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By an arrangement with Mr. Moulton, the "Thought and Work" Club of Salem is prepared to offer its friends and the public the "Up to Date" Cook Book. The compiler of this work, with an eclectic spirit has drawn from a large number of the best cook books of the world, tried receipts. We do not pretend to be original either in our method of publishing the book or selling it, but, thanks to the courtesy and helpful spirit of many business friends, we put in what may be valuable advertisements for the business woman and the housekeeper.

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A glance at the table of contents and the list of authorities consulted will convince all that the range of the book is wide and the plan a clear and simple one. Trusting that it will be useful and of a convenient form, we place it before the public.

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SOUPS.

White Stock.—1.

One pint soaked haricot beans, three pints water, one large carrot, one large onion, one large turnip, a little celery, one ounce butter, one teaspoonful salt, a very small quantity each of mixed herbs, mace and pepper-corns. Dissolve the butter in a saucepan, add the beans, vegetables sliced, the seasonings and water; boil all together for two and a half hours. Strain.

Brown Stock.—2.

Four pounds of the shin of beef, four young carrots, four Bermuda onions, one small turnip, one-half head of celery, one-half tablespoonful of salt, one-half teaspoonful of white pepper-corns, one-half teaspoonful of black pepper-corns. First, cutting all the meat from the bone, remove the marrow, and break up the bone with a hammer. Put the meat and bone together in a large saucepan, and pour over these five pints of cold water, placing the saucepan over the fire. Bring the water now quickly to the boiling point and skim off, when boiling, all of the scum that rises to the surface. Throw into the saucepan then the salt, which will bring any remaining to the top; when, skimming once more, add to the contents of the pan the carrot, turnip and celery, all cut into very small pieces. Before adding the onion, blanch it with boiling water, to draw from it the green-

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ness which produces indigestion; having done which, put it together with the pepper-corns into the saucepan and allow all again to boil. When this is done, draw the saucepan to the side of the fire, cover it closely, and allow its contents to simmer slowly for five hours, at the end of which time the stock should be strained through a clean towel to remove the meat and vegetables, the juices and flavors of which have been extracted, and put away to cool for future use.

Soup Stock.—3.

Two pounds coarse lean beef, chopped almost as fine as sausage-meat; one pound of lean veal, also chopped; two pounds of bones (beef, veal or mutton), cracked in several places; half or three stalks of celery, when you can get it; five quarts of cold water.

Consommé à la Royale.—4.

Beat up the yolks of two eggs with a tablespoonful of clear soup, pour it into a greased basin, cover the top and steam it twenty minutes. Cut it into squares, throw them into a soup tureen among clear soup, and serve hot.

Vermicelli Soup.—5.

Two quarts clear soup, one-fourth pound vermicelli, one teacupful tomato purée. Put the soup in a bright saucepan to boil; crush the vermicelli and put it into boiling salted water to boil for five minutes, drain it, and add it with the tomato purée to the soup; allow it to boil; season with pepper and salt, and serve.

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Vegetable Soup.—6.

An excellent soup can be made solely from vegetables as follows: Take the heart of a pretty large cabbage, a good-sized carrot, one-half pound of onions, one breakfast-cupful of green peas, a couple of parsnips, and two or three golden ball turnips. Wash and clean all these vegetables thoroughly, cut and mince the roots into very small dice, and put into a clean pot of boiling water and boil till the vegetables are all tender; add a little parsley a quarter of an hour before dishing. Do not put in salt or pepper till the soup is about to go on the table; add more peas if desired, and have some slices of toasted bread cut into half-inch pieces for those who like it among their soup. All vegetables should be well boiled, and this soup should not be too thick of vegetables. Put in the turnip first, then the chopped carrot —a portion of the carrot should be grated. This soup will take about two hours to make ready.

Ox-Tail Soup.—7.

Three ox tails will make a large tureenfull of soup. Desire the butcher to divide them at the joints. Rub them with salt, and put them to soak in warm water, while you prepare the vegetables. Put into a large pot or stewpan four onions peeled and quartered, a bunch of parsley, two sliced carrots, two sliced turnips and two dozen pepper-corns. Then put in the tails, and pour on three quarts of water. Cover the pot and set it on hot coals by the side of the fire. Keep it gently simmering for about three hours, supplying it well with fresh, hot coals. Skim it carefully. When the meat is quite ten-

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der, and falls from the bones, strain the soup into another pot, and add to it a spoonful of mushroom catchup, and two spoonfuls of butter rubbed in flour. You may thicken it also with the pulp of a dozen onions first fried soft and then rubbed through a colander. After it is thickened, let it just boil up, and then send it to table, with small squares of toasted bread in the tureen.

Veal Soup.—8.

To about three pounds of a joint of veal, which must be well broken up, put four quarts of water and set it over to boil. Prepare one-fourth pound of macaroni by boiling it by itself, with sufficient water to cover it; add a little butter to the macaroni when it is tender; strain the soup and season to taste with salt and pepper; then add the macaroni in the water in which it is boiled. The addition of a pint of rich milk or cream and celery flavor is relished by many.

Barley Broth.—9.

Six-pound leg of beef or knuckle of veal, one-half pound pearl barley, two quarts of cold water, two large onions, one small bunch of sweet herbs, one teaspoonful of chopped parsley, one head of celery, two turnips cut into squares, one tablespoonful of salt, one teaspoonful of black pepper. Simmer this all together for two hours, removing the scum carefully; then add two more quarts of hot water very gradually, and continue to simmer for two hours longer. Take out the meat, and skim off the fat. Do not strain the broth; send it to table with the vegetables and barley in it.

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Clam Soup.—10.

One quart, or two dozen, clams. Strain off the liquor and chop them fine. Add two quarts of boiling water and let all boil slowly for two hours in a porcelain kettle. Add two tablespoonfuls of butter, creamed with an equal amount of flour. Let it boil up once and add pepper and salt to taste. When ready to serve, add the yolks of two eggs, well beaten, and mixed with a pint of fresh milk. Do not boil after the eggs and milk are in.

Potato Soup.—11.

One pound bone or a small piece of dripping, four or five potatoes, two pints water, one onion, one-half carrot, pepper and salt. Wash the potatoes, peel them thinly, cut them in small pieces; wash the bone; put it and the potatoes into a pot; add the water. Peel and scald the onion, cut it in pieces, add it to the soup, also a little salt. Let it boil; skim well. Grate the carrot, add it to the soup. Let all boil for one and a half hours, then add a little pepper, and more salt if necessary.

Cabbage Soup.—12.

Wash and trim a fine young cabbage with a good white heart, cut the leaves into fine shreds, and boil them until tender in a quart of water. Add the cabbage and the water in which it was boiled to a quart of good broth (the liquor in which mutton or pork has been boiled, or, indeed, any fresh pot liquor answers well), season with pepper and salt, and just before serving stir in an ounce of fresh butter and two lumps of sugar. The cabbage should be in sufficient quantity to make the soup thick.

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Hodge-Podge.—13.

Take the neck and back ribs of mutton; put them in a pan with a teacupful of pearl barley; fill up the pan with cold water, put it on the stove, and boil it until the meat is done; take it out and put away for use. Strain through a sieve; skim off the fat, and return the stock into the pan; put it back on the stove. Wash a few carrots and turnips; peel and cut them in dice; add to the soup a few young onions, cauliflower, two heads of lettuce, peas, beans and a little parsley. Boil all the vegetables till quite tender; then take some lamb or mutton chops, fry them a light-brown color, and put them into the soup-pot; skim off all the fat; add a little salt to taste, and dish,

Tomato Soup.—14.

Add a quart of raw tomatoes peeled and sliced, or a can of stewed tomatoes, and half a small onion to a quart of stock, and stew slowly one hour. Strain and rub through a colander and set again over the fire. Stir in a tablespoonful of butter cut up and rubbed into a tablespoonful of flour. A tablespoonful of corn-starch wet up in the cold water. Season to taste with pepper and salt, boil once more and pour out.

Celery Cream.—15.

Cook four or five heads of celery with a small onion in a stewpanful of boiling water, and when tender rub it all through a sieve; dilute it with some of the water in which it was boiled, season to taste, let it boil up, then stir in (off the fire) the yolks of two eggs beaten up with a gill of cream, and serve. Chicory can be treated in the same way.

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Chicken Soup.—16.

Cut up the chicken, cut each joint, and let it boil an hour; make dumplings of a pint of milk, an egg, a little salt, and flour stirred in till quite stiff; drop this in, a spoonful at a time, while it is boiling; stir in a little thickening, with enough pepper, salt and parsley to season the whole; let it boil a few minutes longer, and take it up in a tureen. Chopped celery is a great improvement to chicken soup.

Tomato Bisque.—17.

One can of tomatoes. Let them come to a boil, pass through a colander, then through a fine strainer. Put back in the pot, add a small teaspoonful of bread soda to the tomatoes, stir in one tablespoonful of corn-starch or cracker powdered very fine, moistened to a paste with a little water. One quart of rich new milk: let it come to a boil, then stir into the tomatoes; add one teaspoonful of sugar, and salt.

Soubise Soup.—18.

One and a half pints of water, half a pint of milk, one and a half ounces of butter, two onions, five ounces of bread, the yolks of one or two eggs or one gill of cream, pepper and salt to taste. Cut the bread into very thin slices, boil it in the water and milk, with the onions thinly sliced; add the butter, pepper and salt; when thoroughly stewed to a pulp, rub through a wire sieve. Now set it again on the fire, and let it simmer for a few minutes, and just before sending it to table add the cream or the yolks of eggs.

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Mock Turtle Soup.—19.

Take a calf's head, and remove the skin by soaking it for a couple of hours in cold water. When thoroughly cleansed, put the head into a large saucepan, pour on cold water sufficient to cover, and place on a moderate fire till it boils. Now take off the lid and remove the scum. Let the soup simmer gently for seven hours, or until the bone and meat separate, when strain off through a clean towel and set aside till quite cold. The grease will now have come to the surface, and must be carefully removed. Replace the soup on a slow fire for five minutes; again set aside to cool; add a little sweet herb, a shred of celery, the peel of half a lemon, the whisked whites and crushed shells of two eggs. Pour the mixture from one saucepan to another, which greatly helps the process of clearing; replace on a fire, allowing the whole to boil; then let it settle for a few minutes, after which strain through another clean towel. Before serving, add sufficient "browning," salt to taste. Have ready in the tureen some thin slices of the soup-meat and tongue, on which pour the boiling soup.

Asparagus Soup.—20.

Three or four pounds of veal cut fine, a little salt pork, two or three bunches of asparagus, three quarts of water, one pint of milk. Boil one-half of the asparagus with the meat, leaving the rest in water until about twenty minutes before serving; add the milk, thicken with a little flour, and season. The soup should boil about three hours before adding the last half of the asparagus.

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Ox-Tail Soup in Baking-Pan.—21.

Divide two ox tails, wash them well in cold water, then put them in the pan, with three teaspoonfuls of salt, one of pepper, four cloves, a little thyme, if handy, two good onions; add three quarts of water, two tablespoonfuls of coloring; put on the cover, place it in a moderate oven for three hours to simmer, take off the fat (which save for use), and serve. Half a pound of any vegetable, mixed or not, cut in dice, can be added with advantage.

Brown Turkey Soup.—22.

Use for this soup the carcass of a cold roast turkey; cut all the scraps of meat from it, and mince them fine; mince also any bits of heart, liver or gizzard which may be available; put two tablespoonfuls of butter in the soup-kettle, and set it over the fire to get smoking hot; peel and slice an onion, and when the butter is hot add the onion to it, together with the minced turkey-meat and any cold stuffing on hand, and let all these ingredients brown together; when they are brown, stir among them two heaping tablespoonfuls of flour and let that brown; then pour in four quarts of boiling water, add two teaspoonfuls of salt and a level saltspoonful of pepper. Stir the soup thoroughly, put in the carcass of the turkey without breaking it, cover the soup-kettle, and let the soup cook slowly for at least two hours; then remove the carcass of the turkey, and serve the soup hot, with all the other ingredients in it. A glass of wine poured into the tureen containing the soup is a great addition to it when the flavor of wine is liked, but the soup is excellent without it.

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Cream of Onion Soup.—23.

Peel and slice thinly six white onions, put them in the soup-kettle with one tablespoonful of butter, and cook for ten minutes without browning. Add one quart of water, one pint of milk, one-half teaspoonful of salt, one-fourth teaspoonful of white pepper, a pinch of mace and one-half teaspoonful of sugar. Cook slowly for one hour, then rub through a purée sieve. Return to the fire, add one teaspoonful of corn-starch dissolved in a little cold water, and bring again to the boiling point. Cook two minutes, then draw to the side of the fire and stir in the beaten yolks of three eggs, mixed with one cupful of cream. Take immediately from the fire and serve with croutons of fried bread.

Vegetable Soup.—24.

One-third cupful of carrot, one-third cupful of turnip, one-half cupful of celery, one and one-half cupfuls of potato, one-half onion, one quart water, five tablespoonfuls butter, one-half tablespoonful finely chopped parsley, salt and pepper. Wash and scrape a small carrot; cut in quarters lengthwise; cut quarters in thirds lengthwise; cut strips thus made in thin slices crosswise. Wash and pare half a turnip, and cut and slice same as carrot. Wash, pare, and cut potatoes in small pieces. Wash and scrape celery and cut in quarter-inch pieces. Prepare vegetables before measuring. Cut onion in thin slices. Mix vegetables (except potatoes), and cook ten minutes in four tablespoonfuls butter, stirring constantly. Add potatoes, cover, and cook two minutes. Add water, and boil one hour. Beat with spoon or fork to break vegetables. Add remaining butter and parsley. Season with salt and pepper.

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FISH AND OYSTERS.

Baked Cod.—25.

One and one-half pounds cod, one teacupful bread crumbs, one dessertspoonful chopped parsley, one teaspoonful dripping or butter, one-half teaspoonful salt, a little pepper, one teacupful milk, a little flour, one egg. Wash the cod, take off the fins, or skin it, which is better. A middle cut is preferable, where the opening of the stomach is. Dry the fish well outside and inside. Rub together the bread and dripping; add the parsley, salt and pepper; moisten the whole with the egg beaten up, and fill the opening in the stomach with the mixture. Dust the fish over with a little flour, and put it in a pudding dish; put in one teacupful of milk, and put the butter all over the top in little bits. Put it in the oven to bake about half an hour, basting it with the milk now and again. Fish contains gelatine, fibrine, albumen, and phosphorus. Take out the fish on a hot dish, and pour the sauce round it. This is a most nutritious dish of fish, seeing that all the substance is retained, making it both light and nourishing.

Baked Pike.—26.

First draw, scale and wash the pike thoroughly; truss it in the form of an S; put it in a baking-dish with a little stock, a good piece of fresh butter, two tablespoonfuls of catchup, a little anchovy and some chopped

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parsley and shallot. Set the pike in the oven to bake until it is done, remembering it must be frequently basted with its own liquor, and that the heat of the oven must not be fierce, as in that case it would burn up the moisture and spoil the fish. When thoroughly done through, lift the pike carefully on the dish, strain the liquor it has been baked with into a stewpan, thicken it with two ounces of butter kneaded with two ounces of flour, add a few sliced gherkins and a glass of sherry. Stir the sauce over the fire for ten minutes, pour it over the fish, and send to table. Pike may be plain boiled, same as haddock, and served with plain butter sauce, anchovy or Dutch sauce. Pike may also be filleted, egged, bread-crumbed and fried, same as other white fish, and served with Dutch or anchovy sauce.

Bluefish Baked Whole.—27.

Choose a medium-sized bluefish; have it drawn from the gills to avoid splitting it; wash it in cold salted water, and stuff it with the following force-meat: Soak a pint of stale bread in cold water, and squeeze out the water when the bread is soft; meanwhile chop fine a small onion, two tablespoonfuls of parsley, and a teaspoonful of fresh thyme, savory or sweet marjoram; put these ingredients into a frying-pan with a tablespoonful of butter over the fire until they are smoking hot. Use this force-meat for stuffing the fish. On the bottom of a dripping-pan put half a pound of salt pork, cut in slices; lay the fish on the pork, season it highly with salt and pepper, and put it into a hot oven to bake. Let it cook until it is nicely browned and the skin begins to crack. A medium-sized fish will cook in

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about an hour. Change the fish from the pan to a hot platter, lay the pork on it; serve it as soon as it is done. Bluefish is excellent either fried or boiled.

Baked Halibut.—28.

Three or four pounds of halibut Dip the dark skin in boiling water, and scrape clean. Rub well with salt and pepper. Put it into a clean pan, and pour milk over it till half an inch deep. Bake about an hour, basting with the milk. Remove the bone and skin, and arrange on the platter in the original form. Serve with plain drawn butter, egg sauce or cream sauce, and garnish with slices of boiled eggs. The milk keeps the fish moist, is a good substitute for pork, and makes the fish brown better. Use just enough milk to baste, and let it cook away toward the last, or sprinkle buttered crumbs over the top when the fish is nearly done, and serve with tomato sauce. A large cod, or any whole fish too large for a small family, may be cooked as follows: Remove the skin and bones from the middle and thickest part; stuff and bake. Use the bones and head for a chowder. Cut the tail piece into slices, salt well, and fry or broil them. Or crimp them by soaking in salted water; then simmer in water with salt and lemon juice, and serve cold with Tartar sauce.

Baked Shad.—29.

Choose the very finest for this purpose, and, besides the usual cleaning, remove the backbone if the fish be male, and roe if it be female; in the cavities thus formed, insert a rich stuffing of bread crumbs, seasoned exactly as if you were preparing to roast poultry. As at the

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season for shad eggs are also plentiful, it will improve this stuffing to add to it one or two eggs, beaten light, and incorporate with the other things. When the fish is well stuffed, cover it all over on top with grated bread crumbs, glazed with some of the egg kept out on purpose; place it at full length in a baking-pan containing about a pint of water; baste it with butter from time to time, and let it bake gently till done through. Broil the roe, and serve it in a dish separately, and placed conveniently, so that each person at table may be helped to a bit. Unless where persons are fond of very rich food, no gravy is needed with baked shad. If called for, though, prepare some out of the juice left in the pan where the fish was baked, adding a little water, and thickening with butter and browned flour. Serve in the usual gravy-boat.

Fish Cakes.—30.

One small cooked haddock or a small piece of cooked cod, three potatoes, one teaspoonful of flour, two tablespoonfuls of milk, three tablespoonfuls of bread crumbs, a little pepper and salt. Wash, peel and boil the potatoes; put them in a basin, beat them till smooth. Remove the skin and bones from the fish, break it in small pieces, mix it with the potatoes, add pepper and salt to taste. Put the flour on a plate, mix the milk with it; put the bread crumbs on a piece of paper. Make the fish and potato into small, round cakes, cover them with a little dry flour, brush them with the flour and milk. Toss them into the bread crumbs; fry them in plenty of hot, clarified fat or dripping, in the same manner as fried fish.

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Boiled Salmon.—31.

Salmon should be perfectly fresh and handled as little as possible. Have plenty of boiling water pretty well tasted with salt. Skim it carefully. If the fish is not newly caught, add one-half teacupful of vinegar. Let the salmon boil the necessary time, skimming carefully as long as any scum rises, and then remove the fish kettle from the fire, and let the fish remain in the water for twenty minutes. This improves salmon, but no other fish. Then drain it on the drainer, and serve on a napkin with salad and Tartar sauce. The time salmon requires to boil is as follows:—

A slice weighing	1 lb.	requires		15 minutes.
"	"	2 lbs.	"	20 "
"	"	5 "	from a thick fish,	30 "
"	"	5 "	from a small fish,	25 "
A whole fish weighing	8 lbs.	requires		30 "

Fried Smelts.—32.

Dip them in milk for a few minutes, drain them, flour them well on both sides, and fry a pale gold color. Serve with any sauce liked.

Mackerel with Black Butter.—33.

Take the mackerel and soak it for a couple of hours in oil, season it with pepper and salt, and then broil it, basting with oil. For sauce, melt a tablespoonful of butter in a frying-pan till quite hot, fry some parsley in it and a tablespoonful of vinegar and two of stock; boil up and pour over the mackerel, and serve very hot.

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Small Fish.—34.

Put in a deep pan four teaspoonfuls of onions, chopped, half a pint of melted butter, a gill of vinegar; lay over six pounds of any common fish, season over with two teaspoonfuls of salt, one of pepper; place it in the oven for twenty minutes, then turn it, baste it with the sauce now and then; dish it up, and pour sauce over, or serve in the pan. If the sauce should be too thin, boil on the fire till it gets of a thickish substance.

Broiled Salt Mackerel.—35.

When cleaned, freshen them in a gallon of cold water over night. In the morning, pour off the water, drain, and soak them one hour in milk enough to cover them. Before broiling, drain them and wipe dry. Put them into a wire broiler and proceed as for fresh mackerel. Or, bake them in a moderate oven, and to two mackerel allow a cupful of milk. Bake in the milk. Some think this an improvement on fried or broiled salt mackerel.

Soused Mackerel.—36.

Two mackerel, one-half pint vinegar, a few bay leaves, one gill liquor in which the fish was boiled, pepper and salt. After the mackerel have been boiled, remove the heads and skin, split them open, and take away the backbones. Lay one of the fish into a deep dish, and season it well with pepper and salt and bay leaves; lay the other fish on the top of it, and season again. Mix together the liquor and vinegar, pour them over the fish, and set the dish aside in a cool place. This is an excellent luncheon or supper dish, and will keep good for many days.

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Fish Entrée.—37.

Free two pounds of any white fish from bones and skin, chop fine, then rub through a sieve. Put in a mortar with four ounces of butter and two ounces of bread crumbs, and pound until well mixed. Season with pepper, salt and nutmeg, add three raw egg yolks, beat well, then add two whole eggs. When thoroughly mixed add one tablespoonful of thick cream and the juice of a lemon. Turn out on a floured board, divide into twelve parts, form into oval cakes, dip in beaten egg, then in bread crumbs, and fry in butter. Dish them in a circle, filling the center with cooked mushrooms, and serve with a lemon sauce.

Twin Soles.—38.

Take the fillets from flounder or bass, freed from skin and bone; or use two thin half-inch slices of halibut, cut from below the middle, and remove the two fillets or sections of fish from each side of the backbone. Strip off the skin, season with salt and pepper, lay the fillets in fine buttered cracker crumbs until crumbed all over. On half of the fillets put a mixture of fine chopped onion, olives, pickles and parsley, enough to cover; lay the other fillets on top, being careful to have them fit perfectly, and press them together firmly. Put into a baking-pan a thin slice of fat salt pork for each pair of fillets, lay them on the pork, pour over them a little melted butter, and bake about twenty minutes or until brown. Remove to a hot platter, and garnish with sliced lemon and parsley.

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Fried Perch.—39.

Perch is a fresh-water fish, abounding in rivers, lakes and ponds. They are clad with scales and fins. Clean, and dry them well in a cloth; then roll them in salted meal. Fry them in plenty of sweet drippings. Serve them quickly, with crisp parsley.

Baked Rock-fish.—40.

Rub the fish with salt, black pepper and a dust of cayenne, inside and out; prepare a stuffing of bread and butter, seasoned with pepper, salt, parsley and thyme; mix an egg in it, fill the fish with this, and sew it up or tie a string around it; put it in a deep pan or oval oven, and bake it as you would a fowl. To a large fish add half a pint of water; you can add more for the gravy if necessary; dust flour over and baste it with butter. Any other fresh fish can be baked in the same way. A large one will bake slowly in an hour and a half, small ones in half an hour.

Baked Black Bass.—41.

Eight good-sized onions chopped fine, half that quantity of bread crumbs, butter the size of a hen's egg, plenty of pepper and salt; mix thoroughly with anchovy sauce until quite red. Stuff your fish with this compound and pour the rest over it, previously sprinkling it with a little red pepper. Shad, pickerel and trout are good the same way. Tomatoes can be used instead of anchovies, and are more economical. If using them, take pork in place of butter, and chop fine.

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Boiled Trout.—42.

Put a handful of salt into the water. When it boils, put in the trout. Boil them fast about twenty minutes, according to their size. For the sauce, send with them melted butter, and put some soy into it, or flavor it with catchup.

Fried Herring.—43.

Clean them well, dry them, dip them in flour, brush them over with hot, clarified fat, toss them into oatmeal, fry in hot fat a nice brown.

Fillets of Haddock with Tomato Sauce.—44.

Put one pound of tomatoes into a saucepan with one ounce of butter, cover the pan, and simmer till soft; then rub them through a sieve. Mix with the pulp a cupful of good stock and a few drops of lemon juice and a tablespoonful of minced parsley, pepper and salt to taste. Lay the fillets of haddock in this sauce and cook them over the fire till done. When laid in the dish, garnish with little heaps of potato balls cooked in milk.

Escaloped Oysters.—45.

Take a quart of oysters, strain and clean them; then place a layer of oysters in a dish, season slightly with pepper and salt, cover with bread or cracker crumbs and some of the oyster juice, repeating the process until the dish is full. Take three eggs, beat light, and stir into a pint of fresh milk and pour over the oysters, taking care to have the top layer of crumbs. Bake in a quick oven about twenty minutes. Serve in the same dish.

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Fried Oysters.—46.

Take twelve to fourteen oysters, open them carefully, and put by the liquor for them ; put them into a stewpan over the fire in a little water to blanch for a few minutes (if there is enough liquor to warm them in, it is better than water); take out the oysters, keep the liquor, beard the oysters and lay them on a sieve, then on to a cloth to dry. Break a fresh egg on a plate, beat well with a fork; have about a quarter of a pound of bread crumbs, to which has been added a spoonful of chopped parsley, a grate of nutmeg, and a little pepper, and dust of cayenne. Dip each oyster first in the egg, then in the bread crumbs. Put them into a small wire basket, fry for one minute in very hot lard.

Pigs in Blankets.—47.

Select large, plump oysters, roll each in a thin slice of fresh bacon, skewered with a wooden toothpick; place them in a pan singly with a little butter, pepper and salt; let them remain in the oven until thoroughly heated, not baked, and serve just as they are, using the sticks as a handle. When once tasted, pigs in blankets will prove a toothsome morsel never to be forgotten.

Macaroni with Oysters.—48.

Boil macaroni in salt water, after which drain through a colander; take a deep earthen dish or tin, put in alternate layers of macaroni and oysters, sprinkle the layers of macaroni with grated cheese, bake until brown. Delicious as a side dish at dinner.

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Panned Oysters.—49.

Drain the oysters from the liquor; put them in a hot pan or spider; as soon as they begin to curl, add butter, pepper and salt. Serve on toast, or without, if preferred.

Clam Fritters.—50.

Two dozen clams, one egg, one cup milk, two small cups flour (or enough for thin batter), salt and pepper. Chop the clams fine, and stir them into the batter made of the milk, clam liquor, beaten eggs and the flour. Season to taste, and fry by the spoonful in very hot lard.

Boiled Crabs.—51.

Put the crabs into a large kettle with about one quart of hot salted water to a kettleful of crabs and let them steam twenty minutes. Put a cover over the kettle and on it a weight, in order that the steam may not escape. Then take them out, wipe them clean, and if the backs can be easily removed, they are done; if not, steam them longer. Then take off the small claws, the backs, and all between the backs and the inner shell, and throw them away. The large claws may be cracked and sent to the table with the rest of the crabs when picked.

Deviled Crabs.—52.

Two dozen crabs, nicely picked, one-half pound melted butter, one teacupful of sweet oil, one-third teacupful of cayenne pepper, one-half teaspoonful of mustard (made), one-half teacupful of Worcestershire sauce, one-half tablespoonful of celery seed, four eggs, two handfuls of cracker dust. Mix well, fill your shells, sprinkle them with cracker dust, and bake a light brown.

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Escaloped Lobster.—53.

Strain the liquor from a tin of preserved lobster into a basin, mix with it two tablespoonfuls of fine flour, and stir into it a gill of boiling water. Put this into a stewpan with an ounce of fresh butter, and stir until thick; add a teaspoonful of essence of anchovy, and a pinch of cayenne pepper; pick any bits of shell or cartilage from the lobster, and add it to the sauce. Butter a tin dish; put in it a thick layer of bread crumbs and on this the lobster; cover with a thick layer of crumbs, spread bits of butter thickly on the top, and bake in a quick oven for fifteen minutes.

Chowder.—54.

Take a half a pound of salt pork, and having half boiled it, cut it into slips, and with some of them cover the bottom of a pot. Then strew on some sliced onion. Have ready a large fresh cod, or an equal quantity of haddock, tautog or any firm fish. Cut the fish into large pieces, and lay part of it on the pork and onions. Season it with pepper. Then cover it with a layer of biscuits, or crackers that have been previously soaked in milk or water. You may add also a layer of sliced potatoes. Next proceed with a second layer of pork, onions, fish, etc., and continue as before till the pot is nearly full, finishing with soaked crackers. Pour in about a pint and a half of cold water. Cover it close, set it on hot coals, and let it simmer about an hour. Then skim it, and turn it out into a deep dish. Leave the gravy in the pot till you have thickened it with a bit of butter rolled in flour, and some chopped parsley. Then give it one boil-up, and pour it hot into the dish. Chowder is made of clams, first cutting off the hard part.

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MEAT AND FOWL.

Rules for Baking Meat.—55.

In baking meat, there are two or three points which should be most carefully attended to. The oven should be well ventilated and kept perfectly clean. The baking-tin must also be scrupulously clean; any juice from fruit or meat gravy which has been spilled in the oven or on the baking-tin, and not removed, will burn and give an unpleasant taste to the meat. The baking-tin, if possible, should be a double one. For the first half-hour, the oven should be hot, afterwards it must be kept at a moderate heat. If this is not done, the outside of the meat will scorch and dry up before the inside is cooked. The basting should be as constant as when the meat is roasted. The oven should be made hot again at the finish to insure the surface being nice and crisp. The common fault in baking is to have the oven too hot, and then the meat gets dried up and wasted. As a general rule, twenty minutes to the pound will not be too long if the oven is at the right temperature, but all the conditions mentioned in the rules for roasting must be taken into consideration. Always put the meat on the trivet; do not let it soak in its own fat. Gravy is made as for roasted meat.

Boiled Corned Beef.—56.

Lay in clean cold water for five or six hours when you have washed off all the salt. Wipe and put it into

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a pot and cover deep in cold water. Boil gently twenty-five minutes per pound. When done, take the pot from the fire and set it in the sink with the meat in it, while you make the sauce. Strain a large cupful of the liquor into a saucepan and set it over the fire. Wet the tablespoonful of flour up with cold water, and when the liquor boils stir it in with a great spoonful of butter. Beat it smooth before adding the juice of a lemon. Serve in a gravy-dish. Take up the beef, letting all the liquor drain from it, and send it on a hot platter. (Save the pot-liquor for bean soup.)

Roast Veal.—57.

The loin of veal is the best piece for roasting. The breast and rack are good roasted. The breast also is good made into a pot-pie, and the rack cut into small pieces and broiled. The leg is nice for frying, and when several slices have been cut off for cutlets, the remainder is nice boiled with a small piece of salt pork. Veal for roasting should be salted, peppered, and a little butter rubbed on it, and basted frequently. Put a little water in the dripping-pan, and unless the meat is quite fat a little butter should be put in. The fillet is good baked. The bone should be cut out, and the place filled with a dressing made of bread soaked soft in cold water, a little salt, pepper, a couple of eggs, and a tablespoonful of melted butter put in, then sew it up, put it in your bake-pan with about a pint of water, cover the top of the meat with some of the dressing. When baked sufficiently, take it up, thicken the gravy with a little flour and water well mixed, put in a small piece of butter, and a little wine and catchup, if you like the gravy rich.

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Rolled Loin of Mutton.—58.

With a sharp knife remove all the bones from three pounds of the best end of a loin of mutton, cut away the fillet from the bones, mince it very fine, add an equal weight of bread crumbs, a shallot scraped and minced, a little fresh parsley chopped, salt and pepper, and enough egg to bind it. Place this on the mutton, bind it up lightly with tape, rub the outside with flour, pepper and salt, and roast slowly in the V-oven, or in any other way you choose. Fry the bones with onions until brown, and make them into a good gravy with a little stock and any morsels of meat you happen to have. Thicken the gravy and pour round the meat. Garnish with stewed or glazed onions.

A Nice Way to Serve Cold Beef.—59.

Cut cold roast beef into slices, put gravy enough to cover them, and a wineglassful of catchup or wine, or a lemon sliced thin; if you have not gravy, put hot water and a good bit of butter, with a teaspoonful or more of browned flour; put it in a closely covered stewpan, and let it simmer gently for half an hour. If you choose, when the meat is done, cut a leek in thin slices, and chop a bunch of parsley small, and add it; serve boiled or mashed potatoes with it. This is equal to beef *à la mode*. Or, cold beef may be served cut in neat slices, garnished with sprigs of parsley and made mustard, and tomato catchup in the castor. Serve mashed (if not new) potatoes with it, and ripe fruit, or pie, or both, for dessert, for a small family dinner.

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Fried Liver.—60.

Cut the liver into thin slices. Cut the onions fine. Put a tablespoonful of dripping in a pan and let it get hot. Add the liver, and let it cook for about ten minutes. Then turn it out on a warm dish. Put in the onions, and fry them brown. Mix a teaspoonful of flour and some pepper and salt in half a cup of water, and stir it into the pan with the onions; let it boil up for a minute, then pour it over the liver.

Beefsteak and Mushrooms.—61.

Take one quart of fresh mushrooms, skin, and wash them carefully through several waters, and put them in a stewpan with no more water than that which adheres to them. Season with salt and pepper, and dredge through them a dessertspoonful of flour, stirring them lightly; when half done add two ounces of fresh butter. Broil one or more steaks, which, when done, place on a well heated dish and season with salt and pepper, basting them with butter. Then pour the mushrooms over, and serve hot.

Cold Meat Balls.—62.

One-half pound of cooked meat, one large tablespoonful of mashed potatoes, a small cooked onion, a little parsley, chopped, three-fourths of a teaspoonful of salt, a little pepper, one-half an egg. Chop the meat, the parsley and the onion very fine; add the seasoning, the potatoes and the egg, and mix with a fork. Roll the mixture up into balls with floured hands; drop the balls into smoking-hot fat, a few at a time, and fry. Pile up within the potato border, and pour brown sauce over them.

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Minced Collops.—63.

Minced collops form a favorite dinner and supper dish. Butchers now keep the minced meat at call, but care should be taken, for obvious reasons, to procure the mince at a respectable butcher's. Season the collops to taste with pepper and salt, and about a tablespoonful of catchup to a pound. Place in a stewpan and do them over a slow fire; keep constantly moving the collops with a wooden spoon to prevent them from lumping or burning. Some cooks put in a small teacupful of gravy or soup stock, others a little browned butter, so as to liquefy them. Many people cut up an onion very small to cook along with the collops; others, if they are to be used at once, add a few toasted bread crumbs. The mince should be ready in about an hour.

Croquettes of Cold Meat.—64.

One-half pound of cooked meat, one dessertspoonful of flour, one-half teacupful of water, one-half teaspoonful of salt, six potatoes boiled and mashed, one-fourth teaspoonful of pepper. Chop up the meat very fine, and mix with it the flour, pepper and salt. Put the water in a small saucepan and add the chopped meat, etc., and stir all over the fire till it boils and becomes quite thick. Turn it out on a plate to get cold. Now take one tablespoonful of the mashed potato and one of flour; knead them together till firm; roll the paste out quite thin; cut it in round or square pieces; wet the edges of them. Put some of the meat inside each, double them over and put them on a greased oven-tin in a quick oven to bake, or else put them into smoking-hot dripping to fry.

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Beef Hash.—65.

Two parts of cold roast beef, freed from fat and chopped fine; one part of cold potatoes, chopped fine; a little pepper, salt and melted butter. Turn in a frying-pan, and stir until it is heated through, but not brown; put into a deep dish and form into a hillock. Or, cease stirring for a few minutes, and let a brown crust form; then serve in a round dish, with the crust uppermost. The hash may also be served on small squares of toast. Corned beef hash is made in precisely the same way, never allowing, however, a crust to form. Serve with poached eggs on top.

Beef à la Mode.—66.

Take a piece of the thick part of the rump of beef, about four pounds, not too fat; half a pound of fat bacon, and a calf's foot. Cut the bacon into pieces about two inches long and half an inch square; lard the beef through with the bacon, place the beef in the pan, and also the foot, divided into two, and a bunch of sweet herbs, two middle-sized carrots cut into squares, twenty button onions, or four or six large ones, cut into slices, half a gill of brandy, a teaspoonful of salt, half a teaspoonful of pepper, one pint of water. Put the cover on the pan to prevent the steam escaping, and bake for three hours; turn the pan so that the heat is equal on all sides; when done, remove the fat from the top, put the beef into a dish, with half the foot on each side, and the carrots and onions around; throw the gravy over; take away the herbs. This, you may perceive, is a most exquisite dish, will keep good many days in winter and five or six in summer. It is good cold.

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Venison Cutlets.—67.

Cut neat cutlets from the neck and fry them ten minutes in a stewpan with butter; then add one-fourth of a pint of good gravy, a tablespoonful of vinegar, pepper and salt, two wineglassfuls of port or claret, and one ounce of butter rolled in flour. Stew gently for twenty minutes, then dish the cutlets around a heap of French beans, and strain the gravy around.

Salmi of Wild Duck.—68.

One wild duck, one lemon, one bunch of sweet herbs, cayenne pepper, salt, black pepper, one sherryglassful of port, one pint of well-seasoned gravy, eight olives. Roast the duck, and be careful it is not too much dried; cut into neat pieces; put the gravy with all the seasoning, the juice of half the lemon, and a pinch of cayenne. Stew for an hour; then strain, thicken with arrowroot, and color brown. Pour over the pieces of duck, which should be laid in a clean stewpan. Stone the olives and warm up with duck. Place in a silver entrée dish; garnish with olives and crisp toast sippets.

Rump Steak, Stuffed.—69.

Two pounds rump steak, two ounces suet, three ounces of bread crumbs, six olives, one dessertspoonful of chopped parsley, pepper and salt, two eggs. Peel and chop the olives small; chop the suet; put into a basin with the crumbs, parsley, olives, suet, pepper and salt; mix well with the eggs; spread the mixture on the steak, roll and tie securely; place in a greased paper and roast about three-quarters of an hour.

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Tenderloin of Pork with Fried Apples.—70.

Cut the thin, membranous skin from the tenderloin, and put the latter in a marinade of claret seasoned with whole spice and a few slices of oranges. Let it stand in this four hours; drain and dry on a cloth, and split in two lengthwise; rub it with butter and broil until well done. Put in the center of a dish a mound of fried apples; arrange the meat around it, and serve. The marinade may be boiled down, thickened, and served as a sauce, if a sauce is desired.

Calf's Liver en Matelote.—71.

Cut the liver into rather thick slices and soak for a few moments in cold water. Drain and then dredge with flour and fry a nice brown in butter. In the meantime mince two shallots and put into the stewpan with a sprig of chopped parsley, pepper and salt, and a couple of cloves. Pour in a glass of wine, and when boiled up add the fried liver and serve very hot. It will take a good half-hour to cook this dish, but it is worth the trouble.

Baked Ham.—72.

One-half of a smoked or York ham, three-fourths of a pound of flour. Soak the ham for twelve hours, and scrape very clean in every part; then make a paste with the flour and water—a pretty firm paste; roll it out into a sheet large enough to cover all the bacon; wrap the bacon up in this and wet the edges where it is joined, to make it adhere. See that it is covered in every part. Put this now in a roasting-pan, and put in the oven to

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roast about two and one-half hours; when this is done the paste will be very brown and hard; crack it off and remove the skin. It may be covered with raspings and served hot, which is best, or served cold, having been glazed and decorated. The flavor of this is delicious.

Mutton or Lamb Cutlets with Tomato Sauce.—73.

Cut the cutlets off the loin and back ribs, and trim them; then dip them in the beaten yolks of eggs; have some parsley minced, a little nutmeg, the grating of a lemon, pepper and salt. Mix these together and dip the cutlets into it. Fry them on both sides till they become a nice light brown; then put them before the fire upon paper to drain; dish them in a circle around the dish; pour some tomato sauce around them, and some whole tomatoes in the center—when whole tomato is not to be had, green peas or asparagus peas may be substituted, and also a macedoine of vegetables.

Lamb's Fry.—74.

Parboil the sweetbreads. Throw them into cold water, and when cold trim them. Flour all the pieces and fry in the frying-pan in a little dripping or in the fat of the fried bacon, which should be served with the fry. When nicely browned, pour a little water into the dripping-pan and thicken it with a little flour. Throw in a little chopped parsley and season with pepper and salt; it takes about ten minutes to fry.

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Cannelon of Beef with Mushroom Sauce.—75.

Two pounds of lean beef cut from round, the grated rind of half a lemon, one tablespoonful of finely chopped parsley, one egg, one-half teaspoonful of onion juice, two tablespoonfuls of melted butter, a few gratings of nutmeg, one teaspoonful of salt, one-fourth teaspoonful of pepper. Chop meat fine and add remaining ingredients in order given. Shape in a roll six inches long, wrap in buttered paper, place on rack in dripping-pan, and bake thirty minutes. Baste every five minutes with one-fourth cupful of butter melted in one cupful of boiling water. Serve with brown mushroom sauce.

Fried Salt Pork.—76.

Cut into slices and lay them in cold water in the spider, boil them up two or three minutes, then pour off the water and set the spider again on the coals and brown the slices on each side. It is an improvement to dip the pork, after being parboiled, into Indian meal before frying it.

To Fry Sausages.—77.

These are fried in the cases in a clean, dry frying-pan until brown. If you have the sausage meat in bulk, make into small, round, flat cakes, and fry in the same manner. Some dip into egg and pounded crackers, others roll in flour before cooking. Their own fat will cook them. Send to the table dry and hot, and do not let them fry hard. Fifteen or twenty minutes is long enough to cook them.

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Boiled or Steamed Turkey or Fowl.—78.

Clean, rub well with salt, pepper and lemon juice, and stuff with oyster or bread stuffing. It is better without the stuffing, as the oysters are usually overdone, and the same flavor may be obtained from an oyster sauce served with the turkey. Truss the legs and wings close to the body, pin the fowl in a cloth to keep it whiter and preserve the shape. Put into boiling salted water. Allow twenty minutes to the pound. Cook slowly till tender, but not long enough for it to fall apart. Turkeys are much nicer steamed than boiled. Serve with oyster, celery, lemon or caper sauce. Garnish with a border of boiled rice or macaroni and pour part of the sauce over the fowl. Fowls are sometimes stuffed with boiled celery cut into pieces an inch long, or with macaroni which has been boiled and seasoned with salt and pepper.

Partridge Pie.—79.

One brace of partridges, one pound of fillet of veal, one tablespoonful of chopped parsley, three gills of brown stock, four ounces of butter, one dessertspoonful of salt, one-half teaspoonful of pepper. Pluck, draw and singe the partridges, after which split each in halves. Put into each a piece of butter, sprinkling them also with a little pepper and salt. Place then in the bottom of a deep pie-dish the fillet of veal, sprinkle over it the chopped parsley, and, putting the halves of partridges upon this, line the edge of the dish with a strip of puff paste; pour over all the stock, and cover over all a blanket of the paste rolled to half an inch in thickness. Bake the pie in a quick oven for an hour and a half.

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Suprême of Chicken.—80.

Breast and second joints of uncooked chicken weighing four pounds, four eggs, two-thirds cupful of thick cream, salt and pepper. Force chicken through a meat chopper or chop very fine. Beat eggs separately, add one at a time, stirring until mixture is smooth. Add cream and season with salt and pepper. Turn into slightly buttered dariole moulds and bake as lobster timbals, allowing thirty minutes for baking. Serve with bechamel sauce.

Roast Duck.—81.

Clean, wash and wipe the ducks very carefully. To the usual dressing add a little sage and a minced shallot. Stuff and sew up as usual, reserving the giblets for the gravy. If they are tender, they will not require more than an hour to roast. Baste well. Skim the gravy before putting in the giblets and thickening. The giblets should be stewed in a very little water, then chopped fine and added to the gravy in the dripping-pan with a chopped shallot and a spoonful of browned flour.

Creamed Chicken.—82.

Creamed chicken is delicious and should be prepared thus: Cut a cold fowl into slices, season with salt and pepper and put away in a cool place overnight; in the morning put a tablespoonful of butter in the frying-pan and when boiling stir into it a tablespoonful of flour; add a coffeecupful of broth, stir until smooth, and then add gradually a teacupful of hot milk; let all come to a boil, add the chicken and let simmer for five minutes; slices of nicely browned toast placed on the dish are an improvement.

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Roast Partridge.—83.

When ready for eating, prepare and truss the same as pheasant or grouse. Dredge with flour, skewer a slice of fat bacon over the breast, roast for twenty or thirty minutes. Five minutes before done, remove the bacon, and allow the breast to brown nicely. Baste well the whole time. Serve with brown gravy, bread sauce and fried bread crumbs.

Blanquettes of Turkey.—84.

Take the remains of cold turkey and cut into neat slices; break up the bones and put them on to stew in enough cold water to cover them, with a small piece of ham, a shallot and a blade of mace. Let this cook for half an hour, then strain it, pour it back into the saucepan, season with salt, pepper, a little nutmeg, half a teaspoonful of grated lemon rind, and one gill of cream. Beat in the yolk of an egg. Simmer three or four minutes, stirring all the time. Put the pieces of turkey in to heat, and serve with fried croutons.

Fricasseed Chicken.—85.

Cut up the chickens, wash them, and let them remain in water half an hour in order to make them white. Drain them and put them in a saucepan with a pint of fresh water. Season them with pepper and salt, place them on the fire and let them stew half an hour. Then take two tablespoonfuls of flour and two ounces of butter, stir them well together till quite smooth, and add this to the chickens with half a pint of cream. Boil till the chickens are tender. A little mace or onion parsley may be added if desired.

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Wild Ducks.—86.

One pair of wild ducks, one-quarter of a pound of butter, one teaspoonful of salt, one-half teaspoonful of pepper. Carefully pluck, draw and singe the fowls,wash them slightly, and dry them inside and outside with a towel. Sprinkle inside of each the pepper and salt, spread the butter well over the breasts, and placing them side by side upon a dripping-pan, bake in a very quick hot oven fifteen minutes. The blood should follow the knife when carved, if the duck be properly cooked. Cut into slices some boiled hominy, fry them to a light brown in butter, and, arranging these upon a platter, serve the fowl upon this with an accompaniment of currant jelly.

"Cervelles," or Brains.—87.

Put the brains to soak in warm water until you can easily remove the skin and free them from blood. Then put them in cold water with a little salt, and let them remain for an hour or two. Now simmer them very gently for about three-quarters of an hour in sufficient milk to cover them, with a carrot, turnip, onion, two cloves, pepper, salt and a tablespoonful of vinegar. The vegetables and cloves must be tied in a piece of muslin. The stock the brains are cooked in can be used for a vegetable soup. After the brains are cooked, cut them into pieces, egg and bread-crumb them. Fry them slightly on both sides in butter,then toss a little chopped parsley in the same butter; add a squeeze of lemon, and pour the butter and parsley over the brains.

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MEAT AND FISH SAUCES AND SALAD DRESSING.

Plain Lobster Sauce.—88.

One small lobster, some spawn, one and one-half ounces of butter, one ounce of flour, three-fourths of a pint of milk, a few drops of lemon juice, pepper and salt. Remove the flesh from the body and claws of the lobster, and cut it into small pieces. Then boil the shell, broken small, in the milk. Rub the spawn with one-fourth of an ounce of butter through a hair sieve. Melt the remaining butter in a small stewpan. Mix in the flour smoothly, and then add the milk strained. Stir until it thickens. Put in the spawn and butter, and continue stirring until the flour is well cooked. Then add the cream—let it boil in the sauce—and lastly, the lemon juice, pepper and salt and lobster.

Dutch Sauce.—89.

Take two ounces of butter, put it into a stewpan with four yolks of eggs, and stand the pan in a saucepan of hot water over the fire, and keep stirring it well; season it with salt to taste and a dust of cayenne; stir till it thickens and is quite smooth, and be very careful that it does not boil or it will curdle. When ready to serve, put in one tablespoonful of French vinegar, one of tarragon, and half the juice of a lemon.

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Caper Sauce.—90.

One ounce of butter, three-quarters of a pint of milk, two tablespoonfuls of capers, pepper and salt. Melt the butter, add the flour, then the milk; stir well one way, let it boil two minutes, then add the capers.

Cream Sauce.—91.

Warm one cupful of cream. Beat the yolks of two eggs, strain them into the warm cream, and cook over hot water till the eggs thicken the cream like boiled custard. Stir all the time, and when smooth and thickened remove from the fire and add salt and pepper to taste. Serve with boiled celery, cauliflower, chicken, oysters, fish, etc.

Plain White Sauce.—92

One ounce of butter; three-fourths of an ounce of flour, one-half pint of milk, a few drops of lemon juice, pepper and salt. Melt the butter in a small stewpan. Mix in the flour smoothly. Add the milk. Stir and cook well. Then add the lemon juice and seasoning. A little cream may also be added if desired.

Parsley Sauce.—93.

Two ounces of butter, one and one-half ounces of flour, one pint of milk, a few drops of lemon juice, pepper and salt, two dessertspoonfuls of finely chopped parsley. Melt the butter in a small stewpan. Mix in the flour smoothly Add the milk, stir and cook well. Then add the lemon juice, seasoning and chopped parsley.

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Mayonnaise Sauce.—94.

Take a round-bottomed basin; put therein three yolks of eggs, and with a wooden spoon work it by stirring quickly until the yolks become light; add about half a pint of salad oil and half a gill of tarragon vinegar; these must be incorporated by degrees; and in order to produce the sauce in perfection, it must present the appearance of a firm, creamy substance. This cold sauce is especially adapted for chicken and lobster salads. When made, pepper and salt must be added, also two tablespoonfuls of thick cream.

Shrimp Sauce.—95.

Pound your shrimp, shells and all, in a mortar, and then boil the lot for about twelve minutes in half a pint of water, strain the liquor obtained into a stewpan, and add a piece of butter of the size of a small egg, mixed up in a teaspoonful of flour. Stir till the sauce is upon the point of boiling, season with a little cayenne and a taste of anchovy sauce.

Bechamel Sauce.—96.

One and one-half cupfuls of white stock, one slice of onion, one slice of carrot, bit of bay leaf, sprig of parsley, six pepper-corns, one-fourth cupful of butter, one-fourth cupful of flour, one cupful of scalded milk, one-half teaspoonful of salt, one-eighth teaspoonful of pepper. Cook stock twenty minutes with onion, carrot, bay leaf, parsley and pepper-corn, then strain. There should be one cupful. Melt the butter, add the flour, and gradually the hot stock and milk. Season with salt and pepper.

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Onion Sauce.—97.

Four or five fair-sized onions, one-half pint of plain white sauce or melted butter. First, blanch the onions by putting them in cold water and bringing it to a boil. Throw the water away. Put the onions in fresh water and boil for an hour or an hour and a half, until tender. Chop them finely and add them to the sauce or melted butter.

Plain Salad Dressing.—98.

Plain salad dressing is admissible with nearly all salads. It is composed of oil, vinegar, pepper and salt, and nothing else. Many who do not care particularly for oil, use equal quantities of oil and vinegar, others one-third vinegar to two-thirds oil. These proportions satisfy a large class, but four parts of oil to one of vinegar are about the right proportions, provided the vinegar is of the best. The plain dressing is made in two ways, either mixed in a bowl and the salad added to it, or as follows: Take a tablespoon and put in it (holding it over the salad) one saltspoonful of salt, one-fourth this quantity of freshly ground pepper, and a tablespoonful of oil; mix and add to the salad. Add three more tablespoonfuls of oil; toss the salad lightly for a few seconds. Lastly, add a tablespoonful of sharp vinegar; toss the salad again and serve.

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VEGETABLES.

Tomatoes.—99.

These are better baked than boiled; boiling destroys their flavor. Put them on a baking-tin, greased with butter or dripping. Sprinkle over them a little pepper and salt, and cover them with a greased paper. Put them in a moderate oven for about ten minutes or a quarter of an hour.

Boston Baked Pork and Beans.—100.

Soak one quart of pea beans in cold water overnight. In the morning put them into fresh, cold water and simmer till soft enough to pierce with a pin, being careful not to let them boil enough to break. If you like, boil one onion with them. When soft, turn them into a colander and pour cold water through them. Place them with the onion in a bean-pot. Pour boiling water over one-quarter of a pound of salt pork, part fat and part lean; scrape the rind till white. Cut the rind in half-inch strips; bury the pork in the beans, leaving only the rind exposed. Mix one teaspoonful of salt—more, if the pork is not very salt—and one teaspoonful of mustard with one-quarter of a cup of molasses. Fill the cup with hot water, and when well mixed pour it over the beans; add enough more water to cover them. Keep them covered with water until the last hour; then

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lift the pork to the surface and let it crisp. Bake eight hours in a moderate oven. Use more salt and one-third of a cup of butter if you dislike pork, or use half a pound of fat and lean corned beef. The mustard gives the beans a delicious flavor and also renders them more wholesome. Many add a teaspoonful of soda to the water in which the beans are boiled, to destroy the acid in the skin of the beans. Yellow-eyed beans and Lima beans are also good when baked. Much of the excellence of baked beans depends upon the bean-pot. It should be earthen, with a narrow mouth and bulging sides. This shape is seldom found outside of New England, and is said to have been modeled after the Assyrian pots. In spite of the slurs against "Boston baked beans," it is often remarked that strangers enjoy them as much as natives; and many a New England bean-pot has been carried to the extreme South and West, that people there might have "baked beans" in perfection. They afford a nutritious and cheap food for people who labor in the open air.

Asparagus.—101.

Wash it, trim off the white ends and tie it up in bunches with a twine or a strip of old cotton. Throw them into boiling water with salt in it. Boil twenty minutes or half an hour. Have ready two or three slices of toasted bread, dip them into the water and lay them in the dish. Spread them with butter and lay the bunches of asparagus upon the toast. Cut the strings with scissors and draw them out without breaking the stalks; lay thin shavings of butter over the asparagus and send it to the table.

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Boiled Cauliflower.—102.

Soak it in salt and water to draw out any insects, and trim off the outside leaves. Put it, with the flower downwards, into a saucepan of boiling water with salt in it, and cook from twenty to thirty minutes, according to its age. Drain it on a sieve or colander. If liked, it may be served with white or French sauce poured over it.

French Baked Potatoes.—103.

Six large potatoes; bake them in the oven; cut them neatly in halves. Scoop out all the potato carefully and work it through a sieve; melt half an ounce of butter in a saucepan; add two tablespoonfuls of milk, one teaspoonful of chopped parsley, pepper and salt to taste; work this up into a paste over the fire. Now fill each half potato quite full; rub the top over with the white of an egg or a few drops of melted butter; brown the top either with a salamander or a hot "iron," or, failing these articles, put the potato halves into the oven for a few minutes. Serve alone or with cold meats. If you have cream, use it instead of milk.

Boiled Beets.—104.

Wash the roots; do not brush or scrape them. Put them in a saucepan and cover them with boiling water; boil very gently for one or two hours, according to size. Strain off the water, pare and trim the roots and serve cut in thick slices with melted butter poured over. If to be eaten cold, pour vinegar and a very little good salad oil over the slices.

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Stewed Parsnips.—105.

Two parsnips, one-half ounce of butter, one large teacupful of milk, pepper and salt, one-half ounce of flour. Wash the parsnips very clean; if necessary, brush them. Have plenty of boiling water and a little salt. Put the parsnips in, and boil till tender for about three-quarters of an hour, but that depends on their size. Take them out of the pan and scrape all the skin off quite clean, then cut them into slices. Put the butter, flour and milk into a small saucepan and mix smoothly. Stir till it boils; season a little. Put the parsnips in among the sauce to heat; let them be well covered with it and serve hot.

To Fry Egg-plant.—106.

Cut them in slices half an inch thick, sprinkle them with salt, and let them stand a few minutes to extract the bitter taste; wash them in cold water, and wipe them dry; season them with salt and pepper; dip them in flour, and fry them in butter. Another way of cooking them is to cut them in thin slices, and bake them on a bake-iron that is hot enough to bake cakes.

Stewed Mushrooms.—107.

Peel and rinse the mushrooms, and cut off the ends of the stalks. Stew them gently in water, stock or milk until quite tender, adding pepper and salt to taste. Then thicken the gravy with a little flour, and let it cook well, stirring carefully. Before serving, stir in a little cream or butter.

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Succotash.—108.

One pint of green corn cut from the cob, and two-thirds of a pint of Lima beans; let them stew in just enough water to cover them, until tender, then season with butter, pepper and salt and a little milk; simmer together a few moments and serve.

Celery a la Crême.—109.

Time to boil the celery, three-quarters of an hour. Six heads of celery, half a pint of cream or milk, a piece of butter rolled in flour, nutmeg and salt. Cut the celery three or four inches long, wash very clean and boil in water until tender. Boil up the cream, butter and flour till it is thick and smooth, pour over the celery and serve hot.

Summer Squash.—110.

If the rind is tender, boil it whole in a little bag kept for the purpose. Put it in boiling water, and cook three-quarters of an hour. Take the bag into a pan and press it with the edge of the plate or with a ladle until the water is out; then turn the squash out into a dish, add salt and butter, and smooth over the top.

Fried Cucumbers.—111.

Slice the cucumbers when the seeds are full grown, and before they turn yellow or ripen; sprinkle salt on the slices, let them stand for an hour, and fry them as fish, with hot lard or butter.

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Tomatoes on Toast.—112.

Take six or eight ripe tomatoes, cut off the stalks and any green part there may be, take out the seeds and cut the tomatoes into thick slices; arrange these in a single layer on a greased baking-tin, sprinkle over them some finely sifted bread crumbs seasoned with salt and pepper, put a little piece of butter on each slice and bake in a brisk oven for fifteen or twenty minutes. Serve on neatly cut pieces of hot buttered toast, with the gravy that is in the dish with them poured over. A few drops of lemon juice is an improvement.

Corn Croquettes.—113.

To two cupfuls of green corn, chopped, add one well-beaten egg, a teaspoonful of butter, one of sugar, salt to taste, and just enough flour to hold the ingredients together. Form into croquettes with floured hands, and fry in deep fat.

Water-cress.—114.

Wash, trim and pick the cress, drain it in a colander, put it into a dry, clean cloth and gently shake it about until all moisture is absorbed. Arrange the cress in circles on a fat dish, and serve within an hour of preparing it, as it will lose its crispness if left standing too long.

Parsnip Fritters.—115.

Boil parsnips till tender, cool, and remove pith and skin; mash fine. To every teacupful add a beaten egg; add flour to thicken and salt to taste. Drop into boiling lard and brown.

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SALADS.

Breakfast Salad.—116.

Scald two ripe tomatoes, peel off the skin, and place them in ice-water; when very cold slice them. Peel and slice very thin one small cucumber. Put four leaves of lettuce, the tomatoes and cucumber into a salad-bowl. Cut up one spring onion, add it, and, if possible, add four or five tarragon leaves. Now add a plain dressing and serve.

Sardine Salad.—117.

Arrange one quart of any kind of cooked fish on a bed of crisp lettuce. Split six sardines, and if there are any bones, remove them. Cover the fish with the sardine dressing. Over this put the sardines, having the ends meet in the center of the dish. At the base of the dish make a wreath of thin slices of lemon. Garnish with parsley or lettuce and serve immediately.

Cold Slaw.—118.

One cup of vinegar, a piece of butter the size of a walnut, one egg, one teaspoonful of mustard, one teaspoonful of sugar, one teaspoonful of salt, one teaspoonful of flour, one-half teaspoonful of pepper. Boil the vinegar and melt the butter in it and pour over the above mixture; stir it well, then put it back on the stove to boil again about a minute; then pour the whole upon the chopped cabbage.

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Lettuce Salad.—119.

Get that in which the head is hard and compact. Lay it in ice-water until nearly time to serve. Then break off the imperfect leaves and throw them aside. Cut off the remainder of the leaves from the root and look them over carefully. Wash in two or three waters and arrange the leaves in the bottom of a salad dish. Allow two hard boiled eggs for each head of lettuce. Put bits of ice in here and there, after you have sliced in the hard boiled eggs. Send at once to the table and serve with sugar, vinegar, mustard and the best salad oil.

Cucumber Salad.—120.

If properly prepared, cucumbers are not apt to interfere with digestion. They should be gathered early in the morning and kept in a cool place until wanted. After peeling, slice them very thin, sprinkle a little salt over them, let stand ten minutes and add cayenne and equal parts of oil and vinegar. If allowed to remain in salt water any length of time, if oil is omitted, or if their natural juices are squeezed out of them, they become indigestible.

Beet Salad with Onions.—121.

Boil four onions in the skin till tender; also a piece of beet Let both get cold; remove the skin, cut them in slices, put them in a plate, one slice on the edge of the other alternately. Put into a small basin half a teaspoonful of salt, one-fourth of a teaspoonful of pepper, one teaspoonful of good vinegar, three teaspoonfuls of oil; mix them well; pour over when ready to serve.

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Winter Salad.—122.

Take the white parts of two heads of celery and cut them up very fine, slice half a boiled beet, shell one-fourth of a pint of shrimps, mix all together in half a pint of mayonnaise sauce, and dust over with powdered coral.

Chicken Salad.—123.

The white meat of cold boiled chicken or turkey, three-quarters of the same bulk of chopped celery, a rich mayonnaise. Chop the meat fine, removing every scrap of fat, gristle and skin; mix carefully with the celery, and set in a cold place while you mix the mayonnaise. Be sure to make enough mayonnaise, not only to mix thoroughly with the chicken, but to lie on the top. Garnish with a wreath of lettuce hearts, hard boiled eggs, pickled cucumbers and beets cut into shapes.

Shrimp Salad.—124.

Boil a quart of fresh shrimps for twenty minutes. Open and throw away the shells. Take the crisp leaves of a head of lettuce, and place in a salad-bowl with two fresh tomatoes peeled and sliced. Add the shrimps and pour over all a mayonnaise—red, if convenient—and serve.

Tomato Salad.—125.

Twelve tomatoes peeled and sliced, four eggs boiled hard, one egg (raw) well beaten, one teaspoonful of salt, one-half of a teaspoonful of cayenne pepper, one teaspoonful of sugar, one teacupful of vinegar; set on ice to become perfectly cold.

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Lobster Salad.—126.

One fine lobster, one lettuce, one endive, three or four hard boiled eggs, some mayonnaise dressing; if possible, some aspic jelly. Remove the flesh from the body and claws of the lobster, and cut into pieces. Let the lettuce be well washed and dried, cut it up, and mix it with the lobster and some mayonnaise sauce. Put a border of chopped aspic on a dish. Heap the salad in the middle. Decorate the salad with pieces of endive and hard boiled eggs cut in quarters.

Orange Salad.—127.

Two oranges, one-fourth of a pint of oil, one teaspoonful of vinegar, one saltspoonful of pepper, one-half of a saltspoonful of salt. Cut the oranges into thin slices. Mix the vinegar, pepper, salt and oil, and pour over the orange.

Oyster Salad.—128.

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

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Egg Salad.—129.

Slice hard boiled eggs, arrange them upon crisp lettuce leaves, and pour over them all a mayonnaise dressing.

Potato Salad.—130.

Potato salad is composed of boiled potatoes, peeled and sliced; one onion, peeled and sliced very thin, to six potatoes; and plenty of plain salad dressing. Sometimes a little chopped parsley is added. Variations of potato salad are made by the addition of green onions chopped fine, lettuce, or small dice of fried salt pork.

Spring Salad.—131.

In a salad-bowl put first a layer of fresh, crisp watercress, then a layer of thinly sliced cucumbers which have been soaked in cold water fifteen minutes, then a teaspoonful of minced chives, then another layer of cucumbers, and around the edge a light border of the cresses. When ready to serve, pour a French dressing over it and toss it over until well mingled. This is appropriate to serve with a course of broiled fish.

Potato Salad.—132.

Boil and peel potatoes; let them get perfectly cold, and cut into dice shape. Seven large potatoes, one goblet of rich cream, one-half of a teacupful of vinegar, one teaspoonful of black pepper, one tablespoonful of olive oil (more if you like), three onions sliced thin; salt and pepper to taste, and garnish the dish with radishes and lettuce leaves.

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Scallop Salad.—133.

Rinse one pint of scallops in cold water, then cook in boiling water with one teaspoonful of salt, and one tablespoonful of lemon juice half an hour. Drain, plunge into cold water, and when chilled and firm dry them in a napkin. Cut them in very thin slices across the grain, and mix them with an equal quantity of thinly sliced cucumbers, add a sprinkling of thinly sliced onion or chives and dress them with salt, cayenne, oil and vinegar, and serve on a bed of shredded lettuce.

Veal Salad.—134.

Chop the veal fine and allow one cup of celery to one cup of meat. Mix well. For the dressing, put one cup of milk on to heat, add one egg and butter the size of an egg; after it thickens add two teaspoonfuls of vinegar, one-half teaspoonful of mustard and the same of salt and sugar.

Russian Salad.—135.

One beet, two carrots, one parsnip, two turnips, one stick of horseradish, half a pound of French beans, six olives, one-fourth tin of caviare, half a pint of mayonnaise, half a pint of aspic jelly, six gherkins. Boil the vegetables and cut into strips. Scrape the horseradish. Arrange the salad in layers, paying attention to the effect of color, each layer getting smaller till the top comes to a point.

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PASTRY.

A Light Paste.—136.

Three-fourths of a pound of flour, one-half of a pound of butter, the whole of an egg. Beat the white of egg to a strong froth. Then mix it with a little water, sufficient to mix the flour to a paste. Handle it very lightly. Roll it out thin and lay the third part of the butter about it in little pieces. Dredge it with flour and roll it up. Roll out again, and put in the same proportion of butter. Do this once more and the paste is ready.

Puff Paste.—137.

Dry and sift a pound of flour and put it on a marble slab (if there is one); make a hole in the center, and put into it half a teaspoonful of salt and not quite half a pint of water; mix this in with a knife till it is a clear, smooth paste; work it lightly with the hands till it ceases to adhere to the board; let it remain to cool for two minutes, then flatten the paste till it is an inch thick; have ready three-quarters of a pound of butter free from salt and moisture, and lay the butter on in the center, and fold over the four sides of the paste so as to form a square and completely hide the butter; let this cool for a few minutes, then dredge the slab or board and the paste with flour, and roll the paste out till it is three feet in length; take care the butter does not break through the flour; fold over a third upon it; let the

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paste rest for ten minutes, then give it two more turns; then let it rest and give it two more turns, making in all five turns. The paste should be baked as soon as possible. For patties and vol-au-vent, six or seven turns will be required.

Orange Pie.—138.

One pound of sugar, half a pound of butter, the grated rind and juice of four oranges, the yolks of four eggs beaten light; add to the butter and sugar and beat hard, and then add the orange; beat the whites very light and mix in last. Bake in paste in tin pie-plates.

Berry Pie.—139.

Pick over the berries and sprinkle slightly with flour; add sugar to taste—about one cupful for a quart of fruit. Do not spoil the fruit flavor by using spices. Bake in a deep plate, with two crusts.

Cocoanut Pie.—140.

One quart of new milk, three eggs, one tablespoonful of butter, two tablespoonfuls of sugar, one pint of grated cocoanut, which should be fresh. Bake like custard pie.

Mince Pie.—141.

Take as many beef tongues as you wish; salt and rub sweet spices into them, and let them boil for twenty-four hours. When tender, remove the skins while hot. When cold, add to each tongue three pounds of beef suet, two pounds of currants, two pounds of raisins, one pound of citron, and one of sugar, one pint of sherry and one of brandy; spice to taste; moisten with cider.

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Mince Pie.—142.

Boil and chop three pounds of lean beef, two pounds of suet, four pounds of good raisins, four pounds of currants, one pound of citron, four pounds of sugar, grated rind and juice of three lemons and two sweet oranges, three grated nutmegs, two large tablespoonfuls of cloves, two of mace, one quart of cooking brandy, three large tablespoonfuls of cinnamon, some wine, four tablespoonfuls of salt; pack it down tightly in a jar, and stir well before using. In making a pie, take nearly two-thirds of apples and more than one-third of meat; add enough cider to make very juicy, and enough sugar to make very sweet.

Prune Pie.—143.

Prunes that are too dry to eat without stewing can be made into good pies. Turn enough boiling water on the prunes to cover them, set them on a few coals, and let them remain till swelled out plump. If there is not water sufficient to make a nice syrup for the pies, add more, and season them with cinnamon or cloves. The juice and grated peel of a lemon gives them a fine flavor. Add sugar to the taste and bake them in deep pie-plates.

Rice Pie.—144.

One quart of boiled milk, one small teacupful of rice flour mixed in a little cold milk; add to the boiling milk two teaspoonfuls of butter; when cold, add five eggs well beaten, sweeten to taste, flavor with vanilla, and bake.

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Marlborough Pie.—145.

Procure sweet, mellow apples, pare and grate them. To a pint of the grated pulp put a pint of milk, a couple of eggs, two tablespoonfuls of melted butter, the grated peel of a lemon, and half a wineglassful of brandy. Sweeten it to the taste with nice brown sugar. The eggs should be beaten to a froth, then the sugar stirred into them and mixed with the rest of the ingredients. A little stewed pumpkin, mixed with the apples, improves the pie. Bake the pie in deep plates, without an upper crust.

Apple Pie.—146.

Stew green or ripe apples, when you have pared and cored them. Mash to a smooth compote, sweeten to taste, and, while hot, stir in a teaspoonful of butter for each pie. Season with nutmeg. When cool, fill your crust, and either cross-bar the top with strips of paste, or bake without cover. Eat cold, with powdered sugar strewed over it.

Custard Pie.—147.

Make a custard of the yolks of three eggs, with milk; season to taste; bake it in ordinary crust; put it in a brick oven, that the crust may not be heavy; and as soon as that is heated remove it to a place in the oven of a moderate heat, that the custard may bake slowly and not curdle; when done, beat the whites to a froth, add the sugar, and spread over the top, and return to the oven to brown slightly. A small pinch of salt added to a custard heightens the flavor; a little soda in the crust prevents it from being heavy. Very nice.

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Chocolate Pie.—148.

One cupful of water and two tablespoonfuls of flour cooked together. Into this put the following ingredients, after mixing: one cupful of sugar, one-fourth cupful of water, the yolks of two eggs, two tablespoonfuls of grated chocolate. Cook until it thickens. Put into baked crust, and frost with meringue made of the whites of the eggs and a little sugar.

Currant Pie.—149.

One teacupful of red currants, one cupful of sugar, yolks of two eggs, one tablespoonful of flour, one-half tablespoonful of water. Mix and bake in lower pie crust. Beat the whites of the eggs with one-half teacupful of pulverized sugar; spread over top and brown slightly.

Pineapple Pie.—150.

One large pineapple pared and grated, half a pound of fresh butter, half a pound of sugar, one wineglassful of brandy, one tablespoonful of rose-water, a little grated nutmeg. Mix all together with the juice and pulp of the pineapple, adding a little grated bread; bake ten minutes in a crust.

Peach Pie.—151.

Take mellow clingstone peaches, pare but do not cut them, put them into a deep pie-plate lined with crust, sugar them well, put in a tablespoonful of water, and sprinkle a little flour over the peaches; cover with a thick crust, in which make a cut in the center, and bake for from three-quarters to one hour.

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Lemon Pie.—152.

One tablespoonful of corn-starch, one cupful of sugar, one cupful of cold water, three eggs, the juice and pulp of one lemon, a little salt. Cook the corn-starch in the water; when cold, add the yolks of the eggs, sugar, lemon and salt. Beat the whites of the eggs to a froth, and stir them in carefully just before putting in the oven.

Cream Pie.—153.

One cupful of powdered sugar, one cupful of flour, one teaspoonful of cream of tartar and one-half of a teaspoonful of soda, five eggs beaten separately, the grated rind of a lemon. Cream: Set in hot water one-half of a pint of milk; when scalding hot add one-half cupful of sugar, a little salt and one egg beaten together; stir until thick, and when cool add one tablespoonful of vanilla. Put between crusts.

Cheese Straws.—154.

Two ounces of flour, two ounces of butter, two ounces of grated Parmesan cheese, the yolk of an egg, a little cayenne, pepper and salt. Rub the butter lightly into the flour. Add the grated cheese and seasoning, and mix with the yolk of egg. If necessary, add another yolk, but no water. Roll out and cut into fingers about a quarter of an inch wide and two inches long. Lay them on a greased baking-sheet. Stamp out, with a cutter the size of an egg-cup, some rounds, and make them into rings by stamping out the middle with a smaller cutter. Bake the rings and straws a pale brown color, and serve them with a bundle of straws placed in each ring.

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Squash Pie.—155.

Peel a Hubbard squash, cut it into pieces about two inches square, remove the seeds without taking away any of the substance of the squash, and put it to steam in a colander closely covered and set over a pot of boiling water, or place it in a porcelain-lined saucepan without water, and set it over a gentle fire where it will soften slowly without burning, stirring it occasionally to prevent burning; or boil it until tender, in sufficient water to cover it. When the squash is tender, drain it until it is quite free from water, and rub it through a sieve or a fine colander with a wooden spoon or potato-masher. Mix one quart of the squash so prepared with one quart of milk, four eggs well beaten, one tablespoonful of mixed ground cinnamon, mace and ginger, one teaspoonful of salt and one cupful of sugar; and use it to fill two large pie-plates lined with a good, plain pastry. Do not cover the pies with pastry, but grate a little nutmeg over the top, or sprinkle over them the grated rind of a lemon.

Cranberry Tart.—156.

One-half pound of cranberries, six tablespoonfuls of sugar, four apples, one-half pound of prunes. Wash the cranberries, and pick them from the stalks; peel, core and slice the apples; stone and wash the prunes; put all these with the sugar into a saucepan, and stew them until soft, or about half an hour. Put the mixture into the pie-dish and allow it to cool. Cover with short crust, and bake for about half an hour.

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Red Currant and Raspberry Tart.—157.

Time to bake, three-quarters of an hour. A pint and a half of picked red currants, three-fourths of a pint of raspberries, one-fourth of a pound of puff paste. Pick the currants and raspberries from their stalks, mix them together in a pie-dish with the moist sugar. Wet the edge of the dish, place a band of puff paste around it, wet that also. Cover the top with puff paste, pressing it around the edge with your thumbs. Cut the overhanging edge off evenly. Then scallop the edge by first chopping it in lines all around and then giving them a little twist at regular intervals with the knife. Take the edges you have cut off, flour them, roll them out, and cut them into leaves to ornament the top. Egg it over and bake it. When done, dredge it with white sugar, and salamander it.

Baked Apple Dumpling.—158.

Make the pastry according to the directions already given; cut it into squares large enough to fold over the apples; peel and core sound apples of medium size and tart flavor, put one in the center of each piece of pastry, fill the apples with sugar and half a saltspoonful of powdered cinnamon, and fold the pastry up over each apple lightly,wetting the tips of the corners and pressing them lightly together; arrange the dumplings in a baking-pan, brush them with beaten egg, and bake them for about half an hour, or until they are done, in a moderate oven. Serve them hot or cold with powdered sugar and cream, or with either of the sauces for which recipes are given elsewhere.

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Princess's Pudding.—159.

Beat up three eggs with half a pint of boiling milk and two ounces of powdered loaf sugar; flavor with brandy. Butter a plain mould or basin and pour in the pudding, and steam as directed for custard pudding. Turn it out and put on it, so as to cover it all over in a rocky shape, the whites of two or three eggs beaten to a froth, with a large teaspoonful of powdered sugar to each egg, and a few drops of extract of vanilla. Put the pudding into a brisk but not too hot oven, and when the eggs are just colored and set, serve it.

Fig Pudding.—160.

One-half pound of figs, one-half pound of bread crumbs, one-half pound of sugar, one-half pound of beef suet, three eggs. Remove the skin from the suet, chop it very fine, put it into a bowl, and, chopping the figs also very fine, mix both together. Stir into this the bread crumbs, beat in a separate bowl the eggs and sugar, mix this with the figs, suet and bread crumbs, and, greasing the interior of a melon mould, pour this mixture into it; put on the cover, and, plunging it into a large saucepan of boiling water, let it with its contents boil for two hours. When done, the pudding should be turned out upon a hot platter and served with wine or brandy sauce poured around it.

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Suet Pudding.—161.

One cupful of chopped suet, one cupful of molasses, one cupful of raisins, one egg, one cupful of sweet milk, two teaspoonfuls of baking-powder, flour enough to make a stiff batter. Steam three hours.

Graham Pudding.—162.

One-fourth cupful of butter, one-half cupful of molasses, one-half cupful of milk, one egg, one and one-half cupfuls of graham flour, one-half teaspoonful of soda, one teaspoonful of salt, one cupful of raisins seeded and cut in pieces. Melt butter; add molasses, milk, egg well beaten, dry ingredients mixed and sifted, and raisins; turn into buttered mould, cover and steam two and one-half hours. Serve with wine sauce. Dates or figs cut into small pieces may be used in place of raisins.

Marmalade Pudding.—163.

One-fourth pound of suet, one-fourth pound of bread crumbs, one-fourth pound of sugar, two ounces of ground rice, two ounces of marmalade, two eggs. Place the suet on a board, remove all skin and discolored parts, chop very fine, and place it in a bowl with the ground rice and sugar. Over a sheet of paper put a wire sieve and rub through with the hands the necessary quantity of bread crumbs. Add these crumbs to the ingredients in the bowl. Whip the eggs now with a fork in a separate bowl, and then whip the marmalade with them. Pour all the ingredients together, and when thoroughly blended pour into a greased mould and steam for four hours.

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Bird's-nest Pudding.—164.

Peel and core three apples, line a pudding-dish with puff paste, lay the apples at the bottom of the dish and stick long strips of citron round them; stir to a cream half a pound of powdered sugar and a quarter of a pound of butter; beat separately the yolks and whites of four eggs, mix them with the butter and sugar, season with nutmeg, place it on the fire and stir till hot, then pour over the apples and bake immediately. This pudding can be eaten warm or cold. The top must not be allowed to brown too soon.

Sago Pudding.—165.

Two tablespoonfuls of sago, one pint of milk, one egg, two teaspoonfuls of sugar. Put the sago and milk into a saucepan; stir it over the fire till it boils; add the sugar. Let the sago boil till soft and quite thick, stirring all the time. Take it from the fire, let it cool a little, drop in the yolk of the egg and mix well. Put the pudding into a greased pie-dish. Put the white of the egg on a plate; beat it with a knife to a stiff froth; add half a teaspoonful of sugar to it; spread it on the top of the pudding and put it in the oven for a minute or two to brown.

Plum Pudding.—166.

One-fourth pound of finely chopped suet, one-fourth pound of currants, one-fourth pound of raisins stoned and chopped, six ounces of flour, six ounces of bread crumbs, two ounces of candied peel, three ounces of sugar, one gill of milk, two eggs, one-half teaspoonful of baking-powder. Put the dry ingredients into a basin and mix with the eggs and milk well beaten together. Boil in a cloth or basin for four hours.

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Cocoanut Pudding.—167.

One finely grated cocoanut, one pint of fresh milk, a lump of butter the size of an egg, four eggs, sugar to taste. Reserve the whites of the eggs for meringue. Bake in a deep baking-dish, or, if preferred, use pastry. To be eaten with cold cream.

Baked Indian Pudding.—168.

Two quarts of scalded milk with salt, one and one-half cups of Indian meal (yellow), one tablespoonful of ginger, letting this stand twenty minutes; one cupful of molasses, two eggs (saleratus if no eggs), a piece of butter the size of a common walnut. Bake two hours. Splendid.

Rich Plum Pudding.—169.

One pound of raisins, half a pound of sultanas or currants, half a pound of sugar, half a pound of flour, half a pound of bread crumbs, three-fourths of a pound of suet, one-fourth of a pound of mixed candied peel, a small nutmeg grated, a teaspoonful of ground cinnamon, a teaspoonful of ginger, a teaspoonful of pudding spice, the juice of one lemon, and peel grated, one orange peel grated, six bitter almonds pounded, and a pinch of salt. Mix (the day before the pudding is boiled) with six eggs, a glass of brandy or curaçoa, and sufficient marsala or good home-made wine to make it rather moist, and allow the ingredients to swell well. Boil eight hours if made in one mould, six hours if divided into two moulds.

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Queen Pudding.—170.

One pint of fine bread crumbs, one quart of fresh, rich milk (hot), yolks of four eggs, one and one-half cupfuls of white sugar, one tablespoonful of butter, one-half cupful of jelly or jam. Soak the crumbs in the hot milk, rub the butter and sugar together, and stir in the yolks well beaten. Mix all together with such flavoring as you like, and bake in a deep pudding-dish. When done, make the meringue of the whipped whites and one-half cupful of sugar; cover the pudding with the jelly, and over that place the meringue and brown in the oven. Eat cold with cream. Fresh fruit is very nice instead of the jelly.

Graham Pudding.—171.

One and one-half cupfuls of graham flour, one cupful of sweet milk, one-half cupful of molasses, one cupful of chopped raisins, four figs chopped fine, half a teaspoonful of salt, one teaspoonful of soda. Steam four hours in a two-quart pan and serve with golden sauce.

Orange Custard Pudding.—172.

Boil a pint of new milk, pour it on to three eggs lightly beaten, mix in the grated peel of an orange and two ounces of loaf sugar. Beat all together for ten minutes, then pour the custard into a pie-dish, set it in another containing a little water and put it in a moderate oven. When the custard is set (it generally takes about half an hour), take it out and let it get cold. Then sprinkle over rather thickly some very finely sifted sugar and brown it with the salamander. To be eaten cold.

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Crystal Palace Pudding.—173.

One ounce of gelatine, one and one-half pints of milk, one-fourth pound of sugar, three yolks of eggs, two ounces of sponge cake; one ounce of ratifias, two bay leaves, three-fourths teaspoonful vanilla, two ounces of candied fruit or sultana raisins, a few drops of cochineal or carmine. Soak the gelatine in a quarter pint of milk; put the yolks, sugar and vanilla in a basin, and beat all well with a wooden spoon. Put the pint of milk on to boil with the bay leaves in it (it is better to be rather slow in coming to the boil). When boiling, pick out the leaves and stir in gradually among the eggs and sugar; return it to the saucepan with the soaked gelatine, and stir over the fire till the custard thickens—it must not boil. Pour it all out into two basins to get cold. Color half of it pink with the carmine. Now take a cream mould; put a few cherries or any other fruit in the bottom, add a few thin slices of the sponge cake and a few ratifias, and pour in some custard and let it get firm; then a little more cake and fruit and some pink custard, and repeat once more. Let it get quite firm and cold; turn it out like a shape of cream.

Peach Pudding.—174.

Fill a baking-dish about three-fourths full of ripe, juicy peaches, pared, stoned and cut into medium-sized pieces. Beat light the yolks of three eggs. Add four tablespoonfuls of white sugar, three of milk or cream and three of sifted flour. Add the beaten whites, and after sifting three tablespoonfuls of sugar over the fruit pour on the batter. Mix all well together and bake three-fourths of an hour. Eat hot with sauce.

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Coffee Cream.—175.

Put about a breakfastcupful of strong coffee into a pan with half a pint of boiled cream and half a pound of sugar. Beat up the yolks of six eggs; to these add a pinch of salt; whisk the whole well together. Place the pan on the stove over a slow fire, keep stirring till it thickens and is nearly boiling, pass it through a hair sieve into a basin, then add one-half ounce of dissolved gelatine, and stir until it is nearly cold. Pour it into a mould, and when set firm turn it out.

Tapioca Cream.—176.

Some tapioca boiled to a jelly, some apricot jam. Put a layer of each alternately in a glass dish till full, then cover with whipped cream and decorate with crystallized cherries.

Stewed Prunes.—177.

Put about a pound and a quarter of prunes into a pan with about a quarter of a pound of lump sugar. Add as much cold water as will nearly cover them. Put the pan on a slow fire or stove and stew the prunes slowly until tender; then remove the stones without breaking the fruit much. Place the prunes in a circle round the dish, the same as with cutlets. Break the stones and pick out the kernels; dip them in boiling water and skin them. Place the kernel upon each prune. The juice of the fruit must be boiled down to a syrup. Strain through muslin, color slightly with cochineal and pour it round the base. Whip up about half a pint of thick cream, heap it u n spoonfuls in the center of the dish. Sprinkle a little pink sugar over it and serve.

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Snow Pyramids.—178.

Beat to a stiff foam the whites of half a dozen eggs, add a small teacupful of currant jelly and whip all together again. Fill as many saucers half full of cream as you have guests, dropping in the center of each saucer a tablespoonful of the beaten eggs and jelly in the shape of a pyramid.

Blancmange.—179.

An ounce packet of gelatine, one pint of milk, one pint of cream, three or four ounces of castor sugar, flavoring essence. Soak the gelatine in the milk; add the sugar and stir over the fire until both are dissolved. Then pour in the cream; stir occasionally until cold. Add the flavoring essence and pour all into a wetted mould.

Compote of Rice.—180.

One-fourth pound of rice, one-fourth pound of sugar, one pint or more of milk, vanilla or other flavoring. Boil the rice in the milk with the sugar for twenty minutes; if very stiff add a little more milk or cream. Flavor with vanilla and put into a buttered mould with a well in the center. Any fruit may be put in the middle when it is served. If oranges are used, boil a gill and a half of water with one-fourth pound of lump sugar until it sticks to a knife like an icicle. Peel the oranges and roll them in it. If apples are used, boil them gently in one pint of water with one-fourth pound of sugar. When tender, add a little cochineal. Take the apples out and reduce the syrup to less than a quarter of a pint. Roll the apples in it.

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Fairy Butter.—181.

Two ounces of butter, the rind of one lemon, one-half teaspoonful of lemon juice, ten macaroons, three ounces of ratifia biscuit, one wineglassful of sherry, two ounces of sugar. Place the macaroons and ratifias in a crystal dish. Pour over them in spoonfuls the sherry, and allow them to soak for an hour; then sprinkle the sugar over them. Then place the butter in a basin, grate over it the lemon rind, add the juice, and with the back of a spoon beat all together till very smooth. Place a wire sieve over the crystal dish and rub the butter through with the spoon, allowing it to fall over the macaroons.

Lemon Sponge.—182.

Put into a saucepan one-half ounce of gelatine, two ounces of loaf sugar, the rind of one lemon, and one-half pint of cold water. Melt these carefully at the side of the fire, then strain it into a basin to cool for five or ten minutes, then add to it the juice of a lemon, and the white of an egg. Whisk till firm. Pour it into a wetted mould, or serve rocky on a crystal dish.

Red Robin.—183.

Take a pound of lump sugar and put it into a stewpan with one-half pint of water, and boil till it becomes very thick; then add about two pounds of apples, peeled and cored, and the grated rind of a lemon; boil all together till it is quite stiff; keep stirring all the time. Pour it into a buttered mould, and when cold turn out and serve with custard around.

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Compote of Oranges and Cocoanut.—184.

Six sweet oranges, grated cocoanut, one lemon, one-half pound of sugar, one pint of common cream, one-half pint of water. Peel the oranges, grating the yellow part of the rind of one and of the lemon. Remove all the white part of the rind very carefully without breaking the oranges in the least; divide them into liths very carefully. Put water, sugar, juice and grate of lemon, and the grate of the orange into a bright saucepan, and allow it to boil for five minutes, then add the oranges, and after it boils again, allow them to boil for five minutes. Remove the oranges from the pan, and boil the syrup till it becomes quite thick. Allow all to get quite cold. Arrange some of the orange liths neatly on a glass dish, add a good sprinkling of cocoanut, then a little syrup, then the remainder of the oranges, some more cocoanut and the remainder of the syrup. Whip up the cream to froth, and pile it on the top, sprinkling over some chopped pistachio-nuts.

Apple Turnovers.—185.

Make the paste of lard or dripping in the same manner as puff paste, using four ounces of the fat to eight of flour and a gill of water. Roll the paste out one-fourth inch thick, and cut into squares of about four inches. In the center of each square pile up baking apples cut small, but not in slices, mixed with half their weight of moist sugar. Gather the edges of the paste together, press them and mark with a pastry-wheel, place on a floured baking-sheet and bake in a moderate oven for half an hour.

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Banana Canteloupe.—186.

One-half box of gelatine or two and one-half tablespoonfuls of granulated gelatine, one-half cupful of cold water, whites of two eggs, one-fourth cupful of powdered sugar, three-fourths cupful of scalded cream, two-thirds cupful of sugar, four bananas mashed to a pulp, one tablespoonful of lemon juice, whip three and one-half cupfuls of cream, twelve lady fingers. Soak gelatine in cold water, beat whites of eggs slightly, add powdered sugar, and gradually hot cream, cook over hot water until it thickens; add soaked gelatine and remaining sugar, strain into a pan set in ice-water, add bananas and lemon juice, stir until it begins to thicken, then fold in whips from cream. Line a melon mould with lady fingers trimmed to just fit sections of mould, turn in the mixture, spread evenly, and chill.

Cheap Custard.—187.

One tablespoonful of corn flour, one pint of milk, the yolks of two eggs, two ounces of castor sugar, vanilla or other flavoring. Put the milk and sugar on to boil. When boiling, stir in the corn flour, which should be mixed very smoothly with a little cold milk; boil, stirring all the time for ten minutes; then remove from the fire, and when it has cooled a little beat in the yolks of the eggs. Stir again over the fire to cook the eggs, but take care they do not curdle. Flavor to taste, and when cold pour into custard glasses. A cheaper substitute for custard may be made by omitting the eggs.

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Chocolate Custard.—188.

One-fourth pound of chocolate, one-fourth pound of sugar crushed and sifted, a pint and a half of good milk, four eggs, six drops of vanilla. Take a clean saucepan, put in it the crushed chocolate and sugar, pour the milk over by degrees, thoroughly stirring all the time. Let it boil up, still stirring. Move it to the side of the fire to stand simmering for twenty minutes. Break four eggs separately; take the yolks of four and the whites of three and mix them with the cream, being careful it is not too hot. Strain the whole through a fine strainer into a jug. Stand in a saucepan of boiling water and keep stirring the same way until the custard thickens; it will take about twenty minutes after the water in the saucepan boils. When it is thick enough take it out of the hot water and leave it in the jug until cold. Stir a teaspoonful of vanilla into the cream. Serve when required in a glass dish or in custard cups, and pass sponge cake with it.

German Puffs.—189.

To one pint of milk add six eggs well beaten, four tablespoonfuls of flour, one spoonful of melted butter, and a grated nutmeg. Mix these ingredients well, leaving out the whites of three eggs for sauce. Pour the mixture into cups well buttered, filling them half full. Bake in a quick oven. Turn them on a dish and pour the sauce over them.

SAUCE.

The whites of the three eggs made into a thin icing with crushed sugar, to which add lemon juice or rose-water.

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Strawberry Shortcake.—190.

Two cups of flour, two teaspoonfuls of baking-powder, two small tablespoonfuls of butter, a pinch of salt, milk enough to make a soft dough. Do not roll, but pat in place with the hand. Can be split and fruit put between, or baked in a thinner cake in a large tin, which will make it more crusty. Butter well and spread plenty of berries between and on top.

Chocolate Cream Glace.—191.

Put into a saucepan over the fire one gill of water, six ounces of sugar and three ounces of grated chocolate. Boil until thick and smooth; take off the fire, and add the whites of two eggs without beating. Use this while hot, covering the sides and top of the cake. It firms as it cools.

Salted Almonds.—192.

After shelling almonds, pour boiling water upon them and let them remain in it until the skin begins to loosen, which will be soon. Rub the almonds in a clean towel to remove the skins; put the blanched almonds into a pan with enough butter to prevent burning (very little will suffice), and put the pan into a quick oven. Watch the almonds and shake the pan frequently, so that they may brown equally. When they are delicately and evenly colored, take them up, let them cool, and then dust a little salt over them and use them as a relish at luncheon or dinner, or serve them as a course with some fine sherry or Madeira.

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PUDDING SAUCES.

German Pudding Sauce.—193.

Dissolve one and one-half ounces of sugar in two glasses of white wine; when quite hot, stir in the well-beaten yolks of three eggs; whisk it up until quite frothy and pour hot over the pudding. Whilst you whisk, keep the saucepan well to the side of the fire, as, if this sauce boils, it will curdle.

Sauce.—194.

Half a cupful of milk, stir in two tablespoonfuls of sugar, beat the whites of two eggs to a slight froth and stir in. Flavor with vanilla before serving.

Wine Sauce.—195.

One-half cupful of butter, one cupful of powdered sugar, three tablespoonfuls of sherry or Madeira wine, slight grating of nutmeg. Cream the butter, add the sugar gradually and wine slowly; pile on a glass dish and sprinkle with grated nutmeg.

Hard Sauce.—196.

Beat to a cream one-fourth of a pound of butter, add gradually one-fourth of a pound of sugar; heat it until very white; add a little lemon juice, or grate nutmeg on top.

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Wine Sauce.—197.

One cupful of boiling water, one tablespoonful of corn-starch, one-fourth cupful of butter, one cupful of powdered sugar, one egg, one saltspoonful of grated nutmeg, one-half cupful of wine. Wet the corn-starch in cold water and stir into the boiling water. Boil ten minutes. Rub the butter to a cream, add the sugar gradually, then the egg, well beaten, and the nutmeg. When the corn-starch has cooked ten minutes, add the wine and pour the whole into the butter, sugar and egg, stirring until well mixed.

Orange Sauce.—198.

Five large oranges, six lumps of sugar, one wineglassful of curaçoa, one dessertspoonful of arrowroot. Rub the sugar on the oranges to absorb the zest. Put it into a stewpan and add the strained juice of the oranges. Mix the arrowroot smoothly with the curaçoa and mix in. Boil the sauce and it is ready. If too thick, add more orange juice.

Sauce for Puddings.—199.

One breakfastcupful of milk, two small teaspoonfuls of flour, one egg, two teaspoonfuls of sugar, a few drops of essence of lemon, small piece of butter. Mix the flour and milk together, put it into a small saucepan and stir till it boils. Beat the egg and sugar together. Let the milk cool slightly and add it to the egg and sugar. Add the butter. Return all to the saucepan and stir till it gets a little thick, but do not let it boil. Add the essence of lemon.

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Cold Sauce for Puddings.—200.

Four ounces of butter, six ounces of sugar, white of an egg, one wineglassful of wine. Flavor with nutmeg or vanilla.

German Sauce.—201.

The whites of two eggs, the juice of one lemon, sugar enough to beat up to a proper consistency for serving.

Foaming Pudding Sauce.—202.

Whites of three eggs well beaten, one teacupful of sugar, one-third of a cupful of water, one glass of wine. Melt and boil the sugar in the water. Add the wine and stir in the whites. Serve at once.

Cherry Sauce.—203.

Take thoroughly ripe and stoned cherries, pour over them melted sugar while boiling hot, in the proportion of half a pound of sugar to a pound of cherries. Put them on ice till cold, when the sauce is ready for the table.

Maple Sugar Sauce.—204.

Break half a pound of maple sugar into small bits, put it into a thick saucepan with half a gill of cold water, set the saucepan over the fire, and melt the sugar until it forms a clear syrup; then remove it from the fire, and stir in two heaping tablespoonfuls of butter cut into small bits. Serve the sauce hot with any fruit.

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Dinah's Charming Sauce.—205.

One small cupful of sifted sugar, half the quantity of butter, one large cupful of boiling milk, one dessert-spoonful of ground cinnamon. Stir the butter and sugar to a cream; then stir in the cinnamon and the boiling milk; stir briskly till smooth, then pour into the sauce boat. May be eaten hot or cold.

Molasses Sauce.—206.

Put one-half pint of molasses to boil in a skillet with a piece of butter the size of an egg; when it has boiled a few minutes, pour in a teacupful of cream, and grate in half a nutmeg. This is the most economical way of making sauce.

Pudding Sauce.—207.

One dessertspoonful of flour, one tablespoonful of sugar, one breakfastcupful of milk and water. Mix all these ingredients in a small saucepan, put it on the fire, and stir constantly till it boils. A little seasoning, such as ginger, cinnamon or nutmeg may be added.

Lemon Sauce.—208.

One small lemon, one large teaspoonful of corn flour, one teacupful of water, one tablespoonful of sugar, a little cochineal or carmine. Put into an enameled saucepan the corn flour and sugar, and mix; then add the juice of the lemon and mix, then the water and coloring; stir over the fire till it boils. Pour round the puddings, and serve.

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ICES AND ICE CREAM.

Apple Ice.—209.

Take one pound of green cooking apples; peel, core and cut into slices; cook them over the fire soft with the juice of half a lemon and two tablespoonfuls of sugar; then pass them through a sieve. Add four tablespoonfuls of clarified sugar and freeze.

Cherry Water Ice.—210.

Bruise about a pound and a half of ripe cherries in a mortar, and put them into a pan with five ounces of sugar. Boil for a few minutes and rub through a sieve into a basin; then add a pint of syrup and half a pint of cold water. Freeze and mould the ice.

Lemon Water Ice.—211.

Take three lemons and rasp them on sugar, the juice of six lemons, the juice of one orange, one pint of clarified sugar and half a pint of water. Mix; strain through a hair or lawn sieve; freeze. One quart. Or, take a sufficient quantity of lemons, six or eight to one quart, rasp three or four of them on a lump of sugar and scrape it into the vessel you are about to mix in, squeeze the lemons and add the juice of two oranges, half a pint of water and one pint of clarified sugar; strain; freeze.

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Chinese Ice.—212.

Beat the yolks of fifteen eggs with three-quarters of a pound of powdered sugar; pound four ounces of pistachio-nuts (blanched) with the white of an egg; put to it three gills of water; stir it over the fire in a double boiler till it is as thick as cream; take great care that it does not boil. Color it green, or part green and part yellow; flavor as you please; cut up a couple of candied Chinese oranges small, and a little preserved ginger, and freeze.

Peach Ice Cream.—213.

Take perfectly ripe freestone peaches, pare them, and mash them fine; make them very sweet, and measure the peaches—to each quart add one quart of rich cream or milk; crack half a dozen stones, and mash the kernels fine, and put into the cream and freeze. Splendid.

Raspberry Ice Cream.—214.

The juice only must be used in making raspberry ice cream, about one pint of juice to one quart of cream and a light pound of sugar. The red Antwerp raspberry, when blended with the cream, produces a lovely color, and has exquisite fragrance as well as delicate flavor, but even the juice of the common wild raspberry makes a very nice variety in the matter of creams. In winter, canned raspberries, or even raspberry jam, put into a small sieve, and the juice from them strained into cream, will prove most satisfactory. Allow five ounces of sugar to a quart of the flavored cream, if the fruit has not been sweetened; otherwise, sweeten to taste.

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Tutti Frutti Ice Cream.—215.

Make a very rich custard—a caramel custard is best for the purpose, following the usual rule of making it one-third sweeter than if it were not to be frozen—and stir in some candied fruit, chopped fine, regulating the quantity by the quantity of custard; freeze as usual.

Chocolate Ice Cream.—216.

One quart of cream, one pint of new milk, two cupfuls of sugar, two eggs beaten very light, five tablespoonfuls of chocolate rubbed smooth in a little milk. Heat the milk nearly to boiling, and pour slowly in with the beaten egg and sugar. Stir in the chocolate, beat well three minutes, and return to the inner kettle. Heat until it thickens well, stirring constantly; take from the fire and set aside to cool. When the custard is cold, beat in the cream and freeze.

Plain Ice Cream.—217.

The sort of ice cream usually made at home is composed of milk, with a small proportion of cream, with eggs and sugar added to it; for instance, dissolve half a pound of sugar in a quart of milk, place it over the fire, and let it heat to the boiling point; meantime beat three eggs to a cream, pour the boiling milk into them, and then return to the fire, and stir it until it begins to thicken; then at once remove it from the fire, stir it until it is smooth; then flavor it, cool it, and, when it is cool, freeze it, according to directions given, in the freezer.

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Neapolitan Ice Cream.—218.

For this a proper mould is necessary; lay three ice creams differently flavored and colored in it, in layers. Choose flavors that will go well together. Freeze for an hour.

Strawberry Ice Cream.—219.

One pint of milk, four eggs, one and one-half pints of fresh strawberries, one quart of cream, one-half pound of sugar. Beat the eggs until very light, make the milk hot, and pour it over them. Pour these together into a saucepan, and stir them over the fire until the eggs begin to thicken. Transfer the custard to a bowl and allow it to cool. In the meantime place the strawberries into a hair sieve, sprinkle over them a little sugar, and then rub them through the sieve with the back of a wooden spoon. When this is done, add the sugar to the syrup so formed, and when the custard has become quite cold, stir the fruit mixture into it. Add the cream, and, stirring this well through the custard, pour all into a freezer, and freeze until quite solid, stirring the cream down from the sides from time to time, to keep it smooth while freezing, unless the freezer be arranged to do this while being turned.

Ratifia Ice Cream.—220.

Take one pint of cream, a little milk, four ounces of sugar, the yolks of two eggs, two ounces of ratifias; put them into a stewpan over a gentle fire; set as thin as custard. Add the juice of half a lemon; when cold, freeze; take two ounces more ratifias, rub through a sieve, and add when the former is frozen, together with one glass of noyau or maraschino. One quart.

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Italian Cream.—221.

Put two pints of cream into two bowls. With that in one bowl mix six ounces of powdered loaf sugar, the juice of two large lemons, and two glasses of white wine. Then add the other pint of cream, and stir the whole very hard. Boil two ounces of gelatine with four small teacupfuls of water, till it is reduced to one half. Then stir the gelatine lukewarm into the other ingredients, and put them into a glass dish to congeal.

Velvet Cream.—222.

Dissolve half an ounce of gelatine in a gill of water; add to it half a pint of light sherry, grated lemon peel and the juice of one lemon, and five ounces of sugar. Stir over the fire until the sugar is thoroughly dissolved. Then strain and cool. Before it sets beat into it a pint of cream; pour into moulds and keep on ice till wanted.

Pistachio Ice Cream.—223.

Mix one scant tablespoonful of flour and a speck of salt with one cupful of sugar, add one egg and beat well. Pour on slowly one pint of hot milk. Turn back into the double boiler and cook twenty minutes. Cool and stir in one quart of cream, a few drops of almond and a tablespoonful of vanilla. Color a delicate green with green color paste. Freeze it and then use it to line the round cans. Wash quarter of a cupful of sultanas and soak them in brandy or wine to prevent their becoming icy. Scatter them here and there around the border of ice cream. Flavor a pint of thick cream with vanilla

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and sweeten to taste with powdered sugar. Whip it to a stiff froth with a Dover egg-beater. Fill the center of the moulds with the whipped cream, cover and let them stand, packed in ice and salt for two hours.

Siberian Punch.—224.

One quart of thick cream, one-half pint of fine sugar, one-half pint of whites of eggs, one-half tablespoonful of corn-starch. Let the cream come to boiling point; mix eggs, sugar and corn-starch together; then stir all slowly into the boiling cream until cooked; then cool, and add one quart of brandy when partly frozen.

Roman Punch.—225.

Roman punch glace is made by adding to a quart of lemon ice made with syrup three whites of eggs beaten stiff and one glassful each of brandy, champagne and maraschino, and then freezing it.

Grape Sherbet.—226.

Sweeten one quart of grape juice to taste; add one cupful of sugar to two cupfuls of orange juice and stir until the sugar is dissolved. Add to the grape juice, turn into the freezer and freeze. When nearly frozen, remove the dasher and beat in with a spoon the white of an egg beaten light with two teaspoonfuls of powdered sugar. Beat well, pack and stand away to ripen.

Pomegranate Sherbet.—227.

Make the same as orange sherbet, using the blood-red oranges.

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Orange Sherbet.—228.

One tablespoonful of gelatine, one-half cupful of cold water, one-half cupful of boiling water, one cupful of sugar, one cupful of cold water, six oranges or one pint of juice. Soak the gelatine in the cold water ten minutes. Add the boiling water, and, when dissolved, add the sugar, another cupful of cold water and the orange juice. Strain when the sugar is dissolved, and freeze.

Fromage de Crême à la Glace.—229.

Take a pint of cream (thick it must be), half a pint of milk, the yolk of one egg beaten and three-fourths of a pound of sugar. Let this boil up on the fire five or six times and take it off, add some vanilla in essence and put it into a mould; put the mould into a pail with pounded ice at the bottom, and a good handful of salt and saltpeter. Fill the pail to the top around the mould, mix salt and saltpeter with it. When your fromage is iced and ready, turn it out and serve immediately.

Biscuit Glace.—230.

Fancy paper cases, filled with a variety of ice creams, water ices, velvet creams, etc., are so called. Small families are recommended to purchase them prepared from dealers in sweets and ices, but they are easily prepared at home. Half fill the cases with ice cream or water ice and add a layer of charlotte russe or velvet cream; then put them into a covered receptacle surrounded with ice and salt until wanted. A top layer of beaten white of egg is sometimes added just before serving; and a shovelful of hot coals held over them a moment will color the egg nicely.

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CAKES.

Plain Icing.—231.

Put into a basin the whites of three eggs; add sufficient icing sugar to make a stiff batter; work well with a wooden spoon, adding two teaspoonfuls of lemon juice, until it is firm enough for the spoon to stand upright in. This icing may be colored: for green, with extract of spinach; for orange, with saffron; for pink, cochineal. Flavor according to color. The proportion of sugar is about three-fourths of a pound to one egg.

Boiled Icing.—232.

One cupful of granulated sugar, one-third cupful of boiling water, white of an egg and one saltpoonful of cream of tartar. Boil the sugar and water without stirring until the syrup taken up on a skewer will "thread" or "rope." When it is nearly at that point, beat the egg stiff, add the cream of tartar, and pour the boiling syrup over the egg in a fine stream, beating well. When it thickens and is perfectly smooth, pour it over the cake. It hardens quickly, and should be put on the cake before it stiffens enough to drop.

Chocolate Icing.—233.

One cake of chocolate, two cupfuls of sugar and one cupful of milk. Cook for twenty-five minutes.

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Corn-starch Icing.—234.

Sift together four ounces of powdered sugar, and a quarter of an ounce of corn-starch; beat the white of one egg stiff, and then gradually beat into it the sugar and corn-starch until a smooth icing is formed which can be cut and spread with a flexible knife; keep the icing cool until it is required for use.

Buttermilk Cake.—235.

One-fourth pound of flour, one ounce of sugar, one ounce margarine, one tablespoonful of currants, one-half teaspoonful cream of tartar, one-fourth teaspoonful of carbonate of soda, three-fourths teacupful of buttermilk. Put the flour into a basin, rub in the margarine. Clean the currants; mix all the dry ingredients; add the milk by degrees, and mix to a soft paste. Grease a small dripping-tin; put the cake into it, and bake it in rather a quick oven for about half an hour.

Chocolate Cake.—236.

Two cupfuls of sifted sugar, four cupfuls of sifted flour, two tablespoonfuls of butter, four eggs well beaten, one cupful of rich milk, two teaspoonfuls of cream of tartar, one teaspoonful of soda; flavor with vanilla. Bake in jelly-cake tins. This quantity will make two cakes in three layers. For filling, take half a cupful of grated chocolate, the yolk of one egg, powdered sugar to taste, and milk enough to make it moist; mix all together, flavor with vanilla, and beat it slowly until quite smooth. Ice with chocolate icing.

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Coffee Cake.—237.

One cupful of sugar, two cupfuls of flour, one-half cupful of butter, one-half cupful of molasses, one-half cupful of cold coffee, one cupful of seeded raisins, two eggs, one teaspoonful of cinnamon, one teaspoonful of mace, one teaspoonful of cloves, one teaspoonful of soda dissolved in the coffee. Mix together, adding the flour last.

Coffee Cake.—238.

Put into a bowl three cupfuls of flour, half a teaspoonful of carbonate of soda, half a teaspoonful of cinnamon and the same of mixed spice; mix well. Rub fine into it two ounces of butter, three ounces of sugar, one-fourth pound of currants, the same of raisins, and lastly four well-beaten eggs, with just enough cold coffee to make a stiff paste. Pour into a well-greased tin. Bake two hours.

Cup Cakes.—239.

Three eggs well beaten, one cupful of milk, one and one-half cupfuls of sugar, three cupfuls of flour, one-fourth pound of butter, one heaping teaspoonful of baking-powder.

Sunshine Cake.—240.

Whites of ten eggs, beaten stiff. Sift three-fourths pound of granulated sugar three times and add to the eggs gradually. To the whites and sugar, add the beaten yolks of five eggs, the grated rind of one-half an orange and three teaspoonfuls of the juice. Put one teaspoonful of cream of tartar in six ounces of flour and sift three times; add this to the eggs. Bake without greasing the pan.

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Cheese Cakes.—241.

Two ounces of butter, four ounces of sugar, one-half pound of flour, two eggs, one tablespoonful of milk, one-half teaspoonful of essence of lemon, one-half teaspoonful of baking-powder. Grease the inside of twelve patty pans, and either use pieces of paste left over from pie or make a small bit of common paste in the same way, which roll out thin as the last and cut the size of the small pans and put lightly into them. Put the sugar and butter into a basin and mix them together with a spoon till they are quite light, then add the eggs well beaten up and the milk, and mix thoroughly; then add the flour, baking-powder and essence. Give all a good beating and put a dessertspoonful on each pan. Take a scrap of paste and cut it into short, narrow strips. Twist these on the top of each cheese cake and put them into a hot oven to bake for about a quarter of an hour.

Cheap Fruit Cake.—242.

Three teacupfuls of flour, one coffeecupful of sugar, three-quarters of a teacupful of butter, three-quarters of a teacupful of milk, three eggs, raisins and currants, one teaspoonful of baking-powder.

Plain Seed Cake.—243.

Ten ounces of flour, three ounces of butter or clarified drippings, one teaspoonful of caraway seeds, three ounces of castor sugar, two teaspoonfuls of baking powder, one egg, three-fourths gill of milk, one-half saltspoonful of salt. Rub the fat well into the flour. Add all the other dry ingredients. Mix with the egg and milk well beaten. Bake in a well-greased cake-tin for about an hour.

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Fruit Cake.—244.

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

Hickory-nut Cake.—245.

Not quite a cupful of butter, one and one-half cupfuls of sugar, three-fourths cupful of sweet milk, three cupfuls of flour, three teaspoonfuls of baking-powder, whites of four eggs, one cupful of hickory-nuts.

Pork Cake.—246.

One pound of salt pork, chopped fine; one pint of boiling water poured on the pork, two cupfuls of sugar, one cupful of molasses, one tablespoonful of cloves, one tablespoonful of cinnamon, one pound of raisins, two teaspoonfuls of saleratus, flour enough to make it rather thick but not too stiff. Bake in two cakes.

Molasses Pound Cake.—247.

One cupful of molasses, one cupful of sifted sugar, one cupful of butter, half a cupful of sweet milk, one cupful of stoned raisins, spices to taste, flour to make a stiff batter. Bake it in a deep pan.

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Hot Water Sponge Cake.—248.

Two cupfuls of powdered sugar and yolks of four eggs beaten together. Add two-thirds cupful of boiling water, two cupfuls of flour, two teaspoonfuls of baking-powder, then whites of four eggs well beaten. Flavor with vanilla or lemon.

Marble Cake.—249.

Is made in two parts, dark and light. The light part is made by rubbing six ounces of sugar with one pound of flour; add half a cupful of milk in which has been mixed a quarter of an ounce of cream of tartar; then add the whites of four well-whisked eggs, and a quarter of an ounce of carbonate of soda previously dissolved in a teaspoonful of water, and mix well. The dark part is made of six ounces of sifted brown sugar, one pound of flour and six ounces of treacle of tartar as above; add the yolks of four eggs; flavor with cinnamon, cloves and lemon. Take a tin twelve inches square, and put a layer of dark and then light till an inch in thickness, cut into squares of three inches, and each square into three.

Wedding Fruit Cake.—250.

Six pounds of raisins, six pounds of currants, one pound of finely chopped blanched almonds, three pounds of citron, orange and lemon peel, three pounds of dark brown sugar, two and one-quarter pounds of butter, three pounds of sifted flour, one and one-half ounces of mace, three teaspoonfuls of rose water, three wine-glassfuls of brandy, three of wine, and thirty fresh eggs beaten very light. Mix these ingredients well together, and bake at once.

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White Mountain Cake.—251.

One cupful of sugar, one-half cupful of butter, one-half cupful of sweet milk, one-half cupful of corn-starch, one cupful of flour, whites of six eggs, a little vanilla, two teaspoonfuls baking-powder. Bake in layers.

FROSTING.

Whites of five eggs, twenty tablespoonfuls of sifted sugar beaten very light, and a little vanilla. Spread between layers and outside of cake.

Scripture Cake.—252.

One cupful of butter. Judges 5 : 25.
Three and one-half cupfuls of flour. I. Kings 4 : 22.
Two cupfuls of sugar. Jeremiah 6 : 20.
Two cupfuls of raisins. I. Samuel 30 : 12.
Two cupfuls of figs. I. Samuel 30 : 12.
One cupful of water. Genesis 24 : 17.
One cupful of almonds. Genesis 43 : 11.
Six eggs. Isaiah 10 : 14.
One tablespoonful of honey. Exodus 16 : 31.
A pinch of salt. Leviticus 2 : 13.
Spices to taste. I. Kings 10 : 10.
Two tablespoonfuls of baking-powder. I. Cor. 5 : 6.
Follow Solomon's advice for making good boys, and you will have a good cake. Proverbs 23 : 14.

Proceed as with the ordinary rules for cake making, putting in nuts last of all. Raisins should be seeded, figs chopped, and almonds blanched and sliced, and all well floured to prevent sinking to the bottom. Bake in a square loaf for convenience in slicing.

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Snow Cake.—253.

Half a pound of corn flour, three ounces of butter, three ounces of sugar, three eggs, one gill of milk, one-half teaspoonful of baking-powder, one teaspoonful of lemon juice. Place in a basin the butter and sugar, and beat them to a cream with the back of a wooden spoon. Mix well on a plate the corn flour and baking-powder. Beat well in a basin the eggs. Then add alternately to the butter and sugar the corn flour and eggs—a very little of each at a time. Add last of all the lemon juice. Half fill some small greased tins, and bake ten minutes.

Plain Sponge Cakes.—254.

One-fourth pound of flour, one-half pound of sugar, a little milk, half a teaspoonful of baking-powder, two eggs, a few drops of essence of lemon. Mix the flour and baking-powder together on a plate. Put the eggs and sugar into a basin and beat them with a wooden spoon till they are very light. Add the flour by degrees, a very little milk and the essence of lemon, and mix well. Grease some small patty-pans, put a little of the mixture into each, taking care not to fill them too full, and bake in a moderate oven till they rise and are a brown color.

Angel Food.—255.

One glassful of flour, one and one-half glassfuls of sugar after it is sifted, one teaspoonful of cream of tartar, the whites of twelve eggs beaten to a stiff froth, flavor with vanilla. Mix the flour, sugar and cream of tartar together, sift seven times, stir in the whites of the eggs with the flavoring and bake half an hour.

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One-egg Cake.—256.

One-half cupful of creamed butter, one cupful of sugar, one egg beaten light, one cupful of milk, two cupfuls of flour, one-half teaspoonful of soda, one teaspoonful of cream of tartar, one teaspoonful vanilla. Mix in order given and bake in a shallow pan, in a moderate oven, thirty minutes.

Rice Cakes.—257.

Beat a quarter of a pound of butter to a cream, mix with it a quarter of a pound of sifted sugar, the grated rind of a lemon, or any spice or flavoring preferred, and beat thoroughly together with the whole of one egg and the white of another; sift in gradually two ounces of ground rice and six ounces of flour previously mixed together, stir in two teaspoonfuls of baking-powder, put into a buttered tin with bands of paper around, and bake immediately in a quick oven. This is a cheap and good cake, and very easily managed.

New England Fried Cakes.—258.

In the morning, when home-made bread is being made, put about a pint bowlful of the light bread dough on a floured pastry board, and roll it out half an inch thick; use a sharp knife dipped into flour to cut it into rather long diamond-shaped pieces. Throw a towel over the the pieces and let them stand near the stove to rise while the frying-kettle, half full of fat, is being heated. When the fat smokes, fry the bread-cakes as directed in a recipe for old-fashioned doughnuts, and serve them with syrup or molasses for breakfast.

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Peach Shortcake.—259.

Make a dough as for quick biscuits, doubling the materials. Roll two-thirds of the dough into a sheet to fit the bottom of a baking-pan, spread thickly with sliced peaches, sprinkle with sugar and lay over these a crust made of the remaining dough. Bake in a steady oven. Split, butter and eat hot.

Frosting for Cake.—260.

Whites of three eggs, three cupfuls of powdered sugar, strain juice of a lemon, put the whites into a cold bowl and add the sugar at once, stirring it in thoroughly. Then whip with your egg-beater until the mixture is stiff and white, adding lemon juice as you go on. Spread thickly over the cake and set in the sun or in a warm room to dry.

Gingerbread.—261.

Three eggs, one cupful of sugar, one cupful each of molasses, loppered milk or buttermilk, and of butter; one tablespoonful of cinnamon and half as much allspice; four and one-half cupfuls of sifted flour; one teaspoonful of soda dissolved in a tablespoonful of boiling water. Put the butter, molasses, sugar and spice into a bowl, set into a pan of hot water and stir with a wooden spoon until they are like brown cream. Take from the water and add the milk. Beat yolks and whites together until light in another bowl, and turn the brown mixture gradually in upon them, keeping the egg-beater going briskly. When mixed well, add the soda; at last, the flour. Beat hard three minutes, and bake in well-buttered pans.

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Lady Fingers.—262.

The whites of three eggs, one-third cupful of powdered sugar, yolks of two eggs, one-third cupful of flour, one-eighth teaspoonful of salt, one-fourth teaspoonful of vanilla. Beat the whites of the eggs until stiff and dry, add sugar gradually and continue beating. Then add the yolks of the eggs until thick and lemon-colored, and flavoring. Cut and fold in flour mixed and sifted with salt. Shape four and one-half inches long and one inch wide on a tin sheet covered with unbuttered paper, using a pastry bag and tube. Sprinkle with powdered sugar and bake eight minutes in a moderate oven. Remove from paper with a knife. Lady fingers are much used for lining moulds that are to be filled with whipped cream mixture. They are often served with frozen desserts and sometimes put together in pairs with a thin coating of whipped cream between, when they are attractive for children's parties.

Kisses.—263.

Beat the whites of eight eggs till they will stand alone; put with them, a little at a time, a pound of powdered sugar; roll a lemon in some of the sugar till the flavor is extracted. After it is beaten very well, drop it in heaps about the size of half an egg on a sheet of paper; smooth them over with a spoon, and let them be of a regular shape; bake them in an oven that has been moderately heated, till they are of a pale brown color; do not have the oven too cool, or they will run together; take them from the papers carefully, and stick two together.

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Cream Puffs.—264.

One cupful of hot water, one-half cupful of butter, one cupful of flour. Put the water and butter into a small pan and let it boil, then stir in one cupful of flour. Take from the fire, and when nearly cold stir in three eggs, one at a time, without beating. Drop tablespoonfuls of dough into a large dripping-pan. Have the pan hot, but do not grease it. The quantity will make one dozen puffs.

CREAM.

Scald one pint of milk in a double boiler. Add three tablespoonfuls of corn-starch dissolved in a little cold milk, then stir in four tablespoonfuls of sugar and two eggs. Flavor with vanilla. Cut the puffs open and fill with the cream.

Cookies.—265.

One cupful of butter, two cupfuls of sugar, four eggs, sufficient flour to make soft dough, three tablespoonfuls of sweet milk, and three tablespoonfuls of baking-powder.

Ginger Cookies.—266.

Beat together one cupful of sugar, one cupful of molasses, and one cupful of butter. Then add one egg beaten light, one teaspoonful of vinegar, one heaping teaspoonful of soda dissolved in a little hot water, and one teaspoonful of ginger. Mix these ingredients thoroughly together, and add enough sifted flour to make as soft a dough as can be handled; roll out, cut into cakes, and bake in a brisk oven.

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Orullers.—267.

One and one-half pounds of flour, one-half pound of sugar, one-fourth pound of butter, two eggs, two teaspoonfuls of baking-powder, milk and lemon. Butter and sugar, beat to a cream, add flour and milk alternately till all are in, beat up the eggs very light. Grate the rind of the lemon into the flour and add the juice; then put in the baking-powder. Mix well, roll out to a quarter of an inch thick, divide into small rounds, cutting center out of each to form rings. Fry in hot fat a light brown. The quantities given will make eighty-five crullers.

Soft Molasses Gingerbread.—268.

Melt a teacupful of butter—mix it with a pint of molasses, a tablespoonful of ginger, a pint of flour and a couple of beaten eggs. Fresh lemon peel, cut into small strips, improves it. Dissolve a couple of teaspoonfuls of saleratus in half a pint of milk, and stir it into the cake. Add flour to render it of the consistency of unbaked poundcake. Bake it in deep pans about half an hour.

Almond Jumbles.—269.

Time, ten to twelve minutes. Half a pound of butter, half a pound of loaf sugar, one pound of flour, one-fourth pound of almonds, juice of a lemon. Beat half a pound of butter to a cream, with half a pound of loaf sugar pounded fine. Mix it with a pound of flour and one-fourth pound of almonds blanched and shredded fine or beaten to a paste with the juice of a lemon. Work it well together, then roll it thin, cut it into small, round cakes, and bake them in a quick oven.

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Sugar Cookies.—270.

Two cupfuls of sugar, one cupful of butter, three eggs, whites and yolks beaten together, about three cupfuls of flour sifted with one teaspoonful of baking-powder, one teaspoonful of nutmeg and half this quantity of cloves. Cream butter and sugar; beat in the whipped eggs and spice; add the flour a handful at a time, working it in until the dough is stiff enough to roll out. Flour your hands well and sprinkle flour over a pastry-board. Make a ball of the dough, and lay it on the board. Rub your rolling-pin also with the flour and roll out the dough into a sheet about a quarter of an inch thick. Cut into round cakes, sift granulated sugar over each and bake quickly.

Cocoanut Macaroons.—271.

One-half pound of cocoanut, one pound of sugar, eight eggs. Time required, twenty minutes. Grate some fresh cocoanut, spread it on a dish, and allow it to dry gradually for twenty-four hours. Add to it one pound of finely pounded and sifted sugar. Beat the whites of eight eggs to a stiff, solid froth. Mix lightly into the cocoanut and sugar. When thoroughly mixed, put in round lumps on a buttered tin. Bake in a moderate oven, on the shelf nearest the top. Move the cakes from the tin while they are warm, and store them in a dry canister as soon as cool.

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BREAD.

Wheat Bread.—272.

Three and one-half pounds of flour, one ounce of compressed yeast, one dessertspoonful of salt, one and three-fourths pints of tepid water. Place in a large mixing bowl or pan three pounds of the flour, and mix with it the salt. Put the yeast cake into a bowl, and, covering it with the tepid water, let it dissolve. Make a hole in the center of the flour and into this pour the yeast and water, pouring it through a strainer to remove any remaining lump. Stir into this from the side the dry flour until it becomes smooth, and, covering the bowl, place it in a warm, dry place, giving its contents two hours in which to rise. At the end of this time sprinkle the remaining half pound of flour over the light dough, and knead all together until the dough cleaves cleanly from the sides of the bowl or pan. Divide the dough into two equal parts, mould these into loaves, and, greasing slightly two bread-pans, place the loaves therein, and set them in a warm place for half an hour to rise. When this time expires place the bread-pans in a moderate oven, and bake the bread for one hour and a half. When done, the bread should be placed upon the sieve or folded towel to cool before being put away; otherwise, being put into a close place hot, the steam which it generates will make it damp and heavy and inclined to crumble when dry.

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Boston Brown Bread.—273.

Sift together half a pound each of rye and wheat flour, one pound of corn meal, one heaping teaspoonful of salt, a heaping tablespoonful of brown sugar, and one of wheat baking-powder. Wash, peel and boil two medium-sized potatoes; rub them through a sieve; thin out the potato with nearly a pint of water, and use this to make the batter. Pour it into well-greased moulds having covers; set them into hot water to within two inches of the top of the moulds, and boil for two hours; then take them out of the water, remove the cover, and place them in the oven for twenty minutes.

Brown Bread.—274.

Brown bread may be made with yeast if preferred, but the following recipe is highly approved of by those who have tried it. Put into a bowl two and one-half pounds of brown flour, one teaspoonful of carbonate of soda, two teaspoonfuls of cream of tartar, one teaspoonful of salt; mix all together with the tips of the fingers, rub finely in two ounces of dripping, make to a nice dough with buttermilk, knead slightly, place quickly in greased tins and bake in a hot oven.

Old-fashioned Graham Bread.—275.

One teacupful of good yeast, one quart of warm water, one teaspoonful of salt, two cupfuls of sugar or less, one small teaspoonful of soda. Stir in enough white winter-wheat graham flour to make it stiff enough to drop off the spoon readily, grease your bread-pans, put in and set to rise, let it get quite light, then bake in a moderate oven for three-quarters of an hour.

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Breakfast Biscuits.—276.

Sift one quart of flour, half a teaspoonful of salt and a scant tablespoonful of wheat baking-powder; add half an ounce of butter, mix together, and add milk enough to make a batter. Roll out the dough on a floured board, dredge it with flour, cut out the biscuits, place them on a buttered tin and bake in a quick oven.

Tea Biscuits.—277.

Melt half a pound of butter in a quart of warm milk and add a teaspoonful of salt; sift two pounds of flour, make a hole in the center, put in three tablespoonfuls of yeast, add the milk and butter, make a stiff paste. When quite light, knead it well, roll it out an inch thick, cut it with a tumbler, prick them with a fork, bake in buttered pans with a quick heat. Split and butter before sending them to the table.

Rusks.—278.

One cupful of milk, scalded and cooled, one tablespoonful of sugar, half a teaspoonful of salt, one-fourth cupful of yeast, two cupfuls of flour. Mix into a sponge at night or very early in the morning. When well risen, add flour enough to make a stiff dough. Knead and let it rise again, then add one-fourth cup of butter rubbed to a cream, half a cup of sugar, and one egg beaten with butter and sugar. Let it rise in the bowl till light. Shape into small, round biscuit; put them close together in a shallow cake pan, that they may rise very high. When ready to bake, rub the tops with sugar dissolved in milk, sprinkle with dry sugar and bake in a moderate oven.

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Baking-powder Biscuits.—279.

One quart of flour, four heaping teaspoonfuls of baking-powder, a little salt; mix the powder and salt well into the flour. Wet up with sweet milk stiff enough to roll, but do not knead. Cut with biscuit cutter and bake fifteen minutes. They are much nicer than with shortening. If desired, one can use a piece of lard the size of an English walnut, well rubbed into the flour.

Milk Rolls.—280.

One pound of flour, two ounces of butter, two heaping teaspoonfuls of baking-powder, enough milk to mix to a dough. Rub the butter into the flour lightly, add the baking-powder and mix with the milk. Make into small rolls as soon as possible, and bake for a few minutes in a quick oven. Brush over with a little milk to glaze them.

Passion Biscuits.—281.

One pound of flour, two ounces of butter, a pinch of salt and a little new milk. Rub the butter into the flour, then the salt; moisten with the milk. Put it into the mortar, and beat the paste for twenty minutes, then cut it into pieces the size of walnuts. Roll into little balls, then roll these pieces out as thin as a sixpence, prick them, then bake in a quick oven, watching them till of a light brown color.

Waffles.—282.

Four eggs, one quart of sweet milk, one quart of flour, one teaspoonful of salt, one tablespoonful of butter. Beat eggs separately, and bake quick.

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Buns.—283.

Sixteen ounces of flour, half an ounce of yeast, half a pint of milk, two ounces of sugar, two ounces of sultanas, two ounces of butter, one egg. Put ten ounces of flour into a basin. Mix the yeast smoothly with the milk, which should be made tepid. Stir into the flour. Beat for five minutes, and set to rise in a warm place for about two hours. Then beat in the remainder of the flour, sultanas, sugar, butter and egg. Set to rise for about two hours more. Then form into buns. Place them on a floured tin and let them rise for ten minutes. Bake in a very quick oven for five minutes until nicely colored. Boil half an ounce of sugar with half a gill of water, and brush the buns over with this to glaze them.

Soda Scones.—284.

One pound of flour, nearly a teaspoonful of carbonate of soda, half a teaspoonful of cream of tartar, half a teaspoonful of salt, buttermilk. Rub the soda and salt till they are quite smooth, and mix them thoroughly well with the flour; add sufficient buttermilk to form into a little dough. Turn the dough onto a floured board and knead it a little; then form into two rounds half an inch in thickness, cut each round into four scones across and across and bake on a floured griddle not too hot.

Potato Scones.—285.

Six or eight potatoes, flour, salt and a little sugar. Peel and boil the potatoes, with salt in the water; steam and mash. Take out a large tablespoonful on the bakeboard, and add to it half a teaspoonful of sugar and

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one tablespoonful of flour. Knead this until it feels firm (it will take up nearly all the flour), then sprinkle some flour on the board, roll it round and quite thin. Cut it into quarters, prick all over with a fork, and put the scones on a hot griddle for about five minutes. Serve hot. Potatoes get out of season in the spring of the year, and are then not so suitable for making scones.

Quick Sally Lunn.—286.

Three eggs, one-half cupful of butter, one cupful of milk, three cupfuls of flour, two teaspoonfuls of baking-powder, one-half teaspoonful of salt. Stir the melted butter into the beaten yolks, then add the flour, which must have the baking-powder sifted into it. Add the well-beaten whites last, and bake in a loaf in a steady oven.

Graham Meal Griddles.—287.

One quart of sweet milk, two cupfuls of graham flour, one cupful of white flour, one teaspoonful of salt, two spoonfuls of nice molasses, half a cake of compressed yeast or half a cup of fluid yeast. Stir the milk to the graham and flour; add salt, molasses and yeast. Beat all together, and set in a warm place to rise overnight. In the morning beat well and set near the fire for a second rising. When everything is ready for breakfast, dissolve half a teaspoonful of soda and stir into it. Bake them on a griddle greased only enough to keep them from sticking. Bake both sides a nice brown. Do not turn them twice. Serve only a few at a time. These are much more nourishing and wholesome than any buck-wheat griddles.

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Rice Pancakes.—288.

Have ready a pint of rice, boiled quite soft; sift together a pint of flour and one teaspoonful each of baking-powder and salt; beat three eggs, and mix them with a pint of milk. Before putting these ingredients together, see that the griddle is hot; then mix the pancakes, and begin to bake them at once. If the first ones seem too stiff, add a little more milk to the pancake batter. Serve the pancakes hot, as fast as they are done.

Johnnycake.—289.

One and one-half cupfuls of meal, one and one-half cupfuls of flour, three teaspoonfuls of baking-powder, one-half cupful of butter, not quite one-half cupful of sugar, three eggs, two cupfuls of sweet milk. Beat butter and sugar, then eggs, then milk, lastly meal and flour with baking-powder mixed in. Bake one-half hour.

Raised Buckwheat Cakes.—290.

Mix the following ingredients to a smooth batter at night: one quart of buckwheat flour, one gill each of liquid yeast and molasses, a teaspoonful of salt, and enough lukewarm water to make a thick batter. Put the batter into an earthen jar or pitcher, cover it with a folded towel, and let it stand in a warm place overnight. The next morning, fry the cakes. If the batter is at all sour, stir into it a saltspoonful of baking soda dissolved in a little warm water before cooking the cakes.

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Flannel Cakes.—291.

Beat six eggs very light, stir into them two pounds of flour, one gill of yeast, a small spoonful of salt, and sufficient milk to make a thick batter. Make them at night for breakfast, and at ten in the morning for tea. Have your griddle hot, grease it well, and bake as buckwheat. Butter and send them hot to the table, commencing after the family are seated.

Hoecake.—292.

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

Vienna Rolls.—293.

Mix one ounce of dry German yeast with one ounce of pounded sugar and two ounces of butter; then stir into it one pint of warm milk. Have two pounds of flour mixed with two eggs and some salt. Stir the milk and yeast gradually into the flour; mix it all up very thoroughly. Let it stand in a warm place for three hours; then divide it into small shapes. Flour some tins; place the rolls upon them, and let them stand for about twenty minutes in a warm place. Bake in a quick oven for about fifteen minutes; rub them over with a little sugar and water, and finish baking a few minutes longer.

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PICKLES.

Pickles.—294.

Wash one hundred small cucumbers in cold water, dry them in a cloth, and put them in a butter firkin or an unglazed crock. Boil two gallons of water, and add a pound and a quarter of coarse kitchen salt; skim until clear, and pour it on the cucumbers; let them remain in the brine three days; drain them in a colander. Wash out the vessel, and put into it a sliced raw onion, three green peppers sliced, a tablespoonful of mustard seed, a tablespoonful each of whole cloves, pepper-corns, and allspice. Now add the cucumbers, and pour over them two gallons of boiling cider vinegar. The spices may be put into a thin cloth bag if desired; and if you wish to have the pickles brittle, add a bit of alum the size of two peas. The cucumbers may remain in the brine for days, but should be soaked in fresh water before pickling.

Peach Pickle.—295.

Peel peaches; let them stand in cold water until you have prepared the vinegar after the following recipe: to one peck of peaches, one tablespoonful of ground coriander seed, one tablespoonful of ground cinnamon, one tablespoonful of ground ginger, one tablespoonful of ground celery seed, one tablespoonful of ground mace, one tablespoonful of ground black pepper, two table-

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spoonfuls of whole white mustard seed, one-half gallon of cider vinegar. Allow one-half pound of sugar to each pound of fruit. Put all on the fire together; as soon as it boils, drop in the peaches; boil till tender; take them out carefully, and put into jars. Pour boiling vinegar and spices over them; cover closely.

Pickled Onions.—296.

Take small button onions, peel them, and throw them into salt and water for twenty-four hours; then put them on the fire in a porcelain-lined preserving kettle, with fresh salt and water, and let them come to a boil. Remove from the fire, pour off the water, put the onions into a large crock, and pour over them the scalding hot vinegar, which must have been scalded with mace, whole pepper-corns, red pepper pods, spices (all unground), a tablespoonful of sugar, and salt to taste. Cover the crock and set away until cold; then bottle.

Pickled French Beans.—297.

French beans, vinegar, a blade of mace, two ounces each of whole pepper and ginger. Gather the beans when they are young, and put into a strong salt and water until they become yellow. Drain the salt from them, and wipe them quite dry. Then put them into a stone jar with a small piece of alum; boil the vinegar with the mace, ginger and whole pepper, and pour it boiling on the beans every twenty-four hours, preventing the escape of steam. Continue this for a few days until they become green. Put them by in bottles for use.

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Green Pickle.—298.

Cucumbers, snap-beans, gherkins, green fox grapes and tomatoes are principally used for this pickle. Put your materials in brine that will bear an egg. Let them remain so a fortnight, or as long as you choose, for they may remain for six months or even a year thus without injury if you only see to it that they are well covered up with grape leaves weighted down upon them and submerged in brine. When you are ready to pickle, take them out and soak them in weak vinegar for several days, then scald them in strong spiced vinegar (which will be sufficient for a peck of pickles), put four ounces of long pepper, one ounce of cloves, four ounces of mustard seed (half white, half black), one ounce of mace, two ounces of celery seed, six red pepper pods, a handful of horse-radish; sweeten to your taste. Three pounds would not be too much for most modern tastes.

Lord Higden's Pickle.—299.

Take three quarts of chopped cucumbers, four quarts of chopped onions, four quarts of chopped green and red peppers mixed, one pint of table salt; mix all together, and let it remain in a jar for twelve hours; put it into a sieve and press all the juice out as dry as possible. Have half a gallon of good vinegar scalding hot, into which put four tablespoonfuls of white mustard seed, four tablespoonfuls of black pepper, cloves and allspice, three large tablespoonfuls of olive oil. Pack the pickle in an open-mouth jar, and pour the boiling vinegar over it. Stir frequently for two weeks. This is an English recipe, and very good.

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Green Tomato Pickle.—300.

One peck of green tomatoes, twenty-four large cucumbers, twelve large onions. Chop these ingredients very fine, salt well and hang out in the air overnight; this will allow all juice to drain off. The next morning place the chopped ingredients in a kettle and cover with the best cider vinegar and let come to a boil. Put into jars and leave until celery time in the fall; then take one dozen bunches of celery, chop very fine and add spices; two pounds of stick cinnamon, two pounds of white mustard seed, and red pepper to taste; to each pint of this mixture add one pint of sugar and boil all together before putting into jars.

Pickled Peaches.—301.

Choose perfectly sound peaches of medium size; brush them all over with a soft brush. Boil together six quarts of water and a pint of coarse salt, and skim it until it is clear; then cool it. The quantity may be increased or diminished to suit the quantity of peaches, enough being used to cover the peaches, but this proportion of salt and water must be used. When the brine is cold, put the peaches into it, and let them stand for forty-eight hours. Then rinse them in a clean water, dry them on a soft towel, and stick half a dozen cloves into each one. Boil, and skim till clear, as much vinegar as will well cover the peaches—the quantity may be gauged by measuring the brine—allowing for each quart of vinegar four blades of mace and a quarter of an ounce of stick cinnamon. When the vinegar has boiled about fifteen minutes, put in the peaches, and remove

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the preserving kettle containing them to the back of the fire, where its contents will not boil. Let the peaches stand in the hot vinegar for five minutes, and then put both peaches and vinegar at once into glass jars, and seal them air-tight. Sweet pickled peaches are made by allowing a pound of brown sugar to each pint of vinegar, and boiling the sugar with the vinegar and spices.

Tomato Catchup.—302.

One peck of ripe tomatoes, one ounce of salt, one teaspoonful of cayenne pepper, one tablespoonful each of black pepper, powdered cloves and celery seed in a bag, seven tablespoonfuls of ground mustard, half an ounce of mace. Cut the tomatoes into halves, and put in the preserving kettle. Boil until the pulp is dissolved. Press through a hair sieve. Return to the fire, add the seasoning and boil four hours, stirring frequently. When cold, add a pint of strong vinegar. Take out the celery seed, and bottle, sealing the corks. Keep in a cool, dark place.

Walnut Catchup.—303.

Gather the walnuts as for pickling and put them in salt and water for ten days; then pound them in a mortar and to every dozen walnuts put a quart of strong vinegar and stir it every day for a week; then strain it through a bag, and to every quart of liquor put a teaspoonful of pounded mace, the same of cloves and a few pieces of garlic or onion; boil it twenty minutes and when cold bottle it. White or black walnuts are as good for catchup as the English walnut, and will keep good for several years.

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Grape Catchup.—304.

Boil five pounds of grapes and press through a colander. Add two and a half pounds of sugar, one pint of vinegar, two tablespoonfuls of cinnamon, one tablespoonful of cloves, one teaspoonful of salt. Boil until thick.

Plum Catchup.—305.

Take one peck of plums, cut them into halves, and take out the stones; then add to them seven pounds of extra C sugar, one-half pint of vinegar, two tablespoonfuls of ground cloves, two tablespoonfuls of allspice and two tablespoonfuls of cinnamon. Boil all together one hour, then bottle it.

Chutney.—306.

One pound of tomatoes, four ounces of raisins, four ounces of powdered ginger, four ounces of brown sugar, half an ounce of garlic, one ounce of shallots, four ounces of apples pared and cored, two ounces of chillies, four ounces of salt. Pound the raisins, chillies, shallots and garlic separately. Break up the tomatoes and mix the whole together; put into a jar and add two quarts of vinegar. Place the jar, covered over, on the stove and let the pickle remain a month at a moderate heat, stirring it every day. Strain off and bottle the liquor for use with any fish, cold meat, etc., and for flavoring hashes, mince, etc. Then put the sediment, which is the chutney, and must not be drained too dry, into pickle bottles. After keeping a few months it will be improved by the addition of a little more vinegar or Chili vinegar.

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Piccalilli.—307.

One peck of green tomatoes (if the flavor of onions is desired, take eight, but it is very nice without any), four green peppers. Slice all and put in layers, sprinkle on one cupful of salt and let them remain overnight. In the morning press dry through a sieve, put it in a porcelain kettle and cover with vinegar, add one cupful of sugar, a tablespoonful of each kind of spice; put into a muslin bag; stew slowly about an hour, or until the tomatoes are as soft as you desire.

Chowchow.—308.

Take a peck of cucumbers, a peck of onions, half a peck of string beans, three heads of cauliflower, three bunches of celery, half a dozen sweet peppers; soak the whole in strong salt and water overnight. In the morning, drain off the brine and scald them all in weak salt and water, but before scalding cut them into shape so that they will go easily into glass jars; add three-fourths of a pound of mustard, two packages of curry powder and six quarts of good vinegar; put the mustard and curry powder into vinegar and let it come to a boil; put the pickles into the cans and pour the liquid over them while hot. Do not cover while scalding.

To Green Pickles.—309.

To a piece of alum the size of an ordinary walnut add one gallon of water. Put the cucumbers in, and let them stand half a day, then take them and throw them into cold water. An easy way to green all pickles is to boil them in strong ginger tea.

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To Pickle Red Cabbage.—310.

Choose the cabbage of a deep red color, take off the outer leaves and cut the heart into strips. Put a layer of cabbage into a sieve, sprinkle it with salt; then another layer of cabbage and of salt until it is all used; when it has stood twenty-four hours, squeeze and put it into a jar. If convenient, add a beet sliced; it may be used raw, but it is better if baked or boiled. For a large cabbage, boil an ounce of whole ginger crushed, an ounce of black pepper-corns and half an ounce of allspice in a pint of vinegar for ten minutes. Mix this with the cabbage and fill up the jar with vinegar. Let it stand for a day, then fasten down and keep as air-tight as possible.

Herb Powder for Winter Use.—311.

Two ounces of sweet marjoram, two ounces of winter savory; two ounces of thyme; four ounces of parsley; two ounces of lemon peel. After the herbs are all thoroughly dry, pick off the leaves, pound them to a powder, and then sift them through a sieve. Mix all well together, adding the lemon peel dried and pounded as fine as the leaves. Keep it in glass bottles for use, tightly corked down. All other herbs dried and pounded are better kept in separate bottles, and added when required.

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Grape Jam.—312.

Wash the grapes and squeeze or pinch the pulps from the skins. Boil the pulp until it separates from the seeds, and rub it through a sieve. Then add the skins to the pulp, and boil with an equal weight of sugar fifteen minutes. Put into small jars or tumblers and cover with paper.

Plum Jam.—313.

The plums must be quite ripe, so as to be easily stoned. Boil them for forty minutes, stirring all the time; add to this three-fourths pound of sugar to every pound of plums, and one-fourth of the kernels blanched and pounded, and boil twenty minutes longer. Pour into pots, and cover hot.

Gooseberry Jam.—314.

Six pounds of gooseberries, six pounds of preserving sugar. Pick, top and tail red gooseberries, thoroughly ripe. Boil them for twenty minutes, skimming frequently as required. Add the sugar. Boil for half an hour after the sugar is added. Skim well, and pour hot into earthenware jars. If it be wished that the gooseberries should remain whole, dissolve the sugar in a little water or currant juice, and as soon as the sugar is melted and clear put in the gooseberries. Shake the pan to prevent the jam burning. If it is stirred, the fruit may break.

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Black Currant Jam.—315.

Time, three-fourths hour to one hour. To every pound of currants allow three-fourths pound of sugar. Gather the currants when they are thoroughly ripe and dry, and pick them from the stalks. Bruise them lightly in a large bowl, and to every pound of fruit put three-fourths pound fine beaten loaf sugar; put sugar and fruit into a preserving pan, and boil them from three-fourths to one hour, skimming as the scum rises, and stirring constantly; then put the jam into pots, cover them with brandy paper, and tie them closely over.

Rhubarb Jam.—316.

Take the rhubarb, peel and cut it as for a tart, put it into a preserving kettle and boil for a quarter of an hour. Then put in sugar in the proportion of three-fourths of a pound to a pound of fruit, and to each pound four bitter almonds blanched and split into halves. Boil for a full hour longer, or until it is a beautiful green and very thick. Almonds that have been used for making flavoring are best for this purpose, and with them the jam is an excellent substitute for green gage jam. There are many sorts of rhubarb; avoid large, coarse growths, and be sure it is perfectly fresh. The later in the season rhubarb jam can be made the better; the second growth, having more fibre and less juice than the first, makes a stronger preserve.

Raspberry Jam.—317.

Four pounds of raspberries, five pounds of sugar, one pint of red currant juice. Put the juice and sugar on to boil, stirring all the time; add the fruit all picked nicely. Boil for twenty minutes or so after it boils. Put into pots.

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Preserved Peaches.—318.

Fill a four-quart steamer with perfectly sound peaches; place the steamer on top of a pot of fast boiling water for three minutes, then remove, and allow the fruit to become cold; peel them carefully and weigh them. Boil together three pounds of sugar and one pint of water; remove all scum until quite clear. Soak a tablespoonful of a good gelatine in a gill of cold water ten minutes, drain off the cold water and add a pint of hot water. Add this to the sugar, and boil and skim until clear. If not clear enough, whisk into it the white and shell of one egg, and strain through a flannel bag, but this is hardly necessary for ordinary syrup used in preserving. Make an incision in one side of each peach down to the stone. Add four pounds of the peaches to the syrup, and boil five minutes. Scald the jars carefully, so as not to crack them, then place them in a dripping-pan, and surround them with hot water. Fill the jars with the syrup, and put about nine peaches into each quart jar. Place the clean rubber band on each jar as fast as it is filled, and screw on the cover. Remove, and when they are cold test the covers to make them as tight as possible. (The gelatine is used only when a thick syrup is desirable.)

Quince Preserves.—319.

Allow one pound and a quarter of loaf sugar to every pound of fruit, after they have been peeled and cut into halves; to this add one pint of water. Keep the kettle covered until the quinces are done, take them out and spread on dishes, boil the syrup up once and pour hot over them.

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Preserved Peaches.—320.

Fine yellow peaches pared and stoned; equal weight of loaf sugar with the pared and stoned peaches. Put a layer of loaf sugar at the bottom of a preserving kettle, then a layer of fruit, and so on until the kettle is full; put the kettle in a cool corner of the range until the sugar is dissolved, then boil the fruit until it is clear and thoroughly cooked, then take out the pieces with a perforated skimmer and lay on dry dishes. Boil the syrup in the kettle until quite thick; fill the jars half full with fruit; pour over the syrup, adding one-quarter of the kernels, which have been blanched and boiled until soft in enough water to barely cover them. When cold, cover them and close them as usual.

Rhubarb Ginger.—321.

Six pounds of rhubarb, six pounds of lump sugar, two ounces of whole ginger. With a damp towel rub well the stalks of rhubarb; cut them into lengths. Place the ginger between the folds of a kitchen towel, and bruise it with a hammer. Place the ginger in a large basin, and place over it alternate layers of the rhubarb and sugar. Allow this to stand twenty-four hours. At the end of this time pour the syrup from the rhubarb. Pour the syrup into a preserving pan; stir it over the fire until it boils. Pour the boiling syrup over the rhubarb, and allow this to stand twenty-four hours longer. Pour all now into a large preserving pan, place the pan over a brisk fire, and stir the contents until boiling. Skim well, draw the pan to one side, and let all simmer slowly half an hour, when the preserve is ready to pour into the pots.

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Canned Pea.—322.

The Bartlett pears or Flemish Beauties are preferred by many, but any good flavored pear will do. Pare them as thin as possible. If you wish them whole, remove the blossom end, and with a sharp knife cut part of the stem off. If cut into halves, cut out the cores, and cut so as to split the stem in two. Drop them into a bowl of cold water as they are pared. When ready, cover them with cold water, and boil until you can put a fork through easily. They may be steamed, which some think is better than boiling. Have ready a rich syrup made as in preserves, drop the pears in and cook a few moments; then fill your cans, which stand in hot water, with the pears, and fill to running over with hot syrup. Screw the tops down quickly, set them upside down on the table. If you like them flavored, add ginger root or sliced lemons to the syrup and boil with it.

Preserved Pieplant.—323.

Peel, and remove the seeds from, one-half dozen oranges; slice and put into a preserving kettle. Add one quart of pieplant cut into small pieces, and one and one-half pounds of sugar. Cook as for preserves.

Preserved Quinces.—324.

As you peel and core the quinces, throw them into cold water; strain them out of the water and make a syrup. To a pint of water put a pound of sugar to every pound of fruit. When the syrup boils, put in fruit and boil until soft. Boil the syrup down as usual with other preserves.

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Preserved Figs.—325.

Take figs when perfectly ripe, and wipe them carefully, leaving the stem about half an inch long. Boil them rapidly for about ten minutes in water that has a bag of hickory wood ashes laid at the bottom of the preserving kettle. Then take them out carefully, so as not to break the skins. Wash out the kettle, and boil the figs a second time, in clean, hot water, for ten minutes. Take them out, spread them separately on large dishes, and let them rest till next morning. Prepare a syrup by allowing to every pound of the finest loaf sugar half a pint of water, and, when melted together, placing the kettle over the fire. When the syrup has boiled and is thoroughly skimmed, put in the figs and boil them about twenty-five minutes or half an hour. Then take them out, and again spread them to cool on large dishes. Afterward put them up in glass jars, pouring the syrup over them. Cover the jars closely, and set them in the hot sun all next day. Then seal the corks.

Quince Jelly.—326.

Halve the quinces, and take out the cores. Boil the quinces in clear water till very soft; mash them, and let them drain through a flannel bag without squeezing them. Put to the quince liquor, when drained through the bag, white sugar in the proportion of a pound to a pint of the liquor. Add the whites of eggs, and clarify it. When clear, boil it on a moderate fire, till it becomes a thick jelly. Fill glasses with the jelly, and cover them tight. The quince pulp that remains in the jelly-bag can be made into marmalade.

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Red Currant Jelly.—327.

Gather the currants when they are dry, bruise them with the hand, put them into a brass pan, place it on the stove, stir the berries until they are hot, then pour into a jelly bag. When the juice has all run through, put it into a preserve pan. To every pint of juice allow one pound of crushed loaf sugar. Place the pan on the stove or clear fire, and stir all the time, removing the scum as it rises. Allow it to boil for about two minutes, then put it into pots.

Cherries Preserved in Syrup.—328.

Choose light, sound cherries. Remove the stones without injuring the fruit, which may be done by drawing them out with the stalk, or pushing them out at one end with a bodkin or quill. Allow a pint and a half of water and a pound of sugar for every pound of fruit, weighed after it has been stoned. Put the sugar and water in a preserving pan, and let it boil for a quarter of an hour, skimming it carefully; then throw in the fruit and let it boil for another quarter of an hour. Pour the fruit with the syrup into a large jar, and let it remain till next day, when the cherries must be put into a sieve to drain. Allow a pint of white currant juice for every four pounds of cherries. The juice and the syrup must be boiled together for fifteen minutes, when the cherries may be put in and boiled again for four or five minutes. Put the cherries into jars, cover them with the syrup, lay brandy papers on the top, and tie closely down.

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Watermelon Rind.—329.

Cut off the outer rind and all of the red part from the inside; cut the rind into strips or squares, and boil in a liberal quantity of syrup, allowing a pound and a quarter of sugar in a quart of water to the pound of rind. Bake the syrup first, and clarify it with white of an egg; skim, and add the rind; simmer until quite transparent, remove the rind, boil down the syrup one-third, then pour it over the rind.

Clear Orange Jelly.—330.

Soak one ounce of gelatine in an English pint of cold water, add the juice of eight sweet oranges, one-half pound of lump sugar, the whites and shells of three eggs. Whisk all well together in a brass pan, and stir it on the fire until it boils for a few minutes; then pour it through a jelly bag; return it to the bag until it runs perfectly clear. Pour it into a mould, and when set turn it out upon its dish.

Crab Apple Jelly.—331.

Wash and stem the apples, cut them into halves, put them over the fire in enough cold water to cover them, and stew them to a pulp; then pour them into a jelly-bag, and let the juice drain from them. The apple pulp may be sweetened and used for luncheon. To make the jelly, allow a pound of sugar to a pint of juice; boil them together, removing all scum, for about twenty minutes, or until a little of the juice forms a jelly on being cooled. Then partly cool the jelly and put it up as already directed for jellies.

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Claret Jelly.—332.

One ounce packet of gelatine, one pint of water, one pint of claret, one-half pound of lump sugar, a few drops of cochineal. Soak the gelatine in the water. Add the sugar and stir over the fire until dissolved. Pour in the wine, and color with cochineal. Strain into a wetted mould. When firm, dip into hot water for a second or two and turn onto a glass dish. This jelly is not clarified. Cake is usually served with claret jelly.

Green Gage Plums.—333.

These make tarts next to gooseberry in excellence, if gathered while green, the seeds taken out with a pen-knife, and stewed for fifteen minutes with a pound of sugar for every pound of fruit. These may also be put up for winter use in self-sealing cans, just as gooseberries are. A delightful jam is furnished by stewing the seeded fruit alone for twenty minutes, then adding half a pound of sugar to each pound of plums and cooking them together until they are as thick a jam as you like.

Canned Strawberries.—334.

After the berries are pulled, let as many as can be put carefully in the preserve kettle at once be placed on a platter. To each pound of fruit add three-fourths of a pound of sugar; let them stand two or three hours till the juice is drawn from them; pour it into the kettle and let it come to a boil, and remove the scum which rises; then put in the berries very carefully. As soon as they come thoroughly to a boil, put them in warm jars and seal while boiling hot. Be sure the cans are air-tight.

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Orange Marmalade.—335.

Cut up twelve oranges into thin strips; then put them into six quarts of water; allow them to stand twenty-four hours. Boil till reduced to half, then add eight pounds of loaf sugar. Boil one and a half hours, or till it sets. The seeds may be boiled in a pint of water two hours and added to the fruit when the sugar is put in; also a few pieces of lemon peel.

Canned Pineapples.—336.

Six pounds of fruit (after being cut), two and one-half pounds of sugar, three pints of water. Make a syrup of the sugar and water and boil for five minutes and skim or strain if necessary. Then add the fruit and let it boil up. Have cans hot; fill and shut up as soon as possible. As the cans cool, keep tightening them up.

Canned Strawberries.—337.

Half a pound of sugar to one pound of fruit; put all on the fire and let them get boiling hot; put them immediately into glass jars (which must be hot); seal them up tight; keep jars in hot water while you fill them. Raspberries require only one-quarter of sugar for canning.

Cranberries.—338.

To preserve cranberries, allow them their weight in sugar; make a syrup in the proportions of half a pint of water to two pounds of the sugar, boil and skim it before you put the fruit in, then let them boil and clear. To make sauce to eat with roast fowls, put three-fourths of a pound of sugar to a pound of fruit.

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CANDIES.

Crystallized Popcorn.—339.

One cupful of sugar, one tablespoonful of butter, three tablespoonfuls of water. Boil in a large kettle until thoroughly melted, stir in a large panful of popped corn, and stir until all is covered. Take off the stove, and stir until cold.

Best White Molasses Candy.—340.

One pound of granulated sugar, one pint of good syrup, boil till quite thick when dropped into cold water. Then add one pint of best Porto Rico molasses, three or four tablespoonfuls of vinegar. Boil to the snap, remove from the fire and stir in quickly half a small tablespoonful of soda, and flavor with essence of lemon. Pour on the slab and work white. This makes a better candy than that which is usually sold by confectioners. Good candy can also be made with no sugar.

Chocolate Caramels.—341.

Take six tablespoonfuls of molasses, put it in the kettle with six tablespoonfuls of extra C sugar, three tablespoonfuls of milk of butter and seven tablespoonfuls of grated chocolate. Boil all together fifteen minutes, then add three tablespoonfuls of butter and half a teaspoonful of vanilla. Boil until brittle. Pour into well-greased tins. Cut into squares when a little cool.

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Marshmallows.—342.

Take half a pound of gum arabic and put it to soak in one pint of cold water. When dissolved, strain into an agate saucepan, then set the saucepan in another one of hot water to boil, and add to the gum arabic two cupfuls and a half of powdered sugar, to boil until it thickens. Try a little of the mixture in cold water, if it forms a firm, but not hard ball, it is done. Then set the saucepan on the table and beat the mixture with an egg-beater fifteen minutes. Now slowly add the whites of three eggs beaten to a stiff froth, and beat them in thoroughly. Flavor with orange flower, and beat fifteen minutes longer. Pour the paste upon a pan covered with corn-starch. When cold and set, cut into squares or into long strips, and pack it in confectioners' sugar until used. To have success with marshmallows, they should be beaten at least one hour with an egg-beater or an egg-whip. Beat diligently; then, when the gum has been beaten very white and light, add the whites of eggs beaten stiff, and beat the mixture a little longer. Marshmallows without eggs must be beaten in the same manner.

Nougat Candy.—343.

A simple and satisfactory way to make nougat candy is to blanch a pound of almonds and cut lengthwise in thin slips; lay them in front of the fire to dry, melt half a pound of loaf sugar, and when it becomes a rich brown lay in the almonds. Oil small moulds with almond oil, pour in the syrup, and with the handle of an oiled teaspoon spread it so as to line the mould. When cold, turn out.

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Walnut Cream Candy.—344.

White of one egg, as much water as egg; add a pinch of salt, a little vanilla and a little brandy. Stir (not beat) enough confectioners' sugar to form a cream, or until like dough. Crack English walnuts so as to get the halves out whole, press on each one of the halves, on each side, a little of the cream, so that the cream will meet at the edges.

Cocoanut Balls.—345.

Any confectioner now will furnish his customers with freshly grated cocoanut at a reasonable price, which is a great saving of labor at home. To one pound and a half of white sugar put one pint of water, and boil until ropy; then turn it out into the bowl, and stir into it one good-sized cocoanut, and when cool make into balls with the hand and set away to dry.

Newport Candy.—346.

One pint of molasses, half a pint of brown sugar, one-quarter pound of butter. Choose a cold winter day for your candy making, and you can hardly fail to be pleased with your success, for this recipe is generally liked. Boil for several hours until a drop cast into a cup of cold water will harden by the time it reaches the bottom. Have ready some buttered dishes, and pour a thin layer of the boiling candy over the surface. Let it cool without pulling. It is crisp and very good.

Butter-scotch.—347.

Three tablespoonfuls of molasses, two of sugar, two of water, one of butter; add a pinch of soda before taking up.

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Chocolate Drops.—348.

Two cupfuls of sugar, half a cupful of milk; let it boil eight minutes; take off and set it into a pan of cold water; make into balls. Steam half a cake of chocolate over hot water and roll the balls in the chocolate. Add a little vanilla.

Soft Cream Taffy.—349.

Three pounds of granulated sugar, enough water to dissolve, a tablespoonful of vinegar. Cover closely and boil till it will make a ball in the fingers when tried in water. Remove from the fire, keep it covered and stand it in a cool place for twenty-four hours. Then place it near the fire just long enough to get it from the kettle. Pull with a little confectioners' sugar on the hands. When very white, roll in confectioners' sugar and cut into squares. Do not let the squares touch, and keep in a cool place. This is easy to make in cold weather.

Molasses Candy.—350.

One pint of New Orleans molasses, one pint of yellow sugar, half a teaspoonful of cream of tartar, two tablespoonfuls of water, butter the size of a walnut. Mix well the molasses, sugar, cream of tartar and water before placing on the fire. Wipe down the edges of the pan, cover closely, and cook over a moderate fire. When it begins to look thick and rich, test in cold water. If brittle when struck on the edge of the cup, add the butter and remove from the fire. Turn into buttered tins. Scrape what adheres to the pan into a saucer by itself, as it is apt to grain. When cool enough to handle, pull and cut as desired.

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Peanut Candy.—351.

Two quarts of peanuts roasted in their shells and then shelled and hulled; two pounds of light brown sugar. Boil the sugar in a preserving kettle with enough water to wet it thoroughly and form a syrup. When the sugar begins to boil, throw in the white of an egg to clear it; strain it, and try, by dropping a little of the sugar into cold water, if it is done enough. If it hardens and becomes brittle, it is sufficiently boiled and must be taken from the fire. The blanched nuts must then be stirred thoroughly through the sugar. Then wet with a brush a marble slab free from all grease, and drop the hot mixture upon it. Flatten into small oblong blocks. When cold, take them off the board with a knife.

Chocolate Caramels.—352.

Two pounds of New Orleans brown sugar, one-fourth pound of chocolate, one cup of rich cream, butter the size of an egg. Boil the sugar and milk and beat it hard (don't stir) all the time it is cooking. When it comes to a boil, then add the grated chocolate and let it boil five minutes, then take it off and add a tablespoonful of vanilla, beating it hard for five minutes. Pour it on buttered pans. Never stir it, but beat hard.

Vassar College Molasses Candy.—353.

One cupful of molasses, two cupfuls of sugar, one tablespoonful of vinegar. Mix and boil for ten minutes. When done add a lump of butter and a teaspoonful of vanilla or any other flavoring; to be pulled until light.

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Nut Taffy.—354.

Two pounds of sugar, half a pint of water; boil until it becomes brittle in cold water. Just before pouring it out, add a tablespoonful of good vinegar. Use any kind of nuts; put them in buttered pans and pour taffy over them. Set in a cool place.

Maple Sugar Caramels.—355.

Two pounds of maple sugar, one quart of rich milk. Break the maple sugar into small pieces and put into a pan on the fire with the milk; the pan must be deep enough to allow the sugar to expand as it boils. Stir without ceasing; test as usual in cold water, and when it is sufficiently brittle it is done. Then pour into square buttered pans and score with a knife into small tablets.

Cream Dates.—356.

Remove the seeds from choice dates and fill the openings with a smooth cream; flavor according to taste. A nice variety. The soft part of figs, prunes and nicely preserved fruits, as peaches, apricots, cherries, oranges and pieces of pineapple may all be dried out in a little confectioners' sugar, then wrapped in pieces of smooth cream. All make choice confections.

Chocolate Caramels.—357.

One cupful of molasses, one cupful of sweet milk, one cupful of brown sugar, one-fourth cake of chocolate, butter the size of a walnut. Stir while cooking; and when, if dropped into water, it will form a stiff ball when taken in the fingers, remove, turn into buttered tins, and cut into squares when cold.

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BEVERAGES.

Eggnog.—358.

Whip the whites and yolks of six eggs into a stiff cream, adding half a cupful of sugar. Pour into a quart of rich milk, adding half a pint of good brandy, and a little flavoring of nutmeg. Stir up and thoroughly mix the ingredients, and add the whites of three additional eggs well whipped.

Hop Beer.—359.

One handful of hops; boil an hour and add one pint of molasses and enough water to make two gallons. When milk-warm, add one cup or cake of yeast; let it stand overnight; skim and pour it off from the yeast carefully; add one tablespoonful of winter-green, and bottle for use.

Good Cooking Wine.—360.

One quart of grape juice (fox grapes, Catawbas, Concords, or the small wild grapes, gathered after frost, will answer), three quarts of water, two and a half pounds of common brown sugar. Let the juice of the grapes be strained clear, mix it with the water and sugar and put directly into an open barrel or cask (for the vessel should be full), and let it stand so in a cellar for nine days; then cork up the cask tight, fasten the bung, and set aside till spring, when it may be bottled, and is ready for use.

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Claret Punch.—361.

Sweeten a gallon of claret with one pound of sugar, add four oranges and four lemons, sliced (taking out the seeds); pour into a bowl with a large lump of ice.

Milk Punch.—362.

One tumblerful of milk well sweetened, two tablespoonfuls of best brandy well stirred in. Patients in a very low condition have been kept alive for days at a time by this drink, until nature could rally her forces. Give cold with ice.

Blackberry Cordial.—363.

Warm and squeeze the berries. To one pint of juice allow one pound of white sugar, half an ounce of ground cinnamon, one-fourth ounce of mace, two teaspoonfuls of cloves. Boil all together one-fourth hour, strain, and add for each pint a glass of French brandy.

Ginger Beer.—364.

Boil gently, in a gallon of water, three tablespoonfuls of cream of tartar, three of ginger, and a lemon cut into slices. When it has boiled half an hour, take it from the fire, strain and sweeten it to your taste—white sugar is the best, but brown sugar or molasses answers very well. Put to it, when lukewarm, half a pint of fresh yeast. Turn it off carefully. When fermented, bottle it, and keep it in a cool place. It will be fit to drink in the course of seven or eight days.

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Grape Wine.—365.

Bruise the grapes, which should be perfectly ripe. To each gallon of grapes put a gallon of water, and let the whole remain a week, without being stirred. At the end of that time, draw off the liquor carefully, and put to each gallon three pounds of lump sugar. Let it ferment in a temperate situation—when fermented, stop it up tight. In the course of six months, it will be fit to bottle.

Grape Wine.—366.

Strip the grapes from their stalks, leaving out all decayed ones. Put them into a bowl or wooden tub, and with a wooden beetle mash them thoroughly. Cover with a cotton or linen cloth and let stand for several days in a moderately cool place until fermentation has well begun. Strain and measure, and to each gallon add one pound of granulated sugar. When the sugar is thoroughly dissolved, put into a cask (the vessel, whatever its size, should be full); let stand uncovered for twenty-four hours, then bung up and cover the bung with clay or paraffine to keep out the air. Let stand for six months; then draw off and bottle.

Ginger Pop.—367.

Two pounds of brown sugar, one large tablespoonful of the fibrous part of ginger, half a lemon sliced, one dessertspoonful of cream of tartar. Pour on it two gallons of boiling water; when milk-warm, stir in one pint of brisk yeast. Make it in the morning; bottle it at night. It will be ready for use in three days.

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Strawberry Acid.—368.

Dissolve four ounces of citric acid in one-half gallon of water, and pour it over two gallons of ripe stawberries. Let stand twenty-four hours, and then drain. To every pint of juice add a pound of sugar. Let it boil well for five minutes; then let it stand three days before bottling. When ready to serve, add two tablespoonfuls to a glass of ice-water.

Mulled Cider.—369.

This is excellent, and to be good must be served as it is prepared. Put one quart of cider on to boil, add to it twenty whole cloves. When it comes to a boil, let it boil three minutes, then add white sugar to make it rather sweet. Beat six eggs, whites and yolks together, until very light. Pour the boiling cider upon the eggs, beating rapidly all the while; then pour the mixture backward and forward, from one pitcher to another, until frothy and well mixed. Pour into glasses, grate a little nutmeg on top of each glass and serve right away.

Café au Lait.—370.

This is delicious for either the after-dinner or luncheon beverage. Make one quart of strong, clear coffee of Mocha and Java mixed, add one quart of boiling milk. These must be added together in the hot coffee-pot and covered immediately. Have in the cream pitcher, ready to serve with the coffee, the whites of three eggs, beaten very stiff. Then put a tablespoonful of the beaten whites into each cup when served, stirring it to a foamy billow in the center. Let each one add cut sugar to taste.

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Panade.—371.

Toast some bread, about two slices; add to it half a pint of boiling hot water, a little sugar, a wineglassful of sherry or Madeira, some grated nutmeg, beaten yolk of one egg, and half a dozen seedless raisins. Stir the mixture (except the toast) on the fire for a few minutes and serve hot. Very nourishing for invalids.

Almond Milk.—372.

Three dozen fresh almonds blanched and pounded to paste, two bitter almonds blanched and pounded to paste, two lumps of loaf sugar, one pint of water. Mix one gill of boiling water with the almonds when you have pounded them in a mortar; strain, return to the mortar and pound with more water until you have used a pint in all; sweeten to taste. A delicious beverage, but it does not keep long.

Coffee with Egg.—373.

One egg is sufficient to clear one cupful of ground coffee. If a smaller quantity be desired half an egg may be used, as if fresh, the remainder will keep till the next day. Or, the whole egg may be beaten with the ground coffee and such portion of it used as is needed, keeping the remainder closely covered. To make the coffee, add half a cupful of cold water to the portion of egg to be used and one-third of a cupful of coffee. Beat well, put it into the hot coffee-pot, add one pint of boiling water and boil five minutes. Keep it hot, but not boiling, for ten minutes. Pour out a little and pour it back to clear the spout.

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Pineapple Lemonade.—374.

Boil a pound of sugar in a pint of water until it forms a thin syrup. Meantime squeeze the juice from three large lemons and remove their seeds; one ripe pine-apple, take out the eyes and grate it into a large bowl; add the lemon juice to it, and the syrup as soon as it is clear. Let the mixture stand for a couple of hours, then add to it a quart of ice-water. Strain it and serve.

Lemon Whey.—375.

One lemon, one breakfastcupful of milk, one cupful of water, one dessertspoonful of sugar. Put the milk and water into a saucepan with the juice of a lemon, which boil and strain. The whey part is then sweetened with the sugar, and drank when very hot. Excellent for a cold.

Raspberry Vinegar.—376.

Three pints of raspberries, one pint of vinegar, let soak for one or two weeks, then squeeze the berries through a cloth. To one pint of the juice add one pound of sugar; boil with the vinegar. When it thickens, strain through a flannel bag. Bottle when cool.

Milk Lemonade.—377.

Three lemons, three breakfastcupfuls of boiling water, two ounces of sugar, one teacupful of milk. Pare one of the lemons very thinly, and put the rind, the juice of all three, and the sugar into a basin with the boiling water. Cover closely for twelve hours, then add the milk boiling. Let it stand ten minutes and strain through a jelly bag till clear.

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BREAKFAST DISHES.

Fried Mush.—378.

To one pint of boiled water put half a pint of milk, half a pint of corn meal, half a teaspoonful of salt. Boil it for half an hour, let it cool, make into cakes, fry in boiling lard. Serve with fried chicken.

Rice Fritters.—379.

Boil the rice till tender (if boiled in stock, it will, of course, be more savory), then drain it, mix it with salt, pepper, finely minced parsley, a very little onion (previously minced and browned in butter), and a beaten egg. Shape the mixture into little cakes or fritters and fry in butter or oil; or the fritters may be brushed over with beaten egg, rolled in bread crumbs and fried.

Porridge.—380.

One teacupful of oatmeal, three-fourths of a teaspoonful of salt, three breakfastcupfuls of water. Put the water into a clean pot, and when it boils stir the oatmeal gradually into it and allow it to boil very gently for half an hour, stirring frequently. Then sprinkle the salt in and boil for ten minutes longer. Dish in a plate or bowl. If porridge is preferred rather thick, a little more meal may be used.

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Breakfast Porridge.—381.

Stir slowly one part of rolled oats into two and one-half parts of boiling water, adding salt to taste to the water before putting in the rolled oats. Boil twenty minutes or longer, until done. Serve hot with sugar and cream.

Breakfast Cake.—382.

One pint of flour, three tablespoonfuls of butter, three tablespoonfuls of sugar, one egg, one cupful of sweet milk, one teaspoonful of cream of tartar, half a teaspoonful of soda. To be eaten with butter.

Washington Breakfast Cakes.—383.

Time, half an hour. One and a half pounds of flour, two ounces of butter, one pint of milk, three eggs, two tablespoonfuls of sugar, a little salt. Mix two ounces of butter, two ounces of sugar and a little salt with a pound and a half of flour; add three well beaten eggs and a pint of milk, beat it well together and put the mixture into tins an inch deep. Bake them in a quick oven for about a quarter of an hour, or longer if required.

Graham Breakfast Cakes.—384.

Two cupfuls of graham flour, one cupful of wheat flour, two eggs well beaten; mix with sweet milk to make a very thin batter. Bake in gem-irons. Have the irons hot, then set them on the upper grate in the oven. Will bake in fifteen minutes.

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Cream Toast.—385.

Toast bread to a golden brown. Scald your milk in a farina boiler. When scalding hot, thicken it with a very little corn-starch or flour dissolved smooth in a little cold water. Do not make starch of it. Be sure your milk is scalding hot when you add your thickening, which pour into the middle of the milk, stirring it gently till all is thickened. After simmering till there is no raw taste of the flour, add a little butter and stir it through the milk. Have your toast ready. Lay a few slices on a deep dish, pour over them some of the hot cream, then lay on a few more slices and pour over again. Lift the lower slices, one by one, that the creamy mixture may run between. Reserve a surplus to pour over the whole. Serve as soon as finished.

Butter Toast.—386.

Allow a tablespoonful of butter for each slice of bread; melt the butter by very gentle heat; toast the bread to an even light brown color, lay it into a chafing-dish, or a thin china dish set into a larger dish containing hot water, and pour the melted butter over it. Serve it hot as soon as it is made.

French Toast.—387.

Break an egg and beat it well; add a pinch of salt and one gill of milk; dip some neat slices of bread in on both sides. Have your frying-pan with some hot dripping ready; then fry the bread a light brown. This is good with stewed rhubarb laid on the top.

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Scrambled Eggs.—388.

Put a piece of butter the size of a marble into a stew-pan; add a tablespoonful of milk and one of broth or gravy, pepper and salt; break in two eggs and stir quickly until they begin to thicken, then put the stewpan on the table, and continue stirring until the eggs finish cooking in their own heat. Scrambled eggs should look lumpy and be very thick. When done, pour the eggs onto buttered toast.

Lyonnaise Potatoes.—389.

Cut cold boiled potatoes into dice. When in the stew-pan, add cream to keep them moist, and simmer till hot They should be of a light color. When hot, mix in a little chopped parsley and butter. Serve immediately while hot.

Fried Potatoes.—390.

Pare the potatoes raw, and cut them lengthwise into slices; cut these again into thin strips; lay in ice-water for half an hour; drain, dry thoroughly, and drop into boiling lard; when brown, put them into a colander and set it in a hot oven to drain; serve hot.

Potato Balls—Duchesses.—391.

Take one-half dozen potatoes; boil them; pass them through a sieve, and work into them, in a bowl, one gill of cream and the yolks of three eggs; add pepper, salt, a grating of nutmeg, and some parsley finely grated; when they are well mixed and smooth, mould them into perfectly round balls, flour them, and fry them in hot lard or butter, rolling them continually so that they may be evenly browned; drain, and serve on a folded napkin.

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Tomato Omelet.—392.

Pour boiling water on the tomatoes; skin, and cut them fine. To one quart of this, put two chopped onions and a lump of butter the size of an egg; let them boil half an hour; then mash them. Put in the grated bread, pepper, salt and the yolks of two eggs.

Egg Omelet.—393.

Soak a teacupful of bread crumbs overnight in a cupful of new milk. Beat separately the yolks and whites of three eggs. Mix the yolks with the bread and milk, stir in the whites, and salt and make as usual.

Oyster Omelet.—394.

Three eggs, eighteen oysters, lemon juice, two ounces of butter, cayenne pepper, salt. Beat the eggs very lightly. Beard the oysters; stir them into the beaten eggs, and season highly with cayenne, salt and lemon juice. Melt the butter in a clean omelet pan, skim away all froth, and pour in the egg mixture before the butter becomes colored. Hold the handle, and keep the pan moving over the fire until the omelet mixture looks of the consistency of thick cream; let the pan rest over the fire for about a minute. Swiftly slide a broad, pliable knife or a slice under one half, and fold it over the other half to form an oval. Trim the edges neatly, and tilt the pan, so that the lower side of the omelet may become of a golden-brown color; it will then be ready. Reverse the pan over a hot dish, and serve quickly with the brown side uppermost. The omelet should be brown and firm on the outside, but soft and creamy inside when broken. Never turn an omelet, as this makes it heavy.

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Savory Omelet.—395.

Break four eggs into a basin, add to them a little pepper and salt, a dessertspoonful of finely chopped parsley, a tiny piece of onion scalded and finely chopped; beat them all well together. Melt half an ounce of butter in an omelet pan; pour the mixture into it. Move the pan round until the eggs are set; fold it over in half; turn it onto a hot dish and serve immediately.

Egg Baskets.—396.

Make these for breakfast the day after you have had roast chicken, duck or turkey for dinner. Boil six eggs hard, cut nearly into halves and extract the yolks; rub these to a paste with some melted butter, pepper and salt, and set aside. Pound the minced meat of the cold fowl fine in the same manner and mix with the egg paste, moistening with melted butter as you proceed, or with a little gravy if you have it to spare. Cut off a slice from the hollowed whites of the eggs to make them stand; fill in with the paste; arrange close together upon a flat dish, and pour over them the gravy left from yesterday's roast, heated boiling hot and mellowed by a few spoonfuls of cream or rich milk.

Eggs and Bacon.—397.

Time, three to four minutes. Six eggs, a quarter of a pound of dripping or butter, some slices of ham or bacon. Break five or six fresh eggs into cups, and slip them into a delicately clean frying-pan of boiling dripping or butter. When the whites are set, take them up with a slice, trim off the rough edges and drain them

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from the grease. Then place them in the center of the dish, and the slices of fried bacon round the edge, or the eggs may be served on the bacon, whichever you prefer.

Breakfast Kidney and Eggs.—398.

Prepare four lamb kidneys by scalding and skinning. Put into the chafing-dish a walnut of butter and half a teaspoonful of chopped onions. When browned, add a tablespoonful of water, and then drop into the dish four raw eggs. As soon as these set, serve the dish.

Oyster en Surprise.—399.

Cut a small slice from each end of four hardboiled eggs, and cut them into halves the round way. Take out the yolks and pound them in a mortar, and pound in with them a mixture made of a dozen bearded oysters, a little lemon juice, a dust of cayenne, and half an ounce of butter. Be sure to mix and pound thoroughly. Fill the whites of eggs with this mixture, dish them up, garnish with cut lemon and rolled brown bread and butter.

Grilled Mackerel.—400.

Split the mackerel down the back, season with pepper and salt, oil it over, place it on a gridiron over a moderate fire, and when done on both sides take it up on a hot dish and fill the inside with cold *maitre d'hotel* sauce.

Grilled Smoked Haddock.—401.

One haddock, a little milk, one teaspoonful of butter, a little cayenne. Wash, dry and skin the haddock. It may be cut into square pieces or left whole. Put a little

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milk on a plate; let it soak in this for an hour or two. Take the pieces up, and either grill them or toast them for a few minutes; put the butter over them in little bits, and the pepper; serve hot. They may be served on toast.

Broiled Salted Codfish.—402.

Cut from the medium-sized salt codfish three pieces about two inches square; split each piece into two, and soak in water overnight; change the water two or three times. Next morning rinse the pieces in fresh, cold water, and drain and dry in a napkin; brush a little butter over each, and broil. When done, pour over them melted butter seasoned with pepper and lemon juice.

Mutton Cutlets.—403.

It is often convenient to dress loin chops as a breakfast dish for one or two persons as follows: Trim away the fat, cut the meat neatly from the bones, and divide each chop into two. Egg and bread-crumb them, and fry in a little butter. Take the bones with an onion and make them into gravy. Thicken this either with a cooked potato rubbed through the sieve, a little tomato sauce, or flour, or serve plain.

Stuffed Kidneys.—404.

Three or four kidneys, one-half ounce of butter, one-half shallot chopped fine, one dessertspoonful of parsley, one tablespoonful of bread crumbs, a few drops of lemon juice, a little cayenne, pepper and salt. Toast or broil the kidneys and split them open. Fry the shallot in the

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butter; mix in the bread crumbs and parsley; add lemon juice, cayenne, pepper and salt. Lay a little of the stuffing in each kidney and fold it over. Serve very hot.

Fried Salt Pork.—405.

Cut into slices, and lay them in cold water in the spider; boil them up two or three minutes, then pour off the water and set the spider again on the coals and brown the slices on each side. Fried pork with baked potatoes and fried sour apples makes a very good dinner. It is an inprovement to dip the pork, after being parboiled, into Indian meal before frying it.

Fried Calf's Liver.—406.

Cut the liver into thin slices; wash and drain them; then dip them in cracker crumbs (or stale bread), and fry with salt pork gravy or butter; add a little cayenne pepper.

Fried Sausages.—407.

One pound of sausages, one-half tablespoonful flour, one-half teaspoonful of salt, one-quarter teaspoonful of pepper, one and one-half gills of cold water. Prick the sausages well with a fork, place them in a cold frying-pan, place the pan over a slow fire, and turn the sausages frequently for fifteen minutes. Place the sausages on a hot dish, and add to the dripping which has drawn from the sausages in the frying-pan the flour, pepper, and salt. Stir all well together, and add the cold water; stir till boiling, let it boil for two minutes, and pour it over the sausages. If desired, a piece of dry toast may be served under each sausage.

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Beef Croquettes.—408.

You can make these of the cold hash by moulding it into rolls about three and one-half inches long, and rather more than an inch in diameter. Roll these over and over on a flavored dish or board to get them smooth and of regular shape; flatten the ends by setting each upright on the floury dish, and put enough dripping in the pan to cover them as they lie on their sides in it. It should be very hot before they go in. Roll over carefully in the fat as they brown, not to spoil the shape. Do not put too many into the pan at once. As fast as they are done take them up and lay in a hot colander until they are ready. Arrange neatly on a heated flat dish and serve.

Corned Beef Hash.—409.

Chop rather fine some cold corned beef. To each pint add one and one-half pints of cold boiled potatoes chopped fine, one tablespoonful of butter, and one cupful of stock, or, if no stock is on hand, two-thirds cupful of hot water. Season with salt and pepper to taste. Put the mixture into a frying pan, and stir over the fire for about eight minutes, being careful not to burn it. Spread smoothly. Cover the pan and set it back where the hash will brown slowly. It will take about half an hour. When done, fold in like an omelet, and turn onto a hot dish. Garnish with points of toast and parsley. Serve hot. If there are no cold potatoes, the same quantity of hot mashed potatoes may be used.

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MISCELLANEOUS.

Welsh Rarebit.—410.

Some slices of bread about half an inch in thickness; some slices of cheese, a little butter, the yolk of an egg, pepper and salt, a little cayenne. Toast the bread and keep it quite hot. Cut the cheese into very thin slices. Put it into a saucepan with the butter, pepper and salt to taste. Stir until it has melted, then mix in the yolk. Spread it on the toast, and brown before the fire.

Fried Apples.—411.

Choose very firm, sound, sour apples; wash and wipe them, cut them in quarters, and take out the cores; put the frying-pan over the fire with half an inch of fat in it, and when the fat is smoking hot, put in the apples and fry them brown, turning them carefully to prevent breaking. Just before they are quite brown, dust them with sugar; when they are done, take them up without breaking, and serve them hot as a vegetable.

Fritters.—412.

Two well beaten eggs, two tablespoonfuls of melted lard, two-thirds cupful of sweet milk, one heaping teaspoonful of baking-powder, a little salt, and flour enough to make a stiff batter. Drop from a spoon into hot lard; turn two or three times while cooking to prevent too much browning. To be eaten with maple syrup.

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Banana Fritters.—413.

Remove the skin from four large yellow bananas. Cut the fruit in two crosswise, then lengthwise, in not too thin slices; dip them into a batter, fry in hot fat, and serve with a sweet sauce, flavored with kirsch or other liquor. Make the batter as follows: Beat the yolks of three eggs and add a gill of milk, a saltspoonful of salt, four ounces of sifted flour, and mix thoroughly.

Apple Fritters.—414.

Make a smooth batter of half a pound of flour, three eggs and half a pint of sweet milk; salt to taste. Cut a dozen large, juicy apples into slices, after peeling and coring them. Throw the slices into the batter. Have ready a pan of equal parts of lard and butter boiling hot. Take the batter up in a ladle, allowing a slice of apple to each fritter and drop into the hot lard. Fry brown, drain a moment, and serve with powdered sugar and nutmeg.

Huckleberry Shortcake.—415.

One quart of sifted flour, one teaspoonful of salt, one teaspoonful of soda, one large pint of berries, half a cupful of creamed butter, half a cupful or more of sugar, two eggs, two cupfuls of sour milk. Sift soda and salt with flour. Mix berries with the flour, coating every berry so as to be separate. Beat the eggs and mix with the butter and sugar. Make a hollow in the middle of the flour and pour in the mixture, then the sour milk. Stir all carefully together, else you will mash the berries. Bake in pans, three-quarters full.

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Oranges.—416.

Of the many ways of serving oranges, I prefer them sliced. If in summer, keep them cold until wanted. Remove all seeds, and cut large slices in two. Mandarins are served whole, with the peel scored but not removed.

Farina Jelly.—417.

Boil one quart of new milk; while boiling, sprinkle in slowly a quarter of a pound of farina; continue the boiling from half an hour to an hour, season with a teacupful of sugar and a teaspoonful of vanilla. When done, turn out into a mould and place it on the ice to stiffen. Serve it with whipped cream.

Baked Apples.—418.

Peel one pound of apples, cut into slices, remove the cores, put into a stewpan with three or four ounces of white pounded sugar, one ounce of butter, two tablespoonfuls of water; stir gently on a slow fire till tender; use hot or cold, as required. Brown sugar may be used. To the above add the juice of half a lemon or of one orange, and a little of the peel of either, or a small piece of cinnamon, or in powder.

Friar's Omelet.—419.

Pare, core, slice and stew one dozen apples; stir in two ounces of butter, and the same of pounded sugar, or rather more sugar if the apples are acid; allow the apples to cool. Beat up four eggs, put them in a baking dish well lined with bread crumbs, put in the apples, strew bread crumbs over the top, and bake three-quarters of an hour in a rather quick oven. Turn out, sift sugar over the top, and serve with cream.

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Rice Cakes.—420.

Mix two ounces of ground rice with six ounces of flour and one teaspoonful of baking-powder; rub in an ounce of fresh butter and two ounces of sugar. Beat up an egg into one-fourth pint of milk with a little lemon flavoring. Have ready small patty-pans rubbed with butter, half fill each with the cake mixture, put immediately into the oven, and bake for fiifteen minutes.

Macaroons.—421.

Blanch and pound three ounces of sweet almonds with half a pound of fine powdered sugar; beat up to a very light froth the whites of four eggs with an ounce of rice flour and a tablespoonful of dry sherry; whisk it into the almond paste; drop the mixture on paper in wafers about two inches apart, and bake in a moderate oven. Neatly arrayed around whipped cream, they are used quite frequently.

Scotch Short Bread.—422.

Three-quarters pound of finest flour, one-half pound of butter, one-fourth pound of castor sugar. Put the flour and sugar into a basin and rub the butter thoroughly in; turn it out on the board, and knead firmly till it is a smooth paste (it requires a great deal of strength to knead it), roll it out to the thickness of about an inch, and shape to suit. It should not be much rolled, as rolling makes it tough. Bake on a sheet in a brisk oven for from twenty minutes to half an hour.

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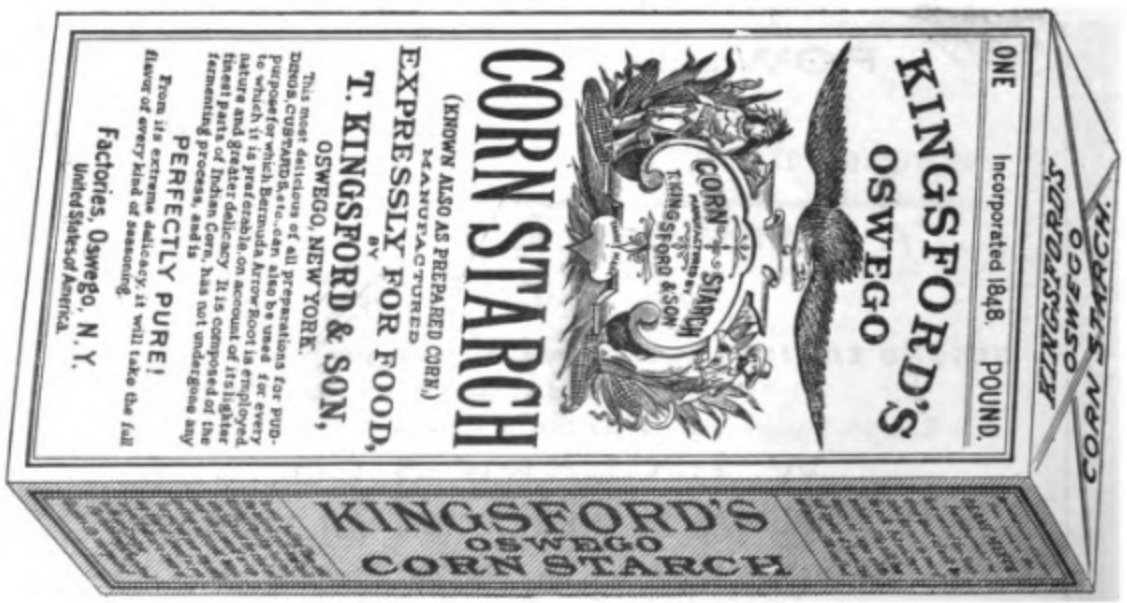

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