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# **ECONOMICAL COOKERY:**

DESIGNED TO

ASSIST THE HOUSEKEEPER IN

**RETRENCHING HER EXPENSES,**

BY THE EXCLUSION OF

**SPIRITOUS LIQUORS**

FROM HER

*COOKERY.*



**NEWARK, N. J.**

PRINTED & PUBLISHED BY BENJAMIN OLDS.

1840.

ECONOMICAL COOKERY.

DESIGNED BY

ASSIST THE HOUSEWIVES IN

MANAGING THEIR EXPENSES.

BY THE EDITOR OF

THE HOUSEHOLD

FROM NEW

COOKERY.



NEW YORK, N. Y.

PUBLISHED BY BENJAMIN GARDNER

1851.

## PREFACE.

In presenting this little work to the female public, the writer wishes to suggest some thoughts for the reflection of the reader; also, to say a few words in vindication of her book. Its title may perhaps excite a smile or call forth a sneer from the passer by, but these she heeds not: having been conscientiously opposed to the use of spiritous liquors for a few years past, she tried in every way to render her dishes palatable without them. The result of her endeavours you have now before you, which is humbly presented in the hope of its being useful.

The question for us to settle is—"Is the use of Ardent spirits morally wrong?"—Whether it is so *abstractly* considered, is not

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the question *now*—but, whether, under existing circumstances, when such multitudes are ruined by it, the temperate part of the community ought not to endeavor to abolish its use except as a medicine.

At this late day it is, perhaps, almost out of place to laud a society so purely benevolent in its character as the Temperance Society. When the nation was threatened with universal ruin; when intemperance was its reigning vice, even in the opinion of foreigners who visited our shores; when some of the mightiest intellects that our country has ever known, had been shattered by the inebriating draughts, which custom and fashion presented to them, holding out the alluring temptation which they could not resist; when hundreds and thousands of our countrymen, bone of our bone and flesh of our flesh, and souls as valuable as ours, were annually sinking to the drunkard's grave, and daily and hourly others were falling into the same pernicious habit;—it was in view of these evils that the philanthropists of our country arose

to be considered as not

(RECAP)



and “put forth their *calm* might to wipe off one blot from the marred and stained escutcheon of human nature—to strike off one form of suffering from the catalogue of human wo.” They resolved that we, as a people, should be free—free from the debasing slavery of appetite—for surely *temperance* is one of the pillars of our republic. They signed the pledge of total abstinence, that if peradventure, their example might have an influence in bringing the subject before the public mind, and make men think of the innumerable dangers by which we were surrounded—for not only were individual interests at stake, but the interest of the nation, when votes at the elections might be bought with *ardent spirits*—and that their influence might be more extensively felt, and, acting according to their motto, “United we stand,” they resolved to form a Society. They did so; and the American Temperance Society stands forth as a beacon-light, every member of which is a polished stone of the building elevating the light, that all may

see that there yet is safety—safety in the the principle of “total abstinence” for individuals—safety for the nation.

Our fathers freed us from a foreign yoke, these from an internal foe :

“ And the star-spangled banner in triumph yet waves,  
O'er the land of the *free*, and the home of the *brave*.”

But although much has been done, much, much yet remains to be done. And the question arises : Can females in any way co-operate in the noble enterprise ? And how ? Surely no lady of respectability will be found indulging in it as a drink. We have too much respect for ourselves to do this ; but have we not been encouraging its manufacture by using it plentifully in our cookery ? What nice pudding, cake, pie, or sauce, did we make that was not rendered palatable by brandy, lemon-brandy, rose-brandy, &c. &c. Whose sideboard but what, lately, groaned under the weight of cordials that were arranged there for the entertainment of the visitor ; And as we have so long encouraged the use of it, has the time not arrived for us to lend

our influence for its suppression? Let us assist our brethren in this mighty work by our countenance, precept and example; bearing our part in *self-denial*, even in those small quantities, which in the aggregate, add much to the profit of the vender and distiller, and encourages them to persevere in a business which sends death and destruction through the land.

I know we will be met by objectors who will sagely tell us that there is as much intemperance in eating as drinking; and to them, this book will bear on its title-page the appearance of inconsistency. I admit that there is much intemperance in eating, and perhaps many die in consequence; but it yet remains to be proved that 30,000 die annually from this cause, as they do from drinking; and I would ask, if those deaths which do occur, are from among those persons who use *no* spirituous liquors? Or is it not rather they who indulge in its use, however *moderately*, as they *may think*. Tem-

perance has thus been defined—"Moderation in things not hurtful, and abstinence from those which are." And it seems reasonable to suppose that they who have self-denial enough to conform to the latter part of this definition, would be able also to conform to the first. But be that as it may, it will probably be admitted even by our objector, that food ought to be *palatably* cooked; and I will only add that in the following receipts, frugality and economy have been aimed at, as well as the exclusion of spirits.

It has been urged, that it is so little we use, that our giving it up would only excite ridicule, and after all do no good. I answer, this also remains to be proved. Much has been said and written on the subject of female influence, and I ask, where can it be brought to bear with more effect than on the temperance subject, and where is there a subject that calls upon us more loudly to bear our part? Are we not toasted upon every anniversary of our Independence by

men, who being slaves to appetite, know nothing of freedom but the name ; and what American lady but would *blush*, could she look in upon these Bacchanalians' revels, and hear herself panegyricized by muttering lips and bloated visages, and all the sad accompaniments of dissipation ! I say not that we should be vociferous in our opposition. No this would but counteract our own design. Female influence, though powerful, is unobtrusive, and when a woman forgets her proper sphere, she loses that influence. But having our principles settled on this subject, let us be *decided*, and, I ask, what gentleman would offer to his guests, in the presence of a wife or sister he loved, that of which he knew she disapproved ? And would not a father's conscience check him, should he observe his daughter rise and quietly leave the room to avoid seeing him hand the social glass to his visitor, even although her reverence and respect for him might prevent her from saying one word ?

But even admitting the position that we can do no good, does this alter the case at all? *I think not.* We are to do our duty, and leave consequences to be settled at that day, when they whose good we seek, and we, shall be called to give an account for our *motives*, as well as our actions. One consequence is certain, and it will be a rich reward. *One approving voice will then say*

*"She hath done what she could."*

## BRIDE CAKE.

One pound of loaf sugar, 1 do. flour, 1 do.

## Cakes.

### POUND CAKE.

One pound of sugar, 1 do. butter, 1 do. flour, 10 eggs, 2 nutmegs, 1 wine glass of rose water.

First, Beat the butter to a cream, after squeezing all the buttermilk out of it; separate the white and yolk of the eggs, beat the latter and add the butter, then beat in the sugar. Beat the whites of the eggs light, and add them, and the flour—when beaten half an hour, grate the nutmegs into it, and add the rose water.

### SPONGE CAKE.

One pound of loaf sugar, 10 eggs, 1 pound of flour, the juice of one lemon, the rind grated.

Beat the yolks very light, mix them well with the sugar—then add the lemon, flour and whites beaten stiff. If baked in a pan, two hours is necessary.

#### BRIDE CAKE.

One pound of loaf sugar, 1 do. flour, 1 do. butter.

Squeeze the butter and beat it light, add the sugar grated fine, beat the whites of twenty eggs stiff, add them and the flour alternately, add the juice of a lemon, the rind grated, and a glass of rose-water, beat three quarters of an hour.

#### LEMON CAKE.

Ten eggs 1 pound of sugar, 1 do. flour, the juice and pulp of 1 lemon, and the gratings of 3.

Beat the eggs and sugar well together, put in the flour by degrees, beat till very light, add the lemons, dust a little sugar over it before you put it in to bake in a slow oven.

#### HORSEMANDEN'S JUMBLES.

One pound of sugar, half do. butter 1 do.



flour, 5 eggs, leaving out the whites of two.

Beat the sugar, butter and eggs to a froth then add the flour, and roll them out in flour and sugar mixed.

#### MACAROONS.

Quarter of a pound of sugar, one quarter do. blanched almonds, 1 white of an egg, 1 quarter of a lemon peel grated.

Bruise the almonds fine in a mortar, with a little rose water, beat the white of 1 egg very light, add the sugar &c., drop and bake on greased white paper.

#### ALMOND CAKE.

Almonds half a pound, sugar 1 pound, flour 1 do., eggs 10.

Beat the yolks of the eggs very light, mix well with the sugar, add the flour and the whites beaten stiff, blanch and pound the almonds fine before putting them in; bake two hours slowly.

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### QUEEN'S CAKE.

One pound sugar, 1 do flour, 10 eggs, half pound butter.

Whip the butter to a cream, add the sugar and yolks of the eggs, beat the whites to a froth, add them and the flour one nutmeg grated, and gill of rose water, put into small tin pans, and bake in a quick oven twelve or sixteen minutes.

### FRUIT CAKE.

1 pound sugar, 1 do. flour, 1 do butter, 10 eggs, 2 pounds raisins stoned and chopped fine, 2 do. dried currants, 1 do. citron.

Beat the butter to a cream, beat the yolks light mix them, and add the sugar, flour and whites, beaten stiff, spices to the taste, dust some of the flour on the dried fruit, squeeze the juice of a lemon, and grate in the peel, one glass of rose water ; add the fruit last. Black Cake is made the same way, with the addition of one teaspoon full of pounded nutmeg, one dozen pounded cloves, mace and cinnamon.

## SMALL CAKES FOR TEA.

Beat 8 eggs light, and one and a half pounds of sugar, add half a pound of butter, and two pounds of flour, 1 glass of rose-water, and half a nutmeg.

## CUP CAKE ]

Half a pound of sugar, the same of butter, 2 pounds of flour, 1 glass of rose water, a nutmeg, and some currants, a little yeast.

*Another Cup Cake.*—Three pounds flour, 2 of sugar, 1 pound of butter, and 8 eggs, a little carraway seed ; add milk, if the eggs are not sufficient.

## WAFERS.

One pound of flour, half pound of butter, 4 eggs, beat rose water and nutmeg—heat the wafer irons before you put it in to bake ; grate sugar over them as they are done.

## SWEET CAKES.

Half a pound of butter, three-quarters of a pound of sugar, a little mace, 4 eggs beat

light— put it into a pound of flour, and cut into small cakes.

#### SOFT GINGERBREAD.

Two cups molasses, 1 of butter, 1 cup of milk, 4 eggs, teaspoonful of pearlash, ginger, flour to make it stiff as pound cake.

#### JERSEY CAKE, OR CRULLERS.

Four eggs, half pound of sugar, 3 ounces of butter, 1 gill of thick cream, cinnamon, and as much flour to make it stiff enough to roll out—boil in lard like doughnuts.

#### TEA CAKE.

Two cups of sugar, 1 cup of butter, 1 cup of milk, half a teaspoonful of pearlash, flour enough to make it stiff enough to roll out—add carraway seed, or spice.

#### MACAROONS.

Blanche 4 oz. of almonds, with 4 spoonful of orange flower-water, beat the whites of 4 eggs, then mix it with 1 pound of sugar sifted with the almonds to a paste, lay a sheet of paper on a tin, put it on with a spoon.

*Another.*—To the whites of 4 eggs take 32 teaspoonfuls of sifted loaf sugar, add 1 pound of almonds blanched and pounded.

#### BEST KIND OF MACAROONS.

To half pound of almonds blanched, and pounded with rose-water, the same weight of sugar—wet them with the white of eggs.

#### COMPOSITION CAKE.

Three and a half pounds of sugar, two and a half butter, half pound lard, 9 eggs, 3 and three-quarter pounds of flour sifted in 3 pounds of rasins, one and a half pints milk, one-fourth ounce mace, 1 nutmeg, cloves, cinnamon, and citron, 2 teaspoonfuls of pearlash fermented in lemon juice, to be put in the last thing.

#### JUMBLES.

Five eggs, three-quarters of a pound of butter, 3-4 of a pound of sugar, 1½ pounds of flour, cinnamon and nutmeg.

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## SCOTCH CAKE.

Take 2 pounds of flour, half pound of butter, 1 nutmeg, 1 tablespoonful rose-water one and a half pounds of sugar, and 5 eggs.

## BUNNS.

A half pound of butter cut fine into one and a quarter pounds of flour, 3 tablespoons of yeast, 1 pint of milk, 1 glass of rose-water, a teaspoon of spice—set them to rise until you can beat five eggs, add half pound of sugar, quarter of a pound of flour, both sifted; put them in your pans, and let them rise for the space of three or four hours.

## ICING FOR CAKES.

One pound of sugar, the whites of 5 eggs and the juice of a lemon, the eggs to be beat stiff, and the other ingredients added gradually, beaten all the time.

## MILK BISCUIT.

Take one-fourth pound of butter, 1 pint of milk, 1 gill of yeast, a teaspoonful of salt, and flour sufficient to knead it stiff.

## OYSTER CAKES.

One pint grated green corn, 2 teaspoons of pepper, 3 of salt, 4 of butter, 1 pint of wheat flour, half pint of milk, 2 eggs; bake it on the griddle.

## DUTCH CAKE.

One and a quarter pounds of flour, half a pound butter, half pound sugar, a little yeast, cinnamon, nutmeg, a glass of rosewater, some currants or raisins.

## RAISED INDIAN CAKES.

One quart milk, 2 tablespoons of yeast, 2 eggs, a little salt; stir indian meal until the batter is so stiff that a spoon will stand in it. Bake them in tins for one hour, or in muffin rings, on a griddle—if intended for breakfast they must be mixed over night.

## SAUSAGE ROLLS.

Make small balls of sausage meat, envelope each one with light bread dough, and bake them. These are good for breakfast.

### INDIAN CAKES

Beat two eggs, add a quart of milk, a handful of flour, and Indian meal enough to bake thin cakes on the griddle—they must be made small in size.

Another.—1 quart milk, 1 pint Indian meal, 4 eggs, 4 spoonfuls of flour, a little salt, beat together ; can be either baked in pans, or on a griddle.

### PANCAKES FOR TEA OR BREAKFAST.

Take 1 pint of rye flour, 1 pint of Indian meal, a little salt, stir in milk to the proper consistence of pancakes : fry in lard, to be eaten warm.

### TEA CAKES:

Two pounds flour, 2 spoonfuls yeast in a little warm milk, mix them together, adding one-quarter pound of melted butter, with milk to make it into a stiff paste.

### BISCUIT.

Beat flour in one pint of milk and a little yeast, let it rise in a sponge ; next morning



add one pound melted butter, knead it all up with flour, and another pint of milk.

### GINGER CRACKERS.

Two pounds of flour, half pound of butter one pint of molasses, one quarter of a pound of sugar, one ounce of ginger, [very excellent.

### GINGER CAKES.

Three pounds of flour, a grated nutmeg, two ounces ginger, one pound sugar, some pearlsh dissolved in milk, one pound butter, four eggs ; knead it stiff and bake fifteen minutes.

### LOAF GINGERBREAD, [BEST KIND.]

One pound of flour, half a pound of butter, do. of sugar, four eggs, one pint of molasses 1 cup of cream, 1 teaspoonfull of pearlsh, add ground cinnamon and currants, (to be baked like pound cake.)

*-Another.-*Two pounds of sugar, 1 pound butter, four pounds flour, eight eggs, one

pint milk, one ounce ginger, four spoonfuls of rose water.

#### MOLASSES BREAD.

One quart molasses, 6 ounces butter, 4 pounds flour, cinnamon, ginger, alspice, 4 teaspoonfuls pearlsh, dissolved in half pint water; knead it well, the more the better; bake fifteen minutes in a quick oven; wash with sugar and white of an egg before it is baked.

#### GINGERBREAD.

Three pounds flour, two pounds sugar, 1 of butter, 1 ounce carraway seed, one ounce ginger, ten eggs—mix it up with milk.

#### DOUGHNUTS.

Three pounds flour, half do. butter, 1 do. sugar, 1 nutmeg, 3 ounces ground cinnamon some orange peel, and a little yeast; knead it well, let it rise, when light, cut into shapes and boil in lard.

*Another*—Six eggs, 1 quart of milk, sugar, yeast, spice, &c. mix and boil as above.

The more lard you boil in, the less they will soak.

#### DIET CAKE.

One pound of sugar, one pound flour ten eggs, a spoonful of rose water, 1 of cinnamon or coriander seed; beat it an hour—bake quick.

#### CUP CAKE.

One cup of butter, 2 of sugar, 3 of flour, and 4 eggs, well beat together and baked in small pans or cups. Bake just twenty minutes. This Cup Cake is about as good as pound cake and is cheaper.

#### TEA CAKE.

There is a kind of Tea Cake still cheaper. Three cups sugar, one of butter, 1 of milk, 4 of flour, 3 eggs, and a spoonful of dissolved pearlsh, well beat up. If it is so stiff that it will not stir easily, add a little more milk.

## HONEY CAKE.

Six pounds flour, two pounds honey, one pound sugar, two ounces cinnamon, a little orange peel, six eggs, pearlsh dissolved in milk; mix it up with milk, and bake less than half an hour.

## SWEET CAKE.

One pound sugar, half pound butter, two pounds flour, 4 eggs, 1 gill yeast, cinnamon, and orange peel; bake quarter of an hour.

## COOKIES.

One pound sugar dissolved on hot coals in water, two pounds of flour, half pound of lard or butter, quarter pound of sugar, one ounce ginger or cinnamon.

## MUFFINS.

Put 4 spoonsful of good yeast to a pint of milk and a little salt, stir in as much flour as will make a thick batter; let stand until it rises—grease your rings, and when your iron is hot, drop them in.

*Another.*—1 cup of yeast, one quart of

milk, 4 eggs, mix it up with flour to a thick batter.

#### FLANNEL CAKES.

One quart of milk, three eggs, one cup of yeast, a small piece of lard, mixed up with wheat flour to a batter.

#### WHEAT AND INDIAN CAKES.

Mix one pint Indian meal and one pint of wheat flour, beat three eggs and mix it up with one quart milk, a little yeast; when light bake on a griddle.

#### BUCKWHEAT CAKES.

Put a little salt in the buckwheat-meal, mix it with a little yeast; when light bake on a griddle.

#### PAN CAKES.

Mix a quart of milk with flour enough to make a thin batter, a little salt, beat six eggs light, mix it well together an hour before you fry them.

## FRITTERS.

One pint of milk, three eggs, a little salt, flour enough to make a thick batter; to be fried in lard; apples chopp'd fine and mixed in them are a great improvement.

## SOFT GINGERBREAD.

One and a half cups molasses, 1 of sugar, one of butter, four eggs, five cups of flour, one cup sour milk, one tablespoonful of ginger.

## ECONOMICAL POUND CAKE.

One pound of flour, three-quarters of a pound of sugar, half pound of butter, three eggs, and a glass of rose-water: currants, raisins or spice, to suit the taste.

## BISCUIT.

Put 2 ounces butter or lard into half pint of milk, dissolve half teaspoonful of pearl ash, mix all together with flour and salt to a stiff paste; knead well and roll out; bake twenty minutes.

**LIGHT ROLLS FOR TEA.**

Warm two ounces of butter in one pint milk, add to it three pounds of flour and a little yeast and salt, make into a soft dough; bake in a quicker oven than for bread.

**HARD BISCUIT.**

Warm two ounces of butter in as much skimmed milk as will make one pound of flour into a very stiff paste, with a little salt; beat it with a rolling pin and work it quite smooth; cut out and bake them sixteen minutes.

**SWEET POTATO CAKES.**

Grate boiled sweet potatoes and mix with an equal quantity of flour, two ounces butter, add salt and milk; cut out and bake in a hot oven.

**POTATO ROLLS.**

Boil three pounds of potatoes and work them well with two ounces of butter and as much milk as will make them pass through a cullender, add yeast and warm water enough

to mix up five pounds of flour with some salt, knead it well and let it stand until raised; bake it in a hot oven.

#### GINGER NUTS.

One quart molasses, six ounces ground cloves, half pound sugar, one ounce ground ginger, one ounce ground alspice, as much flour as will make a batter with one pound of butter,

#### COCOA-NUT CAKE.

One nut, five whites of eggs one quarter pound sugar, six spoonfuls rose-water, two ounces butter, half a pound of flour.



#### COMMON CAKES.

In all cakes where butter or eggs are used the butter should be very faithfully rubbed into the flour, and the eggs beat to a foam, before the ingredients are mixed.



## HARD GINGERBREAD

One pound of flour, half a pound of butter and sugar rubbed into it; half a pound sugar great spoonful of ginger, or more, according to the strength of the ginger; a spoonful of rose-water, and a handful of caraway seed. Well beat up. Kneaded stiff enough to roll out and bake on flat pans. Bake twenty or thirty minutes.

*Another.*—Four pounds and a half of flour with half a pound of lard and half a pound of butter; a pint of molasses, a gill of milk, tea-cup of ginger, a tea-spoonful of pearlash stirred together. Bake in shallow pans twenty or thirty minutes.

*Another.*—Rub in a bit of shortning as big as an egg into a pint flour; if you use lard, add a little salt, two or three great spoonfuls of ginger; one cup of molasses, and a great spoonful of dissolved pearlash, put together and poured into the shortened flour while it is foaming—to be put in the oven in a minute. It ought to be just thick enough to pour into

pans with difficulty ; bake about twenty minutes.

#### ELECTION CAKE.

Old-fashioned election cake is made of 4 pounds of flour ; three quarters of a pound of butter ; four eggs ; one pound of sugar ; 1 pound of currants, or raisins if you choose, half a pint of good yeast ; wet it with milk as soft as it can be and be moulded on a board. Set to rise over night in winter ; in warm weather, three hours is usually enough for it to rise. A loaf, the size of common flour bread, should bake 3-4 of an hour.

#### SPONGE CAKE.

The nicest way to make sponge cake, or diet bread, is the weight of 6 eggs in sugar, the weight of four eggs in flour, a little rose water. The whites and yolks beaten thoroughly and separately. The eggs and sugar should be well beaten together ; but after the flour is sprinkled, it should be stirred no longer than is necessary to mix it well ;—

it should be poured into the pan, and got into the oven with all possible expedition. 20 minutes is about long enough to bake. Not to be put in till some other articles have taken off the first few minutes of furious heat.

### WEDDING CAKE.

Good common wedding cake can be made of 4 pounds of flour, 3 of butter, 3 of sugar, 2 of currants, 2 of raisins, 24 eggs, 1 ounce mace, and 3 nutmegs. A little molasses to color it. Bake 2 hours and a half.

### LOAF CAKE.

Two pounds flour, half of sugar, quarter of butter, 2 eggs, a gill of yeast, half ounce of cinnamon or cloves, a spoonful rose-water; if it is not as thin as bread dough, add a little milk. Bake 3-4 of an hour.

*Another.*—Take about as much of your white bread dough, or sponge as you think your pan will hold, and put it into a pan in which you have already beat up 3 or 4 eggs, 6 ounces butter warmed, half pound sugar, a

spoonful rose-water, a little sifted cinnamon or cloves; these should be well beat before the dough is put in. Add half pound currants or raisins, if you choose. Let it stand in the pan two or three hours to rise. Bake about three quarters of an hour if the pan is a common sized bread-pan.

## Puddings.

### COCOA-NUT PUDDING.

Half a pound of butter, half a pound sugar; five eggs, one cocoa-nut and one handful of flour; lay into paste and bake.

*Another.*—For 2 cocoa-nut puddings. One quarter and half a quarter of a pound of sugar, the same of butter, and the same of cocoa-nut grated fine; beat 6 eggs very light add them twice, beating well each time, one glass of rose-water.

### FOR TWO LEMON PUDDINGS.

One quarter and half a quarter of sugar and butter beat light, four eggs beaten light, put them in at three times beating, a glass of rose-water, the juice of a large lemon, the peel grated. Orange puddings made the same way.

*Another.*—Half pound of butter, half a pound of sugar, five eggs, one lemon.

*Another.*—Grate 3 lemon peels, roll 2 of the lemons till soft, squeeze into the grated peels; take ten ounces soft wheat bread, soak it in half a pint of milk, beat eight eggs light, add three-quarters of a pound of butter, one pound fine sugar; beat all together till thoroughly mixed; lay it on paste and bake near an hour.

#### TWO POTATO PUDDINGS.

One lemon, the rinds grated, one quarter and half quarter of butter, a quarter of a pound of sugar, beat this light; one pound and a half of potatoes boiled and mashed through a cullender, beat this together till very light, two gills of cream, one glass rose-water, nutmeg and cinnamon.

#### RICE PUDDING.

Boil a cup and a half of rice in quart of milk till soft, then add a quart of cold milk, four eggs beat light, a half a quarter of a pound of butter, one nutmeg, and sugar to the taste.

*Another.*—One quarter of a pound of rice

to a quart of milk ; boil quick, cool, and add half a nutmeg, 4 oz. butter, some cinnamon and rose water, 8 eggs, and bake it in paste.

*Another.*—Boil in water 1-2 pound ground rice till soft, add 2 quarts milk, 8 eggs, 6 oz. butter, 1 pound raisins ; bake 2 hours.

*Another.*—(A cheap and plain one.)—One and a half cups rice, 2 quarts milk, salt, butter, alspice, 6 oz. sugar ; put cold into a hot oven, bake 2 and a half hours.

#### INDIAN PUDDING.

Three pints scalded milk, 7 spoonfuls fine Indian meal, stir well ; when cool, add four eggs, half pound butter, spice and sugar—bake 4 hours.

*Another.*—Scald 2 quarts milk, pour over 1 pint Indian meal, salt, tea cup molasses, a table spoonful ginger ; bake 3 hours.

*Another.*—Three pints scalded milk to 1 pint meal, salted ; when cool add 2 eggs, 4 ounces butter, sugar or molasses and spice ; bake 2 and a half hours.

*Another.*—(Cheap one)—Scald 2 cups of Indian meal with boiling water, add one cup molasses and milk, each, quarter pound raisins, a little suit chopped fine, 2 eggs and cinnamon.

#### BOILED INDIAN PUDDING.

Salt a pint of meal wet with 1 quart milk, sweeten and boil in a strong cloth tied loosely to allow it to swell.

#### CORN PUDDING.

Grate 3 doz. of corn in a tin basin, carefully scraping out the milk on the side of the dish, add a little salt, and bake it well. To be eaten hot, with salt and butter. If the corn is a little old a small quantity of milk must be added. (A great luxury.)

#### FLOUR PUDDING.

Beat half a doz. eggs light, add 1 quart milk, a little salt, mix with wheat flour to a batter, beat it well, pour into a bag and boil 4 hours. (Sauce No. 1.)



*Another.*—One quart of milk scalded, add five spoonfuls of flour to it while hot, when cool add seven eggs well beaten; sugar, salt, and nutmeg or cinnamon to the taste; bake one hour; to be eaten with sauce.

### CUSTARD PUDDING.

One quart of milk, four eggs, half a nutmeg, and sugar to your taste; bake in a dish.

*A convenient Pudding when fruit is scarce.*

Beat six eggs, half a nutmeg, one pint of milk, a little butter, 4 spoonfuls of fine flour; bake in a quick oven one hour. Eat with sweet sauce.

*Another.*—Cut half loaf of bread in slices, pour on it two quarts of milk, six eggs, rose-water, nutmeg, and half a pound of sugar; bake one hour.

### BREAD PUDDING

Cut half a loaf bread in fine pieces, sprinkle with a little salt, boil a quart of milk and pour over, cover close until well soaked,

mash it well, add 3 eggs, half pound butter, some cinnamon or nutmeg, sweeten it, bake it in a quick oven one hour and a half.

*Another.*—Pour boiling milk (or water) on fine bread and a little salt, when soaked and mashed beat four eggs, add half a pound dried currants, beat all well together, and bake in a quick oven. (To be eaten with sauce No. 2)

#### PUMPKIN PUDDING

One quart stewed and strained, 3 pints of milk, six beaten eggs, sugar, mace, nutmeg, and ginger, and laid in rich crust and baked three quarters of an hour.

*Another.*—One quart milk, 1 pint pumpkin, 4 eggs, quarter of a pound butter, molasses, alspice ginger, &c.

*Another.*—(Cheap.)—One pint and a half pumpkin boiled in water until very soft and tender, mashed fine but not strained, half a pound of butter, six eggs, beaten light, well sweetened; after putting it on a very

short crust, grate nutmegs on the top, and bake it until the crust is done.

#### APPLE PUDDING

Pare and stew one pint and half of apples, mash them, add 4 eggs, quarter of a pound of butter, sugar and nutmeg, or grated lemon peel; bake on short crust.

#### QUINCE PUDDING.

Four quinces boiled soft, to which add eight eggs, half pound of sugar, four ounces butter, the juice and peel of an orange, add some bread, put in a pint of boiling milk; bake an hour and a half.

#### AN ALMOND PUDDING.

Boil a little mace and half a nutmeg in a quart of cream; when cold, add eight eggs beaten, and eight spoonfuls of flour, and quarter of a pound of almonds, one spoonful of rose water, and beat well together, wet a thick cloth and flour it, pour in the pudding; boil hard an hour and a half, when taken out pour over it melted butter and sugar.

## PLUM PUDDING.

Three pints of flour, a little salt six eggs, one pound raisins, half a pound of beef suet chopped fine, one pint milk; put into a strong cloth floured; boil three hours. Eat with sauce No. 1.

## MINUTE PUDDING.

Boil three pints of milk, salt, mix some flour in cold milk, and stir in that which is boiling; when it boils up it is done. To be eaten with sweet sauce or cream.

## RICE PUDDING.

If you want a common rice pudding to retain flavor, do not soak it nor put it in to boil when the water is cold. Wash it, tie it in a bag, leave plenty of room for it to swell, throw it in when the water boils, and let it boil an hour and a half. If you have rice left cold, break it up in a little warm milk, pour custard over it, bake it as long as you should custard. It makes very good puddings and pies.

## BIRD'S NEST PUDDING.

Eight or ten pleasant apples, pare them, and dig out the core but leave them whole, set them in a pudding dish, pour your custard over them, bake about thirty minutes.

## APPLE PUDDING.

A plain, unexpensive apple pudding may be made by rolling out a bit of common pie-crust, and filling it full of quartered apples; tied up in a bag, and boiled an hour and a half; if the apples are sweet, it will take two hours; for acid things cook easily. Some people like little dumplings, made by rolling up one apple, pared and cored, in a piece of crust, and tying them up in spots all over the bag. These do not need to be boiled more than an hour: three quarters is enough, if the apples are tender.

*Another.*—Take sweet, or pleasant flavored apples, pare them, and bore out the core, without cutting the apple in two. Fill up the holes with washed rice, boil them in a bag, tied very tight, an hour, or hour and a

half. Each apple should be tied up separately, in different corners of the pudding bag.

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### SAUCE FOR PUDDINGS.

No. 1.—Melt half pound butter, with flour and water, sweeten it, and add the half of a grated nutmeg.

No. 2.—Beat half a pound of butter to a cream, add sugar and a nutmeg, beat it well together.

No. 3.—Melt molasses, butter, and lemon juice, together.

### CLARIFIED BUTTER.

Put the butter in a clean stew-pan, over a very clear, slow fire; watch it, and when it is melted, carefully skim off the buttermilk, &c. which will swim on the top; let it stand a minute or two for the impurities to sink to the bottom; then pour the clear butter through a sieve into a clean basin, leaving the sediment at the bottom of the stew-pan.

Butter thus purified will be as sweet as

marrow, a very useful covering for potted meats, &c. and for frying fish equal to the finest Florence oil; for which purpose it is commonly used by Catholics, and those whose religious tenets will not allow them to eat viands fried in animal oil.

Boil a quart of milk with lemon peel and a  
 pint of cinnamon. While it is boiling, beat  
 six yolks of eggs with a pint of cream.  
 When the milk takes of the spiced part to  
 the cream, stirring well, sweeten to the  
 taste. Give the custard a simmer, till to a  
 proper thickness, but do not let it boil. Stir  
 the whole time one way. Add a little rose  
 water, and when put into cups grate on nut-  
 meg.

**BOLLED CUSTARDS.**  
 Take a handful of peach leaves, let them  
 come to the boil in a pint of milk, strain and  
 let it cool, beat 10 yolks of eggs and a quart  
 of cream and beat sugar, mix them all to-  
 gether, and stir them till they come to the  
 boil, but do not let them boil; take them off

## Custards, Creams, &c.

### RICH CUSTARD.

Boil a pint of milk with lemon peel and a stick of cinnamon. While it is boiling, beat up the yolks of 5 eggs with a pint of cream. When the milk tastes of the spice, pour it to the cream, stirring well; sweeten to the taste. Give the custard a simmer, till to a proper thickness, but do not let it boil. Stir the whole time one way. Add a little rose water, and when put into cups grate on nutmeg.

### BOILED CUSTARDS.

Take a handful of peach leaves, let them come to the boil in a pint of milk, strain and let it cool, beat 10 yolks of eggs, add a quart of cream and loaf sugar, mix them all together, and stir them till they come to the boil, but do not let them boil; take them off



and cool, stirring all the time; put in jelly or wine-glasses around a Floating Island.— For a dessert for dinner.

#### BAKED CUSTARD.

One quart of milk, six eggs, six ounces of sugar, two spoonfuls rose water, and half a nutmeg.

*Another.*—Four eggs beat and put into one quart cream, half a nutmeg, and a little cinnamon.

*Another.*—One pint milk, two ounces almonds, two spoonfuls rose water, sweetened, beat four eggs, put into cups and baked.

#### CHEAP CUSTARD.

One quart milk, boiled; when boiling, add 3 table spoonfuls of ground rice, or rice that is boiled, mixed smooth and fine in cold milk and one egg beaten; let it boil up once, and sweeten to your taste; peach leaves or any spice you please boiled in the milk.

## FLOATING ISLAND.

Put two quarts of cream or milk in your glass, add rose water and grated lemon peel, to your taste, beat the whites of ten eggs until stiff, color it with currant or quince jelly, beating all the time, until it will stand alone, then put it with a tablespoon on the top of the milk. To be eaten immediately.

*Another* — Beat eight eggs, adding loaf sugar and lemon peel grated fine; when light, put it on the top of rich cream.

## SYLLABUB.

Sweeten a quart of cream with loaf sugar, grate nutmeg into it, milk your cow into the liquor very fast, that it may be very frothy. This is good for evening entertainments, &c.

*Another.*— Take a pint of cream, grate in the skin of a lemon, beat the whites of three eggs, sweetened, until light, put into your syllabub glasses, &c.

## A GOOD CREAM.

Take a pint of cream, sweeten it to the

taste, grate a little nutmeg, add a spoonful rose and orange-flower water, beat 4 eggs and two whites; stir it altogether one way until it thickens, have cups ready and pour it in.

#### LEMON CREAM.

Take the juice of four large lemons, half pint water, pound loaf sugar grated, whites of 7 eggs, and the yolk of one beaten well; put into it a lemon peel, mix altogether and set it on a gentle fire, stirring all the time. When it is very hot, but not boiling, take out the lemon peel, and pour it into china dishes.

#### RASPBERRY CREAM.

Boil a quart of thick cream—when it is nearly cold, strain some juice of raspberries into it, and sweeten to your taste; stir it a quarter of an hour and when it is cold you may send it up.

#### WHIPT CREAM.

Take a quart of cream and the whites of

8 eggs beaten, sweeten and perfume it to the taste, whip it with a piece of lemon peel tied in the middle of the whist, take off the froth and put into glasses.

#### TRIFLE.

Break some rusk, or any cake you may have in the house, into a dish, pour a good boiled custard over it, and put a syllabub over that. Garnished with jelly and flowers it makes a handsome dessert for dinner.

#### RICE APPLE DUMPLING.

Take two cups of rice, cover with water, let it stew until it is nearly soft and the water boiled off, peel and core the apples, envelope them with the rice, put them in little bags, put them in boiling water, and let them boil gently until the apples are done—dish them carefully. To be eaten with sauce No. 2.

#### FLOUR APPLE DUMPLINGS.

Peel and core the apples, put them in crust not too short, boil them an hour. Eat with sauce No. 2.

## RICE MILK.

Boil half a pint of rice in water till tender, pour off the water, and add one pint milk, with two eggs, beaten well; boil all together two or three minutes stirring, add grated lemon-peel, or nutmeg and sugar, to be eaten for a dessert after dinner.

## RICE BALLS.

Swell one cup of rice in water, and sweeten with grated loaf sugar, put them in cups, and set away to cool, sweeten cream or milk with loaf sugar, grate a fresh lemon-peel, or half a nutmeg into it, and put into broad dishes; when the rice is cold turn them out of the cups, and put them upside down in the dishes, cut pieces of jelly and lay on top of each—this makes an easy and handsome dessert for dinner.

## BLAMANGE.

Boil two ounces ising-glass in three pints of water, boil it half an hour, strain and add to it half a pint of cream, sweeten, and put

some bitter almonds in it, let it boil up, let it settle before pouring it into your forms.

#### CALVES-FOOT JELLY.

Boil 4 feet in 4 quarts of water; when boiled to pieces strain the liquor, next day take off the grease from the top, and scrape the sediment from beneath—there should be two quarts of jelly. Put it in a clean vessel with one pound of loaf sugar, half ounce of cinnamon broken in small pieces, orange peel, lemons, (or 1 spoonful of cream of tartar,) whip up the whites of 5 eggs to a froth, and put all together over the fire, stirring occasionally till melted; when it has boiled until it looks clear, add one pint of cider, let it boil up again, skim it, take it off and strain it through a flannel bag.

#### CREAM JELLY, (FOR THE SICK.)

Boil the feet as above, next day take one cup cream and one cup of jelly let it boil up once; add loaf sugar, rose water and spice.

**Pies.****MINCE PIES.**

One pound meat, half pound suet, quarter of peck apples, half pound raisins, half a pound currants, two ounces citron, one nutmeg, two spoonfuls ground cinnamon, one dozen ground cloves, the juice of a lemon, the rinds of 2 grated, a little ground alspice, sugar to the taste, moisten with cider.

**LEMON MINCE-PIES.**

Squeeze a large lemon, boil the outside till tender enough to beat to a mass, add 3 large apples, 4 ounces of suet, the juice of the lemon, boiled meat, chop it all fine, add candied fruit, as in other pies, add cider enough to make it moist. Make the crust short.

**QUINCE PIES.**

Peel six apples and one quince, stew and sweeten them ; bake in a rich crust.

**APPLE PIES.**

Peel and stew the apples, mash them fine with sugar, a little butter, and grated nutmeg, or lemon peel, bake in a rich crust and quick oven, but not hot enough to scorch.

**PLUM PIES.**

Make a rich crust, put in half a pound of sugar, to one pound of plums, and a little molasses—it must be well baked.

**CHERRY PIES.**

A rich crust. The cherries must be well sweetened, and the pie well baked.

**PEACH PIES**

Do not require a great deal of sweetening; the crust must be rich, and the pie well baked.

**PEACH POT-PIE.**

Put your crust into a pot, fill with peaches, and cover them with sugar-house molasses, put a crust on the top, and let it boil until the peaches are done. Plums, apples, and berries of all kinds, may be made the same way.



## CRANBERRY TARTS.

Put a pound of sugar into a quart of cranberries, wet with water, and stew them until done. When wanted for use, put them on puff-paste crusts.

## PUFF PASTE.

Rub one pound of butter into two pounds of flour, beat two whites of eggs light, and add with cold water, make into paste—roll in six or seven times one pound more of butter, flouring it each roll—do not knead it—work it with your knife and rolling pin.

## PUMPKIN AND SQUASH PIE.

For common family pumpkin pies three eggs do very well to a quart of milk. Stew your pumpkin, and strain it through a sieve, or colander. Take out the seeds, and pare the pumpkin, or squash, before you stew it; but do not scrape the inside; the part near the seed is the sweetest part of the squash. Stir in the stewed pumpkin, till as thick as you can stir it round rapidly and easily. If you want to make your pie richer, make it

thinner, and add another egg. One egg to quart of milk makes very decent pies. Sweeten it to your taste, with molasses or sugar; some pumpkins require more sweetening than others; 2 tea-spoonfuls of salt; two great spoonfuls of sifted cinnamon; one great spoonful of ginger. Ginger will answer very well alone for spice, if you use enough of it. The outside of a lemon grated in it is nice. The more eggs, the better the pie; some put an egg to a gill of milk; they should bake from forty to fifty minutes, and even ten minutes longer, if very deep.

#### CARROT PIE.

Carrot pies are made like squash pies. The carrots should be boiled very tender, skinned and sifted. Both carrot pies and squash pies should be baked without an upper crust, in deep plates. To be baked an hour, in quite a warm oven.

#### RHUBARB PIE.

The skin should be carefully stripped, and the stalks cut into small bits, and stew'd very

tender. These are dear pies, for they take an enormous quantity of sugar. Seasoned like apple pies. Goseberries, currants, &c. are stewed, sweetened and seasoned like apple pies, in proportions suited to the sweetness of the fruit; there is no way to judge but by your own taste.

WATERMELON RINDS.

Cut all the green off the rind, cut the inner part of the rind into squares, and season them with oil and salt; make a gravy, pour it over the rind, and let it stand with the rind and rind ginger, and let it stand a few days. You may also use the rind and core, your quinces, but then in a kettle, cover them with the parings and cores fill up with spring water, and let them boil until they are of a pink color; take out

## Preserves.

### PRESERVED PUMPKINS.

Cut the pumpkin into leaves, according to taste, sprinkle them with white sugar grated, let them lay all night; make a syrup, pound for pound, cut some lemons in thin slices, add a little race ginger, and boil slowly until done.

### WATERMELLON RINDS.

Cut all the green off the rind, cut the inner part of the rind into shapes, and green them with cabbage leaves; make a syrup, pound for pound, boil slowly till done, with lemon peel and race ginger.

### QUINCES.

Pare and core your quinces, put them into a kettle, cover them with the parings and cores, fill up with spring water, and let them boil until they are of a pink color; take out

the quinces, strain the liquor through a bag, and set it away for quince jelly; make a syrup of loaf sugar, pound for pound, boil the quinces in it for two hours, slowly, frequently putting them under the liquor; after taking them out let the liquor boil until it is reduced to a syrup.

#### QUINCE JELLY.

To every pint of the liquor off the quinces take one pound loaf sugar, cut up a few sour apples in it; when they are boiled sufficiently, take them out and mash them, put them back and boil all together till done.

#### QUINCE MARMALADE.

Select your quinces when they are fully ripe, pare and cut them into quarters, take out the cores and put them in a sauce pan, well tinned, cover them with the parings, and cover them with spring water; cover it close, and let them stew over a slow fire until they are of a pink color, then pick out all your quinces, beat them to a pulp, strain the liquor, take a pound of loaf sugar to every pint

boil and skim it well, then put in the quinces and boil them gently three quarters of an hour, stirring all the time, or it will stick and burn; when cold put it in your glasses or pots and tie down tightly.

#### APPLE MARMALADE.

Pare ten pounds of pippin apples, make a syrup of five pounds of sugar, boil the apples in it until done sufficiently to mash, take them out and beat fine, and put them back; cut three oranges into small slices, and boil all together, stirring all the time until they are done.

#### PRESERVED RASPBERRIES

Choose raspberries not too ripe, take the weight of them in sugar, wet the sugar with a little water, and put in the berries, let them boil softly, take care not to break them—when clear take them up, boil the syrup until thick enough, then put them in again; do not put them away until cold.

## RASPBERRY JAM.

Rub the raspberries, put sugar to them, pound for pound, stew them, stirring frequently—when stiff and clear they are done.

## CURRANT JELLY.

Put the currants into a pitcher, cover it close, and set the pitcher in warm water over the fire, this will extract the juice; squeeze them through a flannel bag, and to one pint of juice, add one pound loaf sugar—boil it twenty minutes, but no longer.

*Another.*—Break your currants up with a pestle, and squeeze them through a cloth. Put a pint of clean sugar to a pint of juice, and boil it slowly, until it becomes ropy. Great care must be taken not to do it too fast. It should frequently be skimmed while simmering. If currants are put in a jar, and kept in boiling water, and cooked before they are strained, they are more likely to keep without fermenting.

## DAMSON PLUMS

Make a syrnp, pound for pound, strain and skim it. Boil your plums in it slowly an hour for every pound.

## TO PRESERVE PEPPERS.

Take the seeds out of the peppers, and fill them each with salt, let them lay six weeks ; then lay them in cold water, changing them frequently until all the salt taste is soaked out of them, green them with cabbage leaves, make a syrup of loaf sugar, pound for pound, put in the peppers, with lemon peel and race ginger, and let them scald ; take them out and lay in the sun, or in a warm place to dry, next day warm the syrup again, put the peppers in to scald, and take them out as before, and so on daily until the syrup is gone ; put them away in another syrup, made pound for pound.

## P E A C H E S .

Take pound for pound of sugar & peaches peel them and sprinkle with sugar, and let them stand all night ; next morning take the



peaches out and clarify the liquor, blanch the kernels and put them with the peaches into the liquor, and boil them slowly until soft ; take them out again and boil the liquor to a syrup, put them in again and boil them a few minutes ; when cold, put them away and tie down closely.

#### PEARS.

Take three pounds of pears two pounds of sugar, boil the parings in as much water as will cover them, strain it through a colander, lay some pears in the bottom of your kettle, put in some sugar, and so on, alternately ; then pour the liquor off the pear skins over, boil until they begin to look transparent, then take them out, let the juice cool, and clarify it, put the pears in again, with a great deal of race ginger chopped fine, boil till done ; let the liquor boil after taking them out until it is reduced to a syrup.

#### PRESERVED MORELLA CHERRIES.

Five pounds of sugar, to twelve of cherries.

## PRESERVED TOMATOES

Take of small ripe tomatoes (some prefer them green,) half a peck, stick them full of holes, make a syrup of four pounds of sugar, and put them in it, with four lemons sliced, one ounce of race ginger chopped fine, boil slowly three hours; take the tomatoes out, and boil the liquor to a syrup.

## PRESERVED CITRONS.

Pare off the rind, cut into small squares, sprinkle them with white sugar grated, and let them stand all night; make a syrup, of loaf sugar pound for pound, cut some lemons in thin slices, add a little race ginger, and boil very slow.

## TO MAKE PEPPERMINT DROPS.

One pound of loaf sugar grated fine, two whites of eggs beaten stiff, two drops of the oil of peppermint, drop them on paper, and dry them in a warm stove.

**Meats.****TO ROAST A PIG.**

Crumble the soft part of a loaf of bread, add half a pound of butter, a good deal of salt, pepper and sage, stuff the pig and sew it up; cook it two hours and a half; baste it frequently with salt and water; be careful or it will burn.

*Gravy.*—Boil the inwards and the feet tender with salt and pepper; when done chop up the liver, mix 3 ounces of butter with a couple of tablespoonfuls of flour, stir it well into the gravy, and let it come to the boil, then serve up; when the pig is carved, the brains may also be put into it. Apples for sauce.

*Another method.*

Strew fine salt over it an hour before it is put down. It should not be cut open entire-

ly; fill it with thick slices of buttered bread, salt, sweet-marjoram and sage. Spit it with the head next the point of the spit; take off the joints of the leg, and boil them with the liver, with a little whole pepper, allspice and salt, for gravy sauce. The upper part of the legs must be braced down with skewers. Shake on flour. Put a little water in the dripping-pan, and stir it often. When the eyes drop out, the pig is half done. When it is nearly done, baste it with butter. Cut off the head, split it open between the eyes. Take out the brains, and chop them fine with the liver and some sweet-marjoram and sage; put this into melted butter, and when it has boiled a few minutes, add to it the gravy in the dripping-pan. When your pig is cut open, lay it with the back to the edge of the dish, half a head to be placed at each end. A good size pig needs to be roasted three hours.

#### TO ROAST A TURKEY.

Make stuffing of bread, crumbled fine, half a pound of butter, salt, pepper, an

onion chopped fine, stuff it, sprinkle it with salt, and pepper, and flour. Two hours and a half will cook it, unless very large. Baste frequently.

The giblets must be boiled very tender for gravy, with salt, and pepper, and a little onion, thickened with flour and butter.

Chickens are cooked like turkies.—One hour is sufficient for them, unless of a very large size. They also must be basted frequently, a little salt pork chopped fine is an addition to the stuffing.

Cranberries, oysters, celery or pickles, are to be eaten with them.

#### BOILED TURKEY OR FOWLS.

Fill with oysters seasoned, bread and butter, boil in water just sufficient to cover it; when done tender, put it in a deep dish, and pour on it a pint of stewed oysters well buttered and peppered, garnish the dish with sprigs of parsley or celery. Celery sauce may be substituted where oysters cannot be

obtained, which is made by boiling the cellery, (chopped fine,) in a little water, salt and pepper, and thickened with butter and flour.

#### TO ROAST GEESE OR DUCKS.

Cut three onions very fine, season them highly with salt, and pepper over it, baste frequently, and be careful to dish, with sprigs of parsley, before the breast falls; two hours is sufficient for a tolerably large goose, one for ducks. The gibblets must be boiled with salt, pepper, and onions, for gravy, three or four hours.

#### TO BOIL A GAMMON.

To every pound allow a quarter of an hour, boiling slowly all the time. When dished, put spots of pepper at equal distance over it; garnish the dish with sprigs of parsley and boiled eggs into thin slices.

#### TO ROAST BEEF.

The general rules are to have a brisk fire, to baste often, season well; twenty minutes is required for every pound.

**ROAST VEAL.**

Season it well, have a brisk fire, and put paper over it to prevent its scorching ; baste and cook it thoroughly. If it is the fillet, it should be stuffed with bread, butter, salt and pepper. Garnished with green parsley and sliced lemon.

**ROAST MUTTON.**

The leg may be stuffed with bread, butter, salt, pepper and sage. If preferred without stuffing, it requires less time to cook. It should be cooked rather more than beef. The leg requires longer time than the breast. Serve with potatoes, beans, pickles, mashed turnips, and, (if stuffed,) boiled onions.

**ROAST LAMB.**

Lay it down to a clear, good fire, baste with butter, dust on flour and seasoning ; send to table with asparagus, green peas, sallad, or fresh beans, &c.

**GUINEA FOWL.**

Stuff with bread, butter, salt and pepper ;

tie up carefully, put a half a pound of butter in a pot over the fire ; when tolerably hot put the fowl in, hang the pot up high enough to prevent burning ; stir and turn it frequently, but gently. When done take out the fowl, and put flour and boiling water in to make gravy.

Pigeons may be cooked the same way. Be careful, in making the gravy, that it does not oil.

#### BROIL CHICKEN.

Take those that are young and tender, break the breast bone, and lay it flat, season high with pepper and salt, broil 1-2 an hour on hot coals. Stew the giblets in as much water as will cover them ; when done add flour and butter mixed, and some parsley chopped fine, and let them come to the boil. Dish the chickens and pour the gravy over.

Pigeons may be done the same way in twenty minutes.

#### TURKEY, FOWL, &c. (BOILED.)

Poultry boiled by themselves are generally



liked best ; they require a large quantity of water, skim them often, and they will be of a good color. A turkey will require an hour and half to boil, a large chicken one and a quarter. Serve up with potatoes, stewed oysters.

*General rules to be observed in boiling.*

The first caution is, that your pots are kept clean ; be careful that your pot is kept constantly boiling. Put fresh meat into boiling water ; salt into cold. Never crowd the pot with meat, but leave sufficient room for plenty of water. Allow a quarter of an hour for every pound of meat.

**CORN OYSTERS.**

One pint of grated green corn, one cup of flour, one dessert spoonful of salt, one tea-spoonful of pepper, one egg ; to be fried like fritters. An excellent relish for breakfast, or a good side dish for dinner.

**FRIED OYSTERS OR CLAMS.**

Season them, dip them in egg, and then in

grated cracker, let the fat be hot as you drop them in.

Veal is cooked in the same way; it takes half an hour to cook, but must be watched or it will burn. When the Veal is taken out, brown some flour in the vessel, and pour in some boiling water for gravy.

#### STEWED OYSTERS.

Season them, add a few grains of alspice, let them come to the boil, then stir in butter and flour previously mixed.

#### BROIL BEEF STAKES. &c.

Let the coals be very hot; watch that it does burn. For a beef stake a quarter of an hour is sufficient time for each side unless it is uncommonly thick. When done, salt, pepper, and butter it; a little catsup is an improvement.

Pork stakes must be sprinkled with sage, and cooked in the same way. Spare ribs also.

**STEWED CHICKEN.**

Dissect the chicken, wash and season it well, cover with water, and stew until done; thicken the gravy with flour and butter; add a little cream.

**FRICASSEE.**

Stew the chicken as above, thicken the gravy with butter and flour, and after taking it off, stir in an egg that has been previously beaten a little.

Cold Veal chopped fine, and prepared in this way is highly esteemed as a relish or a side dish.

**CHICKEN FRICASSEE.**

Cut two chickens up, wash and put them in a stew pan with as much water as will cover them; sprinkle them with a spoonful of salt; boiled till tender, covered close, and skim them; then take up the chickens, put the liquor in a pan with half a pound of butter and brown it; then put the chickens back, cover it close, let them do till brown,

stirring them often, then put in the liquor and stew till tender.

#### OYSTER PIE.

Lay your crust on a dish, put in oysters seasoned with butter, flour and a boiled egg chopped fine ; cover and bake it.

#### CHICKEN PIE.

Parboil the chicken, put it into the crust with salt, pepper, butter and flour ; cover and bake half an hour.

#### EGG PLANT.

Cut in slices, lay salt between each slice for half an hour previous to cooking ; a quantity of water will run out, wipe the slices, pepper, dip in egg and then in grated cracker and fry them.

Tomatoes seasoned, and fried with egg and cracker are esteemed a great luxury.

#### SAUSAGES.

Three tea-spoons of powdered sage, one

and a half of salt, and one of pepper, to a pound of meat, is good seasoning for sausages.

#### MINCE MEAT.

Mash you vegetables, and chop your meat very fine. Warm it with what remains of sweet gravy, or roast meat drippings, which you may happen to have. Two or three apples, pared, cored, sliced, and fried, to mix with it is an improvement. Some like sifted sage sprinkled in.

It is generally considered nicer to chop your meat fine, warm it in gravy, season it, and lay it upon a large slice of toasted bread to be brought upon the table without being mixed with potatoes; but if you have cold vegetables use them.

#### BEANS AND PEAS.

Put them in cold water, and hang over the fire, the night before they are baked. In the morning they should be put in a colander, and rinsed two or three times; then again placed in a kettle, with the pork you intend to

bake, covered with water, and kept scalding hot an hour or more. A pound of pork is quite enough for a quart of beans. The rind of the pork should be slashed. Pieces of pork alternatly fat and lean, are the most suitable; the cheeks are the best. A little pepper sprinkled among the beans, when they are placed in the bean pot, will render them less unhealthy. They should be just covered with water, when put into the oven; and the pork should be sunk a little below the surface of the beans. Bake 3 or 4 hours.

Stewed beans are prepared the same way. The only difference is, they are not taken out of the scalding water, but are allowed to stew in more water, with a piece of pork and a little pepper three hours or more.

Dried peas need not to be soaked over night. They should be stewed slowly four or five hours in considerable water, with a piece of pork. The older beans and peas are, the longer they should cook. Indeed, this is the case with all vegetables.

## SOUSE.

Pigs' feet, ears, &c., should be cleaned after being soaked in warm water ; the hoofs will then come off easily with a sharp knife ; the hard, rough places should be cut off ; they should be thoroughly singed, and then boiled as much as four or five hours, until they are too tender to be taken out with a fork. When taken from the boiling water, it should be put into cold water. After it is packed down tight, boil the jelly-like liquor into which it is cooked with an equal quantity of vinegar ; salt as you think fit, and cloves, allspice, and cinnamon, at the rate of quarter of a pound to one hundred weight ; to be poured on scalding hot.

## TRIPE.

Tripe should be kept in cold water, or it will be too dry for cooking. The water in which tripe is kept should be changed more or less frequently, according to the warmth of the weather. Broiled like a steak, buttered, peppered, &c. Some like it prepared like souse.

## GRAVY

Most people put a half a pint of flour and water into their tin-kitchen, when they set meat down to roast. This does very well; but gravy is better flavored, and looks darker to shake flour and salt upon the meat; let it brown thoroughly, put flour and salt on again, and then baste it with about half a pint of hot water (or more, according to the gravy you want.) When the meat is about done, pour these drippings into a skillet, and let it boil. If it is not thick enough, shake in a little flour; but be sure to let it boil, and be well stirred, after the flour is in. If you fear it will be too greasy, take off a cupful of the fat before you boil. The fat of beef, pork, turkeys and geese is as good for shortning as lard. Salt gravy to your taste. If you are very particular about dark gravies, keep your dredging-box full of scorched flour for that purpose.

*Various ways of deciding the age of Poultry.*

If young, the legs are lighter, and the feet



do not look so hard, stiff, and worn. If the bottom of the breast bone, which extends down between the legs, is soft, and gives easily, it is a sign of youth ; if stiff, the poultry is old.

There is more deception in geese than in any other kind of poultry. The above remarks are applied to them ; but there are other signs more infallible. In a young goose, the cavity under the wings is very tender ; it is a bad sign if you cannot, with very little trouble, push your finger directly into the flesh. There is another means by which you may decide whether a goose be tender, if it be frozen or not. Pass the head of a pin along the breast, or sides, and if the goose be young, the skin will rip like fine paper under a knife.

Something may be judged concerning the age of a goose by the thickness of the web between the toes. When young this is tender and transparent ; it grows harder and coarser with time.

## TO SALT PORK.

Scald coarse salt in water and skim it, till the salt will no longer melt in the water.— Pack your pork down in tight layers; salt every layer; when the brine is cool, cover the pork with it, and keep a heavy stone on the top to keep the pork under brine. Look to it once in a while, for the first few weeks, and if the salt has all melted, throw in more.

This brine, scalded and skimmed every time it is used, will continue good twenty years. The rind of the pork should be placed toward the edge of the barrel.

## TO SALT BEEF.

Six pounds of coarse salt, eight ounces of brown sugar, a pint molasses, eight ounces salt petre, are enough to boil in four gallons water. Skim it clean while boiling. Put it to the beef cold; have enough to cover it; and be careful your beef never floats on the top. If it does not smell perfectly sweet, throw in more salt; if a scum rises, scald and skim it again and when cold pour it on the beef.

## TO CURE HAM.

Rub them with fine salt very thoroughly, and let them lay twenty-four hours. Baste them with molasses, rub in the salt petre and then with fine salt carefully every day for six weeks. To each ham allow one quart molasses, two ounces salt petre, and one quart salt. To be smoked four weeks.

Sew up each ham in a cavass bag, and give them three or four coats of lime, or tie them up in paper and put them in barrels packed with layers of ashes or charcoal dust. When you take out a ham for use, keep it in a dark place and well covered up, especially in summer.

This old fashioned way may be, perhaps, considered tedious and troublesome, but it is considered the best. Some pack them away in heavy layers of coarse salt, make a very strong pickle and pour over them, and keep them covered closely for four weeks.

The pickle for pork and hung beef should be stronger than for legs of mutton. Eight pounds of salt, ten ounces of salt-petre and

five pints of molasses is enough for one hundred weight of meat.

#### TO CURE MUTTON.

Six pounds of salt, eight ounces of saltpetre and five pints of molasses, will make pickle enough for one hundred weight.— Small legs should be kept in pickle twelve or fifteen days; if large, four or five weeks are not too much. They should be hung up a day or two to dry, before they are smoked.

When legs of meat are put in pickle, the thickest part of the meat should be placed uppermost, that is, standing up, the same as the creature stood when living. The same rule should be observed when they are hung up to dry; it is essential in order to keep in the juices of the meat. Meat should be turned over once or twice during the process of smoking.

#### TO CURE TONGUES.

The same pickle that answers for bacon is proper for Neat's Tongues. They should be boiled full three hours. If it has been in

salt long, it is well to soak it over night in cold water. Put it in to boil when the water is cold. Keep it in a cool place a day or two after it is boiled.

Pigs' Tongues are prepared in the same way as neat's tongues; they are sometimes sold for rein-deer's tongues, and thought a great luxury.

Buffalo's Tongue should soak from thirty to forty hours and boil five or six hours.

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*Remarks for the Economical.*

To be strictly economical you must take pains to ascertain which are the cheapest pieces of meat, not as to price merely, but which will go the farthest in *your* family.— We can, by economy, not only enjoy all the comforts of life, but even most of its luxuries.

A rack of mutton, which consists of the neck, and a few of the rib bones below, is cheap food. Four pounds will make a din-

ner for six people. The neck, cut in pieces, and boiled slowly an hour and a quarter, in little more than water enough to cover it, makes very nice broth. A great spoonful of rice should be washed and thrown in with the meat. About twenty minutes before it is done, put in a little thickening, and season with salt, and pepper, and sifted summer-savory, or sage. The bones below the neck, broiled, make a good mutton chop.

Liver when well cooked, is very nice, and very cheap. Some consider Veal liver the best. Fry a few slices of salt pork, put in the liver while the fat is hot. Season it with pepper, salt, and butter. Sprinkle in a little flour, stir it and pour in boiling water to make gravy. Dip the liver in sifted Indian meal before it is fried. Cut into slices about as thick as are cut for beef steaks.

The liver, heart, &c. of a lamb or pig is cheap and makes a good fry. Some butchers cut off the sweet-bread for their own use, but do not buy without it. Fry 3 slices

of pork first, take them out, and while the fat is very hot put in your fry. Cook it well without scorching. Cut up a handful of parsley very fine, pour a little boiling water in the fat, and cook the parsley a minute or two, and pour it over your fry—and if you wish it thicker shake in a little flour before putting in the parsley.

The rump bone is full of marrow, from which a pot of very rich soup may be made. You can usually obtain a pint of good shortening from it without injury to the soup.

The leg and shin make very rich soup, and is cheap and profitable.

The rand, that is, the thick part of the leg will be chosen for mince pies. It should be boiled in soup, and so tender that the sinews are not perceived.

The flank is the most profitable part for roasting or corning. The navel end of the brisket is best for salting or corning, but it is good roasted.

A Bullock's heart is profitable as a steak, broiled like beef. Some stuff and roast it.

That part between the neck and shoulder is called the chuck, and is good for roasting, steaks or salting.

The rump and the last cut of sirloin is the richest and tenderest piece of beef. Choose it for an invalid, because it is lighter food than any other beef.

The round, for economy, will be bought in preference to the rump. It is cheaper in price, and heartier food.

The shoulder of veal is good for roasting or boiling. Cut off the knuckle and boil it with a bit of pork and greens, or make it into soup. The shoulder may be roasted.

A breast of veal is a choice piece, and is usually sold very high.

The hind-quarter of veal and the loin should be roasted; the leg stuffed. The brisket upon the fore-quarter is sweet and



delicate and some, for this reason, prefer it to the hind-quarter.

A shoulder of pork for roasting. Cut off the leg to be boiled. The lower part of the spare-rib toward the neck is more sweet and juicy, and there is more meat in proportion to the bone than the upper part of the spare-rib.

The breast, or shoulder, of mutton are for roasting, boiling or broth. The breast is richer than the shoulder. It is more economical to buy a fore-quarter of mutton than a hind-quarter. The neck of fat mutton makes a good steak for broiling.

It is more profitable to buy a hind-quarter than a fore-quarter of lamb; as its own fat will cook it, and there is no need of pork or butter in addition. Either part is good for roasting or boiling. The leg is suitable for boiling; the shoulder and breast for broth.

Pigs' head is cheap; and when well cooked it is delicious. The tip of the snout chopped off, and put in brine a week, is good for boiling; the cheeks are very sweet; they are better than any other pieces of pork to bake with beans. The head is very good baked.

*To cure Mutton to taste like Venison.*

Take a large leg of mutton, rub with one pound saltpetre, three of fine salt, and two of sugar ; rub on as much as it will take ; let it stand a week turning every day, dry and smoke it.

*To make Calves' Head like Turtle Soup.*

Take a head with the skin on, soak it well in salt and water, then boil until quite tender ; tie the brains, with a little sage, in a cloth, and boil also ; when done, cut out the the tongue, which, with the brains, makes one dish ; then take out all the bones in the head ; leaving the jaws as whole as possible, cut all the rest up in pieces about an inch long, make force-meat balls of pounded ham ; crumbs of bread, spice, and yolks of eggs ; fry them and brown the jaws ; boil up the soup until it is reduced to a quart, have eggs boiled hard, lay the jaws in a deep dish, garnish it with the balls and eggs, then pour your soup over. Greens and eggs, or peas, &c. to be eaten with it.

Winklet upon the fore-quarter is sweet and

## BEEF ALAMODE

For a round of beef take sixty cloves, 3 spoonfuls of salt, one nutmeg, one handful of thyme and marjoram, one tablespoonful of pepper mixed with the marrow. Tie the round so as to preserve its shape, cut slits of an inch long all around, put the stuffing in them, one quarter of pork or ham, fill up the incissions where the stuffing was put in; steam it in half pint of water, half pound of butter or lard; turn it frequently. With proper attention, half an hour will bake it.

## BROWN GRAVY

A very rich gravy may be made by roasting sliced beef and onions in flour; fry them until they are brown, then put them in a stew-pan and cover with boiling water, adding some whole pepper, sweet-marijoram, thyme, parsley, allspice, mace, cloves and savory; let it stew slowly until strong

BROWN GRAVY.

For a pound of beef take sixty cloves, 3  
 spoonfuls of salt, one ounce, one handful  
 of thyme and marjoram, one tablespoonful

**Gravies.**

For good gravy, on ordinary occasions, see page 76 ; but in order to make this work more complete, it was thought necessary to introduce a variety.

**THIN GRAVY.**

Slice up a part of your beef very thin and broil it in such a manner as will color the gravy without doing the meat ; put this with the raw meat into your stew-pan with some allspice, whole pepper, a few sliced onions, three or four cloves, and a little Cayenne : cover it with boiling water, and let it boil a few moments, then take it off and skim it perfectly clear, and let it stew half an hour.

**BROWN GRAVY.**

A very rich gravy may be made by rubbing thin sliced beef and onions in flour ; fry them until they are brown, then put them in a stew-pan and cover with boiling water, adding some whole pepper, sweet-marjoram, thyme, parsley, allspice, mace, cloves and savory ; let it stew slowly until strong

enough for your taste. A small bit of ham improves this gravy.

*Another.*—Fry about a pound of lean beef cut in thin slices with two onions, a small lump of butter, some salt, pepper and alspice until it is quite brown on both sides. Put it into the sauce-pan with a quart of boiling water; let it simmer near an hour, skim off the fat and strain it through a fine sieve.

### STOCK GRAVY.

Take a neck piece of beef, very lean, say about six pounds, season it with salt and whole pepper; add a handful of sweet herbs, and a little mace; pour on two gallons of boiling water. Four or five fried onions is a great improvement. Boil it down to one gallon, strain it, let it cool and bottle it for future use.

### WHITE GRAVY.

Boil two pounds of small pieces of veal with a few onions, a little mace, cloves and a large tablespoonful of black pepper, whole, in two quarts of water, till of sufficient richness. Salt to your taste.

The French make this gravy something

different. Cut 2 pounds of cold veal fine, put in some cold turkey or fowl if you have it at hand, put it a sauce-pan with the bottom buttered ; add two white onions, and a little mace ; pour over it a pint of boiling water, or broth ; cover the pan, and set it over a slow fire for five or six hours, pricking and pressing the meat with a fork and spoon.—Strain it through a sieve.

#### FOR POULTRY.

Boil the gizzard, neck and liver in a pint of water, with a piece of bread toasted, salt and pepper. Boil it half away, strain and thicken it with flour and butter.

#### WHITE GRAVY.

Boil two pounds of small pieces of veal with a few onions, a little mace, cloves and a large tablespoonful of black pepper, whole, in two quarts of water, till of sufficient richness. Salt to your taste.

The French make this gravy something

**Fish.****BASS.**

Season with salt and pepper, stuff it with bread, one egg, marjoram and parsley, minced fine, with salt pork and four ounces butter; bake an hour. When done, pour over it melted butter; served with stewed oysters.

The same will answer for shad, codfish, and salmon.

**SALT CODFISH.**

Soak all night, boil it three or four hours, take out all the bones and mash it fine with potatoes and butter; brown it before a fire in the dish; melt butter with flour and water, and chop hard boiled eggs into it, for sauce.

The French cook salt cod-fish very nice. They soak it twenty-four hours in cold water, changing several times, adding each time a wine-glass full of vinegar. Boil the cod

till thoroughly done ; then cut the flesh into very small slips ; mix it with parsley, butter, vinegar, Cayenne pepper, nutmeg, and mace ; add to the mixture some boiled onions, mashed potatoes, and the yolks of two or three beaten eggs. Put the whole mixture into a deep dish, and make it up into the form of a thick round cake. Go all over it with a bunch of feathers, or a small brush, dipped in sweet-oil and then grate bread crumbs all over it. Brown it in the oven, and serve it up surrounded with slices of toast, dipped in melted butter.

Fresh Halibut and fresh Cod may be cooked in the same manner, putting salt in the water when you boil it and also in the seasoning.

#### SHAD.

Take fresh shad, salt and pepper it well, broil half an hour ; when done, butter it.— Salmon or any fish may be done this way.

#### PICKLED BASS.

Boil sea-bass till done, lay in a dish, put



some alspice and pepper into some vinegar, let it come to the boil, and pour over the fish. To be eaten cold.

### STURGEON

May be boiled and hashed like beef, add the usual articles for seasoning. Some prefer it done in the form of veal cutlets, by dipping them in eggs well beaten, then roll in flour, and fried in butter.

The best mode of dressing this, is to have it cut in thin slices like veal cutlets, and broiled, and rubbed over with a bit of butter and a little pepper, and served very hot, and eaten with a squeeze of lemon juice. Great care, however, must be taken to cut off the skin before it is broiled, as the oil in the skin, if burned, imparts a disgusting flavor to the flesh. The flesh is very fine, and comes nearer to veal, perhaps, than even turtle.

### TO CURE SHAD ROES.

Take them out without breaking, sprinkle with salt and saltpetre forty-eight hours ;

put in linen bags and hang in the smoke house; they are excellent till shad comes again.

#### ROASTED SALMON.

Fresh salmon is very fine roasted on a spit, first rubbing it with salt, and then basting it all the time with sweet-oil or butter.

#### *Sauce for the above.*

Put into a sauce-pan a little parsley, a shalot or small onion, a few mushrooms, and a piece of butter rolled in flour, pepper, salt, and the French put in a gill of white wine. Let these ingredients boil for half an hour; then strain them through a sieve, and mix with the sauce a table-spoonful of olive-oil.

#### BROILED SALMON.

Fresh salmon should be cut in slices and soaked an hour in a mixture of sweet-oil, chopped parsley, and shalots minced fine, with salt and pepper. Then take each slice with the seasoning on it, and wrap it in buttered paper. Broil the slices on a gridiron.

When thoroughly done, take off the paper, and serve up the salmon with melted butter and capers.

Other large fish may be dressed in like manner.

### BROILED FRESH MACKEREL.

Season it with pepper and salt, wrap it up in oil paper, let it lay full half an hour then broil it, pouring on it whatever of the seasoning may be left in the dish.

Serve it up with sauce of melted butter, with parsley, and a little lemon juice, or vinegar.

Take a pound of mackerel, wash it well, and

cut it into three or four pieces, rub it with salt and pepper, and lay it in a dish for half an hour.

Take a pint of oil, and a pint of vinegar, mix them together, and pour it over the fish.

Put the fish in a broiler, and broil it for half an hour.

Take a pint of cream, and a pint of butter, mix them together, and pour it over the fish.

Take half a pint of good gravy, season it with salt and pepper, and pour it over the fish.

Take half a pint of good gravy, season it with salt and pepper, and pour it over the fish.

## Sauces.

### FISH SAUCE.

Skin, gut and clean four eels, and cut them in pieces, and lay them in a stew-pan; add a quart of water, with a piece of toasted bread, a little mace, some sweet herbs, four anchovies, some whole pepper, and a little salt. Let it simmer till sufficiently rich, then thicken with flour and butter.

*Another very rich.*

Rub a table-spoonful of flour in three-quarters of a pound of butter, add a little water and melt it; put in a pint of cream; one anchovy minced fine, but not washed, give it one boil, add salt and lemon stirring all the time.

### FOR GAME.

Take half a pint of good gravy, season with salt and pepper, nutmeg and mace; let

it simmer fifteen minutes, then add butter and flour ; give it one boil up and it is done.

*Another.*—Put one onion sliced very fine, one ounce of butter, a garlic, two shalotes, a piece of carrot and parsnip, thyme, two cloves, into a stew-pan ; shake it over the fire till it begins to color ; then add a dust of flour, half a pint of strong gravy ; a spoonful of vinegar ; boil it half an hour. Skim off the fat and strain it ; season with salt and Cayenne. Boil and strain it again.

#### FOR COLD GAME.

Take two anchovies, a tablespoonful of oil, four of good vinegar, two shalotes, and the yolks of three hard eggs, and a little mustard.

#### MUSHROOMS.

Take young mushrooms about half a pint, skin them by rubbing them with salt, lay them in a stew-pan with a small quantity of salt, half a pint of cream, and nutmeg ; thicken the whole with butter and flour.—

Stir all the time while boiling to prevent curdling.

#### ONION.

Take any quantity of onions you choose, and boil them till perfectly tender; then drain the water off, and beat them up very fine; after which, add a sufficiency of butter and a small portion of cream.

#### BREAD.

Boil an onion with whole black pepper and milk till it is brought to a pulp; then strain off the milk, and pour it on some grated stale bread, and cover it carefully up.

In about three-quarters of an hour afterwards put it in a saucepan with a large piece of butter rolled in flour, and when sufficiently boiled, serve it up.

#### OYSTER.

Boil the liquor of the oysters with a little mace and some lemon peel; when boiled, strain the liquor, and add the oysters, with some milk, and butter rubbed in flour. Set

the whole over the fire again till it boils (observing to stir it all the time.)

#### EGG.

Cut up hard boiled eggs quite fine, and put them to butter melted in a little milk.

This is excellent sauce for boiled Bass.

#### CURRENT.

Take of dried currants two ounces, boil five minutes in a pint of water; then add a few cloves, a few slices of bread crumbed fine, add some butter, stirring it until it is very smooth.

#### TOMATO.

Take as many ripe tomatoes as you choose and lay them in a jar, which must be placed in an oven from which the bread has been drawn; let them remain till soft, then separate the pulp from the skins; add wine vinegar, and pounded garlic, with fine ginger and salt. This sauce should be preserved in small bottles, well corked, in a cool and dry place. This is excellent sauce with either hot or cold meat.

## APPLE.

Take two quarts of apples, peel, core, and slice them ; and put them in a jar, which place in a sauce-pan of water over a gentle fire. When done, pulp them ; after which, add butter and brown sugar.—This sauce is excellent with roast pork or poultry.

A few quinces prepared the same way and added to the above, with a pint of new cider, make what is called *Apple-Butter*. This is often used instead of preserves at tea.

## ANCHOVY.

Add three anchovies minced fine, to some flour and butter, one tablespoonful of water ; stir the whole over the fire till it boils.



## Vegetables.

### ASPARAGUS.

Asparagus should be boiled twenty minutes ; if old, half an hour.

After the white part has been well scraped, cut them all off at one length, and tie them up in separate bundles ; lay them in boiling water with a little salt. Boil them briskly. Dip a piece of toasted bread in the liquor, and lay it in the dish ; then pour some melted butter over the toast, and lay the asparagus on the toast entirely round the dish.— Serve with melted butter.

### ARTICHOKES.

Wash them thoroughly and put them in the water cold. They need two hours hard boiling. Serve with melted butter, salt and pepper.

**BEETS.**

These should boil an hour and a half, and the tops twenty minutes. Boiled beets will keep some time in cold vinegar.

**CABBAGE.**

Cabbages should be boiled with corned beef or pork. Put them in when the meat is half done. They can be kept hard, fresh and sweet till spring by burying them in the ground.

**CAULIFLOWER.**

Cut the flower close and separate the green part; after soaking it an hour put it in boiling water; skim it frequently; it should be taken up and drained as soon as the stalks are tender. Serve it up in a dish by itself, with plain melted butter in your sauce-boat.

**CATSUP.**

Tomatoes make the best catsup. The vegetables should be squeezed up in the hand, salt put to them, and set by for twenty-four hours. After being passed through

a sieve, cloves, alspice, pepper, mace, garlic, and whole mustard-seed should be added. It should be boiled down one third, and bottled after it is cool. No liquid is necessary, as the tomatoes are very juicy. A good deal of salt and spice is necessary to keep the catsup well. It is delicious with roast meat; and a cupful adds much to the richness of soup and chowder. The garlic should be taken out before it is bottled.

#### CELERY

Should be kept in the cellar. The roots covered with tan will preserve them best.

#### CORN.

Sweet corn when green is the best to boil. If it is a little old put in a little pearlash and boil half an hour; an excellent pudding can be made of grated green corn.

#### DANDELION.

These may be much improved by cultivation. Cut them off with care and they will spring up again until late in the season.

## LETTUCE.

If the tops of lettuce be cut off when it is becoming too old for use, it will grow up again fresh and tender, and may be thus kept good through the summer.

## ONION.

Boil onions in milk and water to diminish the strong taste of that vegetable. It is an excellent way of serving up onions, to chop them after they are boiled, and put them in a stew-pan, with a little milk, butter, salt, and pepper, and let them stew fifteen minutes. This gives them a fine flavor, and they can be served up very hot.

Onions should be kept very dry, and never carried in the cellar except in severe weather when there is danger of their freezing. By no means let them be in the cellar after March; they will sprout and spoil.

## PARSNIPS.

Parsnips are good in the spring, they should be kept in the cellar, and kept cov-

ered up in sand, they should boil an hour, or an hour and a quarter, according to size.

### POTATOES.

Potatoes should likewise be carefully looked to in the spring, and the sprouts broken off. The cellar is the best place for them, because they are injured by wilting; but sprout them carefully, if you want to keep them. They never sprout but three times; therefore, after you have sprouted them three times, they will trouble you no more. New potatoes should boil fifteen or twenty minutes; three quarters of an hour, or an hour is not too much for large, old potatoes; common sized ones, half an hour.— In the spring, it is a good plan to cut off a slice from the seed end of potatoes, before you cook them. The seed end is opposite to that which grew upon the vine; the place where the vine is broken off may be easily distinguished. By a provision of nature, the seed end becomes watery in the spring; and, unless cut off, it is apt to injure the potato. If you wish to have potatoes mealy, do

not let them stop boiling for an instant ; and when they are done, turn the water off, and let them steam for ten or twelve minutes over the fire. Those who have eaten them cooked by steam, say they are mealy and white.

Potatoes boiled and mashed while hot, are good to use in making short cakes and puddings ; they save flour, and less shortening is necessary.

It is said that a bit of unslacked lime, about as big as a robin's egg, thrown among old, watery potatoes, while they are boiling, will tend to make them mealy.

#### SQUASHES.

Squashes should never be kept down cellar when it is possible to prevent it. Dampness injures them. If intense cold makes it necessary to put them there, bring them up as soon as possible, and keep them in some dry, warm place.

Green squashes that are turning yellow, and striped squashes, are more uniformly sweet and mealy than any other kind.

## TOMATOES.

After they are skinned by pouring boiling water over them they should be stewed half an hour, in tin, with a little salt, a small bit of butter, and a spoonful of water, to keep them from burning. This is a delicious vegetable. It is easily cultivated, and yields a most abundant crop. Some people pluck them green, and pickle them.

## Pickles.

### PEPPERS.

Cut a slice in the side of each pepper, take out the seeds and fill with salt; let them remain three weeks, (or you may make a brine and let them remain in it three weeks.) Take them out, cover the bottom and sides of a brass or bell-metal kettle with cabbage leaves, put the peppers in and cover them with the leaves, fill up with cold water, and hang them in a warm place where they will green gradually. Cut a hard cabbage, not very fine, add one quarter of a pound of mustard seed, grated horseradish, a few cloves and allspice whole, mix them well together, and stuff each pepper and tie it round with a string; put them in jars and cover them with cider vinegar heated.

### CUCUMBERS.

Of the salt that comes out of the peppers (and as much more as may be necessary,)



make a brine that will bear an egg, lay the cucumbers in it 9 days, take them out, wash and wipe them dry, put them into a bell-metal kettle with cabbage leaves all around; between each layer of the cucumbers sprinkle cloves, mustard seed, horseradish, pepper, mace, a little allspice, and a few cloves of garlic, fill it with vinegar, and put over a slow fire; they will be green in a few hours, when green enough, put them away in jars.

Too much allspice will make pickles look black.

#### TOMATOES.

Take one peck of ripe tomatoes, (the small ones are handsomest,) stick each full of holes with a fork or pointed stick, lay them in thick layers of salt four or five days, (ten days if the tomatoes are large,) when taken out of the salt lay in vinegar and water all night; put them into your jars with the following proportion of spice, and fill up with cold vinegar;—one ounce of cloves, one bottle of mustard, eight onions sliced, ten grains of pepper. They will be fit for

use in two weeks ; the liquor off them is good catsup.

All pickles and preserves should be kept closely tied down.

*To keep Tomatoes through the winter.*

Peel and season them well, stew them thoroughly, when cold, put into wide mouthed bottles, pour a little sweet oil over them, cork and seal them tight.

MANGOES.

Musk-melons should be pickled for mangoes when they are green and hard. They should be cut open after they have been in salt water ten days, the inside scraped out clean, and filled with mustard-seed, allspice, horseradish, and small onions, and sewed up again, and scalding vinegar poured upon them.

WALNUTS.

When walnuts are so ripe that a pin will go into them easily, they are ready for pickling. They should be soaked twelve days

in very strong cold salt and water, which has been boiled and skimmed. A quantity of vinegar, enough to cover them well, should be boiled with whole pepper, mustard-seed, small onions, or garlic, cloves, ginger, and horseradish; this should not be poured upon them till it is cold. They should be pickled a few months before they are eaten. To be kept close covered, for the air softens them. The liquor is an excellent catsup to be eaten on fish.

#### MARTINOES.

Martinoes are prepared in nearly the same way as other pickles. The salt and water in which they are put, two or three days previous to pickling, should be changed every day; because martinoes are very apt to become soft. No spice should be used but allspice, cloves, and cinnamon. The martinoes and the spice should be scalded in the vinegar, instead of pouring the vinegar over the martinoes.

## RED CABBAGE.

Red cabbages need no other pickling than scalding, spiced vinegar poured upon them, and suffered to remain eight or ten days before you eat them. Some people think it improves them to keep them in salt and water twenty-four hours before they are pickled.

## ONIONS.

Take small onions, clear them from their skins, lay them in brine one day, which must be changed once; then dry them well in a clean cloth, and boil some white-wine vinegar, with a little mace, cloves and whole pepper; pour this over them scalding hot, and, when cold, tie it down securely.

**Herbs.**

“All vegetables are in the highest state of perfection, and fullest of juice and flavor, just before they begin to flower: the first and last crop have neither the fine flavor, nor the perfume of those which are gathered in the height of the season; that is, when the greater part of the crop of each species is ripe.—*Butler.*”

Burdocks warmed in vinegar, with the hard, stalky parts cut out, are very soothing, applied to the feet; they produce a sweet and and gentle perspiration.

Catnip, particularly blossoms, made into tea, is good to prevent a threatened fever — It should taken in bed, and the patient kept warm.

English-mallows steeped in milk is good for the dysentery.

Elder-blow tea has a mild effect. It is cool and soothing, and peculiarly efficacious either for babes or grown people, when the digestive powers are out of order.

Horseradish is powerful and is excellent in cases of the ague, warmed in vinegar and clapped, and placed on the part affected.

Hyssop tea is good for sudden colds, and disorders on the lungs. It is necessary to be very careful about exposure after taking it; it is peculiarly opening to the pores.

Lungwort, maiden-hair, hyssop, elecampane and hoarhound steeped together, is an almost certain cure for a cough. A wine glass full to be taken when going to bed.

Motherwort tea is very quieting to the nerves. Students, and people troubled with wakefulness, find it useful.

Sage is very useful both as a medicine, for the head-ache—when made into tea—and for all kinds of stuffing, when dried and rub-

bed into powder. It should be kept tight from the air.

Summer-savory is excellent to season soup, broth, and sausages. As a medicine, it relieves the cholic.

Sweet-balm tea is cooling when one is in a feverish state.

Succory is a very valuable herb. The tea, sweetened with molasses, is good for the piles. It is a gentle and healthy physic, a preventive of dyspepsy, humors, inflammation, and all the evils resulting, from a restricted state of the system.

Sweet-Marjoram is the best of all herbs for broth and stuffing. Gather it in the bud and dry it before the fire. It should be rubbed fine as soon as perfectly dry, and corked up very tight.

Thoroughwort should always be kept in bottles corked tight. No one should be without it. It operates in a gentle emetic on a foul stomach, and is good for dyspepsy.

## Soap.

Bore small holes in the bottom of a barrel, place four bricks around, and fill the barrel with ashes. Wet the ashes well, but not enough to drop; let it soak thus three or four days; then pour a gallon of water in every hour or two, for a day or more, and let it drop into a pail or tub beneath. Keep it dripping till the color of the lye shows the strength is exhausted. If your lye is not strong enough, you must fill your barrel with fresh ashes, and then let the lye run through it. To make a barrel of soap, it will require five or six bushels of ashes, with four quarts of unslacked stone lime; if slacked eight quarts.

When you have drawn off part of the lye, put the lime (whether slacked or not) into 2 or 3 pails of boiling water, and add it to the ashes, and let it drain through.

Three pounds of grease should be put into a pail of lye. The great difficulty in making soap 'come' originates in want of judgement about the strength of the lye. One rule may be safely trusted—If your lye will bear up an egg, or a potato, so that



you can see a piece of the surface as big as a shilling, it is just strong enough. If it sink below the top of the lye, it is too weak, and will never make soap; if it is buoyed up half way, the lye is too strong; and is just as bad. A bit of quick-lime, thrown in while the lye and greese are boiling together, is of service. When the soap becomes thick and ropy, carry it down cellar in pails and empty it into a barrel.

Cold soap is less trouble; because it does not need to boil; the sun does the work of fire. The lye must be prepared and tried in the usual way. The greese must be tried out, and strained from the scraps. Two pounds of greese to a pailful; unless the weather is very sultry, the lye should be hot when put to the greese. It should stand in the sun, and be stirred every day. If it does not begin to look like soap in the course of five or six days, add a little hot lye to it; if this does not help it, try whether it be greese that it wants. Boil the scraps thoroughly in strong lye, the greese will all float upon the surface, and nothing be lost.

## HINTS ON ECONOMY.

Remember that time and credit are money. Both should be cultivated and used with the greatest care.

Remember this saying, "That the good paymaster is master of another man's purse." He that is known to pay well, that is punctual and exact to the time he promises, may at any time raise all the money that his friend can spare. Therefore never keep borrowed money an hour beyond the time promised, lest a disappointment shut up your friend's purse forever.

'Everything' says Mrs. Barbauld, 'is marked at a settled price. Our time, our labor, our ingenuity, is so much ready money, which we are to lay out to the best advantage. Examine, compare, choose, reject; but stand to your own judgment; and do not, like children, when you have purchased one thing, repine that you do not possess another, which you would not purchase. Would you be rich? Do you think that the single point worth sacrificing everything else to? You may then be rich. Thousands

have become so from the lowest beginnings by toil, and diligence, and attention to the minutest articles of expense and profit. But you must give up the pleasure of leisure, of an unembarrassed mind, and of a free unsuspecting temper. You must learn to do hard, if not unjust things; and for the embarrassment of a delicate and ingenuous spirit, it is necessary for you to get rid of it as fast as possible.— You must not stop to enlarge your mind, polish your taste, or refine your sentiments; but must keep in one beaten track, without turning aside to the right hand or the left. “But,” you say, “I cannot submit to drudgery like this; I feel a spirit above it.” ’Tis well; be above it then; only do not repine because you are not rich. Is knowledge the pearl of price in your estimation? That too may be purchased by steady application, and long, solitary hours of study and reflection. “But,” says the man of letters, “what a hardship is it that many an illiterate fellow, who cannot construe the motto on his coach, shall raise a fortune, and make a figure, while I possess merely the common conveniences of life.” Was it for fortune, that you grew pale over the midnight lamp, and gave the sprightly years of youth to study and reflection? You then have mistaken your path, and ill employed your industry. “What reward have I then for all my labour?” What reward! A large comprehensive soul, purged

from vulgar fears and prejudices, able to interpret the works of man and God. — A perpetual spring of fresh ideas and the conscious dignity of superior intelligence. Good Heaven! what other reward can you ask! “But is it not a reproach upon the economy of providence that such a one, who is a mean, dirty fellow, should have amassed wealth enough to buy half a nation?” Not in the least He made himself a mean, dirty fellow, for that very end. He has paid his health, his conscience, and his liberty for it. Do you envy his bargain? Will you hang your head in his presence, because he outshines you in equipage and show? Lift up your brow with a noble confidence, and say to yourself, “I have not these things, it is true; but it is because I have not desired, or sought them; it is because I possess something better. I have chosen my lot! I am content and satisfied.” The most characteristic mark of a great mind is to choose some one object, which it considers important, and pursue that object through life. If we expect the purchase, we must pay the price.’

## APPENDIX.

### *Chinese Method of mending China.*

Take a piece of flint-glass, beat it to fine powder, and grind it well with the white of an egg, and it joins china without riveting, so that no art can break it in the same place.— You are to observe, that the composition is to be ground extremely fine on a painter's stone.

### *Cement for repairing Copper Boilers, ect.*

This cement is often used by copper-smiths, to lay over the rivets and edges of the sheets of copper, in large boilers, to serve as an additional security to the joinings, and to secure cocks, &c. from leaking; it is made by mixing pounded quick-lime with ox's blood. It must be applied fresh made,

as it soon gets so hard as to be unfit for use.

If the properties of this cement were duly investigated, it would be found useful for many purposes to which it has never been applied. It is extremely cheap, and very durable.

*Excellent cement for broken china,*

May be made from a mixture of equal parts of glue, white of egg, and white lead.

*Cement to mend broken China or Glass.*

Garlic stamp'd in a stone mortar ; the juice whereof, when applied to the pieces to be joined together, is the finest and strongest cement for that purpose, and will leave little or no mark if done with care.

*To stop Cracks in Glass Vessels.*

The cracks of glass vessels may be mended, by daubing them, with a suitable piece of linen, over with white of egg, strewing both over with finely powdered quick-lime,

and instantly applying the linen closely and evenly.

*Receipt for Blacking.*

In three pints of small beer, put two ounces of ivory black, and one pennyworth of brown sugar. As soon as they boil, put a dessert-spoonful of sweet oil, and then boil slowly till reduced to a quart. Stir it with a stick every time it is used; and put it on the shoe with a brush when wanted.

*To prevent Shoes from taking in Water.*

One pint of drying oil, two ounces of yellow wax, two ounces of turpentine, and half an ounce of burgundy pitch, melted carefully over a slow fire. If new boots or shoes are rubbed with this mixture, either in the sunshine, or at some distance from the fire, with a sponge or soft brush, and the operation is repeated as often as they become dry, till the leather is fully saturated, they will be impervious to wet, and will wear much longer, as well as acquiring a softness and pliability

that will prevent the leather from ever shrivelling.

*N. B.*—Shoes or boots prepared as above ought not to be worn till perfectly dry and elastic, otherwise their durability would rather be prevented than increased.

*Permanent Ink for marking Linen.*

Take of lunar caustic, (now called *argentum nitratum*) one dram; weak solution, or tincture of galls two drams. The cloth must be first wetted with the following liquid, viz. salt of tartar, one ounce; water, one ounce and a half; and must be perfectly dry before any attempt is made to write upon it.

*To make Paste.*

Mix wheat flour first in cold water, then boil it till it be of a glutinous consistence; this method makes common paste. When you wish it to be of a stronger nature, mix a *fourth*, *fifth*, or *sixth* of the weight of the flour of powdered alum: and where it is wanted



of a still more tenacious quality, add a little powdered rosin.

*To clean Gold and restore its Lustre.*

Dissolve a little sal-ammoniac in urine; boil your soiled gold therein, and it will become clean and brilliant.

*To prevent Steel or Iron from Rust.*

Take one pound of hog's lard free from salt, one ounce of camphire, two drams of black lead powder, and two drams of dragon's blood in fine powder; melt the same on a slow fire until it is dissolved, and let it cool for use.

*Another.*

This method consists in mixing, with fat oil varnish, four-fifths of well rectified spirit of turpentine. The varnish is to be applied by means of a sponge; articles varnished in this manner will retain their metallic brilliancy, and never contract any spots of rust.

It may be applied to copper, and to the preservation of philosophical instruments; which, by being brought into contact with water, are liable to lose their splendor, and become tarnished.

*To prevent polished Hardware and Cutlery from taking rust.*

Case-knives, snuffers, watch-chains, and other small articles made of steel, may be preserved from rust, by being carefully wiped after use, and then wrapped in coarse brown paper, the virtue of which is such, that all hardware goods from Sheffield, Birmingham, &c. are always wrapped in the same.

*To clear Iron from Rust.*

Pound some glass to fine powder, and having nailed some strong linen or woollen cloth upon a board, lay upon it a strong coat of gum water, and sift thereon some of your powdered glass, and let it dry; repeat this operation three times, and when the last covering of powdered glass is dry, you may

easily rub off the rust from iron utensils, with the cloth thus prepared.

*To cut Glass.*

Take a red hot shank of a tobacco-pipe, lay it on the edge of your glass, which will then begin to crack, then draw the shank end a little gently before, and it will follow any way you draw your hand.

*For taking Grease out of the Leaves of Books.*

Fold up, in two small bags made of fine open muslin, some ashes of burnt bones finely powdered, or of calcined hartshorn, which is always ready prepared at the shops of the druggists; lay the bags of muslin, containing the powder, one on each side of the greasy leaf: and having heated a pair of fire tongs, or hair-dresser's pinching tongs, of a moderate warmth, press with them the two bags, against the grease spot, and hold them some time in that situation. Repeat the process, if necessary.

When the irons cannot be conveniently used, the powder may be heated over the fire, in a clean earthen vessel ; and while hot, applied, without any muslins, on each side of the grease spot, and a weight laid on it to assist its effect.

*To clean Silk Stockings.*

Wash your stockings first in white soap liquor, lukewarm, to take out the rough dirt ; then rinse them in fair water, and work in a fresh soap liquor. Then make a third soap liquor, pretty strong, in which put a little stone blue, wrapped in a flannel bag till your liquor is quite blue enough ; then wash your stockings well therein, and take them out and wring them. Then let them be dried so that they may remain a little moist ; then stove them with brimstone, after which put upon the wood leg two stockings, one upon the other, observing that the two fronts or outsides are face to face, then polish them with a glass.

N. B.—The two first soap liquors must

be only lukewarm, the third as hot as you can bear your hand in it.

Blonds and Gauzes are whitened in the same manner, only a little gum is put in the soap liquor before they are stoved.

*To clean Britania metal or Blocktin.*

Where the polish is gone off, let the article be first rubbed over the outside with a little sweet oil, on a piece of soft linen cloth; then clear it off with dry pure whiting, free from sand, on linen cloths, which will make them look as well as new. The insides should be rubbed with rags moistened with wet whiting, but without a drop of oil. Always wiping these articles dry when brought from the table, and keeping them free from steam or other damp, greatly facilitates the trouble of cleaning them.

*Cleaning floor cloths.*

After sweeping and rubbing them over with a damp flannel, wet them over with

milk, and rub them till beautifully bright with a dry cloth.

*To clean Mahogany Furniture.*

Three cents worth of alkanet root, one pint of cold drawn linseed oil, two cents worth of rose pink ; put these into a pan, and let them stand all night ; rub this over the furniture and let it remain one hour, then take a linen cloth and rub it well off, and it will leave a beautiful pink gloss upon the furniture.

*Varnish for Furniture.*

To one part of white wax add 8 parts of oil of petroleum ; lay a slight coat of this mixture on the wood with a badger's brush, while a little warm ; the oil will then evaporate, and leave a thin coat of wax, which should afterwards be polished with a coarse woollen cloth.

*German Gloss for Furniture.*

Cut in small pieces a quarter of a pound

of yellow wax, and melting it in a pipkin, add an ounce of well pounded colophony, or black rosin. The wax and colophony being both melted, pour in by degrees, quite warm, two ounces of oil or spirit of turpentine. When the whole is thoroughly mixed pour it into a tin or earthen pot, and keep it covered for use. The method of applying it to the furniture, which must be first well dusted and cleaned, is by spreading a little of this composition on a woollen cloth, well rubbing the wood with it; in a few days the gloss will be as firm and fast as varnish.

*To keep Oranges and Lemons.*

Take small sand and make it very dry; after it is cold put a quantity of it into a clean vessel; then take your oranges and set a layer of them in with the stalk end downwards, so that they do not touch each other. Put in two inches of sand between each layer, then set the vessel in a cold place and you will find your fruit in high preservation at the end of several months.

*To preserve Apples.*

Dry a glazed jar perfectly well, put a few pebbles in the bottom; fill the jar with apples, and cover it with a bit of wood made to fit exactly; and over that, put a little fresh mortar. The pebbles attract the damp of the apples. The mortar draws the air from the jar, and leaves the apples free from its pressure, which, together with the principle of putrefaction which the air contains, are the causes of decay. Apples, kept thus, have been found quite sound, fair and juicy in July.

*To preserve Fruit fresh all the year.*

Take 1 pound of saltpetre, 2 of bole-armenic, 4 of sand free from earth, mix them all together. Gather the fruit before it is fully ripe, handling each by the stalk only; put them in a glass vessel, very carefully, and tie it close with oiled paper. Put this vessel in a box filled all round, four inches thick, with the aforesaid preparations, so that no part of the vessel shall appear. Keep



it in a dry place, and the fruit, at the end of the year, may be taken out as beautiful as when they were put in.

*To Dye or Stain Leather Gloves.*

The different pleasing hues of yellow, brown, or tan colour, are readily imparted to leather gloves by the following simple process: Steep saffron in boiling hot soft water for about twelve hours; then, having slightly sewed up the tops of the gloves, to prevent the dye from staining the insides, wet them over with a sponge or soft brush dipped into the liquid. The quantity of saffron, as well as of water, will of course depend on how much dye may be wanted; and their relative proportions, or the depth of colour required. A common teacup will contain sufficient in quantity for a single pair of gloves.

*To Stain Wood a fine Black.*

Drop a little oil of vitrol into a small quantity of water, rub the same on your wood, then hold it to the fire until it be-

comes a fine black, and, when polished, it will be exceedingly beautiful.

*To stain Wood a beautiful Mahogany Colour.*

Place a square piece of plane-tree wood, a line in thickness, into pounded dragon's blood, from the Canaries, mixed with oil of turpentine, over the fire, in a glass vessel, the wood will slowly assume the colour, even before the spirit has volatilized. After more than an hour take the vessel from the fire, and let it stand the whole night, when the wood will appear as mahogany colour, not merely on the surface, but also in the interior parts. The denser fibres will be somewhat less coloured : but this, instead of injuring the beauty of the wood, will rather add to it. The red dye can be made stronger or weaker, by taking a greater or less quantity of dragon's blood, and by a greater or less degree of digestion and boiling. The wood of the plane tree is best for this purpose, because it can be easily sawn and polished ; because it has a white colour ; is neither too hard nor too soft ; has beautiful white spots

with veins that cross each other; and because artists, who make inlaid works, have long attempted to colour it by staining. The wood, when stained can very easily be freed from the dragon's blood adhreing to it, by means of rectified spirit of wine. The spirit of turpentine makes the wood more compact, and renders it more susceptible of a fine polish.

*To make Nankeen Dye.*

Boil equal parts of arnotto and common potash in water, till the whole are dissolved. This will produce the pale reddish buff so much in use, and sold under the name Nankeen Dye.

*To dye Cotton a fine Buff Colour.*

Let the twist or yarn be boiled in pure water, to cleanse it; then wring it, run it through a dilute solution of iron in the vegetable acid, which printers call iron liquor; wring, and run it through lime water, to raise it; wring it again, and run it through

a solution of starch and water ; then wring it once more, and dry, wind, warp, and weave it for use.

*To cure a Bruise in the Eye.*

Take conserve of red roses, and also a rotten apple, put them in a fold of thin cambric, apply it to the eye, and it will draw the bruise out.

*To prevent the baneful Effects of burning Charcoal.*

Set an uncovered vessel, filled with boiling water, over the pan containing the charcoal, the vapour of which will counteract the deleterious fumes, and while it keeps boiling will make charcoal as safe as any other fuel.

*Remedy for Burns.*

A little spirit of turpentine, applied to recent burns, will mitigate the pain, if not wholly remove it.

*For Chilblains.*

Soak them in warm bran and water, then

rub them well with mustard-seed flour ; it will be better if they are done before they break.

*To prevent Corns from growing on the Feet.*

Easy shoes ; frequently bathing the feet in lukewarm water, with a little salt or potash dissolved in it.

The corn itself will be completely destroyed by rubbing it daily with little caustic solution of potash, till a soft and flexible skin is formed.

*Cure for Warts.*

The milky juice of the stalks of spurge, or of the common fig leaf, by persevering application, will, to a certainty, soon remove them.

*Certain Cure for the Cramp.*

An effectual preventive for the cramp in calves of the legs, which is a most grievous pain, is to stretch out the heel of the leg as far as possible, at the same time drawing up the toes towards the body. This will

frequently stop a fit of the cramp, after it has commenced; and a person will, after a few times, be able, in general to prevent the fit coming on, though it be between sleeping and waking. Persons subject to this complaint should have a board fixed at the bottom of the bed, against which the foot should be pressed when the pain commences.

*To cure the Sting of a Wasp or Bee.*

To the part affected, apply oil of tartar, or solution of potash; it will give instant ease.

*A Receipt for a Cough.*

Take a glass of spring water and put into it a spoonful of syrup of horehound, and mix with it nine or ten drops of the spirit of sulphur.

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# **ECONOMICAL COOKERY:**

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ASSIST THE HOUSEKEEPER IN

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