote profuse perspiration.

CHERRY-STALK TEA.

Infuse cherry-stalks as above. Strain off the liquor.

This is a French remedy for dropsy.

HORSERADISH TEA.

Scrape horseradish root into a jug ; pour boiling water upon it. Strain it and flavour it to the taste.

This is another remedy for dropsy.

DANDELION AND PARSLEY TEA.

Wash and scrape six roots of dandelion, and six of parsley ; add a pint of boiling water ; set it by the fire to infuse for three hours. Add a pinch of salt to render it more palatable ; *or*, what is more efficacious a little saltpetre (nitre).

This is an excellent remedy in dropsy, &c., acting powerfully on the kidneys.

WATERS.

DISTILLED WATER.

WATER that has been distilled is the softest of all waters, therefore the best adapted for drinking in cases of sickness, and for the purposes of infusions ; but, as a still is rarely ready at hand, water of the same quality may be obtained by the easy method of fixing a tin pipe about four feet long to the spout of any common kettle, and placing the other end of it into a decanter placed in a tub of cold water. The liquid, as it drops, must be kept cool by frequently changing the water in which the decanter is placed. Distilled water is now recommended for gout and diseases of the kidneys. The taste being flat and not agreeable, it should be poured several times from one vessel into another before use.

TOAST WATER.

When you have toasted until brown about half a slice of a quartern wheat loaf, pour over it in a jar or jug about a quart of water. Let it stand an hour and a half, and pour the water clear from the toast into a wine decanter. It can be flavoured to the taste of the invalid if desired.

OATCAKE WATER

Is made the same way, substituting oat-cake for bread.

This has proved very beneficial in cases of vomiting, which could not be allayed.

BISCUIT WATER

Is made in the same way as the two preceding, and will be found an agreeable variety.

TEA WATER.

Pour into a tumbler of cold water a cup of tea made in the usual manner, with sugar and cream.

ACIDULATED RASPBERRY WATER.

Add a small quantity of raspberry vinegar to a tumbler of water.

CAPILAIRE WATER.

Add to a decanter of water a small quantity of syrup of capilaire.

MINT WATER.

Water of distilled spearmint can be obtained of any druggist, and diluted into a pleasant drink with cold water.

PEPPERMINT WATER.

This is easily made to the taste, or as a conveyance for medicines, by adding to a decanter of water some drops of essence of peppermint ; or, if that is not to be had when required, peppermint lozenges dissolved in water have the same effect.

CINNAMON WATER.

This is made the same way, when the true distilled cinnamon water cannot be obtained, only substituting essence of cinnamon.

APPLE WATER.

Pour a quart of boiling water upon two or three apples sliced into a jug ; either raw or roasted apples will do. Strain the liquor from the fruit, and add sugar to the taste.

PINE-APPLE WATER

Is made the same way with slices of pine-apple. The rind even of the fruit makes it quite as good.

LEMON-PEEL WATER.

Slice very thin, or rather pare, lemon-peel into a decanter or jug ; pour boiling water upon it, cover it close ; when sufficiently strong of the peel, pour off the water, and add sugar.

ORANGE-PEEL WATER

Is made in the same way, using the peel of the sweet orange, with a small quantity of that of the Seville orange also.

CURRANT-JELLY WATER.

Put into a jug a few tea-spoonfuls of either red or black currant jelly ; pour boiling water

1*

upon it, and when it is dissolved pour off the clear part. Sugar may be added.

TAMARIND WATER.

Pour boiling water upon bruised tamarind pods, or, when these cannot be obtained, upon the preserved fruit. Let it stand a few hours, and pour off the liquor.

CRANBERRY WATER.

Pour boiling water upon bruised cranberries ; let them stand a few hours ; strain off the liquor, and sweeten to the taste.

This drink is much used in America.

COMPOUND CRANBERRY WATER.

Boil till smooth two large spoonfuls of oatmeal in a quart of water, with a slice of lemon-peel ; mash a few dozen cranberries in a small

quantity of cold water, and add them to the gruel, which must be very thin. Sweeten to the taste. A glass of white wine or a small quantity of brandy may be added.

MULBERRY WATER.

This is a pleasant variety, and is made by crushing a few of the ripe fruit, and pouring on boiling water as before directed.

FLAVOURED SODA WATER.

Put into a tumbler glass some of the syrup made from any of the recipes for "Syrups" in this book, and pour on it a bottle of soda water. This is a convenient beverage, as the flavour can be varied so many ways.

FRENCH BARLEY WATER.

Take two ounces of pearl barley, and boil it in half a gallon of water until tender, taking

off the skim as it rises. Strain it through a fine sieve; sweeten to the taste. Lemon-peel can be added, as also the juice of orange, lemon, or any other fruit. The remaining barley boiled to paste is also good.

RICE WATER.

Boil gently until quite soft in a quart of water three ounces of whole rice. Skim it as it boils. When the rice is as soft as paste, take it from the fire, and strain it through a fine hair sieve or cloth. Sweeten it to the taste with sugar or honey, which latter is the best in cases of colds; when a few apples boiled in it, or lemon-juice added, is an improvement. Rice water plain and iced is a valuable and agreeable drink in cases of diarrhoea.

ALMOND WATER.

Blanch, that is, take the peels off by immersion in hot water, five ounces of sweet almonds,

and about two ounces of bitter, rather less than more. Pound them to a paste in a marble mortar, with a little rose water, or orange-flower water, to prevent them oiling. Make a pint and a half of syrup, to which add the almonds, and let the whole simmer very gently for twenty minutes, when strain it, and add water to the taste of the invalid, also the flavouring.

ARROW-ROOT WATER.

Peel and quarter three or four apples, and boil them until soft in about a quart of water, with a little lemon-peel, or other flavour, taking care to remove it before it tastes too strong. Rub a table-spoon of arrow-root in half a teacup of cold water until quite smooth; add by degrees another teacupful, still stirring and rubbing it with the back of the spoon; then pour it into the apple water, and let it all boil gently together a quarter of an hour.

Pass it through a sieve. It can be taken either warm or cold.

This drink is also good for diarrhœa.

PRUNE, OR RAISIN WATER.

Boil for half an hour a handful of prunes, or raisins, in three pints of water, which should boil when they are put in. Set it to cool after straining. Sweeten and flavour it to the taste; and a little sherry wine or brandy may be added. The fruit that is taken out, if prunes, need not be wasted, as they are no worse for eating, either as they are, or warmed up in syrup.

FRENCH DRIED FRUIT WATER.

Boil three pints of water, and throw into it a handful of sliced dry figs; then add three apples, cut into round slices, and a small quantity of lemon-peel cut thin, or a bitter almond.

Simmer slowly for half an hour, and strain off the liquor, which can be taken warm or cold.

CREAM OF TARTAR WATER.

Put a large table-spoonful of the powder of cream of tartar into a quart jug, with some thin sliced lemon-peel, and an ounce of gum arabic. Pour boiling water upon it. Let it stand some hours; sweeten to the taste. The quantity of cream of tartar can be regulated to the taste of the patient. It is a valuable medicine in cases of dropsy.

FEVER WATER.

Pour into a tumbler of cold water a table-spoonful of lemon juice, or even vinegar, when the former is not ready at hand. The addition of any kind of syrup is a great improvement.

ANOTHER.

Put into a jug some dried borage and sage leaves, and a small quantity of wood sorrel ; add a slice of lemon or orange, and pour boiling water upon it. Cover it, let it stand till cold, strain, and sweeten it.

ANOTHER.

Put into a jug a small quantity of balm and sage leaves, and a little wood sorrel ; add a slice of orange or lemon ; pour boiling water upon it, cover it, and let it stand a few hours. Sweeten to the taste.

ANOTHER.

Put two tamarind pods bruised, or two table-spoonfuls of the preserved fruit, and three ounces of chopped raisins or prunes, into a quart of water ; simmer it slowly some hours ; add a slice of lemon ; let it stand, and strain it. Sweeten it to the taste.

ANOTHER.

Put into three pints of water an ounce of pearl barley previously well washed ; set it on the fire, and change the water several times. Blanch and pound with a little rose or orange-flower water, a handful of sweet almonds, with one or two bitter ones if approved. Simmer gently a short time, sweeten, and flavour it to the taste after it is strained.

LEMONADE.

Pour boiling water upon the juice of six lemons, and the rind of one peeled thin, and cover it close ; add some syrup made with loaf sugar and water, or sugar-candy ; dilute it with water to the taste, and strain it through a flannel bag.

ORANGEADE.

This may be made in the same manner, substituting sweet oranges, and using a small quantity of the peel of a bitter orange.

COMPOUND LEMONADE.

Take two quarts of common barley water without sugar; add to it a pint of syrup made of loaf sugar, or sugar-candy, and some thinly sliced lemon-peel; the pulp may be added also. Simmer all together for a short time, and strain it into a decanter, adding more water to the taste, with sherry wine or brandy if necessary.

COMPOUND ORANGEADE

Is made in the same way, using sweet oranges, with a small quantity of the rind of the bitter.

WHITE LEMONADE.

Pare five lemons and two Seville oranges as thin as possible; put them into a basin with a quart of boiling water, half a pound of loaf sugar, the juice of the lemons and oranges, and half a pint of white wine; cover it, and let it

stand all night. In the morning add half a pint of milk boiling, and strain it through a jelly-bag till clear.

AMERICAN SHERRY COBBLER.

Put into a large tumbler two tea-spoonfuls of powdered sugar, a few thin slices of lemon-peel, and a wine-glass and a half of sherry wine; fill the glass with pounded ice.

AMERICAN MINT JULEP.

Put into a tumbler glass some powdered sugar, a bunch of spear-mint, a wine-glass of sherry wine, the same quantity of brandy, and fill the tumbler with broken ice.

IMPERIAL.

Two ounces of cream of tartar, and the juice and peel of two lemons; put it into a stone

jar, with seven quarts of boiling water ; stir it, and cover it close. When cold, add half a pint of spirits to keep it ; sweeten to the taste, and bottle it.

GINGER BEER.

To ten gallons of water add fifteen pounds of loaf sugar, and the whites and shells of two eggs. Boil all together a quarter of an hour, and take off the scum as it rises ; then add one pound of bruised ginger, and boil it a quarter of an hour longer. Strain it into a vessel to cool. When about milk warm, put it in the cask with a little good yeast. Take the juice of twelve lemons, and the peel of six, in which dissolve a little isinglass or gelatine, and put that in the cask. Next morning, when it has ceased to ferment, close it fast. In a fortnight it will be fit to bottle in wine bottles.

SPRUCE BEER.

The recipe for spruce beer is sold on all the pots of Bridge's Essence of Spruce, which is required to make it. A little sugar, put in the glass when the beer is used, is an improvement.

TREACLE BEER.

Put into two quarts of boiling water one pound of treacle ; stir them till well mixed ; then add six or eight quarts of cold water, and a teacupful of yeast. Put it into a cask, cover it with a coarse cloth doubled several times, and it will be fit to drink in two or three days. It may also be bottled. After the first time of making, the bottoms of the beer will serve for yeast. If intended for keeping, and made in large quantities, add a handful of hops, and one of malt, and, when done working, stop it close.

SODA-WATER POWDERS.

One ounce of tartaric acid, one ounce of supercarbonate of soda in fine powder, but *separately* made into eighteen powders. When required, dissolve a powder of each in water, and add them together in a large glass.

GINGER-BEER POWDERS.

Are made in the same way, adding a little powdered ginger; or the same effect is produced by adding to the above soda-water powders when dissolved a few drops of essence of ginger.

FREEZING POWDERS.

Saltpetre in fine powder five parts; salamoniac in fine powder five parts; water sixteen parts. Mix.

ANOTHER.

Common salt one part ; snow two parts.

There is a patent machine with which, when the *first* powder is used, ice is soon produced.

EMULSIONS

AND

DRINKS OF A MORE NUTRITIOUS NATURE.

MILK SODA WATER.

HALF fill a tumbler with milk, and pour upon it soda water.

STRENGTHENING DRINK.

Boil a tea-spoonful of pearl barley in two pints of water, changing the water several times. When it becomes clear, add a little cinnamon or nutmeg, and some lemon peel cut very thin. Strain it, and add a small quantity of milk. If approved, sweeten with sugar or honey.

ORGEAT.

Beat two ounces and a half of sweet almonds with a little rose or orange-flower water, to prevent their oiling. When beat fine, add a quart of milk, and water to the taste. Sweeten it with sugar, and add any flavour agreeable to the taste. A bitter almond may be pounded with the sweet ones ; and half an ounce of powdered gum-arabic is very beneficial to allay irritation.

ANOTHER.

Boil three pints of milk with a little lemon peel or cinnamon, and a small quantity of honey or sugar. When cold, pour it upon beaten sweet almonds, with a few bitter ones to flavour it. The almonds must be beaten with rose water. A small quantity of liqueur or brandy may be added, if approved.

ANOTHER.

Blanch and beat half a pound of sweet almonds and twenty bitter ones, adding rose or orange-flower water as they are beaten, to prevent them oiling. Boil with two pints of milk a pint and a half of water ; let it cool. Make a thin syrup of sugar and water, and add it to the almonds and milk, and strain it, and flavour it to the taste.

A DUTCH BEVERAGE.

Hang a few pints of fresh churned buttermilk in a cloth, which has been previously washed out in beer and water, all night. The next morning the whey will have run from it ; take the solid part, and mix it with milk or cream, and sweeten it to the taste.

This is very beneficial and cooling in fevers ; but it must not be made from buttermilk churned from *sweet* milk ; the milk must be first sour.

MARSH-MALLOW EMULSION.

Slice the dried roots of marsh mallows, and take four ounces of them, and boil them with an ounce and a half of chopped raisins in a quart of water. When it has boiled till there is a good sediment, strain it, and sweeten it with honey. Water can be added to the taste of the patient.

This is very beneficial in diseases of the kidneys.

ALMOND EMULSION.

Half an ounce of blanched sweet almonds, and a quarter of an ounce of white sugar, beat in a marble mortar with a little rose water, and a quarter of an ounce of gum-arabic. When it is in a paste, add by degrees half a pint of cold water; stir it and squeeze it through a cloth.

LINSEED EMULSION.

Take an ounce of linseeds, two drachms of liquorice root sliced and bruised ; pour on them nearly a pint of boiling water. Place the jug containing the mixture on the hob by the fire for four hours, when strain it off.

COMPOUND LINSEED EMULSION.

Boil half a teacupful of linseeds in a pint of water for about ten minutes, skimming it as the scum rises ; strain it through a sieve. Beat in with a fork half a teacupful of new milk ; sweeten with honey or sugar, and flavour it with lemon-peel or cinnamon, or a few sliced bitter almonds boiled in it.

WHITE OF EGG EMULSION.

Beat the whites of two fresh eggs with a few table-spoonfuls of milk or cream, half a

tea-spoonful of powdered gum-arabic, and a small quantity of honey or sugar.

This is very efficacious to swallow gently in sore throat.

YOLK OF EGG EMULSION

Is made the same way, substituting the yolks of eggs for the whites ; but being more sickly, it requires more flavouring.

ARTIFICIAL ASSS MILK.

Boil together a quart of water and a quart of new milk with a good quarter of an ounce of bruised eryngo root, and sweeten with sugar-candy. A quarter of an ounce of conserve of roses is a beneficial addition.

This, being astringent, must be used carefully.

ARTIFICIAL GOATS MILK.

Chop fine an ounce of fresh mutton suet, tie it in a muslin bag very lightly, so as not to squeeze the suet. Boil it slowly in a quart of new milk, and sweeten it to the taste with white sugar or sugar-candy.

This is highly nutritious.

SWEET BUTTERMILK.

Churn in a small wooden churn new milk warm from the cow until butter rises; strain it, and drink the milk frequently.

COMMON BUTTERMILK,

As churned from sour cream, is too well known to need a recipe.

It is only those persons who live in the country that know the cooling and beneficial properties of buttermilk in allaying irritation and fevers, assuaging thirst.

BARLEY MILK.

Rub with a spoon a small quantity of prepared barley in with a few tea spoonfuls of new milk ; and more by degrees, and boil it till it is of a proper consistency on a slow fire ; flavour and sweeten it to the taste.

ISINGLASS MILK.

Boil half an ounce of isinglass in a pint of new milk, with a little thin rind of lemon, or a bitter almond ; strain it, and if it is too thick add more milk

GUM-ARABIC MILK.

Set some new milk to boil, and thicken it with powdered gum-arabic ; flavour, it with lemon-peel, or any other flavour, and sweeten it.

This is a nourishing food much used by the Arabs.

SAGO MILK.

Wash a large table-spoonful, of sago, and boil it slowly in new milk with a small quantity of lemon or orange peel ; sweeten to the taste.

The grains must be boiled till they are as soft as possible.

COFFEE MILK.

Make some strong coffee in the usual way, clearing it well after ; add new milk to the taste ; sweeten with honey or sugar.

RICE FLOUR MILK

Is made the same way as barley milk. It is, however, different in its properties, which must be considered in the sick room : rice, being more astringent, is fitter for diarrhœa.

COAL MILK.

Set on to boil a pint of new milk, and when it begins to boil, put in a piece of common black coal, about the size of a large walnut ; let it remain in until the milk is sufficiently thick ; flavour and sweeten to the taste.

This is a very nutritive food, and easily obtained.

MILK BRAL (GERMAN.)

Melt in a pipkin two ounces of butter ; when melted, and quite hot, add as much flour as the butter will absorb. Stir it on the fire for six minutes ; fill the pipkin gradually with cold milk, and let it boil half an hour, stirring it all the time ; then add two ounces of loaf sugar and a pinch of salt. Serve it up warm.

SAFFRON MILK. (DUTCH.)

Set some milk on to boil, and add a small quantity of saffron ; sweeten to the taste.

This is a favourite Dutch remedy for cold.

GREEN-GOOSEBERRY MILK.

Set the fruit in a jar on a stove, or place the jar in a pan of water to boil ; when soft, rub the fruit through a cullender with a spoon, and add milk and sugar to the taste.

APPLE MILK

Is made the same way, but is improved by the addition of cinnamon or lemon-peel.

ORANGE MILK.

Beat three eggs with a small quantity of capillaire, or orange syrup ; add by degrees the juice of two large Seville oranges, and a pint of

new milk cold ; sweeten it to the taste, and flavour it with the rind of the oranges, which must be done very carefully, or it will be bitter. This must be made like custard, not allowed to boil, or it will curdle.

FLOUR MILK.

Rub a spoonful of flour into a few spoonfuls of milk ; add more by degrees, until you have a pint ; add a small pinch of salt ; flavour and sweeten it to the taste.

ARROW-ROOT MILK.

Rub a tea-spoonful of arrow-root with a very small quantity of milk, adding more until it is the consistence of very thick cream ; set it on the fire, adding more milk, and stirring it gently till it is quite thick and smooth ; flavour and sweeten it to the taste.

OATMEAL MILK

Is made the same way ; and a pinch of salt improves both.

CHOCOLATE MILK

Boil a pint of new milk, then scrape into it a cake of chocolate when it is boiling. Mill it off the fire until quite mixed ; and after mill it on a slow fire until it boils. It keeps longer made the same way without milk.

TOUS LES MOIS MILK.

This is a powder purchased at the grocer's, and it is used in the same way as arrow-root, and is as wholesome.

MACCARONI MILK.

Stew macaroni in water or new milk until quite tender ; cut it very small ; sweeten and flavour it to the taste, or use salt only.

VERMICELLI MILK

Is made the same way, substituting vermicelli for macaroni.

SWISS CREAM.

Boil a pint of cream or new milk with a little cinnamon or lemon-peel ; rub a tea-spoonful of flour in a small quantity of milk, and add it to the rest, stirring it on the fire.

WHITE CUSTARD.

Boil two pints of new milk with some cinnamon and a few bitter almonds. Beat to a paste with rose water a few sweet almonds, and add them to the custard. Thicken it to the taste with a little flour or arrow-root previously rubbed down with water or milk ; sweeten and flavour it to the taste.

ANOTHER.

Boil a pint of milk with some cinnamon, or two spoonfuls of orange-flower or rose water. Blanch and beat four ounces of sweet almonds, and add the yolks of four eggs well beaten. Put it on a slow fire, and stir it till thick. It must be sweetened and flavoured to the taste, and the eggs must not be added until the mixture is cool.

EAU DE BEURRE. (FRENCH.)

Melt a piece of butter about the size of a nut by pouring on it a pint of boiling water; add sugar and flavouring, and pour it from one vessel to another until it is in a high froth.

This should be taken warm going to bed, and is an easily obtained and quickly made good remedy for a cold.

LAIT DE POULE. (FRENCH.)

Beat an egg until it is in a high froth ; put it into a glass with sufficient water to melt the sugar, fill it up with tepid water, stirring it all the time, and pour it from one vessel to another until it is in a high froth.

To be taken warm last thing at night as a cure for cold.

RENNET WHEY.

Infuse a piece of the skin in a small quantity of boiling water, as for making cheese. Let it remain an hour or two. Put a table-spoonful of the fluid to the quantity of three pints of new milk, just *warmed*, not hot. Cover it with a cloth, and let it stand *still* until the curd is formed thick on the top. Press out and use the whey.

TWO-MILK WHEY.

Boil together new milk and buttermilk until a curd is formed. Let it stand by the side of the fire to settle, when strain off the whey. Sugar can be added if approved.

This is a cooling drink much used in the country.

TREACLE WHEY.

Add a large spoonful of treacle to a pint of boiling new milk or buttermilk (the latter is the best); add a sprig of rosemary if not disliked. When it is curdled sufficiently, strain it from the curd. If it is too sweet, dilute it with water; but it will not curdle with a less quantity of treacle.

VINEGAR WHEY.

Curdle a pint of boiling milk with a small wine-glass of vinegar; then add black or red

currant jelly, or a large spoonful of preserved tamarinds, or damsons. Strain off the whey from the curd.

MUSTARD WHEY.

Curdle half a pint of new milk by boiling in it an ounce of bruised mustard seeds. Strain off the whey, and flavour it to the taste.

This is much used for dropsy.

GRUELS AND PORRIDGES.

GROAT GRUEL.

WASH well in cold water two ounces and a quarter of groats, changing the water; boil them slowly in a quart of water until half is boiled away. Keep stirring it, and mind that it is quite smooth. It may be strained or not. Add salt, milk, butter, sugar, or any approved flavouring.

OATMEAL GRUEL.

Stir until smooth, in a basin, two ounces of oatmeal, with a small quantity of milk or water until quite creamy. Put into a pan on the fire a pint of new milk or water, or a half of each, and add the oatmeal. Stir it till it boils. Let it boil about twenty-five minutes.

This can be seasoned or flavoured like the above.

POLENTA GRUEL

Is made the same way, using a less quantity, as the flour swells very much in cooking. This is very nutritious, and less heating than oatmeal.

BARLEY GRUEL

Wash in two or three waters two ounces of pearl barley. Let it boil ten minutes, and change the water. Heat about three pints of milk or water, and add it to the barley, with a little cinnamon or lemon-peel, or salt only. Strain it.

COMPOUND BARLEY GRUEL

Boil in common barley gruel two ounces of sliced figs, three ounces of cut raisins, four

drachms of sliced liquorice root, and a little lemon-peel. Boil it till it is reduced to half, and sweeten with honey to the taste.

SALEP GRUEL.

Mix two tea-spoonfuls of salep in a small quantity of water. Rub it till smooth, and add it to a pint of water boiling on the fire. Let it boil for five minutes, stirring it, and add some lemon-peel. Wine or milk is a great addition to it. Sweeten to the taste.

CACTUS GRUEL.

Split a leaf or two of the prickly pine cactus, and boil it in water until it is a thin mucilaginous beverage. •

This is much used in Barbadoes as a remedy for inflammatory complaints.

BOILED FLOUR GRUEL

Boil for three hours in a piece of linen, tied up, three table-spoonfuls of flour; let the bag be taken out, and allowed to cool. When quite cold, take it out of the bag; a ball will be found. Make the inside scraped into gruel, with water or milk, and flavour to the taste.

ARROW-ROOT GRUEL

Mix a dessert-spoonful with a small quantity of cold water or milk. Add a little more water slowly, and pour it into a pint of boiling water or milk, or half and half of each, and keep stirring it till it is thick and quite smooth. Cinnamon or lemon-peel can be added, and, when it is made with water, wine, if allowed. With brandy milk will not turn sour.

TOUS LES MOIS GRUEL

Is made the same way.

SAGO GRUEL

Wash the sago in several different waters. Let it soak for a short time ; then add fresh water, and simmer it gently until the sago is quite clean, large, and soft ; add milk or wine, or any other flavouring, as you would to arrow-root and tous les mois gruel.

TAPIOCA GRUEL

Is made in the same way as the preceding.

CASSAVA GRUEL

Is made the same way. This is equally nutritious, and its use is not sufficiently estimated in this country.

STRENGTHENING SAGO GRUEL.

Wash in several waters four table-spoonfuls of sago, and after it has soaked put it into

three pints of water ; add a small quantity of Hollands and sherry wine, some cinnamon, or nutmeg, or ginger, and some lemon or orange-peel. Sweeten with honey or sugar. Let it boil gently. This is very strengthening after illness.

SKIM-MILK PORRIDGE.

Make a thin gruel of groats ; strain it ; add milk, or equal parts of water and milk ; sweeten and flavour it. The gruel should be strained before the other ingredients are added.

ANOTHER.

Pour some water upon oatmeal to wash it ; then after throwing that away, pour on more ; let it stand twelve or fourteen hours and strain it. Boil the water with an equal quantity of milk ; flavour it to the taste.

CAUDLE

Beat an egg, yolk and white together, and stir it into a pint of thin cold gruel, of either groats or oatmeal; set it on the fire, adding wine or brandy, and flavouring. Sweetening, spices as permitted to the patient.

ANOTHER COLD CAUDLE

Boil a pint of gruel; when hot add a piece of butter about the size of a walnut, and some lemon or orange peel; add wine, brandy, milk, or spices, as permitted.

ANOTHER COLD CAUDLE

Beat two eggs in cold water, and add the juice of an orange or of a lemon, a few spoonfuls of sherry wine or brandy, and flavouring and sweetening to the taste.

RICE CAUDLE.

Rub a table-spoonful of ground rice into a pint of water by degrees. Boil it till smooth and thick. Sweeten and flavour it like the preceding. If too thick dilute it.

ANOTHER.

Wash two spoonfuls of whole rice ; pour off the water ; then put the rice into a pint and a half of new milk previously boiled and allowed to grow cold. Simmer all gently on a slow fire until the rice is sufficiently soft to rub through a sieve, when add it again to the milk, and simmer it for a short time with a small quantity of lemon-peel, spices, or other flavourings.

FLOUR CAUDLE.

Rub two tea-spoonfuls of flour into half a pint of cold water ; put it into a saucepan with

the same quantity of new milk ; add lemon-peel, sweetening, or flavouring to the taste ; or it may be eaten with salt alone.

ANOTHER.

Rub a small piece of butter into some flour ; add a pinch of salt, and melt it in half a pint of new milk and the same of water ; sweeten and flavour to the taste. The caudle must simmer before the other ingredients are added, until it is quite smooth.

BREAD PANADA.

Take a table-spoonful of grated bread crumbs, and add them to half a pint of water warmed on the fire. Boil it very fast for a few minutes with a little ginger or cinnamon, and a glass of sherry wine, or a table-spoonful of brandy. Lemon, orange-peel, or other flavouring can be added.

RUSK PANADA.

Boil for half an hour two rusks ; strain off the water, and beat up the rusks in milk. Simmer it a short time, and add wine, sweetening, and flavouring to the taste.

ANOTHER.

Make this the same way as the bread panada, only adding some syrup of orange-peel or capillaire, and a dessert-spoonful of brandy.

ANOTHER.

Boil some lemon-peel, and a little of the juice, in some water ; add a small quantity of syrup of capillaire, or a bitter almond ; then put in the bread crumbs ; boil all together slowly for five minutes.

ANOTHER.

Mix the crumbs of biscuit or new bread with water, a little salt, pepper, and a small piece of butter. Rub it well through a sieve, when add a small quantity of milk, or the whites of two eggs beaten. It must not boil after the eggs are put in.

ANOTHER.

Break into a pipkin a penny roll, or the weight in biscuit ; keep it on the fire till soft enough to pass through a sieve. Add a little salt and butter, and new milk. When cool, beat up the yolk of an egg and stir it in. Warm it all together on the fire, but do not let it boil.

SWEET JELLIES.

JELLY STOCK.

BOIL, the day before jelly is required, two calf's feet (previously cut up) in two quarts of water. Boil them once up, and then let the pan simmer gently by the fire for about five hours. Keep the fat skimmed off as it rises; and when the feet are quite soft, strain off the liquor, and let it remain some hours, until it is quite hard, when again remove from the top all the sediments, leaving it pure and dry underneath. It is now ready for jellies.

Melt in a pan some sugar, with half a pint of water, wine in proportion to what is allowed, the rind of two lemons, and the juice of three or four, and the whites and shells broken together of five or six eggs, and the jelly stock. Put

it on the fire, and whisk it till it boils, when strain it through a flannel jelly-bag. The first which runs through will be too thick, and must be returned again into the jelly-bag. When it is all clear, put it into a mould, and when cold turn it out, dipping the mould first lightly into warm water.

GELATINE OR ISINGLASS JELLY

Is made the same way, using gelatine or isinglass, in the proportion to one quart of water, one ounce and a half of either, and boiling the stock till it is half reduced.

HARTSHORN JELLY.

In two quarts and a half of water boil half a pound of hartshorn shavings, stirring till reduced to less than half, and proceed with the stock as for the preceding jellies.

MARASQUINO OR NOYEAU JELLY.

Mix five or six liqueur glasses of noyEAU or marasquino, or other liqueurs, with a quart of any of the above stocks.

SPIRITS JELLY.

Brandy, rum, or punch, is made in the same way.

FRENCH JELLIES.

Let a layer of melted jelly cool in the bottom of your mould ; then add a layer of any kind of fresh fruit, or soft dried fruit ; then add another layer of jelly, and so on until the mould is filled.

ORANGE JELLY.

Make half a pint of thick syrup, to which has been added, before you set it on to boil,

some lemon-peel, and peel of one or two sweet oranges, and half a Seville orange peel ; remove them before it becomes too bitter ; skim it well ; add the juice of six oranges, and the stock of half an ounce of isinglass or gelatine, dissolved as for other jellies. Pass it through a jelly-bag as before. In boiling jellies a small quantity of water added makes the scum rise better to skim off.

LEMON JELLY

Is made the same way, using the rind of a lemon peeled very thin, the juice squeezed of five large lemons, and two or three glasses of any kind of pale light wine or brandy ; and when lemons are not at hand, a few drops of essence of lemon, and a small quantity of citric acid powder, are good substitutes.

WHISKED JELLY

Is made from any of the above jellies, placed whilst hot in a vessel in ice (if possible), and whisking it until it is in a froth, when turn it into a mould, as with other jellies.

CHARTREUSE JELLY

Is made with all kinds of fresh fruits, tastefully arranged in shapes, building them round the mould, and filling up with jelly between the rows, as directed in "French jelly."

ARROW-ROOT JELLY.

Rub till smooth two tea-spoonfuls of arrow-root in a very small quantity of cold water, as usual; add by degrees a little more. Have boiling in a pan a pint of water, with a lemon-peel in it, some ginger, cinnamon, nutmeg, or any other flavouring allowed, and whatever

quantity of wine or brandy, or a small quantity of both is allowed. Sweeten to the taste, and boil it five minutes.

TAPIOCA JELLY.

Wash a small quantity of tapioca in several waters ; and let it soak in the last about seven hours, when put it into a pan with water, and simmer it gently until it is quite soft and clear. Lemon or orange-peel may be simmered in it ; and wine, and flavouring, and sweetening to the taste. Of tapioca, a very small quantity goes a great way.

GLOUCESTER JELLY.

Take of rice, pearl barley, sago, hartshorn shavings, and eryngo root sliced, each an ounce ; simmer in three pints of water till reduced to one ; sweeten and flavour to the taste. When cold, cut it up ; and it may be taken dissolved in milk, wine, or broth.

CRANBERRY JELLY. (AMERICAN.)

Mix a double quantity of the juice strained from crushed cranberries to that of any of the stocks for jellies. Sweeten, and pour it into a mould. It will not look clear like other jellies. The fruit must be scalded first.

CRANBERRY AND RICE JELLY.

Scald and press the juice from American cranberries, and make it into a jelly, with as much rice, tapioca, or sago, as will boil and turn out of a mould. Sweeten it to the taste. This jelly is eaten with wine, milk, or cream in America.

PORT-WINE JELLY.

Simmer in a bottle of port wine an ounce of isinglass, with a small quantity of cinnamon, sugar, and cloves. This has been used with good results when the strength is greatly

reduced, and more substantial nourishment could not be given.

EGG JELLY.

Dissolve in a pint of a water an ounce of gelatine ; then add half a pint of white wine of any kind, the peel of half a lemon grated, and the juice of one large lemon and three large oranges. Beat the yolks of seven eggs very well, and add them to the mixture, with some white sugar ; simmer all together gently for a few minutes.

ICELAND MOSS JELLY.

Wash and bruise Iceland moss ; put it to soak over night in tepid water ; dry it ; boil it in a saucepan till reduced to half the quantity. The proportion is an ounce to a quart of water. Strain it through a sieve, and take it with milk or wine, or flavoured, or with a tea-spoonful of "consumption syrup." In

this preparation is a slight *bitter*, which is beneficial ; but it *can* be removed by adding to the water in which it is soaked a small quantity of carbonate of soda.

CARAGEEN OR IRISH MOSS JELLY

Is made the same way. It is very cheap, and nearly as nutritive.

OATMEAL JELLY, OR STIFF PORRIDGE.

Keep a pint of water boiling ; and whilst it is still on the fire, stir in very fast small quantities of oatmeal, sprinkled in, until it is rather thick, when boil it slowly for half an hour. Turn it out into a soup-plate, and eat it with milk, or treacle, or butter and salt.

PEARL BARLEY JELLY OR PORRIDGE.

Wash some pearl barley well, and steam it with a little water (changing it once or twice)

until the grain is quite soft. Rub it through a sieve, and eat the jelly like the oatmeal stiff porridge.

FLUMMERY, OR SOWAN'S JELLY.

Boil for some time any quantity of oatmeal or groats, or even the husks of grain after thrashing (though of this a larger quantity is required), with hot water, and put it away for several days, until it becomes sour, when add more hot water, and strain it through a hair sieve. Leave the water to rest until there is a white flour deposited. Pour the water off it, and wash the flour with cold water. It may be dried; and when used, boil it with water, stirring it as it boils, and it becomes jelly. It is as nourishing as arrow-root, and may be flavoured and eaten in the same way.

BLANC-MANGE.

Take some calf's-foot stock, or gelatine, or isinglass, in the proportion of two ounces to

three half-pints of water of the two latter. When dissolved, add a pint of milk, and strain it. Flavour and sweeten it to the taste, and let it boil up once. Turn it into a mould, like jelly, if it is to look well.

ARROW-ROOT BLANC-MANGE

Mix arrow-root in the usual way, only using three times more than you would do for gruel. Add milk and flavouring. Sweeten to the taste, and simmer it till thick enough for a mould. Turn it out like blanc-mange.

RICE BLANC-MANGE

Boil as much ground rice in a pint of milk as will make it thick enough to turn out of a mould like the above, sweetening and flavouring it to the taste. A sauce can be added of milk, cream, or any of the invalid custards named in this book.

SAGO BLANC-MANGE

Is made the same way, washing first the sago in several waters.

TAPIOCA BLANC-MANGE

Is made the same way, washing the tapioca, and using less of it.

SOMERSETSHIRE FROMITY.

Wash a quart of wheat, and boil it soft ; add to it by degrees two quarts of new milk, breaking up the jelly in which the wheat is in when cold. Boil it till it is soft and mixed, and then add the yolks of a few eggs, well beaten, after cooling it. Add nutmeg, with sugar and a little ginger, if liked. Currants ought to be added, or chopped raisins ; but they are omitted here as improper for invalids.

DIET OF A MORE SOLID NATURE.

MACCARONI BOILED.

PUT some macaroni into a saucepan with cold water, and let it simmer, not boil, gently until quite soft. It takes some hours to become fit for an invalid. Take it out of the water, and add milk and sugar ; or eat it with salt and a little butter.

POLENTA BOILED.

Boil polenta flour in water until it is quite soft, like rice. Eat it with salt and butter, or milk and sugar.

This is very nutritious.

SWEET HOMINY.

Grind Indian corn, but not into meal, or polenta flour (as it is then called), but leave the grains the size of rape seed. Sift off the flour through a cullender, shaking the grains from it. Wash them. Add one pint of grains to two of water. Boil briskly twenty minutes, skimming it. Steam it by the fire after pouring off the water, and eat it like the preceding, or with treacle.

RICE TO BOIL.

Wash half a pound in several waters, to clean it. Set a few quarts of water on the fire to boil, and when it boils put in the rice, which boil seven or eight minutes, after which dry it ; then put it into a covered vessel, and set it by the fire to dry and swell, shaking it now and then for twenty minutes. It may be eaten with salt and butter, milk, or treacle.

RICE AND APPLE.

Prepare the rice as above, or in milk, in which a small piece of butter may be added. Stew some apples soft, after paring them, adding sugar and mashing them. Put them in a hollow mould, and fill it up with the rice, having slightly greased it. Turn it out.

PRUNES AND RICE.

Prepare and use both the ingredients in the same way. Prunes are improved by the addition of a small quantity of treacle.

ROASTED APPLES.

Mark the apples round and round, as if you were going to peel them. This prevents them bursting, and looks nice. Roast them, and sift sugar over them.

APPLES AND CUSTARD.

Boil the apples ; drain them ; put them on a dish, and cover them with any of the invalid's custards named in this book.

BAKED PEARS.

Put into a pint of water some mace, cinnamon, and a few cloves ; boil them ; add a pint of white wine and the juice of two seville oranges, and sweeten with loaf sugar. Cut some baking pears into halves or quarters ; put them into the syrup, and then into a moderately heated oven, or into a saucepan on the fire. Cover them and cook them till soft. Serve them with the liquor. They will keep in jars, and are improved in appearance by the addition of a little Alkanet root.

STEWED APPLES.

Skin some apples, and stew them in syrup flavoured with lemon peel, and a small quantity of the lemon.

PUDDINGS.

BREAD PUDDING.

BOIL a small piece of cinnamon in a pint of new milk, with a little lemon-peel. Let it cool: add sugar, the yolks of two eggs well beaten, and two ounces of bread crumbs. Chopped currants, or chopped stoned raisins, may, if allowed, be added.

ANOTHER.

Spread thin slices of bread and butter to the quantity of an ounce and a half. Beat two yolks of eggs, and add them with seven table spoonfuls of new milk and sugar, and flavouring to the taste. Pour it on the slices in a dish, and bake it in a cool oven, or boil or steam it.

ANOTHER.

Pour a pint of boiling milk over half a pound of crumbs of bread, and leave it to soak. Whisk till very light the yolks of two eggs, add altogether with a very little salt and sugar, and flavouring, and boil or steam it half an hour in a basin.

ANOTHER BAKED.

Make the pudding as before, laying at the bottom of the dish a small quantity of stewed apple or sweetmeat, and bake it.

BREAD-AND-BUTTER PUDDING.

Make three slices of bread and butter. Butter a baking dish, and lay in it a few stoned and chopped raisins, and then the slices alternately. Beat three eggs with about three quarters of a pint of new milk; add flavouring to the taste, and half a nutmeg grated, and

a very little salt, and three slices of bread and butter on the top, and bake it.

MUFFIN PUDDING.

Boil a pint of milk eight minutes with a few carraway or coriander seeds, lemon-peel, or orange-peel, and sugar. Strain off the milk, and mix it while hot with a few light teacakes; add cinnamon or nutmeg, and a glass of brandy, and a quarter of a pound of dried preserved cherries. Bake it.

BISCUIT PUDDING.

Grate some biscuits, pour a pint of boiling milk upon them, in which some lemon-peel, nutmeg, and coriander seeds have been boiled and strained out; add the yolks of three or four eggs and a little flavouring or brandy, and bake it.

WHOLE RICE PUDDING BAKED.

Wash some rice ; simmer two table-spoonfuls with a very little butter in a pint and a half of milk. If it is required stiff, two or three eggs beaten may be added. Sugar and flavouring must be put in whilst the milk is boiling. Bake it and boil it.

GROUND RICE PUDDING BAKED.

To a pint and a half of new milk add a few coriander seeds, a stick of cinnamon, some lemon-peel, and sugar. After baking it, boil twelve minutes, strain it upon two ounces of ground rice, and boil it twelve minutes. Add three quarters of an ounce of fresh butter, a very little salt, and three eggs well beaten ; pour it into a dish. Bake or boil it.

BARLEY PUDDING

May be made in the same way, substituting barley flour for rice flour.

MILLET PUDDING.

May be made in the same way as whole rice.

COWSLIP PUDDING.

Add a quart of chopped cowslip flowers to a biscuit pudding, in the proportion of half a pound of grated biscuit to three pints of new milk boiled with sugar, to be flavoured with lemon-peel or orange-flower water, and the yolks of three eggs well beaten, added when the substance is cool. To be baked or boiled.

MIXED PUDDING.

To a pound of biscuit in powder, or the same quantity of flour, add a pint of new milk and four eggs well beaten ; flavour with orange-flower water, cinnamon, or ginger, and sweeten to the taste. The flour biscuit should be sprinkled in, slowly stirring it all the time, to prevent its getting into lumps.

CUSTARD PUDDING.

Beat three eggs with a little orange-flower water, and mix them with a pint of new milk in which a few bitter almonds have been baked. Butter a pudding mould, and pour in the mixture. Boil or steam it twenty-five minutes.



ANOTHER, QUICKLY MADE.

Beat an egg in a teacup, and fill it with milk; add a very little salt, and boil it until it is solid, which it will soon be; set it with sugar or currant jelly; but it is longer in cooking if the sugar is added before boiling.



MACCARONI PUDDING.

Wash two ounces of maccaroni; let it soak a quarter of an hour; dry it. Boil a pint and a quarter of new milk with a few bitter almonds, and half an ounce of butter once up, and then add the maccaroni; simmer it till tender, adding sugar to the taste. Bake or boil it.

VERMICELLI PUDDING.

Boil a pint of milk with a few bitter almonds, and a little nutmeg or cinnamon. When the vermicelli is quite soft, add sugar and two or three eggs well beaten. Bake, boil, or steam it.

TAPIOCA PUDDING

Is made the same way. A small lump of butter is an improvement.

SAGO PUDDING.

Wash the sago in several waters, and proceed in the same way.

HASTY PUDDING.

Set some new milk on to boil with a few bitter almonds, lemon-peel, or three or four bay leaves ; add a very little salt. Take out

the leaves, and when the milk is cool add two eggs well beaten. Set it on to boil, and sprinkle in flour lightly through a sieve, stirring and rubbing it well. Sweeten to the taste. It is better to strain it to be sure there are no lumps.

CASSAVA FLOUR PUDDING.

Soak a Cassava cake in water till soft ; add a quarter of a pound of butter, and a little sugar and spice, the yolks of five eggs well beaten, and the whites of three, a little brandy, and a bitter almond ; flavour with rose water.

OATMEAL PUDDING.

Steep a pint of oatmeal in a quart of boiled milk over night. Next morning mix it with half a pound of beef suet shred fine ; add salt and grated nutmeg ; add three eggs beaten, and a quarter of a pound of raisins stoned and chopped, and sugar to the taste. Tie it up,

and boil it two hours, and mix with a simple sauce.

PLAIN SUET PUDDING.

Take six spoonfuls of flour, a pound of beef suet sliced fine, a teaspoonful of ginger powder, a pinch of salt, and a quart of milk. Mix first, the eggs and flour with part of the milk thick, and the rest with the suet. Four eggs are an improvement if allowed. Boil two hours, leaving the pudding room to swell in the bag, or it will be heavy.

This pudding will agree when little or no other food will digest.

VEAL SUET PUDDING.

Pour two quarts of boiling milk upon the crumb of three penny rolls. Melt one pound of veal suet, and add that ; add a few chopped raisins, and sugar to the taste, with half a nutmeg : three or four eggs may be added if

allowed. Boil or bake it ; if the latter, butter the dish.

ANOTHER, OR DUMPLING.

Make a light paste of a pint of milk, four eggs, a pound of suet, a little salt and nutmeg, two teaspoonfuls of ginger powder, and some flour ; form it into dumplings, and roll them in a little flour. Put them into a pan of boiling water. Move them gently to prevent them sticking. In rather more than half an hour they are done.

CALF'S FOOT PUDDING.

Mince some calf's feet fine, taking off the brown and fat part. Slice a pound and a half of suet without skin. Beat the yolks of six eggs and four whites. Take the grated crumb of half a penny roll, and a few chopped raisins ; add sugar, and as much milk as will moisten it. Boil it nine hours, and serve with any simple sauce.

MARROW PUDDING.

Take a pint of new milk boiled with cinnamon and lemon-peel, and a small pinch of salt, quarter of a pound of beef marrow chopped fine, some slices of citron and orange-peel, grated nutmeg, and half a pound of sponge cake, a little sugar, a glass of wine or brandy and two eggs. Bake it ; or put the ingredients into a dish without the eggs, and fill it up with some of the plain custard named in this book, and then bake it.

OMLET TRUFFLE.

Take six eggs ; whisk the whites and yolks separately until they are in a strong froth ; add to the yolks a spoonful of flour and a little sugar, and any approved flavouring ; then whisk all well together. Butter a dish, and bake it in a hot oven. Loosen it from the dish ; sift sugar over it whilst in the oven. It should rise very high.

ANOTHER.

Prepare the ingredients like the last. Butter a pan, and warm it on the fire, and make it into pancakes thicker than the common sort. Turn it on a dish, sift sugar over, or spread a little sweetmeat on it, and proceed with another in the same way, until there are four or five. Sprinkle sugar or frothed white of egg on the top, and serve.

SPONGE PUDDING.

The weight of two eggs in butter, the same in flour, and the same in sugar. Beat the butter to a cream, and add the rest with any kind of approved flavouring. Bake them in little moulds twenty minutes. Serve with arrow-root sauce flavoured with jelly or wine.

DUTCH GAUFFRES.

Make a paste with one pound and a half of flour, and a quarter of an ounce of yeast, and

a little tepid water. Let it rise ; add a small quantity of salt, one pound of butter, and six eggs well beaten, with orange-flower water, or any other flavouring. Work it all together into a batter, with milk or cream, and let it rise. Heat the gauffre tongs, bake them on it, and sift sugar over.

BOILED EGGS.

For an invalid an egg should never be boiled longer than two minutes and a half.

It is said an egg is equal in nourishment to a quarter of a pound of meat.

ANOTHER.

Boil water with a very little vinegar in it. When you break the egg keep it together neatly in the shell before you turn it into the pan. It takes about two minutes to poach. Lay it upon a piece of toasted bread, and serve it hot.

BROTHS AND SOUPS.

WELSH BROTH.

FRY some bread and vegetables in meat dripping, and pour boiling water upon it. Add herbs, and salt, and seasoning.

FRENCH CABBAGE BROTH.

Boil two pounds and a half of bacon in a gallon of water. Add a turnip, two or three carrots, two or three onions, a little celery, and sweet herbs. Cut the vegetables into long pieces. Stew it all together slowly some hours, when add seasoning, and a small quantity of brown sugar. The broth may be coloured with it ; if allowed, pour it upon toasted bread.

BROTH WITHOUT MEAT.

Fry any kind of vegetables with onion and a little dripping or butter, having previously cut them into slices. Add seasoning and salt. Pour water upon it, stew it and keep skimming it. Add a little vermicelli or rice.

ANOTHER.

Boil a quart of water with half a handful of sorrel leaves, and a small quantity of chervil, and two lettuces cut. Add any other sweet herbs which are approved, and some salt and seasoning. Simmer it a short time in a covered pan, and strain it off. This is often taken in France cold.

GOURD BROTH.

Boil some slices of gourd, and pass it through a sieve. Add some milk and water, equal quantities, a small quantity of butter, and some salt and pepper, and a little sugar.

ANOTHER.

Boil some milk with the whites of a few eggs, four whites to a pint ; add a very little butter, and a little salt. Pour it upon toast laid in the dish, or upon the crust of a loaf.

BEEF TEA.

Sprinkle with salt half a pound of rump steak, cut into slices, put into a large jug or basin, pour a pint of boiling water on it, and cover it ; letting it stew for an hour on the hob. Put it all together into a pan, and boil it twenty minutes, and strain it. More water can be added afterwards.

GRAIN SOUP WITHOUT MEAT.

Fry in dripping or butter some carrots, turnips, and onions, cut in small pieces or dice. Add water and rice. Boil all together until the rice is quite tender, about an hour and a half.

Add salt, pepper, and sweet herbs. Skim off the fat. Add some toasted bread cut in dice.

FOWL TEA.

Cut the skin and all the fat both outside and inside from a small fowl after you have cut it up. Remove the liver, and the parts which adhere to the backbone. Put it into about a quart of water, with a pinch of salt, and let it stew by the fire in a covered jug from four to five hours, or more; and strain off the broth.

VEAL TEA

Is much the same as beef tea, using the leanest part of veal, and using a pound of meat to a pint and a half of boiling water. Cut it into pieces first. This is rather longer cooking than beef tea. If the end part of the knuckle is used, it will become jelly, and will keep longer if tied down in a cool place, and can be reduced, when used, to the taste of the invalid.

MUTTON TEA

Is made the same as beef tea. Cut a pound of lean mutton into small pieces, and stew it in a pint and a half of boiling water. Barley or rice can be added, if approved.

CHICKEN BROTH.

Make this as directed for fowl tea, but add rice or barley, or vermicelli, with celery and parsley, or parsley-root. It is rendered more nourishing by adding, whilst cold, the yolk of an egg beat up in a little of the broth before it is put into it.

A BROTH.

Put some lean beef, veal, and mutton shank into a covered jug with as much water as will cover them. Stew them by the side of the fire or in the oven, until all is quite tender. Add salt, and any herbs approved. Dilute to the taste of the patient.

ANOTHER, SOON MADE.

Cut the fat off a few bones of loin or neck of mutton, and set them to stew in a covered jug, with three quarters of a pint of water, after having beaten and crushed them. Add onion, salt, and sweet herbs. Give it a boil. When cold, skim it.

ANOTHER.

Boil two pounds and a half of lean meat in two quarts of water, with salt and a large handful of chervil, till reduced to half the quantity. Add any other herbs or roots, and boiled rice in barley. Skim off the fat.

ANOTHER.

Put into a covered vessel, with three quarts of water, a knuckle of veal, or a shoulder, with very little meat on it. Cut up an old fowl, clean it from fat, bruise it, cut it

up, and add that. Then add some shank-bones of mutton bruised, a few small onions, or one large one, a few blades of mace, peppercorns, and sweet herbs, and a piece of bread. Stew until all the goodness of them is in the broth. Skim it.

ANOTHER.

Put one pound of mutton, one of veal, and two of beef, cut and beaten, into a covered vessel with four or five quarts of water, with sweet herbs, seasoning, and roots, and let it stew till nearly half the quantity is consumed.

CALF'S FOOT BROTH.

Boil three calf's feet in a gallon of water to half; when cold, take off the fat, and keep the jelly for use. When you wish to make the broth, take a cup-full, and add a little sugar, a small quantity of wine, nutmeg, and salt, and, if approved, a small quantity of sugar; stirring

it quickly, but do not let it boil. A very little butter and the yolk of an egg is an improvement.

ANOTHER.

Boil two calf's feet, two ounces of veal, and two of beef or mutton, in three quarts of water, with seasoning, a little salt, and any herbs approved. Add a crust of bread, reduce it to half, and, when cold, skim it.

PLAIN MUTTON BROTH, WITHOUT
VEGETABLES.

Break the bones of a pound and a half of neck of mutton, and boil it in three pints of water, with a little salt, and a few peppercorns, if allowed. When cold, skim off the fat.

ANOTHER, MORE SAVOURY.

Break the bones of a pound of neck of mutton, and put it into a covered pan with some

salt, and three pints of water, half a small onion, a little parsley-root or celery, and a turnip, and a little brown sugar. Simmer it till reduced like the preceding broths ; let it go cold, and skim off the fat. Vermicelli, or pearl-barley may be added, and the meat and vegetables are very good, if the patient is permitted to eat them.

ANOTHER.

Make your broth first, according to any of these recipes, and strain it. Add a few spoonful of rice or vermicelli, and set it on the fire again, boiling it until these are tender, which will be in about a quarter of an hour.

ANOTHER, WITH RICE.

Put a large spoonful of rice into a stewpan, with some water, and a small piece of butter. Let it stew till quite soft. Strain it, and pour your broth upon it.

ANOTHER, WITH SEMOLINE.

Make this in the same manner as the preceding.

ANOTHER, WITH ARROW-ROOT.

Mix the arrow-root in a little cold broth, and add it to rest whilst boiling.

SOUP (DR. JEPHSON).

Cut into pieces a pound of lean veal, the same of beef, with as much water as will cover them, and put it into an earthen jar. Tie it down, and simmer it in a pan of water for twenty-four hours. Add salt.

ESSENCE OF MEAT, OR GLAIZE.

Put two pounds of meat, of any kind of bird or animal, into a bottle with neck sufficiently wide to admit it, and put it into a pan of water

on the fire until it boils. Let it boil about a quarter of an hour, and strain it. If this is put into a skin, like a black pudding, it will keep a long time, and can be diluted at any time for broths, gravies, or soups.

EEL BROTH.

Simmer half a pound of eels with three pints of water, some parsley-root or sweet herbs, peppercorns, and salt. When no more good can be obtained from the fish, strain it. Take off the fat.

TENCH BROTH.

Is made the same way as the eel broth. They are both very nutritious.

BARLEY BROTH.

Wash a quarter of a pound of pearl barley, and boil it in a quart of water till it is as soft

as possible. Add a few sweet herbs, and a little salt. Strain it.

MUTTON SHANK JELLY (LAIT DE POULE).

Beat up an egg until it is in a high froth, and fill the basin up with broth. Serve with toast. This is very light and nutritive.

MUTTON SHANK JELLY, OR SOUP.

Clean well twelve shanks of mutton. Put them into four quarts of water with onion, salt, pepper, and sweet herbs, and some bread crust, until reduced to half; or put them into a covered jug in an oven. Strain off the soup, and, after taking off the fat when cold, it is fit for use.

PORK SOUP OR JELLY (DR. RADCLIFFE).

Cut up and break the bone of a leg of pork: simmer it gently in three gallons of water till

reduced to one. Let half an ounce of nutmeg, and the same of any other spice, stew in it. Strain it ; take a cup of the broth three times in the day.

VEAL SOUP, OR JELLY (DR. JEPHSON)

Slice a pound of lean veal very thin ; put it into a covered vessel, with layers of sliced turnip, alternately meat and turnip. Add one teacupful of water and a little salt ; place it in a pan of water, and simmer it three or four hours, or do it in the oven. When cold it will be a jelly, and may be taken in that way, or warmed into soup.

It is very nutritious.

FOWL IN JELLY OR SOUP.

Skin and cut in pieces an old fowl ; break the bones ; put it into an earthen pan with a cup of water, and simmer it some hours, either in the oven, or in a pan of water. Add salt

and strain it. To be eaten either as jelly or warmed into soup.

PARTRIDGE OR PHEASANT JELLY, OR SOUP.

Skin and cut in pieces two large old partridges or one pheasant. Fry it with a small quantity of butter, or bacon-fat, onions, celery, and salt. When quite done, pour three quarts of boiling water upon it, and stew it in a covered vessel in a pan of water on the fire, or in an oven three hours. Strain off this soup.

COW-HEEL JELLY.

Split a cow's heel and boil it in broth till quite soft. Stew an old fowl, cut in pieces, with some veal and beef or mutton, without water, in a covered jug placed in a pan of boiling water, or in an oven, for some hours. Then add some good broth, sweet herbs, and a bay-leaf and some salt, and let it stand again all together, when add the cow's heel cut into small

pieces. Bread and vegetables may be added. The hard meat is best strained out, and the cow-heel left in to be eaten.

ASPIC JELLY.

Boil in vinegar a handful of tarragon and chervil. When it tastes sufficiently strong, add some jelly of white meat or poultry reduced. Season it to the taste, and clarify it.

When you have made the aspic to your taste, add the whites of four or five eggs whisked light. Stir them on the fire constantly in the boiling aspic. When it becomes *white* it is near boiling; cover it and set it by the side of the fire or on a stove. When it is quite clear, strain it through a jelly-bag with sweet jelly. If you wish it as jelly, and you do not find it when cold sufficiently stiff to turn out of a mould, add more calf's foot stock.

SIPPETS.

When the stomach cannot bear meat, toast some slices of bread, lay them on a hot plate, and pour hot meat gravy upon them. Add salt to the taste.

MALLOW TOAST.

Boiled marrow spread upon toast with a little salt added. This has never been known to fail in allaying vomiting proceeding from irritation after an emetic, or from other causes. And the effect is the same upon animals of the dog and cat species—only given without the toast ; but melted and poured down the throat when just warm, in the quantity of about half a tea-spoonful.

SAVOURY RICE.

Boil rice very light, as directed, and add some good meat gravy, warming all together. Add salt, and serve it hot.

SAVOURY MACCARONI.

Boil maccaroni as directed, and add gravy the samé as you would do to the savoury rice.

FOWL PANADA.

Pound the meat of a fowl that has been boiled, but not quite done enough, in a mortar until it is in a fine paste. Add a little of the water in which it was boiled; flavour with lemon, salt, and nutmeg, or other spice; and boil it a few minutes.

CALF'S-FOOT BAKED.

Put two calf's feet into the oven with two pints of water, and the same quantity of new milk in a jar; cover it close, and bake it till quite soft. This is very easy of digestion.

FISH.

WHITINGS BOILED.

PUT your whittings into a pan or fish-kettle of boiling water, holding about two quarts, with an ounce of salt in it. Simmer them gently for ten minutes. When they are cooked sufficiently, they leave the bones easily.

WHITINGS BROILED.

When you have cleaned your whittings, dredge them lightly with flour; also the grid-iron. Broil them on a clear fire; not near enough to discolour them. Turn them three or four times. They feel firm when sufficiently broiled. Large fish take about a quarter of an hour or twenty minutes. Sprinkle a little salt

upon them. Serve with melted butter, and a little mustard, if allowed, rubbed into it.

WHITINGS, ANOTHER WAY.

Melt a small quantity of butter in a frying-pan. Flour lightly your whittings, and cook them gently in it, until they are sufficiently done. Sprinkle a little salt over them: do not let them be greasy.

WHITINGS, WITH CRUMBS.

Dredge the whittings lightly with flour, then egg them with a brush, and dip them into grated bread. Fry them lightly in a butter previously melted in the frying-pan, or in salad oil.

SOLES OR FLOUNDERS IN CUTLETS.

These may be done in any of the preceding ways; but they require rather longer time to cook.

SMELTS OR SPARLINGS.

Take a few large smelts, throw them into a stew-pan with a pinch of sugar, and the same of salt, with a little parsley-root or parsley. Keep them covered, and simmer them from five to ten minutes, according to the size of the smelts. The water in which they were boiled may be served with them. It should not be *more* than half a pint in quantity.

SMELTS OR SPARLINGS, ANOTHER WAY.

Mix, in a small quantity of cold water or broth, a little prepared potato-flour or arrow-root, and proceed as above. It makes a good sauce, or broth to the fish.

SMELTS OR SPARLINGS BROILED.

Dredge them lightly with flour, and broil them on a gridiron over a slow fire. Sprinkle them with salt, and serve with fried parsley.

FISH IN WATER (DUTCH WAY).

Clean and wash some perch, or dace, or flounders. Put into a stew-pan some parsley-root, salt, a bunch of parsley, and some peppercorns and water. Boil for half an hour gently. Take out the parsley-leaves and put in fresh ones. Put in the fish and simmer them till done. Count out the peppercorns, that none remain.

Serve fish and liquor together, in a deep dish. To be eaten with brown bread and butter.

OYSTERS OR COCKLES WITH RICE.

Boil rice very tender, as directed. Take the hard parts and beards from oysters, and mix the soft part of the fish with the rice, adding the liquor. Warm altogether, and serve.

Cockles can be done in the same manner ; but they are not so digestible.

FISH AND RICE, OR KEDGEREE.

Boil a breakfast cup of whole rice till soft ; chop a boiled haddock, or any other white fish, into pieces ; take out all the bones ; add to the fish the rice, with three ounces of butter. Stir all gently on the fire, and add salt and cayenne pepper. It must be served dry and hot. Some hard boiled eggs, chopped, ought to be added, if not objectionable to the invalid.

COD SOUNDS BROILED.

Scald, clean, and rub them with salt. Wash them, and set them on the fire in a pan of water till tender. Melt some butter with flour,—add salt, mustard, and a little brown gravy,—which pour over the sounds.

COD SOUNDS, ANOTHER WAY.

Prepare them as above, and stew them in white gravy, thickening it with a little ar-

row-root or flour, and then gently beating it up. Season with salt and pepper, if allowed.

A FISH PUDDING.

Pound some cold fish in a mortar, with a few spoonfuls of broth, till it is in a paste. Add a small lump of butter, and some crumbs of grated bread. Mix it with the yolks of four eggs, well beaten, and strain it through a sieve. Put it into a basin, with the whites of the eggs well beaten. Put it into a soufflé dish, or mould, into an oven, and bake it.

M E A T S .

FOWL PUDDING OR PASTE.

TAKE the meat of a young fowl, after having taken off the skin and sinews, and pound it very fine in a mortar ; then soak some light bread in broth or milk ; and boil a calf's udder and pound that also. Then make the three ingredients into separate balls of the same size. Take a ball of each, and make it into one, seasoning it, and adding three eggs to the whole mixture. Have ready boiling water, throw in the pudding, and poach it like an egg.

SWEETBREADS.

Boil them slowly, and serve with salt and pepper if allowed.

ANOTHER WAY.

Boil them first, and then dry them, and broil them on a gridiron a light brown.

TRIPE.

Boil some tripe and onions in two different waters, then boil both together until the tripe is very soft and tender. Eat it with salt, pepper, and melted butter.

TRIPE, ANOTHER WAY.

Boil it tender ; grate some bread, and sprinkle it with crumbs and yolk of egg, and broil it a light brown. Season it to the taste.

TRIPE, WITH ONION SAUCE.

Boil it, and serve it with onion sauce.

TRIPE IN BATTER.

Boil it, and fry it in batter.

FOWL, WITH RICE.

Free a young fowl from all the skin outside and inside, also from all the fat and sinews. Simmer it in good strong broth, or meat tea, until it is quite tender, and add salt. Boil rice as directed, add it to the liquor, and dish it up with the fowl.

FOWL, WITH MACCARONI.

Cook the fowl in the same way, and substitute maccaroni for rice.

MINCED MEAT IN MACCARONI.

Boil maccaroni ; cut it in slips the depth of your mould ; lay it in so as to form a covering inside the mould ; then add the minced meat

prepared and seasoned, and steam or boil it. The mould must be first greased, or it will not turn out well.

PARTRIDGE ROASTED.

Partridges are roasted the same way as chickens ; a young one will not require more than ten minutes to cook. To be eaten with bread sauce.

PIGEONS ROASTED.

They may be done the same way, only they do not take so long to cook.

PIGEONS STEWED.

Truss a pigeon as for boiling, and stew it in half a pint of mutton broth for about twenty minutes.

PIGEONS BROILED.

Cut them open, and broil them lightly, or dip them in grated crumbs and egg before boiling. Chopped herbs may be added.

CHICKEN ROASTED.

After having drawn and trussed neatly your chicken, set it before a clear fire, and let it roast five or six minutes. Then with a little butter in a spoon rub the chicken all over. The fire must not be too brisk, as it should not colour it more than a light yellow. In about a quarter of an hour a light smoke will rise from it, which shows it is done enough; but if you are not quite sure, press it lightly with your finger and thumb, and if it feels solid you may remove it from the fire.

POTTED FOWL.

Take with a fork all the meat off cold roasted or boiled fowl; put it into a stewpan; then

in another pan put all the bones beaten small into a half a pint of water, some seasoning, parsley, and a little onion, if approved. When the liquor is half reduced, strain it, and add it to the meat, with a little flour and butter rubbed together, a little salt, and a pinch of sugar. Boil it two minutes. If it is too thick, add more water or thin broth.

FOWL BOILED.

Put the fowl into a pan with a pinch of salt, a quart of water, an ounce and a half of butter, and simmer it a quarter of an hour if a small bird, and longer if it is a large one. If you add vegetables, you will have a nice nourishing broth, besides the fowl; and you can add to it rice, barley, or vermicelli, whichever is the most approved.

BEEF STEWED.

Put a few pounds of beef into a stewpan with a quart of water; put it on the fire, and

skim it as it boils ; add some onion, turnip, carrot, and celery cut into small pieces. Stew it about two hours and a quarter, until the liquor is reduced to less than half. Serve the meat out on a dish, the soup in a basin. Be particular about skimming the fat clean off.

LAMB-CHOPS OR CUTLETS

May be cooked in the same manner ; but little more than half the time is required to cook them.

LAMB'S FEET

Are highly nutritive when properly cooked. Let them be well cleaned, and soaked for a quarter of an hour in boiling water ; after which the principal bone will draw out readily. Put two into a stewpan with a pint of water, with a little flour rubbed into it, and a large pinch of salt. When on the fire stir them frequently, till they boil ; add celery and

parsley, and a little onion, and some peppercorns; and boil them slowly until they are quite tender. Serve them, after they are strained from the liquor, with melted butter or a plain white sauce.

CALF'S FEET

May be dressed in the same way, but, being larger and more tough, they require more boiling in double the quantity of water or broth. They must be as soft as possible.

PIG'S FEET.

After they are well cleaned, soak them for some hours. Boil them till quite tender, and afterwards boil them again in water with salt and vinegar. Dry them, and serve them in a cloth on a dish. The best sauce is melted butter, with a little sugar and vinegar in it.

MUTTON-CHOP, PLAIN.

Cut a chop from the lean side of a loin of mutton ; pare off the fat, and trim it neatly ; beat it well to make it tender, and then, with a clear fire, put it on the gridiron. Season it with pepper and salt, and after turning it several times whilst it is broiling, press it, and if it feels tender, it is sufficiently cooked. Let the plate on which you serve it be very hot.

ANOTHER.

Cut your cutlet from the neck of mutton, trim it, and cook it like the preceding.

BEEF RUMP STEAK.

Cut half a pound of steak from the most tender part of a rump of beef. Beat it with a rolling-pin, and broil it on the gridiron. When ready to serve, sprinkle a little salt upon it.

OX-TONGUE FRESH.

Lay it in warm water for some hours, and clean it. Trim it neatly from all the fat, and lard it with a larding-pin in the *thickest* part ; slightly skewer it, and put vegetables round it, tied on. Roast it for two hours and twenty minutes ; before it is done, remove the paper, so as to brown it. Serve it with any kind of plain vegetable.

OX-TONGUE PICKLED.

Set it on the fire in two gallons of cold water ; when it boils, only simmer it for three hours ; but the best way is to try with a fork if it is quite tender. A dried tongue requires at least to soak twenty-four hours before it is boiled. Before it is served, skin it. A tongue is best for an invalid fresh out of pickle.

MEAT SANDWICHES.

Grate some tongue, or meat that has been either roasted or boiled, and make it into sandwiches of thin bread and butter, neatly cut. Mustard may be added if allowed.

FISH SANDWICHES

Are made in the same manner, of any previously cooked fish grated, or in thin slices.

VEGETABLE SANDWICHES

Are made in the same way, substituting mustard and cress, or minced salad, flavoured with salad sauce of vinegar, mustard, salt, salad oil, or cream.

PASTRY.

RICE PASTE FOR SAVOURY DISHES.

WASH well some rice in several waters ; then put it into a covered pan to simmer slowly, with water or milk, or milk only. Add salt ; and when it is quite soft, mix an egg with it. Make as it were a wall round a dish, and place the meat inside.

RICE PASTE FOR SWEETS.

Boil in a small quantity of water a quarter of a pound of ground rice. Strain it, and beat it in a mortar quite fine with one egg well beaten, half an ounce of butter, and a pinch of salt. Mould the paste as for tarts.

POTATO PASTE.

Pound boiled potatoes very fine, and add sufficient milk or butter to make them into a paste with an egg. Keep the paste-board and roller floured to prevent it sticking; roll it to the thickness required, and bake it.

BREAD CRUST.

Scrape the inside out of a penny roll. Soak it in milk, if intended to fill with sweets; if for savouries, in gravy: for the former sprinkle with sugar; for the latter salt. Use a few grated crumbs and eggs for either, and bake it.

GENEVESE PASTE.

Take the same weight in unbroken eggs of themselves, flour, sugar, and butter. Beat the butter to a cream. Add the ingredients, with rasped and grated lemon-peel, and a glass of

brandy to keep it from rising. A pinch of salt is an improvement. Butter the tins slightly before you bake.

PLAIN SHORT CRUST.

Ten ounces of fine flour rubbed in four ounces of flour, one egg, and an ounce of sugar in fine powder.

BREADS, &c.

BREAD (ENGLISH).

AFTER sifting a peck of flour into a trough, make a hole in the centre. Strain a pint of yeast through a hair sieve, mixed with a pint of water just warm. Stir into the yeast and water a small quantity of the flour, leaving it in the hole in the centre of the rest to prove if it will rise. Set it in a warm place for an hour, when you will see the effect. Afterwards, mix the whole with two quarts of lukewarm water, and a pinch of salt ; and after you have kneaded it to a proper thickness, try it again in an hour after. Then knead it again, and bake it in a brisk oven. A brick oven is the best.

BREAD (FRENCH).

Commence as for English bread ; but use milk instead of water with the yeast. When you have proved that it will rise, add two quarts of milk just warm, half a pound of butter a little salt, and an ounce of sifted loaf sugar. Knead all together well, in an hour prove it again, to be sure of its rising. Make the dough into rolls, about the size of a brick ; lay them in a warm place for about half an hour, and then bake them in a brisk oven.

BREAD APPLE (SWISS).

Rub into two pounds of flour some boiled apples that have been rubbed through a sieve. Do it whilst they are warm. Add the usual quantity of yeast, with very little water for this kind of bread.

WINGS.

To three quarters of a pound of flour, add half a pint of warm milk, mixed in two or three spoonfuls of yeast. Cover it, and set it before the fire to rise. Work into the paste four ounces of sugar, and a little salt, and four ounces of butter. Make it into small buns, with as little flour as possible.

BUNS, PLAIN.

Set five pounds of flour to rise with a gill of yeast in a pint of warm milk. Afterwards mix in a pound of sifted sugar, and the same quantity of melted fresh butter. Add a little salt, and a few coriander or carraway seeds, and cinnamon, nutmeg, and mace, in fine powder. Make the paste into buns, first rubbing the baking sheet with butter. Wash them over with a brush dipped in warm milk.

CRACKNELS.

Mix half a pound of best flour with half a pound of sifted sugar, a quarter of a pound of fresh butter, two table-spoonfuls of rose water, a little salt and rice, eggs well beaten. Mix all together well for twenty minutes. Roll and cut it into shapes. Rub a baking sheet with butter, and put them on, washing them over with white of egg.

WAFERS.

Beat for twenty minutes a table-spoonful of orange-flower water, and a table-spoonful of flour, and some sugar. Heat the wafer tongs quite hot, pour in the mixture, and bake them over a slow fire, and roll them up. Place them in a dry warm place.

SPONGE CAKES.

Take the weight of nine eggs in finely powdered sugar, and the weight of eight in flour.

Whisk the yolks and whites separately ; melt the sugar in half a pint of water. Sprinkle the flour through a sieve into the eggs ; add some essence of lemon, or the peel of a lemon grated fine, and bake in a brisk oven. This quantity makes three moulds, which take about three quarters of an hour to bake. The moulds should not be filled higher with the mixture than one third of the way.

ANOTHER.

Make the mixture the same way ; but instead of putting it into moulds, put it into small tins, which are bought for the purpose.

LADY'S FINGERS

Are made with the same mixture, dropping it on a baking sheet. Sift sugar on them, and when baked, stick two together while warm.

A PLAIN CAKE.

Set to rise half a gill of yeast in a little warm milk, two pounds of flour, four ounces of sugar, half an ounce of carraway or coriander seeds, or spices. Afterwards work it with boiling milk, with five ounces of butter in it. Make it into a light paste, and let it remain some hours; roll it out and cut it into any forms you like.

RICE CAKE.

Mix with three pounds of flour ten ounces of ground rice, a very little salt, and eight ounces of powdered sugar. Beat eight eggs (leaving out two whites), the yolks and whites separate; add a little essence of lemon to the taste, or the grated peel of a lemon. Sift the flour and sugar slowly to the eggs; put it immediately into the oven in a tin or paper, allowing it a good deal of room to rise. Bake it forty minutes.

GINGER ROCKS.

Beat five eggs, leaving out one white, in three quarters of a pound of sifted sugar for half an hour; then slowly sprinkle in one pound of flour, after which do not beat them. Sift in an ounce of ginger in powder, and the rind of a lemon grated. Put the paste lightly together to look rocky. Bake in a moderate oven.

BATH CAKES.

Make the yolks of three eggs, a pint of warm milk, one spoonful of yeast, a quarter of a pound of butter, into a paste, with as much flour as will make it but light; add a pinch of salt, and, if approved, a little sugar. Let it stand an hour to rise, and bake it in tins.

CODDENHAM BISCUITS.

Rub an ounce of butter into a pound of flour, add a little salt, and beat it half an hour

very hard with a rolling pin, or a thick piece of wood. Take off separately the dough for each biscuit, and roll them as thin as possible. Prick them. Make the tins on which they are to be baked very hot, so as to half bake them before they go into the oven.

TONBRIDGE WATER CAKES.

One pound of flour, half a pound of butter, half a pound of sugar, two ounces of carraway seeds. Rub the butter first well into the flour. Bake these with the Coddendam biscuit as thin as possible, and cut them the size of a teacup. Prick them, and make the baking sheets quite hot, as before.

HARD BISCUITS.

Work a pound of flour into a stiff paste with two ounces of butter, and as much skim milk as will make it stiff; add very little salt, beat it with a rolling-pin till very smooth. Roll it

thin, and cut it into round biscuits. Bake them five or six minutes.

CRISP PLAIN BISCUITS.

Knead well into a stiff paste a pound of flour, the yolk of an egg, and some milk; add a very little salt. When it is all quite smooth, cut it into biscuits. Bake them in a slow oven until they are crisp.

TEA BISCUITS.

Rub six ounces of butter into a pound of flour; add a little salt, and three large spoonfuls of yeast, with as much milk as will make the paste. Prick the biscuits, which are generally cut into long squares.

ANOTHER KIND.

Melt in warm milk a sufficient quantity of butter to make seven pounds of flour into a

stiff paste. Cut out the biscuits and prick them.

ANOTHER KIND.

Half a pint of cream, one egg beaten, and a little salt ; add sufficient flour to roll the paste very thin. Cut it into small biscuits with the top of a wine-glass.

SHORT BISCUITS.

One pound of flour, six ounces of butter, a teacupful of warm milk, and a table-spoonful of yeast. Let the paste rise ; roll, and cut it into biscuits.

ANOTHER KIND.

Make a paste with milk, butter, and a little salt. Roll it as thin as possible, and bake it upon a bakestone, a flat piece of iron used in Yorkshire and Cheshire.

MARATHON BISCUITS.

Rub into a pound of flour three ounces of butter, a pinch of salt, and some sugar. Then make it into a paste with warm good milk, and a table-spoonful of yeast. Knead it quickly, and let it stand for an hour.

AMERICAN BISCUITS.

Mix a quarter of a pound of butter with a pound of flour, a quarter of a pound of sugar, and half a pint of new milk warmed and poured gradually in. Melt half a tea-spoonful of salt of tartar in a teacupful of cold water; add it to the paste, and work it well. Roll it thin, and cut out the biscuits with a wine-glass. Bake immediately in a quick oven.

POTATO BISCUITS.

Make a pound of flour into a paste, with half a pound of boiled potatoes rubbed through

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a sieve or cullender, a pinch of salt, and as much butter as will enable you to roll the paste out into rounds the size of a large saucer ; and bake in a brisk oven.

PATIENCE BISCUITS.

Whip the whites of six eggs ; add eight ounces of powdered sugar, and ten ounces of flour, and a lemon-peel rasped. Mix all with a wooden spoon. Slightly wax some baking sheets, and drop on the mixture in drops the size of a shilling when the tins are quite hot. Bake them in a brisk oven.

RUSKS, OR TOPS AND BOTTOMS.

To two eggs beaten add a pint of yeast and a little milk. Sift four pounds of flour, and set the paste to rise. Boil half a pound of butter in some milk, sufficient to make the dough stiff. Let it remain in the kneading trough till well risen. Knead it into loaves

the size of small teacups, and bake them flat in a moderate oven. When nearly done, separate the tops from the bottoms; dry them in the oven a nice color till crisp.

BAKED CRUSTS.

Pull into pieces the crumb of a new loaf. Put them in a baking plate, and set them in a moderate oven till crisp.

SYRUPS.

SYRUP OF ROSES

GATHER a pound of damask roses when the sun is hot upon them. Put them into a jug with a quart of boiling water; cover them close, and let them remain seven hours. Strain off the water, and boil it on a hot fire, with the proportions of a pint of water to a pound and a half of loaf sugar till it is a rich syrup. Keep it well skimmed. You may clear it, if you wish it very fine, with whites of eggs. Bottle it, and cork it tight for use.

SYRUP OF MULBERRIES.

Add one pound of loaf sugar to each quart of strained juice. Boil it to a rich syrup, skimming it well. Bottle it when cold, and cork it tight for use.

SYRUP OF ORANGE FLOWERS.

Make a rich syrup with orange-flowers in the same way. This is better clarified.

SYRUP OF SAFFRON.

Unravel half an ounce of English saffron, and put it into a pint of water or very light wine. Cover it, and let it stand near a fire, to be very hot, without boiling, for twelve hours. Strain off the liquor, and boil it with three pounds of loaf sugar until it is a rich syrup, keeping it well skimmed. When cold, bottle and cork it tight.

SYRUP OF LEMONS.

Make a rich syrup with sugar and water ; add the juice and rind of lemons to the taste whilst simmering ; keep it skimmed. Bottle and cork it. It is better made fresh. It *must be strained*.

SYRUP OF ORANGES.

Make a rich syrup ; add the juice of oranges and a small portion of the peel : a little of the peel of Seville orange is an improvement. Strain it, and when cold bottle and cork it.

Syrups can be made with the juice of any fruits in the same way as directed for mulberry syrup.

RASPBERRY VINEGAR.

Lay a few quarts of raspberries in a dish, with about a pint of white-wine vinegar in them. After they have stood eight or nine days, strain off the liquor, and to every pint add a pound of loaf sugar. Boil it to a syrup. When cold bottle and cork it.

CORDIALS.

BARLEY WINE

ADD a pint of sherry wine to a quart of barley gruel. Boil it down until there is only one-third of the quantity left. Add any flavouring approved, or a drachm of tincture of cinnamon. A teacupful several times in a day is very strengthening.

MULLED WINE.

Boil some spices in water until the flavour is obtained. Add an equal quantity of port wine, with sugar, lemon-peel, and nutmeg to the taste.

CYDER CUP.

Cut the rind of a lemon very thin ; put it into a teacupful of boiling water ; add a few lumps of sugar, a pint of Sherry or Madeira, a pint of Malaga, two bottles of cyder. Flavour with borage.

CLARET CUP.

One bottle of light claret, one glass of brandy, one lemon peeled thin, half a pint of water, and sugar to the taste. Flavour with borage.

MILK PUNCH.

Steep the rinds of eighteen lemons in a quart of rum three days, close covered. Add three more quarts of rum, with the juice of the lemons, five quarts of water, five pounds of sugar. To these add two quarts of boiling milk. Let the whole stand two hours, closely

covered. Strain it through a jelly bag, and bottle it for use. Add a few bitter almonds.

RUM PUNCH (DUTCH RECIPE).

One sour (Lemon).

Two sweet (Sugar).

Four strong (Rum).

Eight weak (Water).

EGG WINE.

Add three table-spoonfuls of cold water to three eggs beaten. Put into a pan on the fire a glass and a half of water, with some sugar and nutmeg, and when it boils pour it very slowly by degrees upon the eggs, stirring it briskly. Set it on the fire again for a minute, or a minute and a half, stirring it; but it must not boil. Take it off, and pour it from one vessel to another to froth it. Serve it in glasses, with dry toast hot.

ANOTHER

May be made shortly by beating up an egg and adding a glass of wine or brandy, with sugar and nutmeg. This need not be put on a fire.

EXPLANATION OF INGREDIENTS USED.

ARROW-ROOT.

THERE are three kinds of this in use ; West Indian, the produce of the plant *Maranta arundinacea* ; East Indian, produced from the *Curcuma angustifolia*, a species of Turmeric ; and the Brazilian, produced from the *Manihot utilissima*. The two former starches (for such they are) are prepared from the small tubers formed on the fibrous continuation of the underground stem. Cooked as for food, only much thicker, it is a most efficacious emollient application for swellings as a poultice ; and it is much used in this form by the West Indians to extract the poison from wounds.

CACTUS VULGARIS,

A native of the tropics, called there prickly pear.

CARAWAY SEEDS

Are the seeds of the plant *Carum carui*, named from Caria, a province in Asia, where the plant is most abundant. It will grow in England. Dill-water is distilled from these seeds.

CARDAMOM SEEDS

Are the seeds of the *Alpinia Cardamomum*. small quantities they are a good stomachic.

CASSAVA

Is the same plant that produces tapioca. The root is washed, beaten, and care taken to extract every particle of the natural juice, which is highly poisonous until it has been subjected

to heat. The root is then pounded between rough boards by the natives, of whom it is the chief article of food.

CINNAMON (LAURUS CINNAMOMUM).

This tree is a native of tropical climates, and is much cultivated for the sake of its bark, which is the part used for cooking, &c. The greatest portion comes from the island of Ceylon, where, between Negambo and Matura, there are extensive plantations.

GINGER (ZINGIBER)

Is the dried roots of the above plant, a native of tropical climates.

GUM ARABIC (ARABICUM),

So called from being supposed to come from Arabia, when the greatest quantities come from Africa. It is the gum which exudes from the *Acacia vera*.

MACCARONI

Is chiefly prepared in Italy ; it is made from the finest flour, mixed with egg. It is also made in Sicily and Germany.

NUTMEG (NUX MOSCHATA).

Nutmegs are chiefly imported from the Spice Islands, although they will grow in Trinidad and other islands of the tropics. Mace is the outer husk adhering to the shell of the nutmeg, which is itself enclosed in an outer covering, exactly resembling a walnut. When prepared for exportation, the outer covering is taken off, and the nut dipped into milk or wine, after being dried in the sun, which prevents the mace and nutmegs from being attacked by insects.

PEPPER, BLACK (PIPER NIGRUM); PEPPER, WHITE
(PIPER DECORTICATUM),

Are both obtained from the same plant, a native of the tropics.

SAGO (CYCAS CIRCINALIS)

Is the produce of the sago palm tree of the tropics. It grows underneath the leaves upon the bark. It is supposed by some to be the hardened gum of the tree; but it is always found in the same granular form in which it is imported to this country.

SEMOLINA

Is made from the finest wheat flour.

SUGAR (SACCHARUM).

The sugar in general use is chiefly extracted from the sugar-cane, a plant native of the West Indies, but now introduced into other tropical climates. Sugar is also made from the extracted juice of beet-root, mangel wurzel, some species of palms, and from the maple tree. Each kind will form white or lump sugar after being subjected to the necessary process.

TAMARIND (TAMARINDUS).

The tamarinds in use in this country are seed-pods (either in their natural state or made into a jam with sugar) of the tamarind tree, a native of tropical climates.

TAPIOCA (JANIPHA MANIHOT, NATIVE OF TROPICAL CLIMATES).

The preparation in use is made from the beaten root, washed, and separated from the milky juice which flows from it. It is then dried on hot plates, when it takes a granular form.

VERMICELLI

Is made from the same ingredients as maccaroni, but forced through a smaller pipe.

THE END.

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