NYPL RESEARCH LIBRARIES
3 3433 08225608 6

Digitized by Google
Original from
NEW YORK PUBLIC LIBRARY

Digitized by Google
Original from
NEW YORK PUBLIC LIBRARY

ANNEX

VTI
WEBSTER

Digitized by Google
Original from
NEW YORK PUBLIC LIBRARY

Digitized by Google
Original from
NEW YORK PUBLIC LIBRARY

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY

"The *New England Primer* is a book all should have; if not for their own gratification, that they may show the children *the book* they had to study when children themselves."

CERTIFICATES.

At the request of the publisher, the following certificate has been furnished by a gentleman who has given much attention to the subject of early School Books and Catechisms in this country.

"The edition of the New England Primer, published in 1843 by Mr. Ira Webster, of Hartford, is a correct reprint of the oldest copy of that remarkable work, of which I have any knowledge; perhaps the oldest copy now extant. All other reprints which I have seen, have been considerably altered — *modernized* — from the original.

GEORGE LIVERMORE."

"The edition of the New England Primer, which has been published by Mr. Ira Webster, of Hartford, in the year 1843, is the only genuine and correct edition of that valuable and wonderful book that has been to be obtained for many years. It is probably more than fifty years since there has been printed a complete and correct edition of the Primer, except the one printed by Mr. Webster. His edition is an exact copy of the Primer that was used by families and schools in my youth, sixty years ago, and I suppose it had been used for fifty or a hundred years before that time. The genuine copy of the Primer, on account of its antiquity, and its extensive usefulness in former years, has now become an object of interesting and beneficial curiosity.

THOMAS WILLIAMS."

We, the subscribers, concur in the preceding statements: — T. H. GALLAUDET, JOEL HAWES, THOMAS ROBBINS, ENOCH POND, HEMAN HUMPHREY.

"Mr. Ira Webster has published a correct reprint of the oldest copy of the *New England Primer*, of which we have any knowledge. We thank Mr. Webster for this reprint and fac-simile of that remarkable book; and commend it most heartily to our readers and friends." — *New Orleans Presbyterian.*

"The New England Primer: IRA WEBSTER, Hartford. — This is an exact reprint from one of the earliest copies of this priceless little compendium, which, for three quarters of a century, has been to almost every man born in New England the *first book* in religion, and to thousands has stood in the same office in literature. We are glad, in a new edition, still to behold the old face." — *New York Journal of Commerce.*

"I need not say that I admire the *Assembly's Catechism.* I learned it when a child, and can repeat it, verbatim, to this day. I have taught it to my *family* every Sabbath, ever since I had a family. Perhaps to no other uninspired work, unless it be Watts' Psalms and Hymns, is the Church, using the English language, so much indebted as to the Assembly's Catechism.

ENOCH POND."

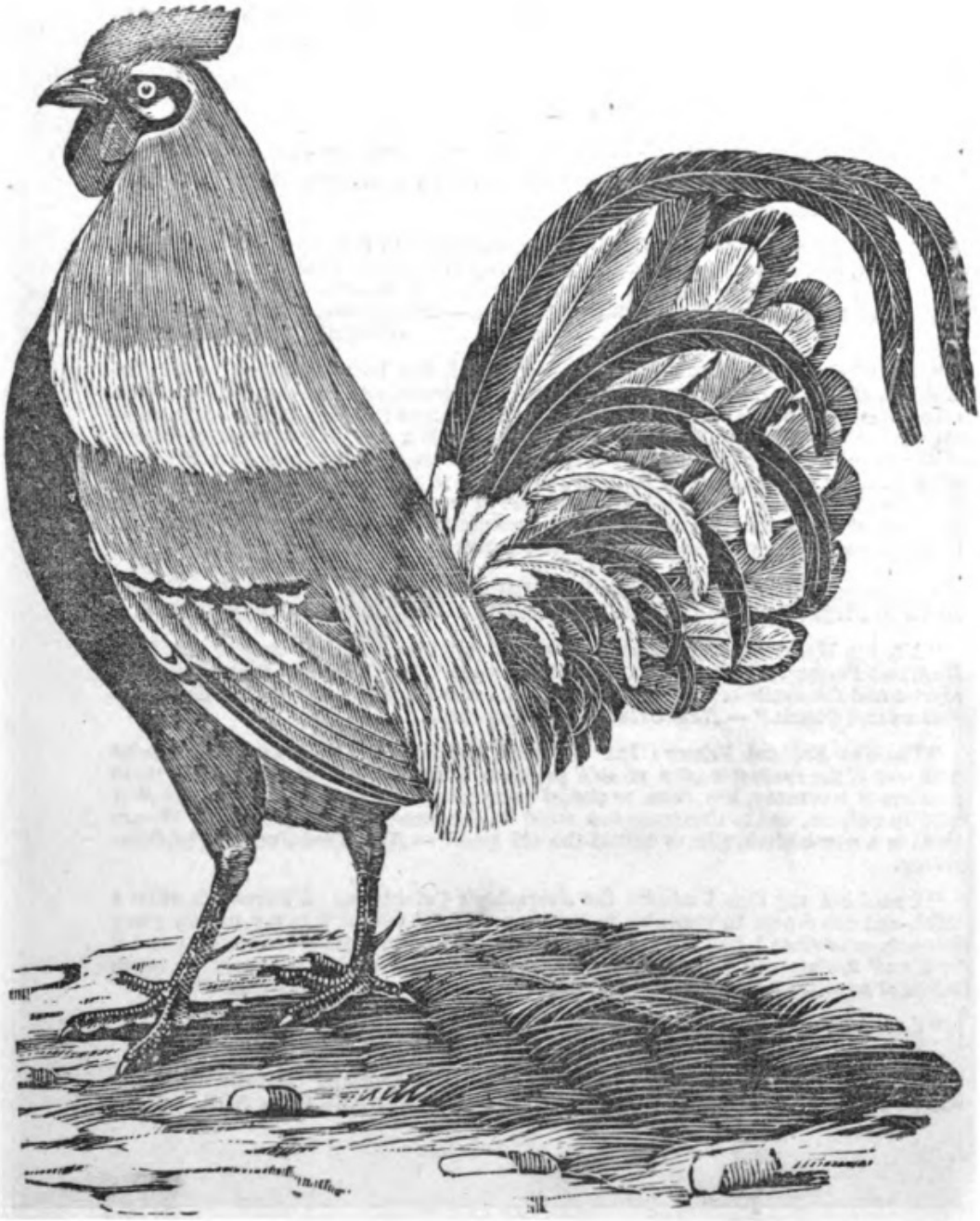
"I would gladly have it handed down to my children's children.

H. HUMPHREY."

"Few books have exerted a wider influence in *New England* than the Primer, or will be now more cordially welcomed." — *Christian Visitor, St. John, N. B.*

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY



"THE COCK DOTH CROW, TO LET YOU KNOW,
IF YOU BE WISE, WHAT TIME TO RISE."

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY

THE

IMPROVED HOUSEWIFE.

OR

BOOK OF RECEIPTS;

WITH

ENGRAVINGS

FOR

MARKETING AND CARVING.

BY MRS. A. L. WEBSTER.

ALIKE EXPERIENCED IN THE VICISSITUDES OF LIFE AND IN HOUSEWIFERY
WHOM ADMONITORY YEARS NOW INVITE TO A MORE RETIRED AND
LESS ACTIVE LIFE, CHEERED BY AFFECTIONATE
REMEMBRANCES OF PATRON-FRIENDS.

"She riseth while it is yet dark—looketh well to the ways of her household, and eateth not the bread of idleness." *Solomon.*

TWENTIETH EDITION, REVISED:

WITH

SUPPLEMENT AND PERPETUAL CALENDAR.

HARTFORD:

IRA WEBSTER.

1854.

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY

THE NEW YORK
PUBLIC LIBRARY
322817A
ASTOR, LENOX AND
TILDEN FOUNDATIONS
R 1927 L

ENTERED, according to act of Congress, in the year, 1843. by

A. L. WEBSTER

in the Clerk's office of the District Court of Connecticut.

STEREOTYPED BY

RICHARD H. HOBBS,

HARTFORD, CT.

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY

PREFACE.

BREVITY, is one object of the writer—not to multiply books; nor to present, even one, *large* book. But on the contrary, by corrections and by *new* receipts, to IMPROVE the successive editions; and thus present a useful book, in as *concise* form as possible.

The obvious want of a suitable text-book for the Culinary Department, has induced the writer to prepare this work, being mostly the result of personal experience as housekeeper, for the last *thirty-four years.*

"Most of the receipts now in use, are the result of chance, or the whim of a depraved appetite." Their insufficiency is well known, and it has long been the subject of complaint.

Many *new* receipts, it is believed, are now for the first time presented to the public. Selections have also been made from other compilations—such as have been proved to be good, by actual trial.

While this book is intended for all classes of society, embracing receipts both for rich and for plain cooking, it is especially intended as a guide to those who would *cook well*, and *please the palate* at *small expense*—considerations of no small importance at *all times.*

In conclusion,—the writer would humbly hope that her experience may lighten the care, dissipate the perplexities, and guide the judgment of all who fill the station, or assume the duties of Cook, or of Old or "Young Housekeeper."

27X2284

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

CONTENTS.

		Page.
	MARKETING PLATES,	12
	Beef,	13
	Mutton,	14
	Pork,	14
	Veal,	15
	Venison,	16
	Particulars to be observed in the selection of marketables,	16
	Beef,	16
	Veal,	16
	Mutton,	16
	Lamb,	17
	Pork,	17
	Turkey,	17
	Fowls,	17
	Geese,	17
	Ducks,	17
	Shad,	17
	Herring,	17
	Lobsters,	17
	Crabs,	18

No.	CARVING,	Page.
1,	Cod's Head and Shoulders,	19
2,	Edge or Aitch bone of Beef,	20
3,	Sirloin of Beef,	20
4,	Ribs of Beef,	20
5,	Round of Beef,	20
6,	Tongue,	20
7,	Calf's Head,	21
8,	Shoulder of Mutton,	21
9,	Leg of Mutton,	21
10,	Spare Rib,	22
11,	Leg of Pork, (*See Ham.*)	22
12,	Fore Quarter of Lamb,	22
13,	Saddle of Mutton,	22
14,	Breast of Veal,	23
15,	Fillet of Veal,	23
16,	Pig,	23
17,	Venison,	23
18,	Ham,	24
19,	A Fowl,	24
20,	A Goose,	25
21,	Turkey,	25
22,	Partridge,	25
23,	Pigeons,	26
24,	Hare,	26
	A word for the Dinner Table,	27
	Weights and Measures,	29
25,	Solids.	29

No.		Page
26,	Liquids,	29
	MEATS,	31
27,	Roast Beef,	32
28,	Roast Beef, Southern mode,	32
29,	Beef Steak, Broiled,	33
30,	Beef Steak, Southern mode,	33
31,	Beef Steak, Fried,	33
32,	Liver,	34
33,	Alamode Beef,	34
34,	To Frizzle Beef,	34
35,	Boiled Beef,	34
36,	To Collar a Flank of Beef,	35
37,	Curries,	35
38,	Sweetbread, Heart and Liver,	35
39,	To brown Mince Meat,	36
40,	Tripe,	36
41,	Meats warmed over,	36
42,	Veal,	37
43,	Roast Veal,	37
44,	Baked Veal,	37
45,	Veal and Chicken Pot Pie,	37
46,	Veal Cutlets,	38
47,	To broil Calf's Liver,	38
48,	Force Meat Balls,	39
49,	Calf's Head,	39
50,	Calf's Feet,	39
51,	Scotch Collops,	40
52,	To grill a Calf's Head,	40
53,	Veal Olives,	40
54,	Ragout of Cold Veal,	40
55,	Mutton,	41
56,	To harricot Mutton,	42
57,	Shoulder of Lamb grilled,	42
58,	Lamb's Fry,	42
59,	Irish Stew,	42
60,	Pork Steaks,	43
61,	To broil Ham,	43
62,	To boil Ham,	43
63,	To toast Ham,	43
64,	To stuff Ham,	43
65,	Baked or Roast Pig,	43
66,	To barbacue Shoat,	44
67,	Souse,	44
68,	Pressed Head,	44
69,	Sausages,	45
70,	Venison,	45
71,	To roast Venison,	45
72,	Venison Steaks,	45
73,	Mock Venison,	46
74,	POULTRY, &c.	46

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

No.		Page.
75,	Turkey, - - -	46
76,	Chickens, - - -	47
77,	Fricassee Chickens, -	47
78,	To fricassee small Chickens: southern mode, -	48
79,	Chickens baked in Rice,	48
80,	Goose, - - -	48
81,	To stew Partridges, -	48
82,	Pigeons, - - -	49
83,	To stew Pigeons, -	49
84,	Ducks, - - -	49
85,	To boil a Duck, - -	50
86,	To stew Ducks, - -	50
87,	To roast Ducks, - -	50
88,	To roast Rabbits, -	50
89,	To dress Turtle, - -	51
90,	*Turtle Soup*, - -	52
91,	Mock Turtle of Calf's Head,	52
92,	Plain Mock Turtle Soup,	53
93,	Calf's Feet Turtle Soup,	54
94,	Oyster Soup, - -	54
95,	Cream Soup, - -	54
96,	Pea Soup, - - -	54
97,	Veal Soup, - - -	55
98,	Black or Beef Soup, -	55
99,	Bouilli Soup, - -	55
100,	Portable Soup, - -	56
101,	Soup Herb Spirit, -	57
102,	Scotch Barley Broth: a cheap and substantial dish, -	57
103,	*Gravies and Sauces*, -	57
104,	Brown Gravy, - -	58
105,	To draw or melt Butter,	58
106,	Burnt Butter, for Fish, Eggs, or Salad, - - -	58
107,	Drawn Butter, Curry Sauce, and Egg Sauce, - -	59
108,	Roast Meat Gravy and Dark Gravy, - - -	59
109,	Sauce for Cold Meat, Salad, or Fish, - - -	59
110,	Wine Sauce for Venison or Mutton, - - -	59
111,	Oyster Sauce, - -	60
112,	Savoy Jelly for Cold Meat,	60
113,	White Celery Sauce for boiled Poultry, - -	60
114,	Caper Sauce, - -	60
115,	Lobster Sauce - -	61
116,	Tomato Sauce, - -	61
117,	Gravy Sauce, - -	61
118,	Common Sauce, - -	61
119,	Parsley and Butter, -	61
120,	Pudding Sauce, - -	61
121,	Cranberry and Apple Sauce,	62
122,	Chicken Salad.	62
123,	Sauce for Turtle or Calf's Head, - - -	62
124,	Mushroom Catsup, -	62
125,	Celery Vinegar, - -	63
126,	Sauce for Cod's Head, -	63
127,	Fish Sauce of Liver, -	63
128,	Gravy for Ducks, -	64
129,	Duck Sauce, - -	64
130,	Brown Sauce for Poultry,	64
131,	*Boiled Eggs*, - -	64
132,	Poached Eggs, - -	64
133,	Omelet, - - -	65
134,	Egg Balls, - - -	65
135,	FISH,	65
136,	To boil Fish, - -	66
137,	To broil Fish, - -	67
138,	To fry Fish, - -	67
139,	To fry Fresh Cod, Trout and Perch, - - -	67
140,	To broil a Shad, - -	68
141,	To roast a Shad, - -	68
142,	To bake a Shad, -	68
143,	To stuff and bake Fish,	68
144,	Chowder, - - -	68
145,	Codfish, - - -	69
146,	To boil a Cod's Head and Shoulders, - -	69
147,	To roast a Cod's Head and Shoulders, - -	69
148,	Halibut, - - -	70
149,	Black Fish, - - -	70
150,	To broil Herring, - -	70
151,	Sturgeon, - - -	70
152,	To boil Fresh Salmon,	70
153,	To broil Fresh Salmon,	71
154,	To boil Mackerel, Trout, Perch, and Bass, -	71
155,	To broil Mackerel, Perch, Bass, or Trout, - -	71
156,	To boil Eels, - -	71
157,	To broil Eels, - -	71
158,	To bake Eels, - -	72
159,	Fish Force Meat Balls,	72
160,	Fish Cakes, - -	72
161,	Lobsters and Crabs, -	72
162,	Scollops, - - -	72
163,	To Roast Clams: superior mode of cooking them,	73
164,	Pot Clams, - - -	73
165,	Clam Pan Cakes, -	73
166,	Long Clams, - -	73
167,	To stew Oysters, -	73
168,	To fry Oysters, - -	74
169,	Oyster Pancakes, -	74
170,	Oyster Pie, - -	74
171,	Scolloped Oysters.	74

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

No.		Page.
172,	PUDDINGS, &c.	74
173,	Virginia Chicken Pudding,	76
174,	Almond Pudding, -	76
175,	Rich Boiled Indian Pudding,	77
176,	Plain Baked Bread Pudding,	77
177,	Baked Corn Pudding, -	77
178,	Plain Boiled Indian Pudding,	77
179,	Baked Indian Pudding, No. 1,	78
180,	" " " No. 2,	78
181,	" " " No. 3.	78
182,	Lemon Pudding, -	78
183,	Lemon Pudding or Lemon Pie, - - -	78
184,	Baked Orange & Lemon Pudding, - - -	79
185,	Orange Pudding, - -	79
186,	Rich Bread Pudding, -	79
187,	Minute Pudding, -	79
188,	Cream Pudding, -	80
189,	Rennet Pudding, -	80
190,	Quaking Pudding, -	80
191,	Tapioca Pudding, -	80
192,	Potato Starch Pudding, No. 1.	80
193,	" " " No. 2.	81
194,	Bird's Nest Pudding, -	81
195,	Boiled Plum Pudding,	81
196,	Cherry or Damson Pudding,	82
197,	Quick Baked Pudding,	82
198,	Baked or Boiled English Plum Pudding, - -	82
199,	Quince Pudding, -	82
200,	Whortleberry Pudding,	83
201,	Baked or Boiled Rice Pudding, - - -	83
202,	Boiled Rice Pudding, -	83
203,	Baked Rice Pudding, with Eggs, - - -	83
204,	Baked Rice Pudding without Eggs, - - -	83
205,	Ground Rice Pudding, -	84
206,	Marlborough Pudding, -	84
207,	English Plum Pudding,	84
208,	Sago Pudding, - -	84
209,	Carrot Pudding, - -	85
210,	To make Mush, - -	85
211,	Hasty Pudding, - -	85
212,	Potato Pudding, - -	85
213,	Sweet Potato, or Irish Potato Pudding, - -	85
214,	Puff Pudding, - -	86
215,	Boston Best, - -	86
216,	Apple Dumplings, -	86
217,	Plain Fritters, - -	86
218,	Cream Fritters, - -	87
219,	Spanish Fritters, - -	87
220,	Mock Oysters, of Green Corn,	87
221,	Indian Corn Cake, -	87
222,	PASTRY AND PIES,	87
223,	Common Paste for Pies, No. 1, - - -	88
224,	Common Pastry, No. 2.	89
225,	Common Family Pastry, No. 3, - - -	89
226,	Puff Paste, - - -	90
227,	Confectioner's Pastry, -	91
228,	Tart Paste, - -	92
229,	Short Paste for Fruit Pies,	92
230,	To make Raised Pie Crust, or Potato Pie Crust, see No. 45, - - -	92
231,	Tomato Pie, - -	92
232,	Mince Pie, - - -	92
233,	Plain Mince Pie, -	93
234,	To make Mince Meat for Pies, - - -	93
235,	Apple Pie, - - -	94
236,	Rice Pie, - - -	95
237,	Peach Pie, - - -	95
238,	Plain Custard Pie, -	95
239,	Apple Custards, - -	95
240,	Cracker Pie, - - -	96
241,	Marlborough Tarts, -	96
242,	Lemon Tarts, - -	96
243,	Tart Pie, - - -	96
244,	Rhubarb Pie, - -	96
245,	Pumpkin " - -	97
246,	Lemon " - -	97
247,	Grape " - -	98
248,	Currant and Gooseberry Pie,	98
249,	Fruit Pies in variety, -	98
250,	Delicate Pie of Sweetbread and Oysters, - -	98
251,	Cream Pie, - -	99
252,	Connecticut Thanksgiving Chicken Pie, - -	99
253,	Common Chicken Pie, -	99
254,	Almond Custard, No. 1,	100
255,	" " No. 2,	100
256,	Soft " - -	100
257,	Rennet Custard. See To make Rennet, No 622	101
258,	Cream Custards, - -	101
259,	Boiled " - -	101
260,	Mottled " - -	102
261,	Milk " - -	102
262,	CAKES, GINGERBREAD NUTS, BREAD, &c.	102
263,	Frosting for Cake, -	103
264,	Lemon Cake, - -	104
265,	Rich Queen Cake, -	104
266,	Family Queen Cake, -	105
267,	Sponge Cake, No. 1, -	105

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

No.		Page.
268,	Sponge Cake, No 2, -	106
269,	Savoy Cakes, - -	106
270,	Wedding Cake, - -	106
271,	Quick Wedding Cake, -	106
272,	Black or Plum Cake, -	107
273,	Plum Cake, - -	107
274,	Fruit Cake, - -	108
275,	Rich Loaf Cake, - -	108
276,	Plain Loaf Cake, - -	108
277,	Loaf Cake, No. 1, -	109
278,	Loaf Cake, No. 2, -	109
279,	Shelah, or Quick Loaf Cake,	109
280,	Almond Cake, - -	110
281,	French Almond Cake, -	110
282,	Kisses, - - -	111
283,	Kisses, or Sugar Drops,	111
284,	New York Cup Cake, -	111
285,	Cup Cake, - - -	112
286,	Measure Cake, - -	112
287,	French Cake, - -	112
288,	Rich Cream Cake, -	112
289,	Plain Cream Cake, -	113
290,	Rutland Cake, - -	113
291,	Hartford Cake, - -	113
292,	Cake without Eggs, -	113
293,	Boston Gingerbread, -	113
294,	Composition Cake, -	114
295,	Plain Composition Cake,	114
296,	Diet Bread, - -	114
297,	Confectioner's Pound Cake,	114
298,	Pound Cake, - -	114
299,	Pound Cake, baked or boiled, - - - -	114
300,	Good Family Cake, -	115
301,	Delicate Cake, - -	115
302,	Jelly Cake, No. 1, -	115
303,	Jelly Cake, No 2, - -	116
304,	Sponge Gingerbread, -	116
305,	Sugar Gingerbread, -	116
306,	Hard Molasses Gingerbread,	116
307,	Soft Molasses Gingerbread,	117
308,	Ice Cream ; do. without crm.	117
309,	Bannocks, Love Cakes, &c.	117
310,	Soda Cake, - - -	117
311,	Ginger Snaps, No. 1, -	117
312,	Ginger Snaps, No. 2, -	118
313,	Ginger Cookies, -	118
314,	Jumbles, - -	118
315,	Rice Balls, - -	118
316,	Cheap Rice Balls, -	118
317.	Rich Jumbles, - -	118
318,	Plain Jumbles, - -	119
319,	Macaroons, - -	119
320,	Vermont Sugar Cake, -	119
321,	Little Plum Cakes,	119
322,	Virginia Drop Biscuit	119
323,	Drop Biscuit, -	119
324,	Sugar Drops, -	119
325,	Rich Cookies, - -	120
326,	Jenny Lind Cake, -	120
327,	Soft Cookies, - -	120
328,	Boston Cream Cake, -	120
329,	Shrewsbury Cake, -	120
330,	Tunbridge Cake, - -	121
331,	Plain Tea Cakes, - -	121
332,	Indian Cakes, - -	121
333,	Wings, - - -	121
334,	Sugar Dough Nuts, -	121
335,	Molasses Dough Cakes,	121
336,	Yankee Nut Cakes, -	122
337,	Crollers, No. 1, - -	122
338,	Crollers, No. 2, - -	123
339,	Cream Cakes, - -	123
340,	Savoy Cake,—Dough Nuts,	123
341,	Family Cake, - -	123
342,	Cake without Butter, -	123
343,	Convenient Yeast, -	124
344,	Milk Yeast, - -	124
345,	Potato Yeast, - -	124
346,	Patent Yeast, - -	124
347,	*Wheat Bread*, - -	125
348,	Excellent Family Bread,	126
349,	Sponge Bread, - -	126
350,	Rye Bread, - -	126
351,	Brown Bread, - -	127
352,	Indian Bread, - -	127
353,	Graham Bread, - -	127
354,	Corn Meal Bread, -	127
355,	Batter Bread, - -	128
356,	Mixed Bread, - -	128
357,	Rice Bread, No. 1, -	128
358,	Rice Bread, No. 2, -	128
359,	Potato Bread, - -	128
360,	French Rolls, No. 1, -	128
361,	French Rolls, No. 2, -	129
362,	Dry Butter Biscuit, -	129
363,	Butter Biscuit, - -	129
364,	Buttermilk Biscuit, -	129
365,	Milk Biscuit, - -	130
366,	Wainwood Biscuit, -	130
367,	Hard Biscuit, - -	130
368,	Salæratus Biscuit,- -	130
369,	Sponge Biscuit, - -	130
370,	Potato Biscuit, - -	131
371,	Crackers, - - -	131
372,	Economy Cakes, - -	131
373,	Buckwheat Cakes, -	132
374.	Green Corn Cakes, -	132
375,	Indian Corn Cakes, -	132
376,	Indian Slap Jacks,	132
377,	Journey or Johnny Cakes,	133
378,	Hoe Cakes, - -	133

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

No.		Page.
379,	Muffins, - -	133
380,	Quick Waffles, - -	133
381,	Raised Flour Waffles, -	133
382,	Waffles, - - -	134
383,	Rice Waffles, - -	134
384,	Breakfast Rice Cakes,	134
385,	Wafers, - - -	134
386,	Rice Wafers, - -	135
387,	Rice Ruffs, - -	135
388,	Rice Cakes, - -	135
389,	Crumpets, - - -	135
390,	Cream Cakes, - -	135
391,	*Syllabub*, - -	135
392,	Floating Island, - -	136
393,	Flummery, - - -	136
394,	Whip Syllabub, - -	136
395,	Ornamental Froth for Blanc Mange, or Creams, -	136
396,	Virginia Floating Island,	136
397,	Charlotte Rousse, -	136
398,	Apple Snow, - -	137
399,	Trifle, - - - -	137
400,	Slip, - - - -	137
401,	Curds and Whey, - -	138
402,	Isinglass Blanc Mange, -	138
403,	Blanc Mange, - -	138
404,	Calf's Feet Blanc Mange,	139
405,	Moss Blanc Mange, -	139
406,	Rice Flour Blanc Mange,	139
407,	Ice Creams, - -	140
408,	Ice Cream without Cream,	140
409,	Lemon Cream, - -	141
410,	Vanilla Cream, - -	141
411,	Strawberry, Raspberry, or Blackberry Cream, -	141
412,	Coffee Cream, - -	141
413,	Quince, Apple, or Pear Cream, - - -	141
414,	Peach Cream, - -	141
415,	Pine Apple or Citron Cream,	142
416,	Sago or Barley Cream, -	142
417,	The Froth, - - -	142
418,	Fruit Tart Cream, -	142
419,	Pink, or Red Currant Cream,	142
420,	To ornament Creams and Custards, - - -	143
421,	White Lemon Cream, -	143
422,	Lemonade Ice, - -	143
423,	VEGETABLES,	143
424,	Potatoes, - - -	143
425,	Potato Snow Balls, -	144
426,	Fried Potatoes, Apples, and Onions, - - -	144
427,	Roast Potatoes, - -	144
428,	To roast Potatoes under Meat,	145
429,	Potato Croquettes, -	145
430,	Sweet Potatoes, - -	145
431,	Turnips, - - -	145
432,	Ragout of Turnips, -	145
433,	Beets, - - -	146
434,	Parsnips and Carrots, -	146
435,	Onions, - -	146
436,	Boiled Sweet Corn, -	146
437,	Fried Sweet Corn, -	146
438,	Beans of various kinds,	146
439,	Boston Baked Beans, -	147
440,	Artichokes, - -	147
441,	Baked Squash, - -	147
442,	Boiled Squash, - -	147
443,	Squashes or Cymlings, -	148
444,	Greens, - - -	148
445,	Asparagus, - - -	148
446,	Salsify,—Southern mode,	148
447,	Salsify or Vegetable Oyster,	149
448,	Peas, - - - -	149
449,	Field Peas, - - .	149
450,	Cabbage and Cauliflowers,	149
451,	Brocoli, - - -	150
452,	Celeriac, - - -	150
453,	Pickled Eggs, No. 463, -	150
454,	Southern manner of boiling Rice, - - -	150
455,	Egg Plant, - - -	151
456,	Potato Pumpkin, - -	151
457,	Cucumbers, - - -	151
458,	Salads, - - -	152
459,	Stewed Mushrooms, -	152
460,	Broiled Mushrooms, -	152
461,	Tomatoes, - - -	152
462,	Mustard, - - -	153
463,	DIRECTIONS FOR PICKLING,	153
464,	Cucumbers, - - -	154
465,	To pickle Cucumbers, -	154
466,	Tomatoes, - - -	154
467,	Mangoes, - - -	154
468,	Butternuts, - - -	155
469,	Walnuts, - - -	155
470,	Cabbage, - - -	155
471,	Cabbages and Cauliflowers,	156
472,	Peppers, - - -	156
473,	East India Pickle, -	156
474,	French Beans, and Radish Pods, - - -	156
475,	Peaches and Apricots, -	157
476,	Nasturtions, - -	157
477,	Onions, - - -	157
478,	Gherkins, - - -	157
479,	Mushrooms, No. 1, -	157
480,	Mushrooms, No. 2, -	158
481,	Beets, - - - -	158
482,	Oysters and Clams, -	158

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

No		Page.
483,	Smelts, - -	158
484,	Mackerel, - - -	159
485,	LEMON SIRUP,	159
486,	Orange Sirup, - -	159
487,	Blackberry Sirup, -	159
488,	Elderberry Sirup, -	160
489,	Molasses Sirup for Preserving, - - - - -	160
490,	SWEETMEATS DRINKS, &c.,	160
491,	To clarify Sirup for Sweetmeats, - - -	161
492,	Directions for making Sweetmeats, - - -	161
493,	Quince Marmalade, -	162
494,	Preserved Quinces, -	162
495,	Preserved Pine Apples,	162
496,	Preserved Currants, -	163
497,	Preserved Strawberries,	163
498,	Preserved Pippins, -	163
499,	Preserved Crab Apples,	164
500,	Preserved Apples, -	164
501,	Transparent Apples, -	164
502,	Good Family Apple Sauce,	165
503,	Cider Apple Sauce, -	165
504,	Black Butter, - -	165
505,	Preserved Peaches, -	165
506,	Peaches, Apricots and Plums preserved in Brandy, -	166
507,	Preserved Cranberries,	166
508,	Preserved Gages, -	166
509,	Preserved Damsons, -	166
510,	Preserved Pumpkin, -	167
511,	Preserved Grapes, -	167
512,	Preserved Pears, -	167
513,	Winter Bell Pears, -	167
514,	Preserved Cherries, -	168
515,	Quince and Apple Sauce,	168
516,	Preserved Tomatoes, -	168
517,	Tomato Marmalade, -	169
518,	Cymlings, or Mock Citron,	169
519,	Raspberry, Blackberry, and Strawberry Jam, -	169
520,	Calf's Feet Jelly, - -	169
521,	Lemon Jelly, - -	170
522,	Strawberry, Raspberry, and Blackberry Jelly, -	170
523,	Cranberry, Grape, and Currant Jelly, - - -	171
524,	Apple and Quince Jelly,	171
525,	Molasses Candy, - -	172
526,	Coffee, - - -	172
527,	French method of preparing Coffee, - - -	173
528,	Coffee cream, - -	174
529,	Cocoa shells, - -	174
530,	Chocolate, - - -	174
531,	Tea, - -	174
532,	Eau Sucre, -	174
533,	Currant Wine, -	175
534,	Grape Wine, - -	175
535,	To mull Wine, - -	175
536,	Ginger Wine, - -	175
537,	Ogeat; an excellent refreshment for Parties, -	175
538,	Sherbet, - - -	176
539,	Cherry Shrub, - -	176
540,	Currant Shrub, - -	176
541,	Raspberry Shrub, - -	176
542,	Lemon Shrub, - -	176
543,	Lemonade, - - -	177
544,	Common Beer, - -	177
545,	Spring Beer, - -	177
546,	Lemon Beer, - -	178
547,	Hop Beer, - - -	178
548,	Ginger Beer, - -	178
549,	Quick Ginger Beer, -	178
550,	Spruce Beer, - -	178
551,	Beer of Essential Oils, -	179
552,	Essence of Lemon, -	179
553,	Essence of Ginger, -	179
554,	Rose Water, - -	179
555,	Aromatic Vinegar, -	180
556,	To extract the Essential Oil of Flowers, - -	180
557,	Cologne Water, - -	180
558,	Perfume Bags, - -	180
559,	Lavender Water, - -	181
560,	To extract a Clove, Bean, or any other artificial substance, from the nose of a child, - - - -	181
561,	To prevent the Quinsy or swollen Glands, and to cure Sore Throat, - -	181
562,	For the Erysipelas, -	181
563,	Pitch Pine Mixture, for the Consumption, - -	182
564,	Cough Drops, - -	182
565,	Cough Tea, - - -	182
566,	Cough Mixture, - -	182
567,	For a Cankered Mouth,	182
568,	Family Salve, - -	182
569,	For Rheumatism, Sprains and Bruises, - -	183
570,	For Lax Bowels, - -	183
571,	For Stoppage of Urine,	183
572,	For the Croup, - -	183
573,	For a Burn, - - -	184
574,	For Inflamed Eyes; a cure,	184
575,	For a Felon, - -	184
576,	For Cholera Morbus, -	184
577,	Elixir Proprietatis, -	184

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

No.		Page.
578.	Rice Gruel, - - -	184
579.	Water Gruel, - -	185
580,	Barley Water, - -	185
581,	Caudle, - - -	185
582,	Wine, Vinegar, and other Wheys, - - -	185
583,	Arrow Root Custard, -	185
584,	Thoroughwort Bitters -	186
585,	Stomachic Tincture, -	186
586,	Tapioca Jelly, - -	186
587,	Moss Jelly, - - -	186
588,	Sago Jelly, - - -	187
589,	Beef Tea, - - -	187
590,	For the Dysentery,	187
591,	For weakness, -	187
592,	To prevent the Lockjaw,	187
593,	For the Ear-ache, -	188
594,	Infallible cure for Toothache,	188
595,	For the Sick Head-ache,	188
596,	For the Heart-ache, or Heart-burn, - - - -	188
597,	Iceland Liverwort, -	188
598,	Bread Water, - -	189
599,	Cooling Drinks, - -	189
600,	Licorice, Flaxseed, Boneset, Pennyroyal, Mint, Balm, and other Teas, -	189
601,	For a Cut, - - -	189
602,	Madder Red and Crimson Dyes, - - -	189
603,	Blue Black Dye, - -	190
604,	Black Dye, - - -	191
605,	Slate Colored Dye, -	191
606,	Yellow Dyes, - -	191
607,	Green and Blue Dye for Silks and Woolens, - -	192
608,	Beautiful Pink Dye, -	192
609,	Cold Soap, - - -	193
610,	Hard Soap, - - -	193
611,	Windsor Soap, - -	193
612,	Bayberry or Myrtle Soap,	193
613,	To make first rate Potash Soap, - - - -	194
614,	Cosmetic Soap for washing the hands, - - -	194
615,	Superior Soft Soap, -	194

MISCELLANEOUS RECEIPTS.

616,	To extract Tar, Paint, Grease, and Stains from Carpets, and the finest fabrics, without injury to the texture, or to the most delicate colors. - -	195
617,	To preserve different kinds of Fruit through the winter,	195
618,	To make Tomato Ketchup, and to keep Tomatoes and Lima Beans through the winter. - - -	195
619,	Lemon Citron, - -	196
620,	Tarragon Vinegar, -	196
621,	A cheap Water Filter, -	196
622,	To prepare Rennet, -	196
623,	To clean Calf's Head and Feet. *See page* 15. -	196
624,	To corn Beef, and to "Salt in Snow," - - -	196
625,	To salt Pork, - -	197
626,	Westphalia Hams,—mode of curing them, - -	197
627	Virginia mode of curing Hams, - - -	197
628,	Western mode of curing Hams, - - -	197
629,	A cheap Smoke House,	197
630,	To pickle Salmon, -	198
631,	To pickle Shad, - -	198
632,	To cure Herring, - -	198
633,	An excellent common Pickle for Hams and Tongues,	198
634,	To try Lard and Tallow,	199
635,	To manage Bees, - -	199
636,	To make Cream, - -	199
637,	Yeast of Cream of Tartar and Salæratus, - -	199
638,	Tartaric acid Yeast, -	199
639,	Gardiner Flour Pudding,	199
640,	Whortleberry Pudding, -	200
641,	Custard Pudding, - -	200
642,	To fricassee Eggs, -	200
643,	Cold Sweet Sauce for Puddings, - - - -	200
644,	Buckwheat Cakes, -	200
645,	Mountain Pound Cake, -	200
646,	Noodles for Soup, -	200
647,	To clarify Sugar, - -	200
648,	To make Wheat Starch,	201
649,	To make Potato Starch,	201
650,	To prepare Starch for use,	201
651,	White Apple Sauce, -	201
652,	Opodeldoc, - - -	201
653,	Ox marrow Pomade. 722, 853,	201
654,	To preserve Herbs, -	201
655,	To preserve Vegetables thro' the Winter, - -	201
656,	Superior Writing Ink, -	202
657,	Indelible Ink for Marking,	202
658,	Black Ball, - - -	202
659,	Liquid Blacking, - -	202
660,	Piles—Worms, - -	202
661,	Cement for corked Bottles,	202

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

No.		Page.
662,	Cement for broken Glass, China, or Earthen ware,	202
663,	Japanese cement, or Rice Glue,	202
664,	Alabaster cement,	203
665,	Iron Ware cement :—and to mend cracks in Stoves and Pipes,	203
666,	To renew stale Bread and Cake,	203
667	To pot Cheese,	203
668,	To preserve Cheese from insects,	203
669,	To freshen Salt Butter,	203
670,	To extract the Rancidity of Butter,	204
671,	To pot Butter for Winter,	204
672,	To preserve Cream for steamboats or sea voyages,	204
673,	To keep Eggs till 17th of June, or for Christmas,	204
674,	To prepare fat for shortening,	204
675,	Directions for washing white Cotton goods,	204
676,	To wash Calicoes,	205
677,	To wash Woolens,	205
678,	To remove Ink, Fruit stains, and Iron mould,	205
679,	To remove stains from Broadcloth,	205
680,	To extract Paint from Cotton, Silk, and Woolen Goods,	205
681,	To extract Black stains from Scarlet Woolen Goods,	206
682,	To extract stains from colored Silks and White Cotton Goods,	206
683,	To extract Grease from Floors, Silks, Woolen goods and Paper,	206
684,	To cleanse Silk Goods,	206
685,	To clean Silk and Woolen Shawls,	207
686,	Carpets,	207
687,	To renovate rusty Italian Crape,	207
688,	To clean light Kid Gloves,	207
689,	To clean Mahogany and Marble. and to restore Mahogany Varnish.,	207
690,	To clean Knives and Forks,	208
691,	To polish Brass, Silver, and Britannia utensils,	208
692,	Cautions relative to Copper, Brass, and glazed ware,	209
693,	To clean Stoves and Stone Hearths,	209
694,	To remove Putty and Paint from Window Glass,	209
695,	To extract Ink from floors,	209
696,	To temper earthen ware,	209
697,	To temper new ovens, and new iron ware,	209
698,	To loosen tightly wedged stoppers of Decanters, &c.	209
699,	Lip Salve,	209
700,	Cold Cream,	209
701,	To prevent the formation of a crust in Tea Kettles,	209
702,	Preservatives against the devastation of Moths,	210
703,	To cleanse Vials and Pie Plates,	210
704,	To make Sugar or Honey Vinegar,	210
705,	Lemon Pickle,	210
706,	Stock, prepared for Soups or Gravies,	210
707,	Sandwiches,	210
708,	For Rats, Cockroaches, Ants, Flies, Musquitoes, Worms,	210
709,	For a Sore Leg, or inflammation of long standing,	211
710,	Erysipelas, No. 562. Gelatine Wine Jelly, 771. Lemonade Sirup, No. 543,	211
711,	To renovate Feather beds and Matresses,	211
712,	To clean Bed Ticks, however badly soiled,	211
713,	To clean Bedsteads, and to keep them free of Chintses,	211
714,	To protect Peach Trees from Grubs,	211
715,	For dressing Asparagus beds,	211
716,	To clean Glass and Pictures,	211
717,	Creaking hinges; Ironing board—sheets and holders; Mending,	212
718,	Nice Orange Pudding,	212
719,	To clean the inside of a stove,	212
720,	To make Metheglin,	212
721,	To make Bees' Wax,	212
722,	A Cure for Scald Head,	212
723,	To keep Green Corn and Grapes, and to keep *Things*,	213

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

724, To Bone a Turkey, or any other Fowl, - - 213
725, Pandoughdies, - - 213
726, Turnovers, - - - 213
727, To keep Cheese, - - 213
728, "Soufles,"— New Orleans Custards, or Pies, - 213
729, To Clean India-Rubbers, 213
730, To Fold a Single Sheet so as to make Two Letters, 214
731, Portsmouth Indian Bread, 214
732, For Burn or Scald, and Chilblains, - - - 214
733, For Palpitation of the Heart, 214
734, To Cure a Cancer, by extracting it, - - 214
735, To Cure the Bite of a Rattlesnake, or Mad Dog, 214
736, "Ravages of Mice," - 214
737, Lemon Mince Pie, - 214
738, To Clean any kind of Silks or Colored Goods, - 214
738, *a*. Excellent Tooth-preservative Powder, - - 215
738, *b*. To make India-rubber varnish, - - - 215
739, New Orleans Gumbo, - 215
740 Sweet Pickles, - - 215
741, Sally Lunn, - - - 215
742, Massachus. Premium Bread, 215
743, Sweet Potato Pie, - 215
744, Macon Sweet Potato Pie, 216
745, Excellent Boiled Custards, 216
746, Arrow-Root or Potato Starch Custards, - - 216
747, Columbia Sweetmeat Pudding, - - - 216
748, Vermont Rich Lemon Pudding, - - - 216
749, English Plum Pudding, No. 1, - - - - 216
750, Eve's Pudding, and Brown Betty, - - - 21
751, Toleration Cake, - - 217
752, Queen's Cake, - - 217
753, Nice Cheap Cake, 217
754, Hamburg Cream, - 217
755, Bavarian Cheese, - 217
756, Richmond Sweetmeats, 217
757, Washington Citron Melon Sweetmeats, - - 218
758, Clams and Crabs, - 218
759, Charleston Mode. To cook Plantains, - - 218
760, For Rheumatism, - 218
761, Bowel Complaint, - 218
762, For Inflamed or Weak Eyes, 218
763, A Styptic, which will stop the bleeding of the Largest Vessels, - - - 218
764, To prevent the Discoloring of the skin by a Bruise, 219
765, For Sore Throat, and Difficulty of Breathing, - 219
766, For Costiveness, - 219
767, To take Scorch-marks out of Linen, - - - 219
768, Caterpillars, - - 219
769, Cockroaches and Rats, 219
770, Trunk Straps, - - 219
771, Wine Jelly, - - 219
772, Best Raspberry Shrub, 219

SUPPLEMENT.

773, Tomato Beef, - - 221
774, Cream Tartar Biscuit, 221
775, Cream Tartar Biscuit, without Milk, - - 221
776, Boston Brown Bread, - 221
777, Cheap Baltimore Pone, 221
778, Judson's Corn Bread. - 221
779, Pumpkin Bread. Nice, 222
780, Mrs. Cushing's Sweet Potato Rolls Extra Nice, 222
781, Indian Loaf, - - 222
782, Quince Blamange. Extra. 493; 524, - - 222
783, Sponge Cake, No. 3. 267, 222
784, Mrs. H.'s Sauce for Sponge Cake, - - - 222
785, Burlington Love Knots, 222
786, Cocoanut Cake, - - 222
787, Clove Cake, - - 222
788, Mrs. M—r's Cream Cakes. 223
789, Cream Tartar Doughnuts and Biscuit. First rate, 223
790, Bethany Doughnuts. Excellent, - - - 223
791, Children's Cheap Cake, 223
792, Sweet Potato Pone, - 223
793, Virginia Pone, - - 223
794, Washington Cake, - 223
795, Mrs. W.'s Fancy Cake, 223
796, Mrs. S.'s Woodstock Cake, 224
797, To Prepare and to Clarify Calf's Feet Stock, - 224
798, To Roast Canvas-back Ducks 87, - - - - - 224
799, Miss H.'s Boston Poached Cheese, - - 224

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

No.		Page.
800,	To Prepare Chocolate,	224
801,	Curry Powder, - -	224
802,	Maryland Apple Custards,	224
803,	Effervescing Drinks, -	225
804,	Cheap Apple Float, -	225
805,	Vermont Float, - -	225
806,	Ground Rice Flummery,	225
807,	Frosting. 263, - -	225
808,	To Bake Ham, - -	225
809,	Trojan Hen's Nest, -	225
810,	To Clarify Isingglass, -	226
811,	Philadelphia Kisses, -	226
812,	Boil Milk, - - -	226
813,	Milk Porridge, - -	226
814,	Common Omelet, -	226
815,	To Fry Oysters, - -	226
816,	Parsley, - - -	226
817,	Montreal Macaroni Pie,	227
818,	Augusta Cream Pudding. Delicious, - -	227
819,	Cocoanut Pudding, -	227
820,	Boiled Cracker Pudding,	227
821,	Loaf Pudding, - -	227
822,	Quebec Macaroni Pudding,	227
823,	Nice way of Cooking Rice. 454, - - - -	227
824,	Rice and Fruit Pudding. Plain and Good, -	227
825,	Green Mountain Rusk,	228
826,	To Keep and to Prepare Saleratus and Soda,	228
827,	Bologna Sausages. 69.	228
828,	To Stew Terrapins, -	228
829,	Fruit Vinegar, - -	228
830,	Preserved Tomatoes, retaining their natural taste,	228
830½,	Lady Madison's Yeast,	228

No.		Page.
	MEDICINAL AND MISCELLANEOUS.	
831,	For Sprained Ankle, -	229
832,	Roast Apple Tea, and Acid Jelly, - - -	229
833,	Toast and Cider, - -	229
834,	To Bathe the Feet, -	229
835,	R—f and R—y's Cure for Corns, - - -	229
836,	Mild Cathartic for Dispepsia, - - - -	229
837,	Mustard Drafts, - -	229
838,	Dropped Eggs, - -	229
839,	Flour Gruel. For Teething Complaints of Children,	229
840,	For Over-dose of Laudanum, - - -	229
841,	Chicken or Cracker Panada,	230
842,	For Prickly Heat, -	230
843,	Red Mixture. For Summer Complaint, - -	230
844,	Ringworms, - -	230
845,	Runround, - - -	230
846,	Tobacco Salve. Royal,	230
847,	For the Tetter, - -	230
848,	To Stop Vomiting, -	230
849,	To Cure Seed Warts, -	230
850,	Toast Water, - -	230
851,	Cure for Wens, - -	231
852,	Cheap Cement for Bottles and Jars, - - -	231
853,	To make French Pomatum. Nice. 653; 722, -	231
854,	Southern Yellow Pickles,	231
855,	Virginia Temperance Preserves,	231
856,	Charleston Pudding, - -	231
857,	Norfolk Spoonful Pudding, -	231
858,	General Rule, - - - -	231
859,	Punctuality, - - - -	231

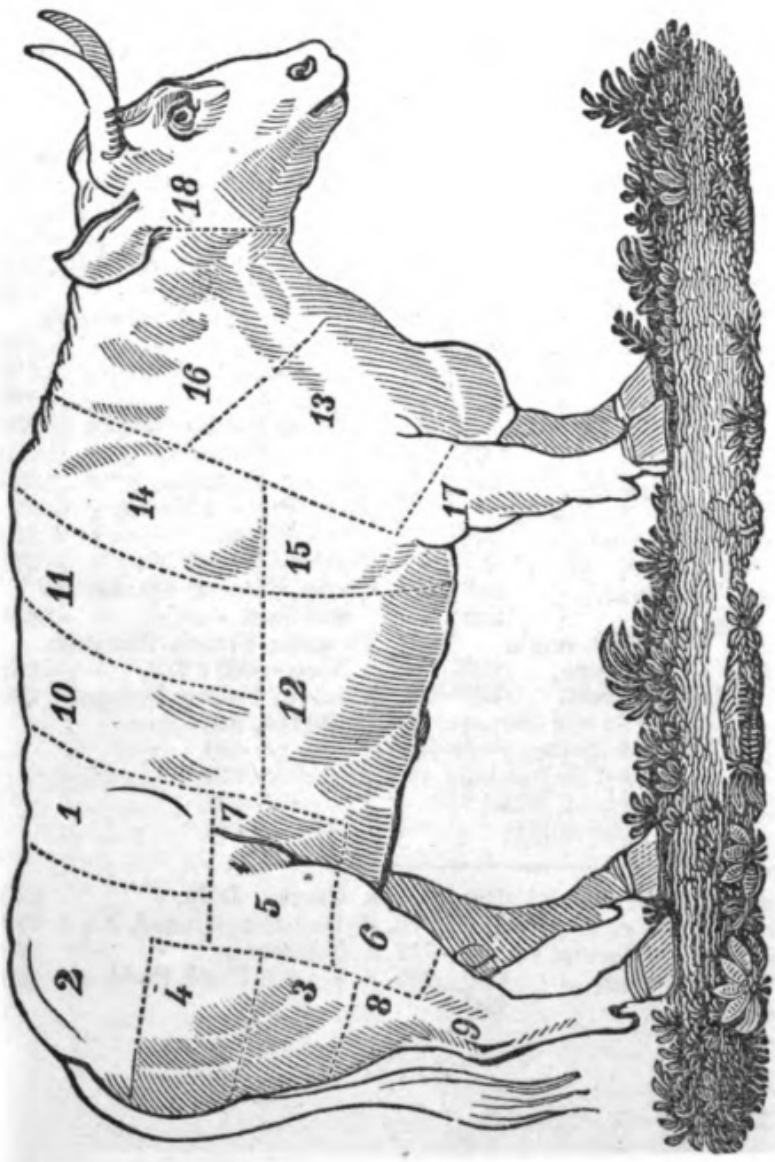
253½,	Richmond Mince Pie,	100
738½,	Buckwheat Cake, -	214
772, *a*.	Mrs. Miller's Receipt for Premium Bread, -	220
772, *b*.	Wafer Cakes,	220
772, *c*.	Currant Jelly,	220
772, *d*.	Soft Gingerbread, No. 1,	220
772, *e*.	Macaroni, - -	220
772, *f*.	French Black Pudding.	220

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

MARKETING PLATES.

BEEF.



The engraving above shows the English manner of dividing an ox for the table: the pieces being numbered according to their relative value. And also the manner as practiced in many parts of the United States.

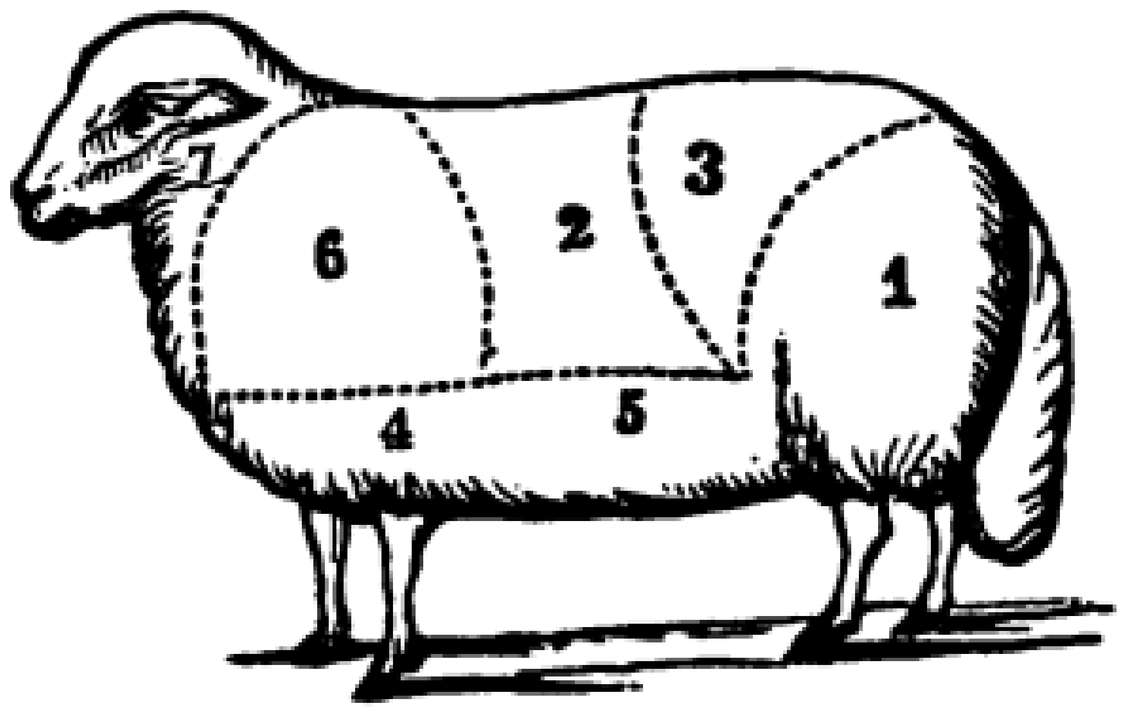
Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

HIND QUARTER.	Price per lb. Cents:	Mode of Cooking.
1. Sirloin, ...	10 to 12	Roast,
2. Rump, ...	10 to 12	Roast, Stew, or Steak.
3. Round or Buttock, ...	8 to 10	Alamode, Boil, or Corn.
4. Edge Bone, . .	6 to 8	Boil.
5. Veiny Piece, .	6 to 8	Steak, or Roast, Bake, or Corn.
6. Thick Flank, .	6 to 8	Steak or Corn.
7. Thin Flank, . .	6	Corn.
8. Mouse Buttock or Leg Ran,	4	Boil, Stew, or Soup.
9 Leg, ...	2	Stew, or Soup.

FORE QUARTER.	Price per lb. Cents:	Mode of Cooking.
10. Fore Rib, . .	10	Roast.
11. Middle Rib, .	8 to 10	Roast.
12. Brisket, . . .	6	Boil, Stew, Corn, Harricot, or Bouilli.
13. Clod, ...	3	Steak, Boil, Soup, or Sausage.
14. *Chuck, ...	5	Boil, or Stew, or make Gravy.
15. *Shoulder or Leg of Mutton Piece,	5	Bouilli, or Steak.
16. Neck or sticking Piece,	2 to 3	Boil, Soup, or Gravy.
17 Shin, . . .	2	Soup, fine Scotch Barley Broth, Stewed.
18. Cheek, ...	20 cents	Soup, Stewed.
Tail, ...	2 "	Soup, Stewed.
Heels, . .		Soup, Boil, or Jelly.

* The Chuck and the Mutton Piece are more valued by most, than the Shoulder Clod.

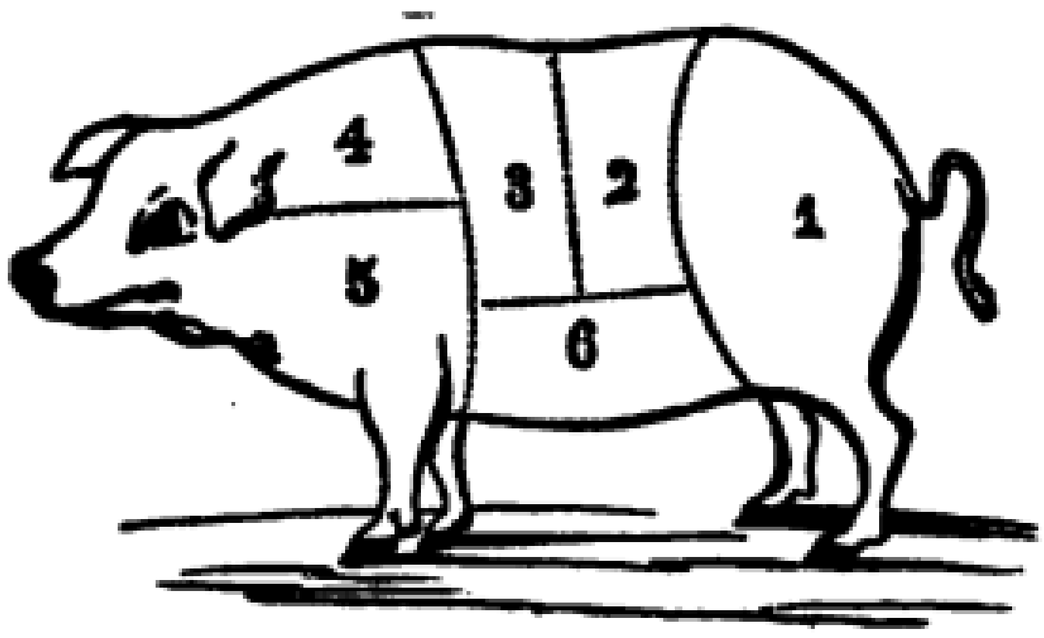
Digitized by Google
Original from NEW YORK PUBLIC LIBRARY



MUTTON.

Parts.	*Price per lb.*	*Mode of Cooking*
1. Leg,	8 to 10 cts.	Roast, Boil.
2. Loin, Best End,	8 to 10 "	Roast, Boil, Chops
3. Loin, Chump End,	6 to 8 "	Chops, Broth.
4. Shoulder,	8 "	Roast.
5. Breast,	6 "	Grilled, Broth.
6. Neck, Best End,	6 to 8 "	Chops.
7. Neck, Scrag End,	5 to 6 "	Roast, Irish Stew, Boil, Harricot, Stew, Broth.
Head,	4	Broth.

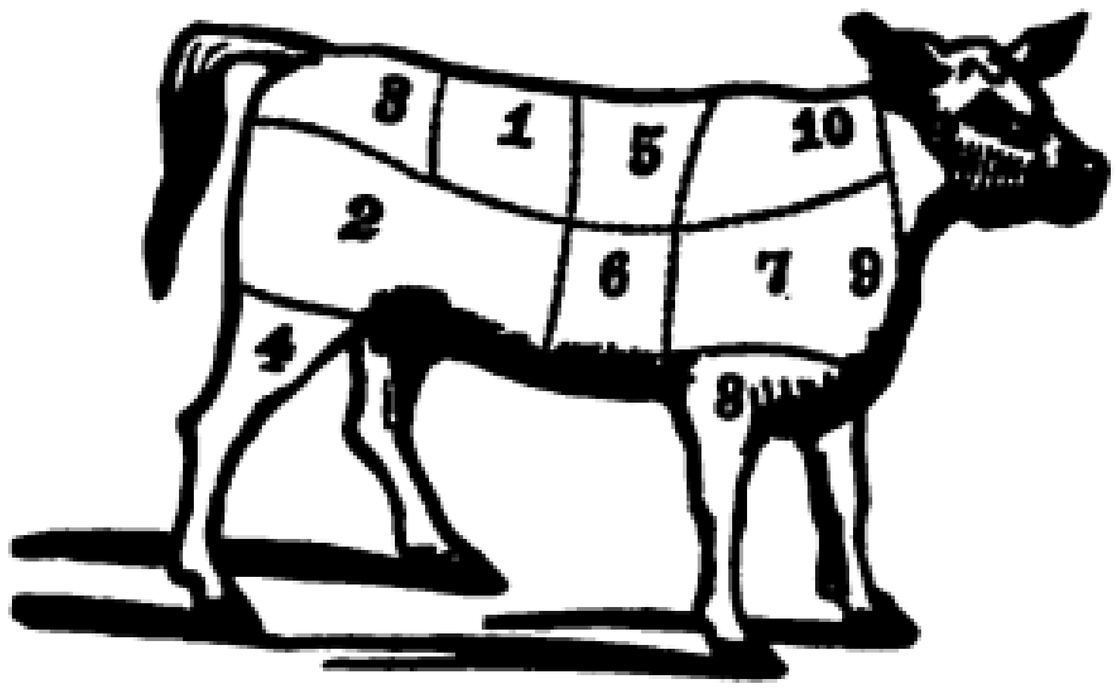
N. B. The Chine is two Loins united. The Saddle is two Loins united, extending to the extremity of the tail. The Haunch is a Leg and part of the contiguous Loin. — Venison-like, cooked.



PORK.

1. The Leg,
2. Hind Loin,
3. Fore Loin,
4. Sparerib,
5. Hand,
6. Spring, or Belly.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY



VEAL.

Parts.	*Price per lb.*	*Mode of Cooking.*
1. Loin, Best End, ...	10 cts.	Roast.
2. Fillet, ...	10 "	Veal Olives, or Scotch Collops.
3. Loin, Chump End, . . .	8 "	
4. Hind Knuckle	8 "	Cutlets, Roast, Boil.
5. Neck, Best End, . 8 to	10 "	Broth, or Ragout, Soup, Stew.
6. Breast, Best End, . 8 to	10 "	Roast.
7. Oyster Part, or Blade Bone, . . .	6 "	Roast or Bake.
8. Fore Knuckle, ...	6 "	Broth, Ragout. Soup, Stew.
9. Breast, Brisket End, . .	8 "	Stew, Ragout,
10. Neck, Scrag End, ...	6 "	Chops to fry, Soup.
Head and feet, 50 to 60 cents,		*Scalded:* Boil, Hash, or Broil.

To scald or clean:—as soon as the animal is killed, have the head and feet taken off; wash them clean; sprinkle pulverized rosin over them; and dip in scalding water. Take them instantly out; the rosin will dry immediately; and they can easily be scraped clean. The feet will be very white, after soaking from one to four days in cold water. Change it occasionally.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

VENISON.

1. Haunch,
2. Neck,
3. Shoulder,
4. Breast.

PARTICULARS TO BE OBSERVED IN THE SELECTION OF MARKETABLE.

Beef.

The fat should look white rather than yellow. Ox beef is the richest. If young, the flesh will have a fine, smooth, open grain, be of a good red, and the flesh tender. In small families fine-fed heifer beef is preferred by some.

Veal.

Choose the meat of which the kidney is covered with white, thick, *firm* fat.

Mutton.

Judge by fineness of grain, and firmness of white fat.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

Lamb.

If the vein in the neck of the fore quarter is *bluish*, it is fresh.

Pork.

If young, on pinching the lean it will break; if fresh, it will be smooth and cool. Thin rind is a merit in *all pork*.

Turkey.

If young, it has a smooth, black leg. If fresh, eyes full and bright, and feet supple and moist.

Fowls.

If young, their comb and legs will be smooth. If fresh, the vent will be close and dark.

Geese.

Young ones will have yellow bills and feet, and a pin head may be easily forced through the skin of the breast. If fresh, the feet will be pliable.

Ducks.

Select such as have supple feet, and are hard and thick on the breast and belly.

Shad.

If good, they are white and thick.

Herring.

Gills should be of a fine red; eyes bright.

Lobsters.

The male, though generally smaller, has the highest flavor; the flesh is firmer, and the color, when boiled, is a deeper red. Known by the narrow back part of the tail,

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

and its two uppermost fins, which are stiff and hard. If fresh, the claws will have a strong motion on pressing the eyes with the fingers.*

Crabs.

When in perfection, the joints of the legs are stiff, and he body has a very agreeable smell. The heaviest are the best; though some prefer the middling sized as the sweetest.

---

* Avoid taking *milk* some hours after eating *lobsters*.

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

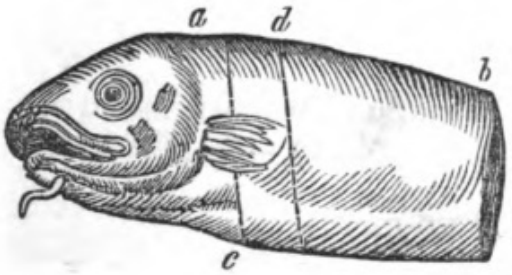
CARVING.

SLEIGHT, rather than muscular strength, is the secret of the art. To carve with ease, and with dispatch, requires practice. The observing of others, and attention to the following plates, will soon enable the practitioner to become an adept. The carver should be seated sufficiently elevated; so near the dish as not to require effort in reaching: and should wield, with the greatest facility, a keen blade.

As a preliminary, see the butcher has made the cleaver do *its* duty faithfully.

Fish wants but little carving. The pieces should be preserved as whole as possible. A fish trowel will be found preferable to a knife.

1. *Cod's Head and Shoulders.*

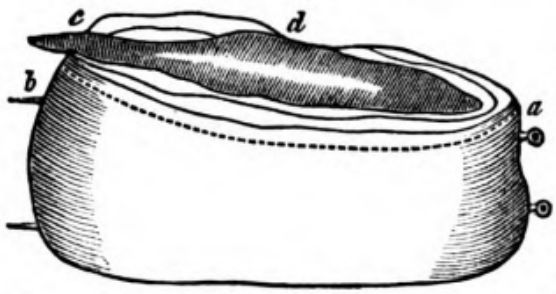


Introduce the trowel at *a*, and cut through the back as far as *b*, then help to pieces from between *c* and *d*, and with each piece help a portion of the sound, which lines the under par of the back bone. It is esteemed a delicacy; is thin, and of a darker color than the rest of the fish.

Some persons are fond of the palate and tongue, for which you must put a spoon into the mouth. About the jaw-bone lies the jelly part, and within the head the firmer parts.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

2. *Edge or Aitch Bone of Beef.*

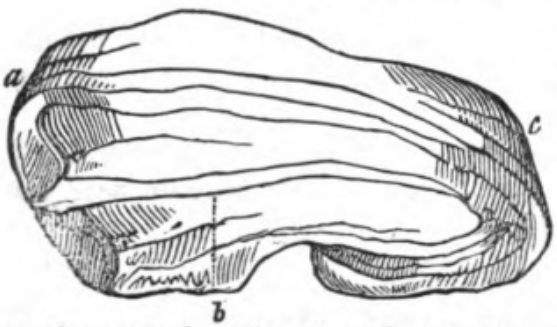


Cut off and lay by a thick slice from the entire surface, as marked *a*, *b*, then help.

There are two kinds of fat attached to this joint. Know which is preferred, as tastes differ. The solid lies at *c*, and must be cut horizontally; that resembling marrow, or the softer, lies at the back of the bone, below *d*.

A silver skewer should be used, for the one which keeps the meat together while boiling; and may be removed when you cut to it.

3. *Sirloin of Beef.*



There are two ways of carving this joint. The better is, by long thin pieces from *a* to *c*; the other way is, which spoils it, to cut across.

The most tender and best part lies in the direction of the line *b*.; there, too, lies some delicate fat. Part should be given with each slice.

4. *Ribs of Beef.*

These may be sliced like the sirloin, commencing at the thin end and slicing the whole length, so as to give a mixture of fat and lean.

5. *Round of Beef.*

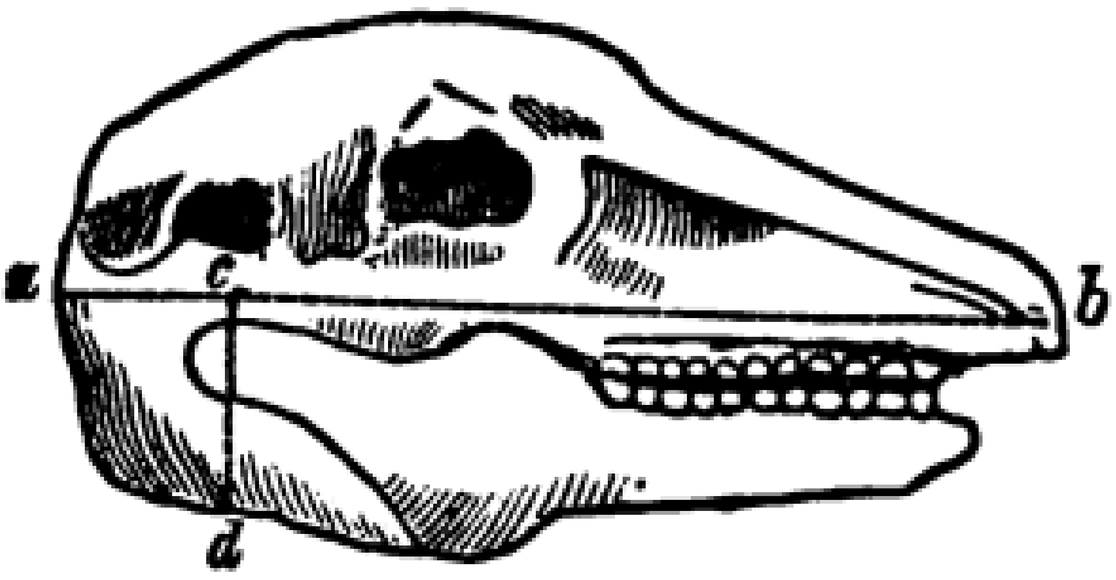
Remove the upper surface, as in the edge bone; help to thin slices, with a portion of fat; cutting as even as possible, to preserve its beauty of appearance.

6. *Tongue.*

Cut perpendicular thin slices, commencing a little nearer the root than the tip. The fat lies underside, at the root

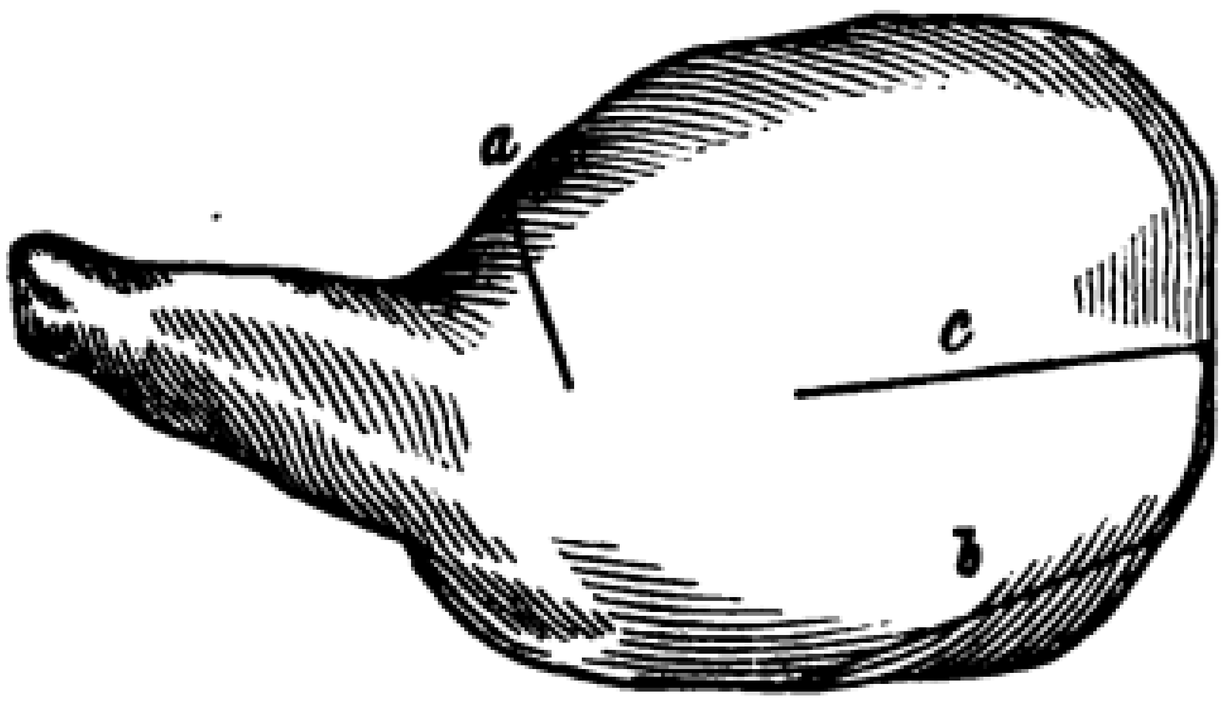
Digitized by Google Original from NEW YORK PUBLIC LIBRARY

7. *Calf's Head.*



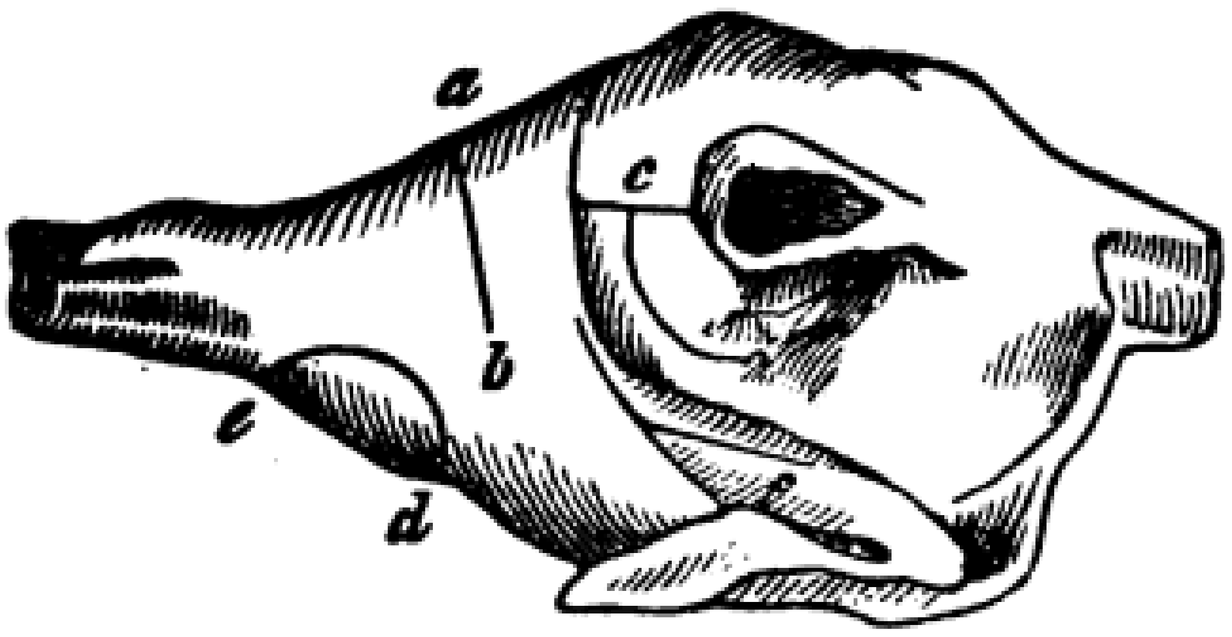
Cut thin slices from *a* to *b*, to the bone. The throat sweetbread lies at *c*. Slice from *c* to *d*, and help that with the other part. Should the eye be requested: extract with the point of the knife, and help to a portion. The palate, a delicate morsel, lies under the head. The sweet tooth, too, not an inferior delicacy, lies back of all the rest, and, in a young calf, is easily extracted with the knife. On removing the jaw bone, fine lean will appear. Help to each of these.

8. *Shoulder of Mutton.*



Slice to the bone at the line *a*, and help thin pieces from each side. The choice fat lies at the outer edge, at *b*. Should more be needed than can be gotten from those parts, slice on either side of the line *c*, which represents the blade bone; and nice pieces may be obtained. From the under side, also, by slicing horizontally.

9. *Leg of Mutton.*

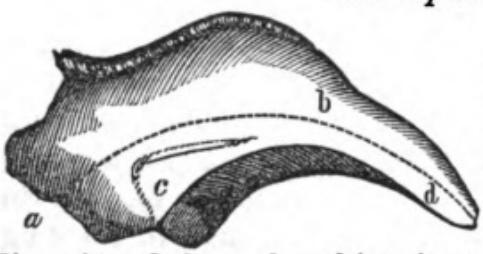


The nicest part lies at *a*, midway between the knuckle and the other end. Thence, cut thin slices each way, as deep as *b*. The outside being seldom very fat, some favorite pieces may be sliced off the broad

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

end at *c*. The knuckle is tender; but the other part more juicy. Some good slices may be cut lengthwise, from the broad end of the back of the leg. The cramp bone is much thought of by some: to get it, cut down to the bone at *d*, and in the curve line to *e*.

10. *Spare Rib.*

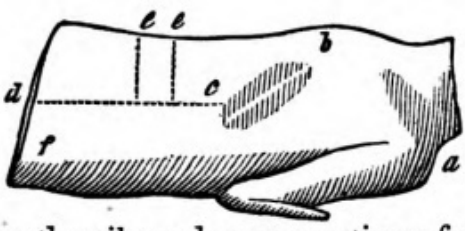


Carve, first, slices from the fleshy part, tracing the line *a*, *b*. This will give a proportion of lean and fat; and being removed, separate the rib, placed in the direction *d*, *b*, *c*; breaking it at the point *c*. If an entire rib is too much, a slice of meat may be taken from between two ribs.

11. *Leg of Pork.*—[See Ham.]

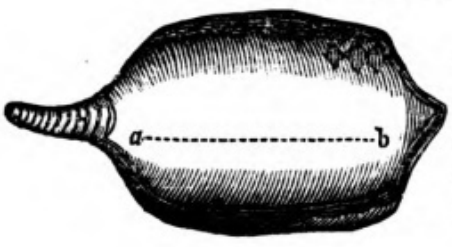
The stuffing, in a roast leg, will be found under the skin, at the thick end.

12. *Fore Quarter of Lamb.*



Separate, first, the shoulder from the scoven, which constitutes the ribs and the breast, by sliding the knife under the knuckle, in the direction of *a*, *b*, *c*, leaving on the ribs a due proportion of meat. Place it on a different dish. Now squeeze half a Seville orange on the other part, which, being sprinkled with salt and pepper, should be carved in the direction *e*, *d*. This will separate the gristly part from the ribs. Now help from either, as may be the choice, carving as directed by the lines *e*, *f*.

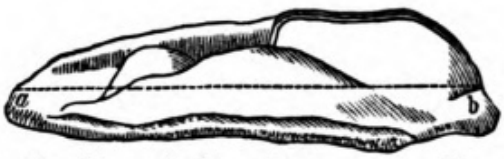
13. *Saddle of Mutton.*



Cut long slices, on each side of the back bone, in the direction *a*, *b*. As some are fond of a joint of the tail, they can easily be served by cutting between the joints.

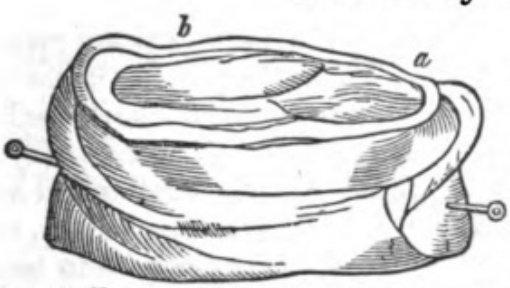
Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

14. *Breast of Veal.*



Separate the ribs from the brisket by cutting through the line *a*, *b*. The brisket is the thickest part, and of a gristly substance. Carve each; and help according to preference.

15. *Fillet of Veal.*



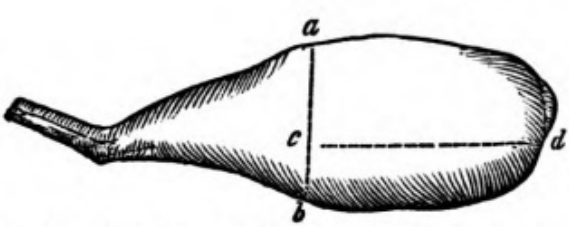
This resembles a round of beef. Like that, it should be carved horizontally, or by taking thin even slices from the top, cutting deep into the flap, between *a*, *b*, for the stuffing. Help to each person a portion of the dressing.

16. *Pig.*

This is seldom sent to the table whole; the cook first garnishing the dish with the chops and ears, and dividing the body lengthwise. Separate a shoulder from the body; next a leg; and divide the ribs. The joints may be divided, or the meat sliced from them. Some prefer the neck, though most the ribs. Help with stuffing and gravy.

If the head is not otherwise disposed of, the brains should be mixed with the gravy.

17. *Venison.*

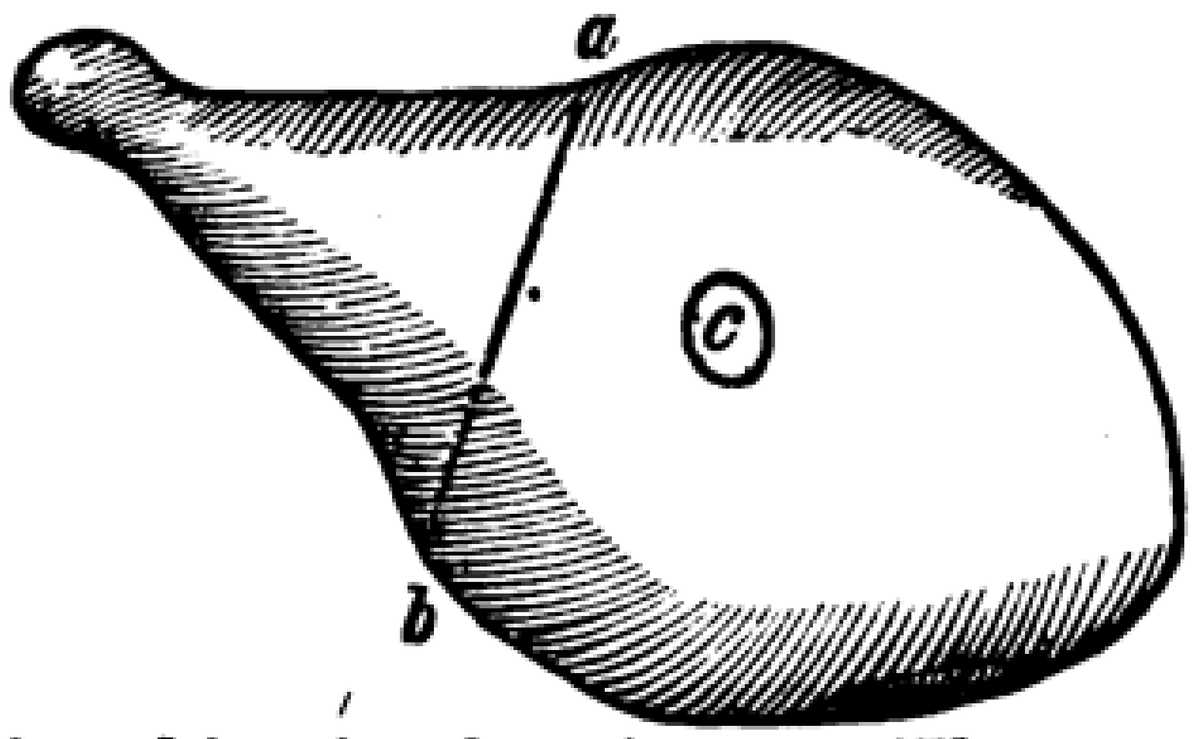


Slices of a medium thickness may be given, and plenty of gravy with them. Cut quite to the bone in the line *a*, *c*, *b*; then turn the dish with the end *b*, towards you, and putting in the point

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

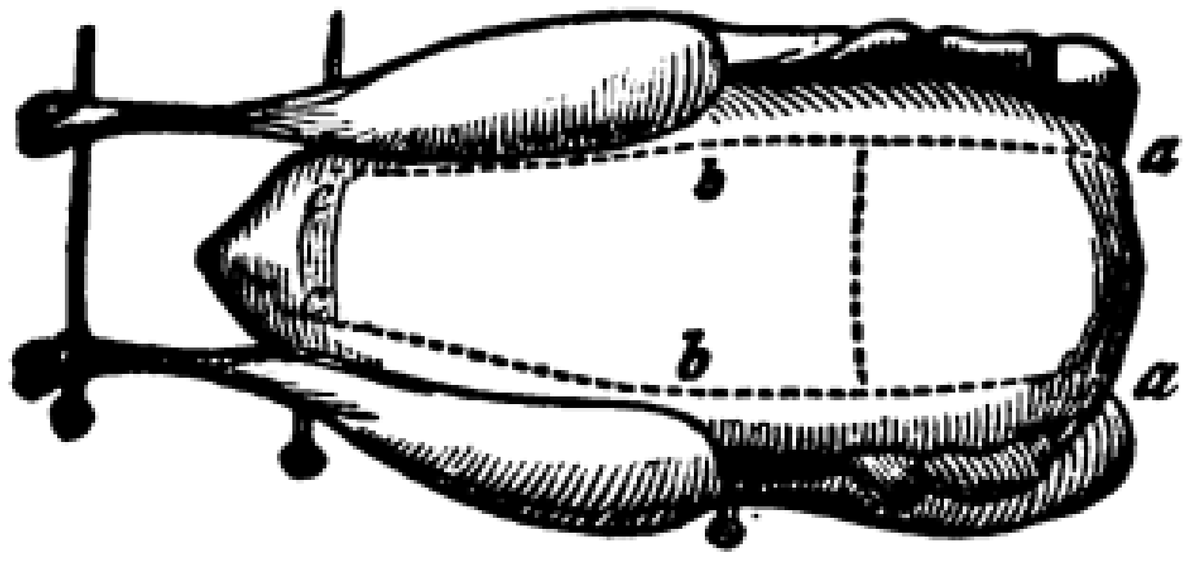
of the knife at *c*, cut as deep as possible in the direction *c*, *d*. You may now, at pleasure, slice from either side. As the fat lies deeper on the left, those who like fat, as most venison eaters do, may be helped to the best flavored and fatest slices on the left of the line *c*, *d*.

18. *Ham.*



Ham may be carved three different ways. *Usually*, commencing by long delicate pieces, cut to the bone through the thick fat, in the line *a*, *b*. A second way is, to cut a small round hole on the top, as at *c*, taking thin circular pieces. The most saving way is to begin at the knuckle.

19. *A Fowl.*



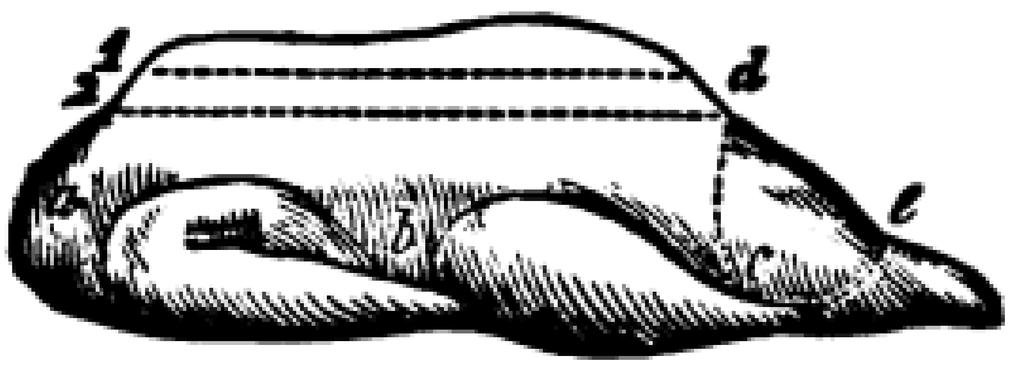
It will be more convenient carving this to take it onto your plate, replacing the joints, as separated, neatly on the dish. Place the fork in the middle of the breast, and remove the wing in the direction of *a*, *b*, separating the joint at *a*, and lifting up the pinion with the fork, and drawing the entire wing towards the leg. This drawing will separate the fleshy part more naturally than cutting. Cut between the leg and the body at *c*, to the joint *b*. By giving the blade a sudden turn the joint will break. Repeat the same operation for the other wing and leg. Next, take off the merrythought by drawing the knife across the breast and turning the joint back; and then remove the two neck bones. Divide the breast from the back, by cutting through all the ribs, close to the breast. Turn the back up; half way between the extreme ends press the point of the knife, and on raising the rump end the bone

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

will part. Take off the sidesmen, having turned the rump from you:—and done.

The wings should be made as handsome as possible. These, with the breast, are the most delicate parts of the fowl; the legs are more juicy.

20. *A Goose.*



With the neck end toward you, to take off the wing, put the fork into the small end of the pinion and press it close to the body, divide the joint at *a*, carrying the knife along as far as *b*. Take off the leg by an incision from *b* to *c*, and separate the drumstick. Part the wing and leg from the other side, and between the lines 1 and 2, cut long slices from each side of the breast. The apron must be removed by cutting from *d* to *e*, by *c*, to get at the stuffing. The merrythought being removed, the neck bones, and all other parts are to be divided as in a fowl.

A Duck may be carved in a similar manner.

21. *Turkey.*

To carve, without withdrawing the fork, place your fork firmly in the lower part of the breast, so as to have the turkey at perfect command. It is not difficult to complete the entire carving of this fowl without extracting the fork till done: the whole back, of course, making one joint. Proceed to remove the wing; the leg; another wing and leg. (This may be done, either before, or after, slicing the breast.) Next, remove the merrythought, the neck bones, the neck itself; then, cutting through the ribs, the job is done.

22. *Partridge.*

Carved as a fowl. Wings, breast, and merrythought, are the best parts. The two latter not often divided. The wing the best joint. The tip the *very* best.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

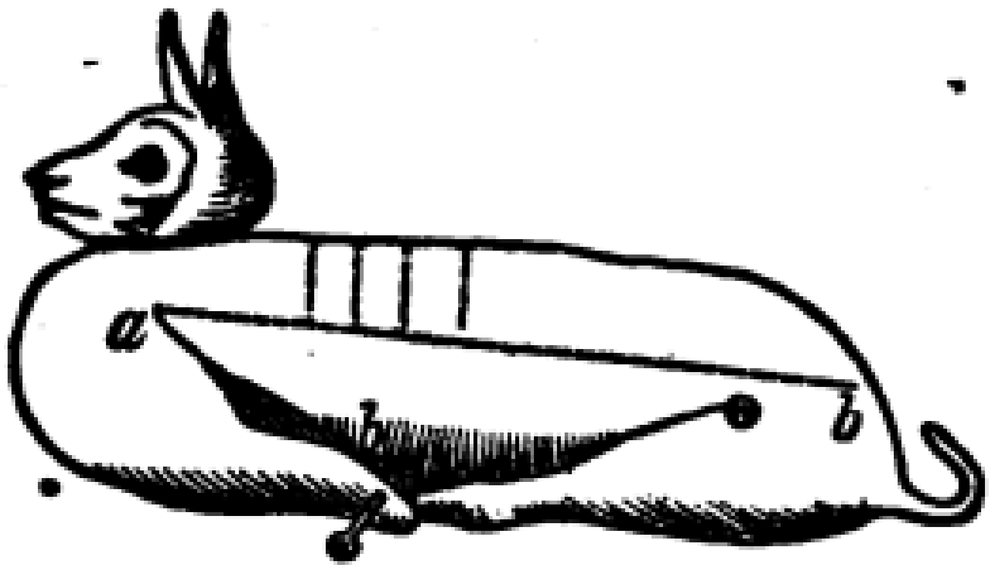
23. *Pigeons.*

Halve them, dividing lengthwise; or so as to make the breast and wings form one division. The lower division generally preferred.

Woodcocks, *Grouse*, *&c.* are carved like fowls, if not too small; when they must be cut in quarters.

Snipes should only be halved.

24. *Hare.*



Insert the point of the knife inside the shoulder a *a*, and separate the entire length to the rump at *b* The other side being done in the same way, the hare is in three pieces. Slide the knife under the rise of the shoulder at *a*, *b*, to remove it. Serve the leg in a similar manner. Next, decapitate. Take off the ears close; and separate the jaws. Place the upper jaw flat on a plate, and putting the point of the knife into the forehead, bisect it through the centre of the cranium to the extreme end of the proboscis. Cut the back into convenient portions; lay the pieces neatly on the dish, and proceed to serve the company, giving some stuffing, (which will be found inside the hare,) and gravy to each person.

The back and legs are prime parts. By some, the ears are considered a luxury. So also the head and brains. The tail is a rare delicacy. They may be distributed to those who like them.

Should the hare not be very tender, it will be difficult to divide the sides from the back; but take off the legs by cutting through the joints. You will then be able to cut a few slices from each side of the back. Next, dissever the shoulders, which are called the sportsman's joints, and are preferred by many. The back, &c. may then be carved as directed above

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

A WORD FOR THE DINNER-TABLE.

As Host.—An invited company of ladies and gentlemen, each alternately seated at the dinner-table, and a blessing invoked; you will dispatch soup to each, from a pile of plates on your right, without questioning any whether you shall help them or not. Dealing it out silently; you will help the person at your right hand, first; then at your left, and so on.

You will carve the meats yourself, of course. And you will not ask to be allowed to help your guests, but will supply a plate in silence, and hand it to your servants, who will offer it to such of the company as are unprovided. Never offer fish or soup a second time.

If a dish be on the table, some parts of which are preferred to others, according to the taste of individuals, all should have the opportunity of choice. Simply ask each one if he has any preference for a particular part. If the reply is in the negative, do not repeat the question, nor insist that he must have a preference. So, where different dishes; do not insist on your guests partaking of a *particular* dish, nor ask persons more than once. Never force a supply upon their plates.

Do not attempt to eulogize your dishes, nor to apologize that you cannot recommend them.

As Guest.—Being seated, when soup is offered take it; but if you prefer fish, pass it to your neighbor. You must not ask for soup or fish a second time.

If asked whether you have a preference for any dish, or any particular part of a dish, answer plainly and distinctly, as your wish.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

When you are helped to any thing, do not wait till the rest of the company are served.

Finally, to be at ease, is a great step toward enjoying your own dinner, and making yourself agreeable to the company.

The Servant, should serve every thing at the *left* hand of the guest.

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY

WEIGHTS AND MEASURES.

For most preparations, it is easier to measure than to weigh.

25. *Solids.*

Butter, when soft,	one pound . . .	is one quart.
Eggs, ...	ten	are one pound.
Flour, Wheat, . .	one pound . . .	is one quart.
Meal, Indian, . .	one pound two ounces	is one quart.
Sugar, best Brown,	one pound two ounces	is one quart.
Sugar, Loaf, broken,	one pound . . .	is one quart.
Sugar, White, powdered,	one pound one ounce	is one quart.
Flour, ...	four quarts . . .	are half a peck.
Flour, ...	sixteen quarts . .	are half a bushel.

26. *Liquids.*

Four Spoonfuls are	half a gill.
Eight Spoonfuls are	one gill.
Two Gills, or sixteen Spoonfuls are .	half a pint.
Two Pints are	one quart.
Four Quarts are	one gallon.
Twenty-five Drops are	one teaspoonful.
Four Spoonfuls are	one wineglassful.
Twelve Spoonfuls are	one teacupful.
Sixteen Spoonfuls, or half a Pint, are .	one tumblerful or coffee-cup.

Whenever the word *spoonful* or *spoonfuls*, is used, in this work, a large, or *table-spoon*, is meant. But as measures of the same name differ in capacity, it will require judgment and practice to be familiar with due proportions.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

So, also, in the regulation of fires; and the time requisite for cooking a given article. This may suffice for all the preparations, as presenting a general standard of comparisons, from which, deviations may be made at pleasure, according to variety of tastes, and difference of means. "Q. E. D." And it requires no other demonstration than the taste, to prove that the better the parts, the better the whole of any compound.

N. B. Correct the common notion, entertained only by the ignorant, that if a cook book is purchased, the *expenses* of the table must necessarily be increased; as though doing any business by *rule*, enhanced the expense.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

MEATS

THOUGH the marketing and the carving, have been deemed of sufficient importance to give them the few pages allotted to them; yet compared with the *disposition*, or the *use* made, of what comes into the hands of the housekeeper, these pages are but blank paper. The interim, the time between the marketing and the serving out, may emphatically be styled the housekeeper's time.

When the weather will admit of it, meat will improve by keeping; beef and mutton a week, in cold weather, and poultry half as long. It will soon spoil in hot weather. It should be kept away from flies; where cool and airy; and if in danger of spoiling, rub over it a little fine salt, and sprinkle with pepper. *It will not cook well, if frozen when put to the fire, either to boil or to roast. It should be soaked in cold water till the frost is extracted. Furious boiling hardens meat. Put the part that is to be up at table, down in the pot, with just cold water enough to cover it; and boil gently. The scum should be taken off as soon as it rises. The slower the boiling, the tenderer the meat. As a general rule, do not let the vessel stop boiling till its contents are cooked. The observance of this rule is indispensible for good puddings, potatoes, &c. Replenish with boiling water, if the addition of water be necessary.

When thickened and seasoned, the liquor in which all kinds of fresh meat are boiled, makes a good soup. Thus used, boiling is the cheapest way of cooking meat. Otherwise, the dearest; as most of the gelatine is extracted and lost.

In *roasting* meat, the juices and fat are only extracted, but not lost, as they make good gravy; and the fat is used

* It keeps coolest and best in a stone pot.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

for various purposes. When put down to roast, there should be a little water in the dripping pan.

For *broiling*, the gridiron should be perfectly *clean, and oiled with lard or butter, to prevent the impression of the bars on the meat. The bars should be concave, terminating in a trough, to save the juices, and thus prevent smoking the meat by the burning of the drippings. The gridiron should be heated before the meat is laid on it; and a good fire of live coals is necessary, to have the meat broil as quick as possible, without burning. The receiving dish should be very hot, and the meat not seasoned till placed upon it.

To *fry* meat, first, slice a small piece of pork, and fry a light brown, and take up. Then, put in your meat, perfectly dry. When done enough, take it up. Remove the pan to cool; when cool, turn in a little cold water for the gravy, and place it on the fire; when it boils, stir in a little mixed flour and water; let it boil; then pour it over the meat. Add butter and catsup, if not rich enough.

27. *Roast Beef.*

The best pieces for roasting, as will be seen by looking at the engraving, are the tenderloin, and the first and second rib cuts. The two next are good.

The bony sides should first be placed towards the fire, on putting the meat down, with a little salt sprinkled over the whole. After the bones are well heated through, turn the meat, and keep a brisk fire. While roasting, baste it often. When the meat is put down, a little water should be put into the dripping pan.

A thick piece of meat requires fifteen or twenty minutes to the pound, to roast; if a thin piece, fewer minutes will do it.

28. *Roast Beef, Southern Mode.*

Select a rib roasting-piece, that has hung ten of fourteen days; bone it nicely; rub salt over it; roll it tight; bind it

---

* To avoid repetition, it needs but be mentioned *here*, that every thing pertaining to cookery should be *perfectly* clean, not excepting operator nor operatress.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

around with twine; put the spit through the inner fold, without sticking it into the flesh; skewer, and roast it well; dredge and froth it, when about done; and garnish with scraped horse radish.

29. *Beef Steak, Broiled.*

The round and clod make good steaks, but the inside of the sirloin is the best.

Lay the steak on a gridiron, placing it on a bed of hot coals, and broil as quick as possible without burning. From fifteen to twenty minutes will be required. Turn it often.

For eight pounds of beef, cut up from three to five ounces of butter; heat the platter very hot, that is to receive the steak; lay the butter on it; take up the steak; salt and pepper both sides. To be good, it should be eaten immediately while hot. Very little butter, if a few slices of salt pork be broiled with the beef, will make a good gravy.

30. *Beef Steak, Southern Mode.*

For steaks, the best part is the seventh and eighth ribs: the fat and lean being better mixed, and more tender than the rump.

Cut them half an inch thick, and beat them a little; broil quick, turning them often; have a dish very hot; put some slices of onion in it; lay in the steaks; sprinkle a little salt; pour on them one spoonful of water, and one of mushroom catsup, boiling hot; garnish with scraped horse radish; and put on a hot dish-cover.

31. *Beef Steak, Fried.*

Such pieces as are good for broiling, are also good for frying.

Brown a few pieces of salt pork; take them up; put in your beef; when brown on both sides, take it up and remove the pan to let the fat cool. When cool, pour in four spoonfuls of water; mix two teaspoonfuls of flour with a little water; mix it with the fat; replace the pan on the fire; stir it till it boils up; pour it over the beef.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

32. *Liver.*

Beef's liver is good fried, but is best broiled about ten minutes, with salt pork; then cut both into small strips; put them in a stew pan, with a little water, butter, and pepper; stew about five minutes. First, scald the liver.

33. *Alamode Beef.*

The round is best. The shoulder clod is cheapest; is good, too, stewed without spices.

For five pounds of alamode beef, soak a pound of bread in cold water till soft, turn off the water, mash the bread fine; add a piece of butter of a hen's egg size, half a teaspoonful of salt, half a teaspoonful of ground cloves, of allspice, of pepper, half a nutmeg, two eggs, and a spoonful of flour: mix all well together; gash the beef; fill with half the dressing; place it in a bake pan, with lukewarm water enough to cover it; cover the pan with the lid heated, and set it where it will stew gently two hours; then turn on the top the other half of the dressing, and heat the lid hot enough to brown it. Stew an hour and a half longer. On taking up the meat, if the gravy is not thick enough, mix, with a little water, a teaspoonful or two of flour, and stir into the gravy; add a little butter, and a glass of wine, and turn it over the meat.

34. *To Frizzle Beef.*

Shave off very thin pieces of tender, fresh smoked beef; put them in a stew pan, with just sufficient water to cover them, and let them stew ten or fifteen minutes. Three or four minutes before taking up, stir in a mixture of a little flour and water, to thicken the water, adding a little pepper and butter. A good dish for breakfast—accompanied with eggs, still better.

35. *Boiled Beef.*

The perfection in boiling beef is, to boil slowly, and to skim the pot well. If the scum boil in, by adhering to the meat, it causes a dirty appearance. The boiling may at any time be checked, by removing partially, or entirely, the pot lid.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

In hot weather, it is so difficult to keep beef sweet, it is best to corn it in the pot, as it is boiled. Put in a teacup of salt to eight pounds of beef; sprinkle flour on the side that is to lay up on the dish, and lay it down in the pot; pour water into the pot, enough to cover the meat, and keep it covered, after the meat is put in. Boil two hours; add more cold water, and boil another hour and a half.

36. *To Collar a Flank of Beef.*

Take a select flank of beef; rub it well with salt and a large portion of saltpetre; let it lie ten days; then wash it clean; remove the inner and outer skin, with the gristle: spread it on a board, and cover the inside with the following mixture; sage, parsley, thyme chopped fine, pepper, salt, and pounded cloves. Roll it up; sew over it a cloth; bandage that with tape; boil gently, from five to six hours; take it out; when cold, place it on a board without undoing it; put another board on the top, with a heavy weight on it; let it lay twenty-five hours; take off the bandages; cut a slice from each end; garnish with sprigs of parsley and green pickles, and serve it up.

37. *Curries.*

Veal, Mutton chops, chickens, pigeons, and lobsters, all make good curries. Joint your fowls, if a fowl curry-dish is to be made; boil them in barely sufficient water to cover them, till tender; add a little salt. Fry, till brown, three or four slices of pork, just before the fowls are done enough to take up. Take up the pork, and put in the chickens; brown them; then add part of the liquor in which they were boiled, a teaspoonful or two of curry powder, and the fried pork. Mix a teaspoonful of curry powder with twelve spoonfuls of boiled rice, or with a mixture of a little flour and water; pour it on the curry, and stew a few minutes.

38. *Sweetbread, Heart, and Liver.*

Fry sweetbread, moderately, where two or three pieces of salt pork have been browned and taken up. On removing the sweetbread, stir into the fat two teaspoonfuls of flour mixed with a little water. On boiling, pour it over the sweetbread.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

Another way.—Parboil the sweetbread; let it get cold; slice it in inch thick pieces; dip them in the yolk of an egg and fine bread crumbs, first sprinkled with pepper, salt, and fine sage; brown them lightly. Mixing smooth, a little flour and water, make a gravy by stirring them into the fat. Add spices and wine if liked.

The heart and liver may be cooked in the same way.

39. *To Brown Mince Meat.*

Mince cold roast beef very fine, fat and lean; add salt, pepper, chopped onion, and a little gravy; fill scollop tins two-thirds full, and fill up with potatoes mashed smooth with cream; lay a piece of butter on the top, and brown them in an oven.

40. *Tripe.*

After being thoroughly scoured, tripe should be soaked in salt and water about a week, shifting the water every eight and forty hours; then boil till tender, or from eight to ten hours; then pickle, fry or broil. Pickle it the same as souse.

41. *Meats Warmed Over.*

Roasted or boiled veal makes a good dish, chopped fine and just moistened with water, seasoned with a little butter, pepper, and salt, and warmed up. A little nutmeg and the yellow part of a lemon rind, grated fine, improve it. When well heated, take it up, and garnish it with two lemons cut in slices.

Salt or fresh beef is good, chopped fine, with boiled potatoes, and warmed up with a little water, pepper, and salt; add a little butter just before you take it up.

Boiled turnips, or onions, instead of potatoes, are good mixed with minced meat.

Mutton, lamb, and veal, are good cut into small strips, and warmed with boiled potatoes sliced, with a little water, salt, and pepper; add butter just before taking up.

Rare roast beef and mutton are nice sliced and just warmed on a gridiron.

Meat that is warmed over, should be on the fire just long enough to heat through.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

Cold fowls are fine, jointed and warmed with a little water, then taken up and fried brown in a little butter. Sprinkle a little flour on them before frying. Thicken the water in which the fowls were warmed, adding butter, pepper, and salt, and then turn it on the fowls.

42. *Veal.*

The best piece of veal for roasting is the loin. The breast and rack are good also. The breast makes a good potpie, and the rack is good, cut into pieces and broiled. The leg is fine for frying; and after several slices have been taken off for cutlets, the rest is nice for boiling with a piece of salt pork.

43. *Roast Veal.*

For roasting, veal should be peppered, salted, rubbed over with a little butter, and frequently basted. A little water should be put in the dripping pan, and if the meat is not quite fat, a little butter should be added.

44. *Baked Veal.*

For baking, the fillet is good. The bone should be cut out, and its place filled with a dressing made of bread soaked soft in cold water, two eggs, pepper, salt, and a spoonful of melted butter, then sewed up. Put it in the bake pan, with a pint of water; and, with some of the dressing, cover the top of the meat. When done, on taking up, thicken the gravy with a little flour and water well mixed, putting in a small piece of butter, and a little wine and catsup, if a rich gravy is liked.

45. *Veal and Chicken Potpie.*

Joint the chickens, if made of them, and boil them till half done; take them out; put them, dry, into a pot, making alternate layers of crust and fowl, seasoned with pepper and salt; then, pour in the liquor in which the fowls were boiled, upon the upper layer of crust, which covers the fowls. If a brown crust is desired: with a heated bake pan lid, keep the pot covered. Add, from the teakettle, boiling water, as that in the pot wastes. Raised piecrust is preferable to that made for fruit pies, though, if but little

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

shortened, that is good. For raised crust, mix a teaspoonful of salt, and a teacup of melted butter, with three pints of flour, and then pour in half a teacup of yeast, adding cold water to make it stiff enough to roll out; placing it where warm, it will require from seven to eight hours to rise, unless you use brewer's yeast. Roll it out, when risen, and cut it into small cakes.

Potato pie crust is good. Peel and mash fine eight boiled potatoes; mix with them half a pint of milk, a teaspoonful of salt, a hen's egg size piece of butter, and flour enough for rolling out. Put with the meat, the cakes after rolled out and cut.

By working into unbaked wheat dough, a little melted lukewarm butter, nice crust may be made. Before putting it with the meat, let it lay ten or fifteen minutes, after it is cut and rolled into cakes.

46. *Veal Cutlets.*

Fry, till brown, three or four slices of salt pork; take them up, and put in slices of veal, cut from the leg, about an inch thick; when brown on both sides, take them up; stir into the gravy, half a pint of water, and mix two or three teaspoonfuls of flour with a little water, and stir in; soak two slices of toasted bread in the gravy; lay them on the bottom of the platter; place the meat and pork over them, and turn on the gravy.

A very nice way of cooking cutlets is, with half a pint of milk, an egg beaten to a froth, and flour enough to render it thick, to make a batter. When fried brown, dip the veal into the batter, then replace it in the fat, and fry until it is brown again. If any batter is left, it is fine dropped by spoonfuls into the fat and fried brown, and placed over the veal. Thicken the gravy, and turn it over the whole. This dish requires an hour's cooking; and it will be best to stew the meat half an hour before frying it, if it is tough.

47. *To Broil Calf's Liver.*

Cut the liver in slices, not very thin; salt and pepper it, after nicely broiling, and pour on some melted butter, with chopped parsley, after it is dished.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

48. *Force Meat Balls.*

Mix, with a pound of fine chopped veal, one egg, a little butter, or raw pork chopped fine, and season with salt and pepper, or curry powder. Fry them brown, done up in small balls.

49. *Calf's Head.*

With the lights and feet, boil the head about two hours, and the liver forty minutes. Tie the brains in a bag and boil them with the head, before it is done. When all are done, take them up; season them with butter, salt, pepper, and sweet herbs, or spices if liked, and use them as a dressing for the head. Part of the liver, and of the feet, may be prepared like the brains, for such as prefer them, for a dressing.

The liquor that the head is boiled in makes a nice soup, prepared in a plain way, like any other veal soup, or *turtleized*. It should stand till the next day, that the fat may be skimmed off which rises.

To have the head look brown, take it up when tender; rub a little butter over it; sprinkle on allspice, pepper, salt, and flour, and place it before the fire, under a Dutch oven, or in a brick one where it will brown quick. With a little water, salt, pepper, and butter, warm up the brains. Add spices and wine if liked. Serve it up as a dressing for the head.

Baked calf's head is also good. Halve, and rub butter over it; put it in a pan, with a quart of water; then cover it with a dressing made of bread soaked soft, a little butter, and an egg, seasoned with salt, pepper, and pulverized mace. Slice up the brains, and place them, with the head, in the pan. Bake it in a quick oven, and garnish with force meat balls, or with slices of lemon.

50. *Calf's Feet.*

Boiling them with the head, till both are tender, split, and lay them round it; or, after boiling them tender, and dredging them with flour, fry them brown. If a gravy for them is wished: after taking them up, stir some flour into the fat

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

in which they were fried; season to taste, adding butter, and wine if wished, then turn the gravy over the meat.

51. *Scotch Collops.*

Take some very thin pieces of beef or veal; rub with butter the bottom of an iron stewpan that has a cover to closely fit it; put in the meat, some pepper, salt, a large onion, and an apple minced very fine; cover the pan, and let the meat stew till very tender. Serve it hot.

52. *To Grill a Calf's Head.*

Clean and divide the head as for mock turtle; take out the brains and tongue; boil the head tender; take the eyes out whole, and cut the flesh from the skull part in small pieces. Take some of the water the head was boiled in for gravy; add to this gravy, cayenne pepper, salt, a grated nutmeg, and a spoonful of lemon pickle: simmer this till the gravy is well flavored. Next, take the chop, pick out the bones; cover it with bread crumbs, chopped parsley, pepper, and salt, and set it in the oven to brown. Then, thicken the gravy with the yolks of two eggs and a spoonful of butter rubbed into two of flour, and stew the skull part in it a few minutes; put this part on the dish; and complete the whole dish by placing the grilled chop on it, garnishing with brain cakes and broiled sweetbread.

53. *Veal Olives.*

Cut thin slices off a fillet, and flatten them; season them highly with pepper, salt, mace, and grated lemon peel; roll up in each slice a bit of fat and tie it with a thread. Fry them of a light brown, and stew them in white stock, (prepared for soups or gravies,) with two dozen of fried oysters, a glass of white wine, a spoonful of lemon pickle, and some small mushrooms. Stew them nearly an hour. Take the threads off before serving.

54. *Ragout of Cold Veal.*

Cut a neck, loin, or fillet of veal into handsome cutlets; put clean drippings, or a piece of butter, into a frying pan; when it is hot, flour, and fry the veal of a light brown; take

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

it out; and if you have no gravy prepared make the following: put a pint of boiling water into the frying pan; let it boil up a minute, and strain it into a basin while you make a thickening; put about an ounce of butter into a stew pan; when it melts, mix with it sufficient flour to absorb the butter; stir it over the fire a few minutes, and gradually add the gravy made in the frying pan; let them simmer together about ten minutes; season it with pepper, salt, a little mace, and a glass of wine, or mushroom catsup; strain it through a tamis, (coarse cloth strainer,) on to the meat, and stew the meat very gently till it is thoroughly warmed. Slices of boiled ham may be warmed with the meat.

55. *Mutton.*

Mutton is in its greatest perfection from August to Christmas. For roasting or boiling allow fifteen minutes for each pound. The saddle should always be roasted, and garnished with scraped horse radish. The leg and shoulder are good roasted; but the best way of cooking the leg is to boil it with a bit of salt pork. If a little rice is boiled with it the flesh will look whiter.

For roasting, mutton should have a little butter rubbed over it, and salt and pepper sprinkled on it. Allspice and cloves, some like. Put a piece of butter in the dripping pan, and baste it often. The bony part should first be presented to the fire, for roasting.

The leg is good to bake, gashed and filled with a dressing made of soaked bread, pepper, salt, butter, and two eggs. A pint of water, and a little butter should be put in the pan.

The leg is good, too, sliced and broiled. Also boiled, after corned a few days.

The rack is good for broiling. Each bone should be separated, broiled quick, buttered, salted, and peppered.

The breast is fine baked. The joints of the brisket should be separated; the sharp ends of the ribs sawed off; the outside rubbed over with a small piece of butter; salted; and put into a bake pan, with half a pint of water. When baked enough, take it up, and thicken the gravy with a little flour and water, adding a small piece of butter. A spoonful of catsup, cloves and allspice, improve it. The neck makes a good soup.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

For mutton, parsley makes a suitable garnish; or celery heads.

56. *To Harricot Mutton.*

Take the best part of the rack; divide it into chops, one bone in each; beat them flat; sprinkle pepper and salt on them, and broil them nicely. Make a rich gravy out of the coarser parts; season well with pepper, spice, and catsup; strain it when done; and thicken with butter and brown flour. Have ready some carrots and turnips cut into small dice and boiled tender: put them in the gravy, and lay the chops in, and stew all fifteen minutes. Garnish with green pickles, and serve up.

57. *Shoulder of Lamb, Grilled.*

Cut the shoulder, moderately deep, in checkers an inch long; rub the yolk of an egg and a little butter over it; roll it in finely powdered bread crumbs; sprinkle on pepper, salt, and sweet herbs, and roast it a light brown. Use for it plain gravy, or the following:—Set on the fire, a gill of water with a gill of the drippings from the meat, and when it boils, thicken it with a little flour and water, adding a spoonful of tomato catsup, with the grated rind and juice of a lemon, seasoning with pepper and salt.

58. *Lamb's Fry.*

The sweetbread and heart are good fried plainly, or dipped into an egg and fine bread crumbs. Fry in lard.

59. *Irish Stew.*

Take five thick mutton chops, or two pounds of the neck or loin, two pounds of potatoes peeled and halved, and half a pound of onions peeled and sliced: first, place a layer of potatoes at the bottom of your stew pan; then, two chops and some of the onions; repeat this process till the pan is quite full; add half a spoonful of pepper, a spoonful of salt, three gills of gravy, and two teaspoonfuls of mushroom catsup; cover so close as to prevent the escape of steam, and stew, on a very slow fire, an hour and a half. A slice of ham improves the dish very much. Take care it does not burn.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

60. *Pork Steaks.*

Slice them from a neck or loin; trim them handsomely, and pepper them; broil them twenty minutes over a clear fire, turning them frequently. When done, salt and butter them on the plate.

61. *To Broil Ham.*

Ham is better broiled than fried. Slice it thin, and broil the slices on a gridiron. When dished, place a fried egg on each slice, and serve out. It should be broiled, over bright hot coals, from five to eight minutes, turning it once.

62. *To Boil Ham.*

Put it on in cold water, and let it simmer, without boiling, unless very moderately, four or five hours. The water should be changed if the ham is very salt. Before it is carried to the table, take off the rind. Put over it whole pepper or cloves in diamond figures, if you wish to ornament it. A ham, if very dry, should be soaked from twelve to twenty-four hours in warm water before cooking.

63. *To Toast Ham.*

After boiling it well, take the skin off; cover the top thick with bread crumbs, and brown it in an oven

64. *To Stuff Ham.*

Take a ham well smoked and washed, and make incisions all over the top two inches deep; stuff them *full* with chopped parsley and some pepper. Do not take off the skin. Eat it cold, after boiled.

65. *Baked or Roast Pig.*

Take out the inwards; take off the first joint of the feet; boil both tender, and chop them. Make a dressing of bread soaked soft, the water pressed out, and mashed fine; season with pepper, salt, and sage, adding a little butter, and then fill the pig with this stuffing. To prevent blistering, rub a little butter on the outside of the pig. Roast or bake it two and a half or three hours. The pan, in which the pig is

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

baked should contain a little water. When done, mix, with a little dressing and gravy from the pan, the chopped feet and inwards, salted, peppered, and buttered, and use this for a sauce. Expose the pig to the open air two or three minutes, first rubbing it over with a little butter, before it is put on the table, to make it crisp.

66. *To Barbacue Shoat.—A Southern Dish.*

Shoat means a fat young hog, headless and footless, cut into four quarters, each weighing six pounds. Make several incisions between the ribs of a fore quarter, and stuff it with rich force meat; put it in a pan with a pint of water, salt, pepper, two cloves of garlic, a tumber of good red wine, and one of mushroom catsup; bake it, and thicken the gravy with brown flour and butter. To facilitate the carving, joint and cut the ribs before cooking. Lay the ribs up in the dish. If not sufficiently brown, add a little burnt sugar to the gravy. Garnish with balls.

67. *Souse.*

Clean pig's feet and ears thoroughly, and soak them a number of days in salt and water; boil them tender, and split them. They are good fried.

To souse them cold. pour boiling vinegar over them, spiced with mace and pepper-corns. Cloves give them a dark color, but they improve their taste. If a little salt be added, they will keep good, pickled, for a month or two.

68. *Pressed Head.*

Boil the several parts of the entire head, and the feet, in the same way as for souse. All must be boiled so perfectly tender as to have the meat easily separate from the bones. After neatly separated, chop the meat fine, while warm, seasoning with salt, and pepper, and other spices to taste. Put it in a strong bag, and, placing a weight on it, let it remain till cold. Or put it in any convenient dish, placing a plate with a weight on it, to press the meat. Cut it in slices, roll in flour, and fry in lard.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

69. *Sausages.*

Chop, very fine, fat and lean fresh pork; (there should be a greater proportion of the lean,) season it very highly with pepper, salt, sage, and other sweet herbs if liked. A little saltpetre tends to preserve them. Do up a little into a cake, and fry it, to know when they are seasoned enough. When seasoned enough, fill your skins, which should be perfectly clean. To prevent the fat running out while cooking, mix in with the meat a little flour. Done up in small balls and fried, sausage meat is good.

When fresh pork cannot be had, very good sausage cakes may be made of raw beef, chopped fine with salt pork, and seasoned with sage and pepper. When fried they should not be pricked, as the sausages will cook nicer to have a little fat put with them in the frying pan. They should be cooked moderately. If not liked very fat, finish them on the gridiron, after the sausages have been fried till nearly done.

To make Bologna sausages, take equal weight of veal, pork, and ham, chopped very fine, seasoned high, and boiled till tender, in casings, and then dry them.

70. *Venison.*

Venison is said to be most easily digested of any sort of meat. It is good for those who have weak and slow digestive powers. It should be kept two weeks, if the weather permit, after it is killed, and then roasted before a clear, strong fire.

71. *To Roast Venison.*

Cover the fat parts with paper and a paste made of flour and water to prevent their burning. Roast a haunch of twelve pounds about four hours. Baste it well. Serve it out with current jelly.

72. *Venison Steaks.*

Broil or fry venison steaks in the same manner as veal cutlets, or mutton chops.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

73. *Mock Venison.*

Mutton is the best substitute for real venison. Hang up, for several days, a large loin of fat mutton; then bone it, and take off all the kidney fat, and the skin from the upper fat; mix together two ounces of brown sugar, one ounce of pulverized black pepper, and two of allspice; rub it well into the mutton; keep the mutton covered with the skin, and rub and turn it daily five days. When to be roasted, cover it with the skin, and pepper it the same as for venison, first washing from it entirely the spices. Roast about the same time as for real venison. Serve it with made gravy and currant jelly.

74. *Poultry.*

No sort of animal food is so delicate and delicious as that of fowls and birds; and none so generally healthful. Seldom does it disagree with those in health. The feeble in constitution, and such as are debilitated by sickness, find the flesh of fowl a nutritious and most agreeable diet.

When well boiled, the white meat of a young turkey is easier of digestion than that of any other fowl.

75. *Turkey.*

Wash the turkey thoroughly, inside and out, having taken out the inwards. Take bread, drained and mashed fine, after soaked in cold water, for the dressing. Mix with the dressing a small piece of melted butter, or salt pork chopped fine. Season it with pepper and salt, sweet herbs if liked. It cuts smoother if an egg is added. Any kind of cooked meat is good, minced fine and mixed with the dressing. The inwards ought to be boiled very tender, if they are to be used; it is difficult to cook them through while the turkey is roasting. The body and crop of the turkey must be filled with the dressing, and sewed up. Tie up the wings and legs, and rub on a little butter and salt. For roasting, twenty-five minutes to the pound is the rule. At first it should be roasted slowly, and basted frequently. When the fowl is put down to roast, a little water should be put into the dripping pan. Take the liquor the inwards are

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

boiled in, for a gravy, adding a little of the turkey drippings. Place it where it will boil, thickening with a little flour and water, first mixed smooth. Season it with pepper, salt, and sweet herbs if liked.

For boiling, the turkey is prepared in a similar way to the above. Parsley, lemon peel, and oysters may be added to the stuffing. Drawn butter is used when served out. If it is wished to have it look white, tie it up in a cloth, unless you boil rice in the pot. Put in eight spoonfuls of rice, if rice is used. It is improved by the boiling of a pound or two of salt pork with it. If a soup is to be made of the liquor in which the turkey is boiled, let it stand till next day, and skim off the fat. Season it after heated.

76. *Chickens.*

These, whether for boiling or roasting, should have a dressing prepared as for turkies. Six spoonfuls of rice boiled with the chickens, will cause them to look white. If the water is cold when they are put in, they will be less liable to break. They are improved by boiling a little salt pork with them; if not thus boiled they will need salt.

For broiling, chickens should be split; the inwards taken out; and then washed. Broil very slowly, till brown, placing the bony side down on the gridiron; then, turning it, brown the other side. Forty minutes is the medium time for broiling a chicken.

For roast chicken, boil the gizzard and liver by themselves, and use the water for gravy. Put in the gravy the inwards chopped fine.

77. *Fricassee Chickens.*

The chickens should be washed, after jointing and taking out the inwards. With the skin side down, place them in a stew pan, sprinkling pepper and salt on each layer; add three or four slices of pork; just cover with water, and stew them till tender. On taking them up, mix a little flour and water; thicken the liquor in which they were stewed; add a hen's egg size piece of butter; replace the chickens in the stew pan, and let them stew about five minutes longer. When the chickens are taken up, soak, in the gravy, two or three pieces of toast, and put them in your platter. Place

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

the chickens on the toast, and pour the gravy over them. If you want the chickens browned, stew them till tender without the pork, then brown the pork; take that up; then, putting in the chickens, fry them till of a light brown.

78. *To Fricassee Small Chickens,—Southern Mode.*

Cut off the wings and legs of four chickens; separate the breasts from the backs; divide the backs crosswise, cut off the necks; clean the gizzards; put them, with the livers, and other parts of the chicken, after being thoroughly washed, into a sauce pan; add salt, pepper, and a little mace; cover with water, and stew till tender. Take them up; thicken half a pint of water with two spoonfuls of flour rubbed into four ounces of butter; add a tumbler of new milk; boil all together a few minutes, then add eight spoonfuls of white wine, stirring it in carefully, so as not to curdle; put in the chickens, and shake the pan till they are sufficiently heated, then serve them up.

79. *Chickens Baked in Rice.*

Joint a chicken, as for fricassee; with pepper and salt season it well; place it in a pudding dish lined with slices of bacon or of ham; add an onion finely minced, and a pint of veal gravy; pile up the dish full with boiled rice well pressed; cover it with a paste of flour and water, and bake in a slow oven one hour. If veal gravy be wanting, substitute water, with additional seasoning and ham.

80. *Goose.*

A goose should be dressed in the same manner, and oasted the same length of time as a turkey. Be particular to select one that is tender. See marketing plates.

If any fowls are injured but slightly, by too long keeping, dip them in weak salæratus water before cooking, or rinse he inside with sharp vinegar. Strong camomile tea may oe used.

81. *To Stew Partridges.*

Truss a brace of partridges like fowls for boiling; pound the livers with twice the quantity of fat bacon and bread

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

crumbs boiled in milk; add some mushrooms and chopped parsley, mace, grated lemon peel, salt, and pepper; stuff them; tie them at each end, and place them in a stew pan lined with bacon. If you have it, add a quart of good gravy. If not, two onions, water, a few blades of mace, and a bunch of sweet herbs. Stew gently till they are tender; take them out; strain, and thicken the sauce with flour and butter; heat, and pour it on the birds.

82. *Pigeons.*

Lay pigeons in a pot breast side down, the inwards being first taken out, and they prepared with a turkey-like dressing; pour in more than sufficient water to cover them; put in four ounces of butter to every twelve pigeons, when stewed nearly tender, stirring into the gravy two or three teaspoonfuls of flour mixed with a little water. Put on a heated bake pan lid, if you wish to brown them, one hour before they are done; or, soon as tender, fry them in pork fat. They are good, split open and stewed, with a dressing made and warmed up separately with a little of the gravy. If tender, pigeons are good stuffed and roasted. From two to three hours are requisite to cook pigeons. When put to the fire, roast pigeons should be buttered.

83. *To Stew Pigeons.*

Clean and wash six pigeons; quarter them; with them, put all their giblets into a stew pan, a little water, butter, salt, pepper, a bit of lemon peel, two blades of mace, and some chopped parsley; stew till tender in a closely covered pan. Thicken the gravy with the mixture of an egg beaten up; three spoonfuls of cream, and a piece of butter dusted with flour. Stew them ten minutes longer. Excellent.—Economical.

84. *Ducks.*

They are good roasted, or stewed like pigeons. The fishy taste wild ducks have, is entirely taken out by having an onion dressing.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

85. *To Boil a Duck.*

Make a paste of half a pound of butter to a pound of flour; truss the duck, putting into the inside a little salt and pepper, one or two sage leaves, and a little onion finely minced; inclose the duck in the paste, with a little jellied gravy. Boil it in a cloth, and serve it with brown gravy poured round it.

86. *To Stew Ducks.*

Cut one or two ducks into quarters; fry them a light brown in butter; put them into a sauce pan; add a pint of gravy, four onions whole, pepper, salt, a bunch of parsley, two sage leaves, a sprig of winter savory, and sweet marjoram; cover the pan closely and stew them till tender. Take out the herbs and pepper; skim it. If the sauce is not sufficiently thick, mix, with two spoonfuls of it, a little flour and stir it into the sauce pan; let it boil up, and garnish the dish with four onions.

Ducks and geese, if old, are better if parboiled before they are roasted. Put them on in just sufficient water to boil them; keep the vessel closely covered. Let a tough goose simmer two hours; then dry and wipe it thoroughly; stuff and roast, basting at first with a little butter.

87. *To Roast Ducks.*

Put into a pair of ducks, an onion chopped fine, and a few sage leaves, pepper, and salt; spit, and dust them with flour, and baste them with lard. Roast half an hour, with a very hot fire. The quicker roasted, the better they will taste. Dust them with flour, and baste them, just before taking them from the spit. Prepare a gravy of the gizzards and pinions, a large mace blade, a few pepper-corns, a teaspoonful of lemon pickle, and a spoonful of catsup; strain, and turn it on the ducks. Send onion sauce in a boat.

88. *To Roast Rabbits.*

After casing two rabbits, skewer their heads with their mouths upon their backs; stick their forelegs into their

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

ribs; skewer the hind legs doubled; next, make a stuffing for them of the crumbs of half a loaf of bread, a little parsley, sweet marjoram, and thyme—all cut fine, pepper, salt, and nutmeg, to your taste; mix them all into a light stuffing, with four ounces of butter, a little good cream, and two eggs; put it into their bodies, and sew them up; dredge and baste them well with lard; roast them about an hour. Serve them up with butter and parsley, Chop the livers, and lay them in lumps round the edge of the dish.

89. *To Dress Turtle*

Cut off the head in the morning, in summer; at evening, in the winter; hang it up by the hind fins, and let it bleed well; with care, separate the bottom shell from the top, lest you break the gall bladder, which, with care, take out and throw away; throw the liver into a bowl of water; empty the chitterlings, (guts,) and throw them into water; the eggs also, if any—have a separate bowl for each article; slice all the meat from the under shell, and throw that in water; break in pieces the shell; wash clean and put it in a pot, completely covering it with water, and add to it one pound of middling, (or flitch of bacon,) with four chopped onions, and set it on the fire to boil. Open the chitterlings; clean them thoroughly; take off the inside skin, and put them in the pot with the shell; let them boil three hours steadily; if the water boils away too much add more.

The *top*:—Wash the top shell neatly, after cutting out all the meat; cover, and set it by.

Parboil the fins; clean them perfectly, taking off all the black skin, and throw them into water. Now cut the flesh taken from both shells, in small pieces; cut the fins in two, and lay them in a dish with the flesh; sprinkle over some salt, and cover up the dish.

When the shell, chitterlings, &c. are done, or have boiled three hours, take out the bacon, scrape the shell clean, and strain the liquor—about one quart of which must be put back in the pot; reserve the rest of the soup; pick out the chitterlings, and cut them in small pieces; select all the nice bits that were strained out, and put them with the chitterlings in the gravy: add the fins, cut in pieces, to them,

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

and enough of the flesh to fill the upper shell; add to it, if a large turtle, one bottle of white wine, cayenne pepper, and salt, to your taste; one gill of mushroom catsup, one gill of lemon pickle, mace, cloves, and nutmeg, pounded, to highly season it; mix two spoonfuls of flour with one pound and a quarter of butter; add, with it, marjoram, thyme, parsley, and savory, tied in a bunch; stew all these together till the flesh and fins are tender; wash out the top shell; place a high paste round the brim; sprinkle over the shell salt and pepper, then take the herbs out of the stew; if the gravy is not sufficiently thick, add a little more flour, and fill the shell. If no eggs in the turtle, boil six new laid ones for ten minutes; put them in cold water a few minutes; peel them; cut them in two, and place them on the turtle. Make a rich force meat; fry the balls nicely, and place them also in the shell. Place the shell in a dripping pan, with something underneath the sides to steady it, heat the oven as for bread, and bake till a fine brown. Fry the liver, and send it hot.

90. *Turtle Soup.*

Put on, at an early hour in the morning, eight pounds of coarse beef, some bacon, onions, pepper, salt, and sweet herbs; make a rich soup; strain, and thicken it with butter and brown flour; add to it the liquor left of the boiled bottom shell; season it very high with wine, spice, cayenne, and catsup; put in the reserved flesh; if not enough, add the choicest parts of a well boiled calf's head—do *not* use the eyes or tongue; let boil till tender, and serve it up with force meat balls in it.

Curry powder will give a higher flavor to both turtle and soup than spice.

Should you not wish soup, the remaining flesh may be fried and served with a rich gravy.

91. *Mock Turtle of Calf's Head.*

Take a nicely cleaned head; separate the upper from the lower part; take out the brains; boil, till tender, the other parts: take them out of the water, and put into the water

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

sufficient to cover them, a knuckle of veal, or four pounds of lean beef, three chopped onions, parsley, thyme, a teaspoonful of pounded cloves, a teaspoonful of mace, and of salt, and cayenne pepper to the taste; boil all together till reduced to a pint of liquor; strain it; add two gills of red wine, one of mushroom, and one of walnut catsup; thicken it with brown flour and butter. Stew a few minutes, in the gravy, the head and tongue cut in small pieces. Put a paste round the edge of a deep dish, three folds, one on the other, but none on the bottom of the dish; place the meat and turn in the gravy, and bake till the paste is done. Pick out all the strings from the brains; pound them; add salt, pepper, and grated bread, and make them into little cakes with the yolk of an egg; fry them a nice brown. Boil hard six eggs; leave one whole; halve the five, and have some pieces of paste neatly baked. After the head is drawn from the oven, place the whole egg in the middle, and the pieces of paste, the brain cakes, and the other eggs, tastily around it.

If it be intended as a soup, do not so much reduce the gravy; but, after stewing the head, serve it in a tureen, with the brain cakes and some force meat balls fried, instead of the eggs.

Instead of a knuckle of veal, or four pounds of beef, different quantities may be taken, and such other variations made as may best please different tastes.

92. *Plain Mock Turtle Soup,*

Boil a calf's head till very tender; strain the liquor, on taking out the head; let it stand till next day; skim the fat off; cut the meat up, with the lights, and put both into the liquor; place that over the fire, seasoning with pepper, salt, mace, and cloves, sweet herbs and onions if liked; stew slowly thirty minutes; add a tumbler of white wine just before taking up. Chop a little salt pork, with lean veal, fine, adding the brains, seasoned with pepper, salt, mace, cloves, sweet herbs or cúrry powder; make all into balls of the size of the yolk of an egg; boil part in the soup: fry the others for a separate dish

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

93. *Calf's Feet Turtle Soup.*

Boil four calf's feet in two quarts of water, till very tender; take the meat from the bones; strain the liquor; add a pint of good beef gravy, and two glasses of wine; season with hard eggs, balls, &c, as for the two last.

94. *Oyster Soup.*

Take the oysters out of the liquor; to every quart of liquor add a pint of water or of milk; then set it on the fire with the oysters. Mix a large spoonful of flour with a little water, and stir it into the liquor as soon as it boils. Season it with pepper, salt, and a little butternut or walnut vinegar, or common vinegar; add a small piece of butter; and, as soon as it boils up again, pour it on to buttered toast, cut in small pieces.

95. *Cream Soup.*

Take a nice knuckle of veal, or two or three shanks; boil about four hours, with some pepper-corns, two onions, salt, a little mace, and a small bit of lean ham: strain it, and when cold remove all the fat and sediment; beat six yolks of eggs and mix them with a pint of good cream; then turn the boiling soup upon it by degrees, stirring it well, and add the best part of the gristles to it if liked.

Always boil cream before putting it in sauce or soup.

96. *Pea Soup.*

Put on a quart of peas in a gallon of water, with a ham bone, roast beef or mutton bones, four onions, and two heads of celery; boil till sufficiently soft, then strain the pea pulp through a sieve; return it into the pot, with salt and pepper, and boil from forty to sixty minutes. A handful or two of spinach, washed and cut a little, added when the soup is strained, improves it much; or, in place of the spinach, if a few young green peas can be gotten, the better. A teaspoonful of celery seed, or essence of celery may be substituted.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

97. *Veal Soup.*

Skin about four pounds of a knuckle of veal; break and cut it into small pieces; put it into a stew pan, with eight quarts of water; skim it when it boils; and reduce it to two quarts by simmering; strain, and season it with salt, pepper, a little mace, half a spoonful of lemon juice, and thicken with a spoonful of flour mixed with an ounce of butter, or a little rice.

98. *Black, or Beef Soup.*

For soup the shank of beef is the best joint. Cold beef steak, and cold roast beef bones, make good soup. Boil the shank, in sufficient water to cover it, about five hours. Thirty minutes before putting the soup on the table, take out the meat, thicken the broth with scorched flour mixed with cold water; season it with pepper, salt, mace, and cloves; a little walnut or tomato catsup improves it. Add sweet herbs, or herb spirit, if liked. Some boil onions in the soup; but as they are offensive to many people, it is best to boil and serve them up by themselves. Make force meat balls of part of the beef and a little fat salt pork, chopped very fine, seasoned with salt, pepper, mace, and cloves, and boil them fifteen minutes in the soup.

99. *Bouilli Soup.*

Select about eight pounds of the choicest part of a thick brisket of beef; lay it in a pot; sprinkle over it three-quarters of a spoonful of black pepper, two spoonfuls of salt, three onions chopped small, six small carrots scraped and cut up, and two small turnips pared and cut into dice; turn on three quarts of water; cover the pot close, and keep it steadily and moderately boiling five hours, or till the soup is reduced to three pints. Take off the scum carefully, as it rises, and do not let the pot boil over. When the pot has boiled four hours, put in a small bundle of parsley and thyme, and a pint of celery cut small, or a teaspoonful of pounded celery seed. If boiled too long, these latter ingredients will lose their delicate flavor. Just before taking up your soup, brown it in the following manner: put three-

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

quarters of a spoonful of best brown sugar into an iron skillet, place it on the fire and stir it till it melts and looks very dark; pour into it a ladle full of the soup, little at a time, stirring it all the while; strain this browning and mix it well with the soup, first taking out the meat, and the thyme and parsley. Cover up the soup and place it near the fire, that it may keep hot while you prepare the *bouilli*.

Take the skin off the beef; dip a feather in the well-beaten yolk of an egg and wash the top of your beef; strew over it the finely grated crumbs of stale bread; put it in a previously heated Dutch oven; place the top on, with coals enough to brown, but not enough to burn the beef; let it stand nearly an hour, and prepare your gravy thus:—Take a sufficient quantity of soup and the vegetables boiled in it; add to it a spoonful of red wine, and two of mushroom catsup; thicken with a little piece of butter, and a little brown flour; make it very hot; pour it in your dish, and place the beef on it. Garnish it with green pickles. Serve up the soup in a tureen, with bits of toasted bread.

N. B. If you prefer this mode of making soup, to the one given for black soup, you have only to take the *shin* in place of the *brisket*, and make it like this till you come to the *bouilli*; then, instead of following the remainder of this receipt, put the nicest pieces of the shin beef in your tureen, and pour on the soup and vegetables; adding some toasted bread cut in dice: then serve it out.

100. *Portable Soup.*

Let veal or beef soup get quite cold, then skim off every particle of the fat; boil it till of a thick glutinous consistence. Care should be taken not to have the soup burn. Season it very highly with pepper, salt, cloves, and mace; add a little brandy or wine, and pour it over earthen platters not more than a quarter of an inch in thickness. Let it be till cold, then cut it in three-inch square pieces, set them in the sun to dry, often turning them. When very dry, place them in a tin or earthen vessel, having a layer of white paper between each layer of cakes. These, if the directions are faithfully attended to, will keep good for a long time. Whenever you wish to make a soup of them,

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

you have only to put a quart of water to one of the cakes, and to make the water *piping*.

101. *Soup Herb Spirit.*

Such as like a variety of herb spicery in soup, will find it convenient to have the following mixture:—When in their prime, take sweet marjoram, sweet basil, thyme, and summer savory; dry them thoroughly; pound and sift them; steep them two weeks in brandy. The spirit is then fit for use.

102. *Scotch Barley Broth.—A Cheap and Substantial Dish.*

Wash three-quarters of a pound of Scotch barley in cold water; put it in a pot with about ten pounds of shin beef sawed into four pieces; cover it well with cold water, and set it on the fire; when it boils, skim it thoroughly, and put in two or three onions; set it near the fire to simmer very gently about two hours; then skim all the fat off, and put in two heads of celery, and a good sized turnip cut into small squares; season it with salt, and let it boil an hour and a half longer. Take out the meat carefully with a slice, and cover it up by the fire to keep warm; skim the broth well and put it in the tureen.

103. *Gravies and Sauces.*

A great deal of the elegance of cookery depends upon the accompaniments to each dish being appropriate and well adapted to it.

The French use a far greater variety of gravies and sauces than the English or the Americans, who imitate the English manner of cooking. Nearly all kinds of meat give sufficient gravy of their own; and we should have the peculiar flavor of each, if we cooked to perfection. The French know this; and their gravies are both better and cheaper than ours. Thus, melted butter, which is now the principal gravy for meats, is unnecessarily wasted, to say nothing of its injurious effects. The skirts of beef, the kidney, and the milt, all make excellent gravies; the shanks of mutton too; and prepared the same as the following:

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

104. *Brown Gravy*

Slice four pounds of lean beef; rub the bottom of the pot with butter, and put in the meat; turn it often till well browned, and do it moderately; then add four quarts of cold water. After boiling two hours, put in a spoonful of pepper-corns, one carrot, and three onions; stew gently four hours longer; strain it; and when required for use, skim off the fat.

105. *To Draw, or Melt Butter.*

Nothing is more simple in the doing, yet nothing done so badly. Keep a quart tin sauce pan, with a cover to it, exclusively for this use. Take four ounces of good butter; rub into it two teaspoonfuls of flour; put it in the sauce pan, with one spoonful of water and a little salt; cover it, and set the sauce pan in a larger one of boiling water; shake it continually until entirely melted and beginning to boil. If the pan containing the butter be placed on coals, the heat will reduce the butter to oil, and so spoil the butter. This quantity is enough for one sauceboat.

A great variety of savory sauces may be made by adding different herbs to drawn butter, all of which are fine to eat with boiled butcher's meat, fish, or fowl.

Take parsley; wash a large bunch very clean; pick the leaves from the stems carefully; boil them ten minutes in salt and water; drain them perfectly dry; mince them exceedingly fine, and stir them in the butter when it begins to *draw*.

When herbs are to be added to the butter, you must take two spoonfuls of water instead of one for the preparation.

Chervil, burnet, tarragon, young fennel, and cress or peppergrass, may all be used; and they must be prepared in the same mode as the parsley.

106. *Burnt Butter, for Fish, Eggs, or Salad.*

Put two ounces of butter into a frying pan; set on the fire; when of a dark brown color, put in six spoonfuls of vinegar, a little pepper, and salt.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

107 *Drawn Butter, Curry Sauce, and Egg Sauce.*

Always use sweet butter; if at all hurt, the butter is more than lost: it spoils the gravy, and *every thing* it is intended to season.

Mix two or three teaspoonfuls of flour with a little cold water; stir it till clear of lumps; thin it, and pour on half a pint of boiling water, stirring it constantly; boil it two or three minutes; then cut up four ounces of butter into bits; add it to the flour and water, and place it where it will melt. It will be free of lumps if properly mixed. Strain it before it is carried to the table, if not so.

If the butter is wanted for fish, cut into it several soft boiled eggs.

If you want curry sauce, sprinkle in curry powder.

108. *Roast Meat Gravy, and Dark Gravy.*

Put a pint of water into your dripping pan, when you put down your meat to roast; just before the meat is done, stir up the drippings; pour them into a skillet, and put them where they will boil. Smoothly mix two or three teaspoonfuls of flour with a little water, and stir them into the gravy when it boils.

The gravy for veal and lamb, requires a little butter; for pork and geese, a little of the dressing and sage mixed with it

If you wish your gravy to look dark, scorch the flour you thicken with:—put it in a pan, place it on a few coals; stir it continually, till a dark brown. Do not burn it. Sufficient may be browned at once for long use.

109. *Sauce for Cold Meat, Salad, or Fish.*

Boil two eggs three minutes; mix with them a mustard-spoonful of prepared mustard, a little pepper, salt, six spoonfuls of drawn butter, or salad oil, six of vinegar, and one of catsup.

110. *Wine Sauce for Venison or Mutton.*

Warm two gills of the liquor the meat was boiled in, or of the drippings; mix two teaspoonfuls of scorched flour

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

with a little water, and stir it in when the gravy boils; season it with cloves, salt, and pepper; stir in a spoonful of warm jelly; and, just before taking from the fire, a gill of wine. For venison or mutton sauce, many prefer melted currant jelly.

111. *Oyster Sauce.*

To a pint of oyster liquor, put a little salt and pepper, and two blades of mace, (some add lemon juice;) place it on the fire; on boiling, stir in two teaspoonfuls of flour mixed with a little milk; after boiling a few minutes, stir in half a pint of oysters, and a hen's egg size piece of butter; as soon as scalded through, take them up.

112. *Savoy Jelly for Cold Meat.*

Boil lean veal, or beef, till tender. If you have veal or beef bones, break and boil them with it—they will require longer boiling. Boil, too, a little salt pork, sweet herbs, salt, and pepper. When sufficiently boiled, take it off; strain, and let it stand till next day; skim off the fat; take out the jelly; and scrape off the dregs that stick to the bottom; put in the whites and shells of several eggs, some blades of mace, a little wine, and lemon juice; place all on the fire; stir it well till it boils; strain it through a jelly-bag till it is clear.

113. *White Celery Sauce for Boiled Poultry.*

Take six heads of celery; cut off the green tops; slice the remainder into small bits, and boil in half a pint of water, till tender; mix three teaspoonfuls of flour, smoothly, with a little milk; add six spoonfuls more of milk; stir it in; add a little salt, and a small piece of butter; on boiling take it up. Some use as a substitute for part, an egg yolk, with a spoonful of cream, and chopped parsley and lemon juice.

114. *Caper Sauce.*

Is made by adding a spoonful or two of capers to drawn butter—many add, too, a little of the liquor. Nasturtions pickled, or green pickles, minced and put with the butter, make a very good substitute for capers.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

115. *Lobster Sauce.*

Boil two eggs three minutes; mix with them a teaspoonful of water and the spawn of the lobster; rub smooth and stir in a teaspoonful of mustard, six spoonfuls of drawn butter or salad oil, a little pepper and salt, and five spoonfuls of vinegar. Or, boil a little mace and whole pepper long enough to extract their strength; strain, and melt in it three-quarters of a pound of butter. Cut the lobster in very small pieces, and stew in it till tender.

116. *Tomato Sauce.*

Peel and slice twelve tomatoes; pick out the seeds; add three pounded crackers, salt, and pepper; stew about twenty minutes.

117. *Gravy Sauce.*

Beef of good quality, and roasted with care, affords the best sauce for the meat. Free it of the sediment and fat; add a little salt, and, if not thick enough, a *mite* of browned flour, and boil it up. A little butter may be added to the veal gravy.

118. *Common Sauce.*

Plain butter, drawn or melted thick, with a spoonful of walnut pickle, or catsup, makes a very good sauce. But you may multiply additions according to variety of tastes.

119. *Parsley and Butter.*

Is made by adding parsley that has been chopped fine, after boiling a few minutes, to drawn butter.

120. *Pudding Sauce.*

Stir to a cream a teacup of butter, with two of brown sugar; add a glass of wine or cider; flavor it with rose-water, essence of lemon, or nutmeg. If you would have it liquid, heat about three gills of water bouling hot; mix three teaspoonfuls of flour with a little water, and stir it into the boiling water; stir this into the butter and sugar, as soon as it boils up well.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

121. *Cranberry and Apple Sauce.*

To stew cranberries till soft, is all that is necessary to make cranberry sauce. When soft, stir in sugar and molasses to sweeten it. Scald the sugar in the sauce a few minutes. Strain if you please—'tis good without.

Apples should be pared and quartered. If tart, you may stew them in water; if not, in cider. After stewed soft, add a small piece of butter, and sweeten to the taste.

Another very good way is, to boil the apples without paring, with a few quinces and molasses, in new cider, till reduced one half. Strain the sauce when cool. Made thus, the sauce will keep good for months.

122. *Chicken Salad.*

Boil a chicken that does not exceed in weight a pound and a half. When quite tender, take it up, cut it in small strips, and prepare the following sauce and pour on it:—Boil four eggs three minutes; take them out of the shells; mash, and mix them with two spoonfuls of drawn butter, twelve of vinegar, a teaspoonful of mixed mustard, the same of salt, a little pepper, and essence of celery.

123. *Sauce for Turtle or Calf's Head.*

To four gills of hot drawn butter, or beef gravy, put a little sage, basil, or sweet marjoram, the juice and grated rind of half a lemon, a little cayenne or black pepper, and salt; add a glass of white wine just before you take it up.

124. *Mushroom Catsup.*

Lay fresh mushrooms in a deep dish; strew a little salt over them; then add another layer of fresh mushrooms, and salt: and so on till you get in all the mushrooms. Let them lay some days; mash them fine; and to each quart put a spoonful of vinegar, half a teaspoonful of pepper, and quarter of a teaspoonful of cloves. Pour it into a stone jar; set the jar into a pot of boiling water; let it boil two hours; then strain it without pressing the mushrooms. Boil the juice fifteen minutes; skim well; let it stand a few hours to

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

settle; then pour it off carefully through a sieve; bottle, and cork it close. Place it where cool.

125. *Celery Vinegar.*

Take two gills of celery seed; pound and put it in a bottle, and fill it with sharp vinegar; shake it every day, for two weeks; then strain it, and keep it for use. It will impart an agreeable celery flavor to every thing with which it is used.

A delicious flavor of thyme may be obtained, if gathered when in full perfection. It should be picked from the stalks, a large handful of it put into a jar, and a quart of vinegar or brandy turned on it; cover it very close. Next day, take all the thyme out, and put in as much more. Do this a third time; then strain, bottle, and *seal* the cork. This is far preferable to dried thyme. Mint may be prepared in a similar manner. The flavor of both these kinds of herbs must be preserved by care in the preparation. If permitted to remain more than twenty hours in the liquid, they will impart an unsavory taste.

126. *Sauce for Cod's Head.*

Take a lobster; stick a skewer in the vent of the tail, to keep the water out; throw a handful of salt into the water; when it boils, put in the lobster, and boil it half an hour; pick off the spawns, if any, and pound them very fine, in a marble mortar, and put them into half a pound of drawn butter; take the meat out of the lobster, pull it in bits, and put it in your butter; add a spoonful of lemon pickle, a spoonful of walnut catsup, a slice of lemon, a slice or two of horse radish, a little pounded mace, and salt and cayenne to your taste; boil them one minute; then take out the lemon and horse radish, and serve it up in your sauceboat

127. *Fish Sauce of Liver.*

Boil the liver of the fish; mash it fine; stir it into drawn butter; put in a little black pepper, or cayenne, two teaspoonfuls of lemon juice and a spoonful of catsup.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

128. *Gravy for Ducks.*

Boil all the giblets but the liver, one hour, in a pint of water, with a chopped onion, some salt, and pepper; strain, and add a very little browning, and a teaspoonful or two of mushroom catsup.

129. *Duck Sauce.*

Boil eight or ten large onions; change the water two or three times while they are boiling; when done, chop them on a board, to have them retain a good color; put them in a sauce pan with four ounces of butter and two spoonfuls of good cream; boil it a little, and turn it over the ducks.

130. *Brown Sauce for Poultry.*

Slice two or three onions, after they are peeled; sprinkle them with flour, and fry them brown, in a little butter; sprinkle in a little flour, salt, pepper, and sage; add half a pint of the liquor the fowl was boiled in, and a spoonful of catsup; if liked, when it boils up, stir in half a wineglass of wine.

131. *Boiled Eggs.*

Put eggs into boiling water; if you like the white just set, boil about two minutes; if you like the yolk set, boil three; if for a salad, boil ten minutes. Boil a new-laid egg half a minute longer than a stale one. Another mode, which is very nice for fish, is to break the shells, and drop the eggs into a pan of scalding water; let the pan stand till the white has set; then place it on a moderate fire; when the water boils up the eggs are done. Eggs look very pretty done in this way, the yolk being just visible through the white. Serve them up with burnt butter, if not wanted for a garnish.

132. *Poached Eggs.*

Break the eggs into a pan, (it is a good precaution, in case of a bad egg, to break each separately into a teacup;) then put them into a buttered tin pan; place the pan on a few coals; put in a small piece of butter, and a little salt;

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

let them cook very moderately, stirring them continually till they become quite thick, then turn them on to *spread* toast.

133. *Omelet.*

To twelve eggs, beaten to a froth, put three ounces of finely minced boiled ham, beef, or veal; (if veal, add a little salt;) melt four ounces of butter to a lukewarm temperature, and mix a little of it with the eggs; put the remainder of the butter on the fire in a frying pan, or tin; when quite hot, turn in the beaten eggs, and stir till they begin to set. When brown on the under side it is sufficiently done. It should be cooked on a moderate fire, and in a pan so small as to have the omelet about an inch thick. When you take up the omelet, place a flat dish over the top, and turn your pan upside down.

134. *Egg Balls.*

Boil four eggs ten minutes; when they are quite cold, put the yolks into a mortar, with the yolk of a raw egg, a teaspoonful of flour, some chopped parsley, a little salt, a little black pepper or cayenne; rub them well together, and roll them into small balls, and boil them two minutes.

135. *Fish.*

"Fish is a dish which is almost more *attended* to than any other,"—*attention* from the time of its being caught to the time of serving out. It is easier of digestion than meats, with the exception of salmon.

Small trout are the most delicate for invalids. Lake fish are also excellent. All kinds of fresh water fish are healthful, if cooked immediately after being taken. But the ocean is the chief dependence of our fish markets. It would be better for the health of those who do not labor, if they would use more fish, and less flesh, for food. With the exception of salmon and lobsters, there is little danger, in our country, of this kind of aliment being eaten to excess.

Flesh is much more nutritious than fish. As restorative food, shell-fish have long held a distinguished rank; but beef, or a well dressed chop, is much better to recruit the strength and spirits.

The wise and benevolent arrangements of Providence

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

seem to have designed that the products of different climates should be most freely used, where most liberally provided.

The climate of the Greenlander requires oil and the fattest substances, to sustain the human constitution; no condiment, nor scarcely a vegetable is required. In warm climates, pepper and other spices are produced, and, no doubt, required, where the diet is chiefly vegetable, or meats newly killed; and the stomach and system are relaxed by the heat. In our own climate, the season of the year, as well as the age and constitution of the individual, must be taken into the account. During the cold weather, more fat meats, and richer gravies, may be eaten, but few or no condiments, except a little salt, are needed. In summer, fish, and a large proportion of vegetable diet, should be used. Sauces made with cream and eggs, may be used; and, if not too freely, doubtless, condiments will also be advantageous.

Sometimes there is a muddy smell and taste attached to fresh water fish, which may be remedied by soaking them, after they have been thoroughly cleaned, in strong salt and water. Care should be taken that the fish be thoroughly cleaned before dressed; but not washed beyond what is necessary for the cleaning—by too much watering the flavor is diminished. Great care and punctuality are also necessary in cooking fish. They should be eaten as soon as done. If not sufficiently done, or if too much done, they are not good. They are the best the day after they are caught, except turbot, cod, &c., for boiling or frying. They should be cleansed when first caught, well rinsed in cold water, and salt freely sprinkled over their inside. Sprinkle pepper, if they are to be broiled, and place them where cool. When dished, the liver, roe, and chitterlings, should be placed so that the carver may observe them, and invite the guests to partake of them.

136. *To Boil Fish.*

To boil fresh fish, lay it on a strainer, or sew up the fish in a cloth, as it will otherwise be difficult to take it out of the pot without breaking. Put the fish in cold water, with the skin side down; if put into boiling water, the outside gets cooked too much, and breaks to pieces before the in-

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

side is done. To ten pounds of fish add six spoonfuls of salt; and a little vinegar should be put into the water to impart firmness. Boil the fish till you can easily draw out one of the fins—from fifteen to thirty minutes. Boiled fish should be served up with drawn butter or liver sauce.

137. *To Broil Fish.*

When fish is broiled, the bars of the gridiron should be rubbed over with a little butter. Then place your fish, skin side down—down, no mistake, and do not turn it till nearly done through. Save all your butter till the fish is dished—in this way you save the juices of the fish too. Fish should be broiled slowly. When put on the platter, fish should not be laid over each other, if it can be avoided. The top ones will be made tender and moist by the steam, and will break to pieces.

138. *To Fry Fish.*

Fat from salt pork is best; there should be enough to cover the fish, and hot and skimmed when the fish are laid in. After being cleaned and washed, fish for frying should be put into a cloth, to have it absorb the moisture; make it quite dry, and rub a little flour over it, but no salt, if you wish to have it brown well. For six pounds of fish, fry four slices of salt pork; when brown, take them up, and if they do not make enough fat to fry the fish in, put in a little lard. When fried enough, take them up; and for good plain gravy, mix two or three teaspoonfuls of flour with a little water, and stir into the fat the fish was fried in; put in a little butter, salt, and pepper; if you wish to have the gravy rich, add wine, catsup, and spices. Turn the gravy over the fish.

139. *To Fry Fresh Cod, Trout, and Perch.*

Prepare the fish according to receipt 138; slice the cod into pieces half or three-quarters of an inch thick; rub them in Indian meal, to prevent breaking; fry thoroughly.

Perch and trout are fried in the same way, except, instead of rubbing in Indian meal, sprinkle with flour, or dip in the white of an egg and bread crumbs.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

140. *To Broil a Shad.*

Clean, wash, and split the shad, and wipe it dry; sprinkle it with pepper and salt, place it over a very clear, slow fire, with the skin side down, so as to retain the juices, on a clean gridiron rubbed with lard; turn it, when nearly done; take up, and season with a generous piece of butter, salt and pepper. A smoke of corn cobs while it is broiling, improves it much

141. *To Roast a Shad.*

Fill the inside with good force meat; sew it up; tie it on a suitable board, (not pine;) cover it with bread crumbs, a little salt, and pepper, and place it before the fire; when done one side, turn it; and when sufficiently done, pull out the thread; dish it; and serve it out with drawn butter and parsley.

142. *To Bake a Shad.*

Nicely prepare a large fat fish; put some force meat in the inside; lay it full length in a pan, with a pint of water, a gill of red wine, one of mushroom catsup, a little salt, pepper, vinegar, six cloves, and a few cloves of garlic; stew gently, till the gravy is sufficiently reduced. Always lay the fish on a fish slice, for the convenience of dishing without breaking it. When taken up, slide it carefully into the dish; thicken the gravy with butter and brown flour, and turn over it.

143. *To Stuff and Bake Fish.*

Soak your bread in cold water till soft, drain it, mash fine and mix the bread with a spoonful of drawn butter, a little salt, and pepper, (two raw eggs make the dressing cut smoother,) and some spices, if liked. Fill, and sew up the fish; put a teacup of water in your bake pan, and a little butter, place in the fish, and bake about forty or fifty minutes. Bass, shad, and fresh cod, are good fish for baking.

144. *Chowder.*

Fry brown several slices of pork, cut each fish into five or six pieces; flour, and place a layer of them in your pork

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

fat; sprinkle on a little pepper and salt; add cloves, mace, and sliced onions; if liked, lay on bits of the fried pork, and crackers soaked in cold water. Repeat this till you put in all the fish; turn on water just sufficient to cover them, and put on a heated bake pan lid After stewing about twenty minutes, take up the fish, and mix two teaspoonfuls of flour with a little water, and stir it into the gravy; adding a little pepper and butter. A tumbler of wine, catsup, and spices will improve it. Cod and bass make the best chowder. Clams and black fish tolerably good. The hard part of the clam should be cut off and rejected.

145. *Codfish.*

Fresh cod is good to broil, fry, or to make into a chowder. It is rather dry for broiling. Salt cod should be soaked all night in water, with a glass of vinegar. It will make it like fresh fish. In the morning take it out; put it in fresh water; and place it three or four hours on a moderate fire, where it will keep warm without boiling—boiling hardens it; take it up, and take off the skin; serve it out with drawn butter.

146. *To Boil a Cod's Head and Shoulders.*

Wash it clean; tie it up, and dry it with a cloth; salt your water well and put in a glass of vinegar; when it boils, take off the scum; put in the fish, and keep it boiling very briskly about thirty minutes. Parboil the milt, and roe; cut in thin slices, fry, and serve them. Garnish with horse radish. For sauces—oysters, eggs, or drawn butter.

147. *To Roast Cod's Head and Shoulders.*

Prepare it as for boiling, taking out the gills and rubbing over it a little salt; then, boiling all but enough for eating, take it up very carefully; take off the skin; set it before a brisk fire; dredge it all over with flour, and baste it well with butter; when it begins to froth, strew over it some fine bread crumbs; continue basting all the time to make it froth well. When of a fine light brown, dish it up, and garnish it with a lemon cut in slices, barberries, horse radish, fried oysters, or a few small fish fried and laid around it. Cut

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

the liver and roe in slices, and lay over them a little of the lobster from the sauce pan, in lumps, and serve out the fish

148. *Halibut.*

This is fine, cut in slices, for frying and broiling, peppered and salted: the fin with the thick part, is good to boil.

149. *Black Fish.*

May be broiled, but are better boiled or fried.

150. *To Broil Herring.*

When they are to be used, take a few out of the brine, soak them an hour or two; scale them nicely: pull off the gills, and the only entrail they have will come with them; wash them clean, and hang them up to dry. When to be broiled, take half a sheet of white paper; rub it over with butter; put the herring in; double the edges securely; and broil without burning.

151. *Sturgeon.*

This fish is best fried, but good baked or broiled. Before baking it, boil fifteen minutes to extract the oily taste, put a quart of water into the pan for ten pounds of fish, and bake till it is tender. The part next to the tail is best for frying or baking

Sturgeon is good cooked thus: cut it in slices about an inch thick, fry some slices of pork, when brown, take them up, and put in the sturgeon. When well browned, take up and stir in a little flour and water, mixed smoothly together. Season the gravy with pepper, salt, and catsup, stir in a little butter, and wine if liked, then put back the sturgeon, and let it stew a few minutes in the gravy. While the fish is cooking, make force meat balls of part of the sturgeon and salt pork; fry and use them for a garnish.

152. *To Boil Fresh Salmon.*

This fish needs more boiling in more water than any other fish. It is very unhealthy unless thoroughly done.

Make your water quite salt, *boil*, *skim*, then put in your

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

salmon. Continue to skim off all that rises. Boil half a pound fifteen minutes; lobster, egg, or drawn butter for sauce.

153. *To Broil Fresh Salmon*

Slice it an inch and a half thick, dry in a clean cloth, and sprinkle a little salt over it; warm the bars of your gridiron, and rub them with a little lard; lay the fish on, and set your gridiron over a clear but not very hot fire; when nearly done, turn carefully, and do the other side.

154. *To Boil Mackerel, Trout, Perch, and Bass.*

If fresh, after cleaning it thoroughly, put into sufficient water to cover it, sprinkling in a little salt, (some add a glass of vinegar) and let it rather simmer than boil, *fifteen* or more minutes. When done, take instantly from the water.

Bass, Perch and Trout are boiled in the same manner. Use drawn butter for boiled fish.

155. *To Broil Mackerel, Perch, Bass, or Trout.*

The same as "*To Broil Shad.*"—No. 140. Fine shred parsley may likewise be added to seasoning of both, if liked; "*drawn butter,*" is a good sauce for fish.

156. *To Boil Eels.*

Clean, cut off the heads, and dry them; joint them into suitable length pieces, or coil them on your fish plate, boil them in salted water; use drawn butter and parsley for sauce.

157. *To Broil Eels.*

After preparing them as for boiling, rub them with the yolk of an egg, strew over bread crumbs, minced parsley, pepper, salt, and sage; butter them well, and lay them in a dripping pan to broil. Sauce as for boiled eels, or to the taste.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

158. *To Bake Eels.*

Joint and lay them in a deep dish, with bits of salt pork peppered and salted; cover with pounded rusked bread and bake thirty minutes.

159. *Fish Force Meat Balls.*

Chop fine a little raw fish with a little raw salt pork, mix it with an egg or two raw, a few bread crumbs, and season with pepper and spices, catsup, and to the taste; mould into small balls and fry them till nicely browned.

160. *Fish Cakes.*

Take salt cod fish, or cold fresh fish boiled, mince it fine with potatoes, moistened with a little milk, and a bit of butter in it, mould into biscuit sized cakes, and fry them brown in butter, or pork fat.

161. *Lobsters and Crabs.*

Have your water boil, put in and boil them from thirty to forty five minutes. Boil six spoonfuls of salt to every four pounds of fish. When cold, break the shell, take out the meat, be cautious to extract the blue veins, and what is called the lady in the lobster; these are very unhealthy.

Eat cold with a dressing of vinegar, mustard, sweet oil, salt and cayenne; or warm them up with a little water, vinegar, salt, pepper; and add a rich gravy and grated nutmeg, if liked.

Lobsters look neatly dressed thus. Select the spawn and red chord, mash fine and rub them through a sieve, add a little butter and salt. Cut the lobsters into squares, and set them with the spawn, over a moderate fire; when hot, take up and garnish with parsley. The spawn and chord are a nice garnish for any kind of fish; *eat but little* of the lobster.

The same process for Crabs as for Lobsters.

162. *Scollops.*

These are fine boiled, then fried; or pickled in the same way as oysters. Take them from the shells. After boiling pick out the hearts and throw the rest away The

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

heart is the only part that is healthful. Flour and fry the hearts till brown, in butter. They are good stewed, in a little pepper, salt and butter.

163. *To Roast Clams.—Superior mode of cooking them.*

Select according to taste as to size, (those with thin edges are the tenderest, never buy those of a *thick* edge,) wash them clean, place them flatwise in an old tin or iron pan, so as to save the liquor, and set the pan over a furnace of ignited coal. As they become sufficiently roasted, take them out singly, empty the liquor of each into your dish, then take out and add the clam, either cut in pieces or whole; add butter, salt, and pepper; other seasoning to taste. Clams and oysters generally agree with those who like them. Lobsters may form an exception.

164. *Pot Clams.*

Wash and put the clams in a pot, with merely water enough, to prevent their burning. Heat till they open, take out and warm them with a little of the liquor, butter, salt and pepper. To a slice or two of toasted bread, soaked in the clam liquor, add the clams.

165. *Clam Pancakes.*

Make a thick batter of flour and milk; clam liquor does not make them so light as milk; put to each pint of milk two eggs and a few clams; the clams may be put in whole after being first stewed, or they may be only taken out of the shell and chopped fine.

166. *Long Clams.*

Select the largest, take them out of the shell, and broil them; or they may be stewed; season to the liking.

167. *To Stew Oysters.*

Rinse the bits of shell off the oysters, strain, then turn the liquor back, put them in a stew pan over the fire, let

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

them boil up, then turn them on to buttered toast; butter, pepper and salt them. Some thicken the liquor with rolled cracker, and put in milk and cream; others add a little walnut catsup, or vinegar, mace, or lemon peel. Oysters should be eaten hot.

168. *To Fry Oysters.*

Select the fattest of large size, dip them in beaten eggs, then in flour, or fine bread crumbs; fry them in lard till of a light brown. They are a fine garnish for calves' head, fish, or most modern dishes.

169. *Oyster Pancakes.*

Mix together equal measures of oyster liquor and milk, to a pint of this mixture, put a pint of wheat flour, a few oysters, two eggs, and a little salt; drop by spoonfuls into hot lard, and fry till of a nice brown.

170. *Oyster Pie.*

Line a deep dish with pie-crust, fill with dry pieces of bread, and cover it with puff paste, bake either in a bake pan or quick oven till it is a light brown; by this time have the oysters just stewed, take off the upper crust, take *out* the pieces of bread, put *in* the oysters, season with salt, pepper, and butter; walnut catsup: replace the upper crust.

171. *Scolloped Oysters.*

Pound fine, rusked bread or crackers, butter scollop shells or tins, sprinkle on the bread stuff, put in a layer of oysters, a bit of butter, salt, pepper, and a little of the oyster liquor; add another layer of crumbs, and oysters, and so on till the shells are filled, placing a layer of the bread stuff on the top, bake them till of a light brown in a Dutch oven.

172. *Puddings.*

Be particular to always wash the salt from butter, where sugar constitutes one ingredient of any compound; or where drawn butter is to be used to butter any mould for baking

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

if not, the article baked will have an unsavory salt taste on its outside.

Stone and cut in two your raisins; sift a little flour over them, stir them in the flour and take them out free from lumps—the flour which adheres to them will prevent their uniting, or settling to the bottom in a mass. Or when you bake puddings, by waiting till the pudding begins to thicken in the oven, before you add the fruit, the fruit will not sink.

Use fresh eggs—stale eggs will not beat well. Always separate the yolks from the whites; when they are to be mixed with milk, let the milk cool after boiling, or the eggs will poach; and set the milk on the fire only a few minutes, to take out the raw taste of the egg, stirring it continually

Wash your currants in several waters, till perfectly clean. Pick over and dry them well; or they will adhere.

Put your almonds in hot water, till you can blanch, or skin them; always pound them with orange or rose water, to prevent their oiling.

Put in cream, if used, just before the mixture is ready—much beating will decompose it.

Before a pudding or cake is begun, (for the above directions will apply as well to cake as to puddings) have every ingredient ready. The article is injured when the process is retarded by neglect in the preparations. Have the oven in a proper state; and the paste ready in the dishes or moulds for such things as require a paste. When but a single egg, or two, are to be used, cooks often think it useless to beat them: mistake! unless they are made light before used, eggs are an injury. It is well to mix the pudding an hour or two before it is boiled or baked.

Make your pudding bags of German sheeting: a cloth less thick will admit water, and deteriorate the pudding. Before turning in, or bagging your pudding, dip the cloth in water, wring it out, and flour the inside. When bagged, tie tight, leaving sufficient room for expansion by swelling. Flour and Indian puddings require much room. Put them in a pot of boiling water, placing an old plate on the bottom, to prevent the bag from sticking to it. Turn the bag over, after having been in the pot a few minutes, to prevent the pudding's settling and becoming heavy. Keep sufficient water in the pot to cover the pudding, and not let the pot

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

stop boiling one second—if so, the pudding will not be *the thing*. A tea-kettle of boiling water should be at hand to turn in as the water boils away. When the pudding is done, dip the bag in cold water a moment; the pudding will then readily turn out.

173. *Virginia Chicken Pudding.*

Beat ten eggs perfectly light, add to them a quart of rich milk, four ounces of drawn butter, pepper, and salt; stir in sufficient flour to make a thin batter; then take four young chickens, clean them neatly, cut off the legs, wings &c. Put them all in a sauce pan, with salt and water, and a bundle of thyme and parsley; boil them till nearly done, then take out the chicken and put it in the batter, and pour the batter in a deep dish and bake it. White gravy for sauce.

174. *Almond Pudding.*

Shell half a pound of sweet almonds, and pour scalding water over them, to make them peel. As they become cool, pour on more boiling water, till they are all blanched. Blanch also one ounce of peach meats, or bitter almonds, throw them into a bowl of cold water as you blanch them. Take them out, one by one; wipe them dry on a clean towel; lay them on a plate; pound them singly in a marble mortar, till of a fine paste, adding a few drops of rose-water as you pound, to prevent their oiling:—Pound alternately, a sweet and then a bitter almond, to mix them well, and see you make them perfectly fine and smooth;—they are improved by being prepared day before they are wanted for use.

Stir four ounces of butter and four ounces of powdered white sugar to a cream, and add gradually, a spoonful of mixed rose-water, brandy and wine.

Beat the whites of six eggs, till they stand alone; stir them and the almonds alternately into the butter and sugar, and thoroughly mix the whole. Butter a soup plate; have ready a *puff paste;* (see receipt for making it) place it on the plate, trim and notch it; then put in your pudding; bake about half an hour, in a moderate oven; and grate loaf sugar over it.

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

175. *Rich Boiled Indian Pudding.*

Warm a pint of molasses and a pint of milk, and stir hem well together; beat four eggs, and stir them gradually into the molasses and milk, in turn with a pound of beef suet chopped very fine, and Indian meal sufficient to make a thick batter; add a teaspoonful of pulverized cinnamon and nutmeg, and a little grated lemon peel, then stir all together very hard,—if you have *too much* Indian meal, the pudding will be heavy.

Dip your cloth into boiling water, shake it out, and flour it a little. Turn in the mixture, and tie up, leaving room for the pudding to swell. Boil it three hours; serve it up hot, and eat it with sauce made of drawn butter, wine and nutmeg. It is nice, cut in slices and fried, when cold.

176. *Plain Baked Bread Pudding.*

Pound fine rusked bread;—to half a teacup of it, put a quart of milk, three eggs, three spoonfuls of powder-sugar, three of drawn butter, and half a nutmeg: bake about one hour—eat without sauce.

177. *Baked Corn Pudding.*

Grate green sweet corn: to three teacups of it, add two quarts of milk, eight eggs, a grated nutmeg, two teaspoonfuls of salt, and six spoonfuls of drawn butter—bake one hour—serve it up with sauce to the taste.

178. *Plain Boiled Indian Pudding.*

Stir sufficient Indian meal into a quart of boiling milk or water, to form a very stiff batter; stir in two spoonfuls of flour, three of sugar or molasses, half a spoonful of ginger or two teaspoonfuls of cinnamon, and two of salt.

This may be made still *plainer*;—or a little *richer*, by the addition of two or three eggs, and a little chopped suet. Boil three hours:—if six, the better—some cooks boil eight or nine hours. When so long, seven hours of the boiling should be given the day before the pudding is to be eaten—this is good fried when cold.

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

179. *Baked Indian Pudding.* No. 1.

Turn three quarts of boiling milk on three pints of sifted Indian meal; mix them well, and turn on three pints of boiling molasses. When nearly cold, add sixteen eggs well beaten. Season with ginger, cinnamon, lemon essence—or to taste. Bake two hours in a slow oven.

180. *Baked Indian Pudding.* No. 2.

Boil a quart of milk, mix with it perfectly smooth, two gills and a half of meal; then add seven well beaten eggs, a gill of molasses, and a good piece of butter—bake it two hours.

181. *Baked Indian Pudding.* No. 3.

Turn three pints of scalded milk on seven spoonfuls of Indian meal, stirring it thoroughly. When almost cold, add four eggs, four spoonfuls of wheat flour, and eight spoonfuls of sugar,—butter and spice to your taste. Bake about an hour and a half.

182. *Lemon Pudding.*

Grate the yellow part of the rind of two fresh lemons, be cautious not to grate off any of the white part: squeeze out the juice with six spoonfuls of powdered sugar. Mix a quart of milk with the grated rind of the lemons, two spoonfuls of pounded crackers, and one of drawn butter Beat six eggs to a froth, and stir them into the milk. Stir in the lemon juice and sugar last; and then pour the whole into a pudding dish, with a lining and rim of puff paste. Bake it about half an hour, and eat it cold.

183. *Lemon Pudding, or Lemon Pie.*

Grate off the *yellow* part only of the rind of two lemons: add their juice, without the seeds; mix with the lemon, eight well beaten eggs, eight ounces of sugar, five of clean washed butter, and three or four spoonfuls of cream. Line a pudding dish with a rich thin puff paste for the pudding; or a *shallow* pie plate for the pie; turn in the mixture; and bake from twenty to thirty minutes. Three eggs, three lemons, three teacups of sugar.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

184. *Baked Orange & Lemon Pudding.*

Boil two oranges and two lemons in five quarts of water till the rinds are quite tender, take them out, and when cold, slice them thin, and pick out the seeds: put a pound (or quart) of loaf sugar to a pint of water; when it boils, throw in, in slices, twelve pippins, pared and cored; lay on the oranges and lemons, and stew all till tender. Line a dish with a thin puff paste; place carefully the fruit in alternate layers; turn on the sirup; lay some handsome slips of paste across, and bake. Sixteen egg-yelks, one and a half pounds sugar, one and a half butter, juice and grated rind of two or three oranges.

185. *Orange Pudding.*

Grate the yellow part of a smooth, deep colored orange, and of a lime, into a saucer, and squeeze in their juice, taking out all the seeds; stir four ounces of butter, and four of powdered white sugar to a cream; beat three eggs as light as possible, and stir them gradually into the pan of butter and sugar; add gradually a spoonful of brandy and wine, and a teaspoonful of rose-water, and then by degrees the orange and lime; stir all well together.

Have prepared a sheet of puff paste made of five ounces of sifted flour, and four ounces of fresh butter; spread the sheet in a buttered soup plate; trim and notch the edges, and then turn in the mixture; bake it about thirty minutes, in a moderate oven; grate loaf sugar over it.

186. *Rich Bread Pudding.*

Slice a pound loaf of baker's bread into thin pieces, spread butter over them as for eating; place them in a pudding dish, strewing between every two layers of bread stoned raisins or nicely prepared currants, and citron cut in small strips. Mix eight eggs beaten with four spoonfuls of rolled sugar, with three pints of milk and half of a grated nutmeg, and pour it on the bread; let all stand till the bread has absorbed half of the milk; and bake from forty to fifty minutes

187. *Minute Pudding.*

Set six gills of milk on the fire; mix five spoonfuls of wheat or rye flour (Graham flour is very nice,) smoothly

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

with two gills of milk, half a nutmeg, and a teaspoonful of salt. When the milk boils, turn in the mixture. Let the whole boil for one minute, stirring it constantly; move it from the fire; on becoming luke warm, add three beaten eggs. Set it back on the fire, and stir it constantly till i thickens—remove it, as soon as it boils.

188. *Cream Pudding.*

Mix with three spoonfuls of powdered white sugar, and the grated rind of a lemon, six eggs beaten to a froth; mix with a pint of flour a pint of milk, and two teaspoonfuls of salt;—to this last add the first mixture. Just before baking, stir in a pint of thick cream. Bake in a pudding dish, or in buttered cups.

189. *Rennet Pudding.*

Put three spoonfuls of the wine (see "*To make Rennet,*") to a quart of sweet milk, and four spoonfuls of powdered white sugar—essence of lemon, rose-water to the taste. Stir it twenty minutes, and dish out, grating nutmeg over it

190. *Quaking Pudding.*

Cut twelve ounces of baker's bread into slices, beat eight eggs to a froth; stir in several spoonfuls of sugar; and mix this with a quart of milk, and a grated nutmeg; then turn it on the sliced bread. Let the whole stand till the bread has absorbed most of the milk; then stir in two spoonfuls of flour, and a teaspoonful of salt; turn it into a pudding bag, and boil it an hour—serve it up with rich sauce.

191. *Tapioca Pudding.*

Put to a quart of warm milk, eight spoonfuls of tapioca. When soft, stir it up, and add to it two spoonfuls of drawn butter, four beaten eggs, and spice to the taste. Mix with this four spoonfuls of powdered white sugar and a glass of wine. Turn all into a pudding dish, and bake immediately.

192. *Potato Starch Pudding.* No. 1.

Take two quarts of milk, mix with a little of it for a thickening, five spoonfuls of starch, and boil the remainder. Add

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

so it, the starch while boiling; and boil it a minute or two, stirring it constantly. Let it cool a little, then stir in four eggs—sugar and seasoning to the taste.

193. *Potato Starch Pudding.* No. 2.

Mix three spoonfuls of potato starch, with three eggs well beaten, and put the mixture into 3 pints of milk while boiling. Boil it as No. 1. and serve out with hard, or liquid sauce.

194. *Bird's Nest Pudding.*

Pare and neatly take out the cores of tart mellow apples; put in the hollow a little paste of flour and water, and stick into the paste, six or eight currants. Butter a pudding dish, line it with pastry, put around a rim of nice puff paste, and lay in the apples—(some halve the apples instead of coring them, and place the hollow side up)—just cover the bottom of the dish with the apples; and cut citron in long, very narrow strips, and stick them round the apples. Stir to a cream a pint of powdered white sugar, with as much butter; beat to a froth the whites of eight eggs, then beat the yolks; mix them with the sugar and butter, season it with nutmeg, or to the taste; place it on a light fire, and stir it constantly till quite hot; then take it from the fire, and stir it till nearly cold, and turn it over the apples, and bake it immediately.

195. *Boiled Plum Pudding.*

Prepare all the ingredients, except the beating of the eggs, the day before hand. Beat eight eggs very light; put to them a tumbler of milk, and beat both together; stir in gradually a pound of grated stale bread, or half a pound of bread and half a pound of flour; add by degrees a pound of sugar; next, alternately a pound of beef suet chopped very fine, a pound of currants picked, washed and dried, and a pound of raisins stoned and halved. The fruit must be well sprinkled with flour to prevent its sinking to the bottom. Stir this mixture smartly. In the last place, add two grated nutmegs, a spoonful of mingled cinnamon and mace, the grated rind of an orange or a lemon, a glass of brandy, a glass of wine, a teaspoonful of salt, and, finally, another

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

tumbler of milk. Stir, and *stir faithfully*, the whole. If it is not thick enough add more bread or flour—if too thick the pudding will be heavy and hard. Dip the pudding cloth in boiling water, shake it out, and sprinkle it with flour slightly; lay it in a pan, and turn the mixture into the cloth. Tie it up carefully, allowing room for the pudding to swell. Boil it six hours—turn it out carefully.

Have in readiness some blanched sweet almonds cut in slips, or some slips of citron, or both; and stick them all over the outside of the pudding before sending it to the table.

Eat it with wine; or with a sauce made of drawn butter, wine and nutmeg.

196. *Cherry or Damson Pudding.*

Beat well six eggs; add a tumbler of milk, eight ounces of grated bread, six of flour, twelve of suet chopped fine, and a little salt. When well beaten, mix with it eighteen ounces of preserved cherries or damsons; bake, or boil it; Sauce; drawn butter, or wine and sugar.

197. *Quick Baked Pudding.*

Mix five spoonfuls of flour and five of milk, with five well beaten eggs, and a little salt: turn one quart of boiling milk upon it; bake fifteen minutes, try it.

198. *Baked or Boiled English Plum Pudding.*

Take three quarters of a pound of crackers broken to pieces; soak them in half a gallon of milk; when soft, add four ounces of drawn butter, four of fine sugar, a tumbler of wheat flour, a grated nutmeg, and a glass of wine; stir in ten well beaten eggs; then add to the whole eight ounces of stoned raisins, eight of currants, and four of citron, cut in fine strips. Bake or boil two hours.

199. *Quince Pudding.*

Take enough, select, ripe quinces, to make a pound of pulp; add to the pulp, half a pound of powdered sugar, a little pulverized cinnamon and ginger, and mix them well

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

add the yolks of eight eggs well beaten up, with a pint of cream; and stir the whole well together: bag, and boil it

200. *Whortleberry Pudding.*

Make it either of flour, or Indian meal; take a pint of milk, a little molasses, and a little salt; stir in the meal with a spoon, till quite stiff, with a quart of berries. Boil *this* three hours, bag tied loose: if made of flour, prepare it as for batter puddings, sufficiently stiff to keep the berries from falling; bag, and boil it two hours.

201. *Baked or Boiled Rice Pudding.*

Boil eight ounces of rice in milk, till quite soft; mash the grains well, with a wooden spoon; add twelve ounces of sugar, twelve of drawn butter, half a nutmeg, six eggs, a gill of wine, and a little grated lemon peel: line a dish with paste and bake it; or it may be boiled.

202. *Boiled Rice Pudding.*

Put eighteen spoonfuls of rice, and two teaspoonfuls of salt, to a quart of boiling water, and let boil till soft: take it from the fire; stir in a quart of cold milk, and eight ounces of raisins, (or other fruit if preferred). Add two well beaten eggs, and half a grated nutmeg. Set all on the fire, and let boil till the fruit is soft; serve it up with butter and sugar

203. *Baked Rice Pudding, with Eggs.*

Boil four ounces of rice in a quart of milk, till soft, and stir in four ounces of butter; take it from the fire, add a pint of cold milk, two teaspoonfuls of salt, and a grated nutmeg. When it is lukewarm, beat four eggs with four ounces of sugar, and stir it in, adding eight ounces of raisins; pour the whole into a buttered pudding dish, and bake forty five minutes.

204. *Baked Rice Pudding, without Eggs.*

Put twenty spoonfuls of well cleaned rice, into two quarts of milk; add ten spoonfuls of drawn butter, double the quan-

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

tity of sugar, two teaspoonfuls of salt, and a grated nutmeg; bake about two hours. Eat it hot or cold; it requires no sauce.

205. *Ground Rice Pudding.*

Mix quite smooth, a pint and a half of ground rice with a quart of milk; stir in a glass of wine, four ounces of drawn butter, a little spice, and a little salt; stir in eight well beaten eggs, and half a pound of raisins or currants, properly floured, to keep them well suspended, and pour the whole into a buttered pudding dish, and bake it.

206. *Marlborough Pudding.*

To four spoonfuls of cream, put one pound of strained tart apples, six ounces of sugar, six of butter, six eggs, and one grated lemon rind, with half the juice; bake about forty five minutes.

207. *English Plum Pudding.*

Mix well, one and a half pound of flour, with one of well prepared currants, one of stoned and fine chopped raisins, one of fine chopped beef suet, and twelve ounces of sifted sugar; add two teacups of brandy, eight eggs, a nutmeg, and a little salt; stir all well together; add a teacup of milk, and mix the whole thoroughly.

Prepare the cloth; bag, and tie the pudding moderately close, and boil six hours; sauce; mix butter, sugar, wine, and rose-water.

208. *Sago Pudding.*

Cleanse effectually, eight ounces of sago, by rinsing it in hot water; drain off the water, and boil the sago in a quart of milk, with a stick of cinnamon or blade of mace: Stir it constantly, to prevent burning. When soft, remove it from the fire, take out the cinnamon, and put in four ounces of butter; stir into the sago, a glass of wine mixed with four spoonfuls of powder-sugar. When cold, add five well beaten eggs, and bake immediately in a quick oven, and in a deep dish, either with a lining and rim of paste, or without, with a quarter of a pound of currants strewed over the top. best cold

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

209. *Carrot Pudding.*

Boil tender, six carrots of middling size ; pound, sift, and mix them with a pint of cream ; sugar, spice, and orange to the taste , bake in a dish lined with a thin, rich paste, from thirty to forty five minutes.

210. *To Make Mush.—Southern Name.*

Put a lump of butter as large as a hen's egg into a quart of water ; add a little salt ; then Indian meal, stirring it perfectly smooth, enough to make it sufficiently thick when boiled. Stir constantly, to prevent burning, till it is boiled enough.

211. *Hasty Pudding.*

Make a thick batter of sifted Indian meal and cold water ; stir the batter gradually into a pot of boiling water ; after boiling about an hour, stir in gradually, by the handful, sifted Indian meal ; do this at short intervals, stirring smartly towards the finishing, to prevent lumps, till the pudding is so thick that the stick may be made to stand up in it ; salt to the taste ; boil slowly, and stir frequently to prevent burning to the pot.

Boil an hour and a half ; if to be fried, two and a half ; and it will fry the better if one or two handfuls of flour be stirred in at the last. Let it get quite cold before frying ; then cut in slices half an inch thick, roll in flour, and brown them in lard.

212. *Potato Pudding.*

Boil three large mealy potatoes ; mash them perfectly smooth, with one ounce of butter, and two or three of thick cream ; add three eggs, a spoonful of brown sugar, a little salt and nutmeg. Beat all well together, and if a few currants be added, the better. Bake in a buttered dish, thirty minutes, in an oven ; or forty five in a Dutch oven.

213. *Sweet Potato, or Irish Potato Pudding.*

Boil one pound of sweet potatoes very tender ; rub them while hot, through a colander ; add six eggs, twelve ounces

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

of powdered sugar, twelve of butter, nutmeg and lemon peel, with a glass of brandy. Line the dish with a paste: when baked, sprinkle the top of the pudding over with sugar, and cover it with bits of citron. Make Irish potato pudding in the same way. Eight eggs, one pound sugar, one sweet potatoes, half pound butter.

214. *Puff Pudding.*

Add to six well beaten eggs, eight spoonfuls of flour, and six of milk smoothly mixed, and put all into one quart of milk; turn the batter into buttered cups, and bake them quickly. Turn them out; and eat them with butter, sugar and nutmeg; or sauce to the liking. Eight eggs, four spoons of flour, and a pint of milk.

215. *Boston Best.*

Mix with four quarts of milk, eight well beaten eggs; make this mixture quite thick, with stale bread, and four pounds of best box raisins, adding sugar enough to make it *very* sweet, a little salt, and spices to the taste. Seed and flour the raisins. Bake about an hour and a half, or till done: it is excellent when cold.

216. *Apple Dumplings.*

With a narrow knife, take out the core of pared, tart, mellow apples; and fill the place of the core, with sugar; roll out some good pie crust about two thirds of an inch thick, and cut it into pieces of just sufficient size to roll the apple in. Lay an apple on each piece, and inclose it entirely, tying up in a smooth thick piece of cloth that has been well floured. Put in a pot of boiling water, and boil the dumplings an hour without intermission. They will otherwise be hard.

Eat them with butter and sugar, or with pudding sauce.

217. *Plain Fritters.*

Stir a quart of milk gradually into a pound of flour; add seven well beaten eggs, and a teaspoonful of salt. Drop them by the spoonful into hot lard, and fry them of a light brown. They are the less greasy, fried in just sufficient fat to keep them from sticking to the pan, but the lighter fried in a great deal of fat; serve out with liquid pudding sauce

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

218. *Cream Fritters.*

Mix a pint and a half of flour with a pint of milk; stir in six well beaten eggs; add half a nutmeg; then two teaspoonfuls of salt, and a pint of cream; stir the whole just enough to intermix the cream, then fry in small cakes; the addition of a few tender apples chopped fine improves the fritters.

219. *Spanish Fritters.*

Mix early in the morning a quart of flour with a well beaten egg, a spoonful of yeast, and milk enough to make it a little softer than muffin dough, adding a little salt. When well risen, work in two spoonfuls of drawn butter; make the mixture into balls, the size of a walnut, and fry them till of a light brown, in boiling lard; eat them with molasses, wine and sugar, or a sauce prepared.

220. *Mock Oysters of Green Corn.*

Mix a pint of grated green corn, with three spoonfuls of milk, a teacup of flour, half a teacup of drawn butter, a teaspoonful of salt, half a teaspoonful of pepper, and one egg. Drop by the spoonful into hot butter; let the cakes fry from eight to ten minutes.

221. *Indian Corn Cake.*

Make a thick batter of a quart of sour, or butter milk, two of sifted Indian meal, a little salt, and two teaspoonfuls of saleratus; if a little cream the better. Bake an hour in deep pans. If sour milk be wanting, boil sweet, and turn on the meal. When cool, put in three eggs to a quart of meal, salting to the taste.

222. *Pastry and Pies.*

Take nine pounds of flour, three of butter, one of lard, and three pints of cold water. Spread six pounds of the flour on the board in a ring. Put the lard in the ring, and work it into the flour with water, putting in the water very gradually, till the six pounds of flour are worked in. Roll

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

up the paste, working in all the scraps on the board until the paste is smooth. From the remaining three pounds of flour sprinkle the board and roll out the paste. Repeat this till 'tis quite smooth. Divide the butter into two parts. Flour each part. Put one part in the end of the long sheet of crust. Give it a roll or two; then put in the other part, in the same manner, and roll up the whole like a scroll; roll it till very light, turning it on the pin at each roll; then fold it together like a sheet four times. When folded, cut into strips the width of the pie plate, and roll out thin enough for the pie, and roll it over the pin; then unroll it over the line of plates. Wet the lower crust, which should be thin, when on the plate, before filling. Then after filling, roll out the upper crust on both sides till even; and from the pin, unroll, and spread over the line of plates, leaving the paste half an inch thick.

The handsomest ornamental edging for pie or pudding, is the cutting into large squares, the edge of the crust, and folding over one corner of it; the lid of the pie should be pricked, or a lip cut in the top.

223. *Common Paste for Pies.*—No. 1.

To make one large pie, or two small ones, take a pound and a half of sifted flour, and twelve ounces of washed butter. Sift the flour into a pan. Divide the butter into two equal parts. Cut up one half into the flour as small as possible. Mix it thoroughly with the flour, wetting it gradually with a little cold water. Strew some flour over your paste board, take the lump of paste out of the pan, flour your rolling pin, and roll out the paste into a large sheet, *rolling from you*. Stick the sheet over with the remaining butter in small pieces placed at equal distances. Sprinkle on a little flour, fold up the sheet, flour it lightly, and roll it out again. Then fold it up, cut it in two, or in four, according to the size of your pies. Roll it out into round sheets the size of your pie plates, now pressing rather harder on the rolling pin. Butter your pie plates, place the under crust, and trim the edge. Fill the dish with what is to constitute the pie, and put on the lid, pricking some holes, or cutting a small slit in the top. Crimp the edges with a sharp knife.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

224. *Common Pastry.*—No. 2.

For a good common pie-crust, calculate half a pound of shortening to a pound of flour; or the same proportion as in No. 1. If you wish a very short crust, instead of one half, take three quarters of the weight of shortening that you take of flour.

Pie-crust looks the handsomest made wholly of lard, but it does not taste so well as to have a proportion of butter Beef shortening mixed with butter, makes good plain pie-crust, in the cold season. Rub half of the shortening with two thirds of the flour; and to each pound of flour put a teaspoonful of salt. When the shortening is completely mixed with the flour, add just enough cold water to make it sufficiently moist to roll out easily. Divide the crust into two equal portions—lay one of them by for the upper crust; roll out the other quite thin, flouring your rolling board and pin, that the crust will not stick to them, and line your pie plates, previously buttering them; fill your plates with what is to constitute the pie; roll out the upper crust as thin as possible; spread on the reserved shortening, or the other half, and sprinkle over it the other portion, or third of the flour Roll up your upper crust, and cut it into as many pieces as you have pies to cover. Roll each one out to its desired thickness, and cover the pies: trim off the edges neatly with a knife, and press down the crust; round the edge of the plate with a jagging iron, to prevent the escape of the juices while baking. Pastry should be baked, in a quick oven *to be nice.* In cold weather, warm, but do not melt, the shortening. The crust will not be flaky if you do.

225. *Common Family Pastry.*—No. 3.

Take one quart of sifted flour, two teacups of lard, and one of butter. Reserve a handful of flour, and the cup of butter for your upper crust. Mix the lard well with the flour by rubbing them together with sufficient water to moisten the mass, as before directed: Lay by one half of it for the upper crust; and line the bottom of the pie plates and fill them with the pie-materials, according to former directions. After filling the plates—rounding them to

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

heaping full, where the ingredients admit of it; use the reserved butter and handful of flour for the upper crust, and place it, when shaped, on the top.

226. *Puff Paste.*

To make puff paste for one soup plate pie, for four small shells; (or for two puddings:) take ten ounces of sifted flour, eight ounces of best fresh butter washed, and a little cold water. Sift the flour through a fine hair sieve into a broad deep pan; lay aside one quarter of it, on a corner of your paste board, to roll and sprinkle with; after washed, squeeze the butter hard with your hands, and shape it into a round ball; divide it into four equal parts; lay them one side of your paste board, and have on hand a glass of cold water. Cut one of the four pieces of butter into the pan as small as possible; wet the contents of the pan gradually, with a very little water, (too much will make it tough) and mix it well with the point of a large case knife; do not touch it with the hand. When the dough shapes into a lump, sprinkle some of the flour you laid aside on the middle of the board, and lay the dough upon it, turning it out of the pan with the knife. Flour the rolling pin, and the lump of paste; roll the paste out thin, quickly, and evenly, pressing on the rolling pin very lightly; then take the second of the four pieces of butter, and with the point of your knife, stick in little bits at equal distances all over the sheet of paste. Sprinkle over some flour, and fold up the paste. Flour the paste board and rolling pin again; and throw a little flour on the paste, and roll it out a second time. Stick the third piece of butter all over the sheet, in little bits. Throw on some flour, fold up the paste, sprinkle a little more flour on the dough, and on the rolling pin, and roll it out a third time, always pressing lightly. Stick it over with the fourth and last piece of butter.

Throw on a little more flour, fold up the paste, and then roll it out in a large round sheet. Cut off the sides, so as to make the sheet of a square form, and lay the slips of dough upon the square sheet. Fold it up with the small pieces of trimmings inside. Score and notch it a little with the knife; lay it on a plate and set it away in a cool place, but not where it will freeze, as that will make it heavy.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

Having made the paste, prepare and mix your pie or pudding. When the mixture is finished, fetch out your paste, flour your board and rolling pin, and roll out your paste with a short quick stroke, pressing the rolling pin rather harder than while you were putting the butter in. If the paste rises in blisters, it will be light, unless spoiled in baking.

Cut the sheet in halves, fold both separately, and roll out each once more, in round sheets, the size of your plates, pressing on rather harder, but not too hard. Roll the sheets thinnest in the middle, and thickest at the edges. If intended for puddings, lay the sheets in buttered soup plates, and trim them evenly round the edges. If the edges do not appear thick enough, take the trimmings, put them all together, roll them out, and having cut them in slips the width of the rim of your plate, lay them all round to make the paste thicker at the edges, joining them nicely and evenly, as every patch or crack will appear distinctly when baked. Notch the rim handsomely with a very sharp knife. Fill the dish with the mixture of the pudding, and bake it in a moderate oven. The paste should be of a light brown color. If the oven is too slow, it will be soft and clammy: if too quick, it will not have time to rise so high as it ought.

227. *Confectioner's Pastry.*

Take five parts of flour to four of shortening; or weigh out a pound and a quarter of flour, and a pound of butter. Rub one-third of the butter with two-thirds of the flour, adding a teaspoonful of salt. When the butter is thoroughly mixed with the flour, add one beaten egg, and cold water, to moisten enough to roll out. Sprinkle part of the reserved flour on a board; cut the butter into small pieces, and roll out the pieces as thin as possible. In order to roll them very thin, you must sprinkle a great deal of the flour on the moulding board and rolling pin. Lay the butter, as fast as rolled out, on a floured plate, each piece by itself.

Roll out the pastry as thin as it can be rolled; cover it with the rolled butter; sprinkle on part of the reserved flour, and roll the crust up. Continue to roll out the crust, and put on the reserved butter and flour, till the whole is

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

used; now roll it out lightly, about half an inch thick, for the upper crust or rim to your pies. Use plain pie crust for the lining of your plates or the under crust. Puff pastry should be baked in a quick oven till of a light brown, to be nice. If it browns before the fruit in the pie is sufficiently baked, cover it with thick papers.

228. *Tart Paste.*

Rub into eight ounces of flour, six of butter, and a spoonful of powdered sugar. Form it into a thick paste with hot water.

229. *Short Paste for Fruit Pies.*

Rub into twelve ounces of flour, four ounces of lard and a spoonful of powdered sugar. Form it into a paste with milk; roll it out, and add four ounces of butter. For a fruit tart, roll out half an inch thick.

230. To make Raised Pie Crust, or Potato Pie Crust, see No. 45.

231. *Tomato Pie.*

Pick green tomatoes, pour boiling water over them, and let them remain a few minutes; then strip off the skin, cut the tomatoes in slices, and put them in deep pie plates. Sprinkle a little ginger and some sugar over them in several layers. Lemon juice, and the grated peel, improve the pie. Cover the pies with a thick crust, and bake them slowly about an hour.

232. *Mince Pie.* *See* 253½.

Parboil a beef's heart, or tongue, or a fresh piece of beef. When cold, chop very fine two pounds of the lean; chop as fine as possible, two pounds of the inside of beef's suet, and mix the meat and the suet together, adding a teaspoonful of salt. Take four pounds of pippin apples, pared, cored and chopped fine, two pounds of raisins stoned and chopped, and two pounds of currants, picked, washed and dried, and mix the fruit with the suet and meat. Add two pounds of powdered sugar, two grated nutmegs, half an ounce of powdered cinnamon, a quarter of an ounce of cloves, a

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

quarter of an ounce of mace, and the grated peel and juice of two large oranges; and wet the whole with a quart of white wine, a quart of brandy, and a wineglass of rose-water, mixing them well together.

Make a paste, allowing for each pie eight ounces of butter and twelve ounces of sifted flour. Lay a sheet of paste all over a soup plate; fill it with mince meat, laying slips of citron on the top, in the proportion of half a pound for the entire mixture. Roll out a sheet of paste for the lid of the pie; put it on, and crimp the edges with a knife; prick holes in the lid, and bake half an hour in a brisk oven.

Meat will keep good for pies, several months, if kept in a cool dry place, and prepared as follows. To a pound of meat chopped fine, and four ounces of suet, put an ounce of cinnamon, an ounce of mace, a quarter of an ounce of cloves, and two teaspoonfuls of salt, add, if liked, eight ounces of currants, eight of raisins, and four of citron. Add too, a tumbler of brandy or wine, three spoonfuls of molasses, and sugar enough to make it quite sweet. Put all in a stone pot, and cover it with a paper wet in brandy. In using it, take equal weights of meat and apples pared and chopped fine. If not seasoned enough, add to the taste. If the apples are not tart, put in lemon juice or cider.

233. *Plain Mince Pie.*

Neat's tongue and feet make the best mince pies. The shank is good. Boil the meat till very tender, take it up, clean it from the bones and gristle, chop it fine, mix it with an equal weight of tart apples chopped fine. If the meat is lean, put in a little butter or suet. Moisten the whole with cider; new, if you have good; sweeten it to the taste with sugar and a little molasses—seasoning with salt, cinnamon, cloves, and mace. Make the pies on fleet plates, with holes in the upper crust, and bake from thirty to forty five minutes.

234. *To Make Mince Meat for Pies*

Boil either beeves' feet, or calves' feet, or hogs' feet, till perfectly tender; rub them through a colander; when cold, rub them through again, and the substance will resemble pearl barley. Take one quart of this, one of chopped ap-

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

ples, one of prepared currants, one of stoned and cut raisins, one of good brown sugar, one of nicely chopped suet, one of cider, and a pint of brandy; add a teaspoonful of pounded mace, of nutmeg, and of cloves; and mix all well together. When pies are wanted, take as much of this mixture as may be necessary, adding to each quart of it a teaspoonful of pepper, and one of salt; this much improves the flavor, and can be easier mixed with a little than with the whole mass. Cover the moulds with paste; put in the mince meat; cover the top with fine slips of citron; and crown the whole with a lid garnished around with paste cut in fanciful shapes. Bake from thirty to forty minutes. They are best hot; but may be eaten either cold or hot. The mince meat may be potted, and kept for use as needed

235. *Apple Pie.*

Green apples, when small, are nice stewed whole, with the skins on, and strained when soft, and sweetened. When large enough, pare, quarter, and core the apples. If the apples are not ripe, stew them with barely water enough to prevent their burning. Sweeten them, when soft, and season them to the taste. Ripe apples are best for pies, not to be stewed.

Line your plates with a thin paste, fill them, and cover them with a thick crust, and bake from thirty to forty minutes. When baked enough, carefully remove the upper crust by loosening its edge with a broad knife and sliding it on to a plate; put a piece of butter of nutmeg size into each pie; sweeten it to your taste; and, if the apples are not sufficiently acid, squeeze in a little lemon juice; and season with lemon peel, nutmeg, and rose-water. Replace the crust.

Apples quartered, without paring, and stewed soft in new cider and molasses, make good plain pies. Strain the apples, after stewing, and season with nutmeg and cinnamon. If made quite sweet, apples thus stewed, strained, and seasoned, will keep good several months. Turn boiling water on to *dried* apples, enough to cover them, and stew them till quite soft; if they are not sufficiently tart, turn in sour cider when they are partly done. Stew with the ap-

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

ples a little orange peel to flavor them. Season them, when soft, with sugar and nutmeg, and strain them if you wish.

236. *Rice Pie.*

Turn a quart of boiling water on ten spoonfuls of clean rice; boil till very soft, take it from the fire, and add a quart of cold milk, five eggs, a nutmeg, a little salt, sugar to the taste, and strain it through a sieve. May add a few raisins. Bake from thirty to forty minutes, in deep plates, with a lining and rim of paste.

237. *Peach Pie.*

Select mellow, juicy peaches; wash and place them in a deep pie plate lined with paste; strew a thick layer of sugar on each of peaches, adding a spoonful of water, and a sprinkling of flour over the top of each layer; cover with a thick crust; and bake about an hour. The prussic acid of the stone imparts a most agreeable flavor to the pie. Stew peaches that are hard, before making them into pies. Also, stew dried peaches soft, and sweeten them; and give them no other spice than a few of the meats, blanched and pounded fine in a little rose-water.

238. *A Plain Custard Pie.*

Boil a quart of milk with six peach leaves or with a lemon rind. When the milk is sufficiently flavored, strain, and place it where it will boil. Smoothly mix a spoonful of flour with two of milk, and stir the mixture into the boiling milk. Stirring it constantly, let it boil one minute. Take it from the fire; put in three well-beaten eggs as soon as cool; sweeten to the taste; pour it into deep pie plates, and immediately bake the pies in a quick oven.

239. *Apple Custards.*

Pare, quarter, and core six mellow, tart apples; set them, with six spoonfuls of water, in a pan, on a few coals; and as they soften, turn them into a pudding dish, and sprinkle on sugar. Mix eight eggs, beaten with rolled brown sugar, with three pints of milk; grate in half a nutmeg, and turn the whole over the apples. Bake about twenty-five minutes

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

240. *Cracker Apple Pie.*

Break in pieces one and half soda crackers, or one Boston cracker, and turn on a teacup of cold water. Let it stand while making the paste. Put it in a pie plate with a little nutmeg. Add a cup of sugar and the juice of one lemon—vinegar *may* do—and bake. *A real apple pie.*

241. *Marlborough Tarts.*

Quarter, and stew very tender, juicy tart apples. To a teacup of the pulp, rubbed through a sieve, put the same measure of sugar, the same of wine, half a teacup of melted butter, the juice and grated rind of a lemon, a tumbler of milk, four eggs, and half a nutmeg. Mix all the ingredients well together, and turn into deep pie plates that are lined with pastry, with a rim of puff paste round the edge. Bake the tarts about thirty minutes.

242. *Lemon Tart.*

Grate the yellow part of the rinds of three lemons; add the juice of one, six whites and twelve yolks of eggs, twelve ounces of sugar, and twelve of butter. Bake in a plate, the bottom lined with a paste.

243. *Tart Pie.*

Cranberries, sour apples, and peaches, make good tarts. Stew them, and strain when soft. Add a little lemon juice to peach tarts, unless the peaches are sour; and brown sugar and lemon peel to the taste; put a well-beaten egg in each pie to make it cut smooth; and bake on shallow plates, with an under crust and rim of pastry. Ornament with fine strips of paste; and when the crust is done, call the *pie* done.

244. *Rhubarb Pie.*

Strip off the skin, and slice thin, the tender stalks of rhubarb. Put the rhubarb in deep plates lined with pie crust, with a thick layer of sugar to each layer of rhubarb.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

A little grated lemon peel may be added Place over the top a thick crust; press it tight round the edge of the plate, and perforate it with a fork, that the crust may not burst while baking, and let the juices of the pie escape. Bake about one hour in a slow oven. Rhubarb pie must not be quick baked. Some stew rhubarb before making it into pies, but it is best without stewing.

245. *Pumpkin Pie.*

Halve, seed, rinse, slice into small strips, and stew the pumpkin over a gentle fire, in just water enough to prevent burning to the bottom of the pot. After stewed soft, pour off the water, and steam the pumpkin about eighteen minutes, over a slow fire, seeing that it does not burn. Take it off, and strain it, when cool, through a sieve. Put to a quart of the pumpkin, twelve eggs and two quarts of milk, if you wish the pies very rich. Put to a quart of the pumpkin, three eggs and one quart of milk, if you wish them plain. If very plain, put to a quart, one egg, with a spoonful of flour, and very little milk. The more thinned the pumpkin, the greater the number of eggs required. Sweeten the pumpkin to the taste, with sugar beaten with the egg, and very little molasses. Lemon peel, nutmeg, and ginger, are good seasoning for the pies. As they require a hot oven, have the pumpkin scalding hot at the time of putting it into the plates, to prevent the rim of the pies getting burnt before the inside is sufficiently baked. Bake as soon as the plates are filled, to prevent the crust becoming clammy. The fewer the eggs in the pies, the longer the time required to bake them. Pumpkin may be kept several months in cold weather, by making it, after stewed, very sweet, and strong of ginger, and then scalding it well. Keep it in a cool place, in a stone jar. Take out what you want at any time, and put to it the milk and eggs.

246. *Lemon Pie.*

Take three fresh good sized lemons; the grated yellow of the rind and the juice, two well-beaten eggs, two spoonfuls of flour, and a pint of molasses; mix all well together. Line three large sized dining plates with a paste; put in a

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

thin layer of the lemon; add a second good paste; then put in another thin layer of lemon; add a third layer for the top; and bake till the crust is done. See receipt for "Lemon Pudding or *Lemon Pie*," No. 183.

247. *Grape Pie.*

When green and tender, grapes make a good pie. Stew and strain the grapes, unless very small, to separate the seeds, before making them into pies, and sweeten them to the taste. They need no spice. If made into a pie without stewing, put to each layer of grapes a spoonful of water, after a thick layer of sugar.

248. *Currant and Gooseberry Pie.*

Currants and gooseberries may be used for pies, when ripe; but they are best just before turning red, and of full growth. Mixed with ripe mulberries or raspberries, currants make fine pies. As the juice of the currants is apt to run out while the pies are baking, and leave the fruit dry, and not sufficiently sweet, scald in the sugar before they are baked. Stew them on a moderate fire, with twelve spoonfuls of water to two quarts of currants; as soon as they begin to crack, put in the sugar and scald it in, a few minutes. If baked without stewing, add a thick layer of sugar to each of fruit—four ounces of sugar to a pint of currants. Green currant pies are good sweetened with sugar and molasses mixed.

249. *Fruit Pies in Variety.*

In making pies from ripe summer fruit, raspberries, blackberries, damsons, cherries, &c., always take a deep plate, line it with paste, place in the middle an inverted teacup, and fill the plate with fruit Brown sugar and spice to the taste. The cup thus placed, will receive the juice, which would otherwise escape at the edges of the pie. It will settle under the cup; which remove on cutting the pie.

250. *Delicate Pie of Sweetbread and Oysters.*

The sweetbread of veal is the most delicious part. Boil t tender; stew some oysters; season with pepper and salt,

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

and thicken with cream, butter, the yolk of eggs, and flour; line a deep dish with a puff paste; take up the oysters with an egg spoon; lay them on the bottom; cover them with the sweetbread; fill the dish with gravy; put over it a paste top, and bake it.

251. *Cream Pie.*

Take five well-beaten eggs, and a pint of sweet thick cream; beat with the eggs sufficient good dry sugar to make the cream very sweet; add seeded raisins; and season with nutmeg and very little salt—mace and citron, if wanted very nice. Line deep plates with a paste with a little left for a rim. Bake till the cream is stiff set, so as not to be milky.

252. *Connecticut Thanksgiving Chicken Pie.*

In sufficient water to prevent burning, stew old not young fowls, jointed, all but tender enough for the table. Pour all into a dish, and season with salt and pepper to the taste. When about cold, place the parts in your pudding dish, lined with a thin common paste, adding about half a pound of butter to three pounds of fowl, in alternate layers. Take more of the paste; roll it *nine times*, studding it each time with butter, (it must be made very rich;) be careful to roll out, each time, from you, and to roll up towards you, leaving it, at least, an inch thick. Add the upper crust; cut a lip in it; and ornament it with some of the reserved paste, having first lightly sprinkled the chickens with flour, after almost filling the dish with the liquor in which the chickens were stewed. Pin tight around the rim of the dish a cloth bandage, to prevent the escape of the juices; and bake from an hour to an hour and a half, in a quick oven. If the top burns, lay a paper over it.

253. *Common Chicken Pie.*

Prepare the chickens, and place them in a deep pudding dish, as by preceding rule. Put three or four slices of pork to each layer of chicken. Add some of the liquor in which they were boiled, and two ounces of butter, in small pieces. Sprinkle over a little flour; cover with a nice crust, ornamenting with the same; and bake one hour, in a quick oven

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

253½. *Richmond Mince Pie.* 232.

To two pounds lean beef, two suet, two raisins, two apples—chopped fine—add four ounces allspice, two cloves, and one of mace, with one quart of wine and one of brandy. Moisten with sweet cider when preparing it for the paste.

254. *Almond Custard,* No. 1.

Take one pint of rich milk, one of cream, half a pound of shelled sweet almonds, two ounces of shelled bitter almonds, four spoonfuls of rose-water, four ounces of white sugar, the yolks of eight eggs, and a little oil of lemon; blanch the almonds and pound them to a paste, mixing the rose-water gradually with them; powder the sugar, and beat the yolks till very light; mix the milk and cream together, and stir in gradually, the sugar, the pounded almonds, and the beaten yolks. Stir the whole very hard. Put the mixture into a skillet or sauce pan, and set it in a heated stove, or on a charcoal furnace. Stir it one way till it becomes thick, but take it off before it curdles. Set it away to get cold. Take half the whites of the eggs: beat them well, adding a little powdered sugar, and a few drops of oil of lemon. Put the custard into a glass bowl or dish, and heap the frothed white of an egg upon it. Ornament the top with nonpareils, or sugar sand. Or put the custard in small cups, piling some froth on each.

255. *Almond Custard,* No. 2.

Blanch, and pound fine, four ounces of almonds, with a spoonful of rose-water; boil them four or five minutes in a quart of milk, with sugar enough to sweeten the milk; remove it from the fire; when lukewarm, stir in the well-beaten yolks of eight eggs, and the whites of four; set all on the fire and stir constantly till it thickens. Then take it up; stir it till partly cooled, and turn it into cups. Set the cups into a pan of cold water, if you wish to have the custards cool quick. As soon as the water gets warm change it. Just before the custards are to be eaten, beat the reserved whites of the other four eggs to a froth, and pile them on the top of the custards.

256. *Soft Custard.*

Take a quart of cream or milk, the yolks only of sixteen eggs, six ounces of powdered white sugar half an ounce

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

of cinnamon broken in small pieces, a large handful of peach leaves, or half an ounce of peach kernels, or bitter almonds, broken in pieces, a spoonful of rose-water, and a nutmeg; and boil in the milk, the cinnamon, and the peach kernels or leaves. When it has boiled, set it away till cold. Strain it through a sieve, soon as cold, to clear it of the cinnamon, leaves, &c., and stir into it gradually, the sugar, spice, and rose-water. Stir by degrees the sixteen yolks, beaten very light, into the milk, which must be quite cold, or the eggs will make it curdle. Put the custards into cups and set them in a baking pan half filled with water. When baked, grate some nutmeg over each, and ice them. Make the icing of the whites of eight eggs, a heaping teaspoonful of powdered loaf sugar, and six drops of essence of lemon, beaten all together till it stands alone. Pile up some of the icing on the top of each custard.

257. *Rennet Custards.—See "To Make Rennet."*

Take half a pint of cream and a quart of new milk mixed, four ounces of powdered white sugar, a large glass of white wine in which an inch of washed rennet has been soaked, and a nutmeg; mix together, in a pitcher, the milk, cream, and sugar; stir in the wine; and pour the mixture into your custard cups. Set them in a warm place near the fire, till they become a firm curd. Then set them on ice, or in a cold place. Grate nutmeg over them.

258. *Cream Custards.*

Sweeten a pint of cream with powdered white sugar, and set it on a few coals. When hot, mix with it white wine till it curdles. Add rose-water, or essence of lemon, to the taste, and turn it into cups.

Another very nice way of making custards, is to mix a pint of milk with a pint of cream, five beaten eggs, three spoonfuls of sugar, and two of flour, adding nutmeg to the taste, then baking in cups or in pie plates, in a quick oven.

259. *Boiled Custards.*

Set your milk on the fire, and let it boil up. Remove it from the fire, and let it cool. Beat for each quart of milk,

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

if liked rich, the yolks and half the whites of six eggs, with three spoonfuls of rolled sugar. Stir them into the milk when cool. For very plain custards, four eggs are sufficient for a quart of milk. Season the custard with nutmeg or rose-water; set it on a few coals; and stir it constantly, till it thickens and becomes scalding hot. Remove it from the fire before boiling. Stir it a few minutes, and turn it into cups. Beat to a stiff froth the reserved whites of the eggs, and pile them on the top of the custards just before they are to be eaten.

260. *Mottled Custards.*

Stir the beaten yolks of six eggs into a quart of boiling milk; one minute after the yolks have set so as to be thick, stir in the whites well beaten, with three spoonfuls of sugar, if liked very sweet. Season with rose-water, or essence of lemon; stir till it becomes lumpy and thick, and then turn it into cups.

261. *Milk Custards.*

Make a quart of milk quite hot, that it may not whey when baked; let it stand till cold; then mix with it, eight eggs; sweeten with loaf sugar, and flavor with essence of lemon and rose-water. Fill the custard cups; put on the covers; and set them in the oven, in a dripping pan half filled with boiling water. When the water has boiled ten or fifteen minutes, take out a cup, and if the custard is the consistency of jelly, it is sufficiently done.

262. *Cakes, Gingerbread, Nuts, &c.*

General directions.—Cake, to be nice, must be made of nice materials, and must be nicely made. The butter, eggs, and flour should all be fresh. Brown sugar does very well for most kinds of cake if rolled free from lumps, and stirred to a cream with the butter, or until white; then adding the eggs, flour, and spices. The sugar should be dry, and of a light color. The flour should be sifted, and if not perfectly dry, it will make the cake heavy. The whites and yolks of the eggs should be beaten to a froth, separately. Salæratus and soda should be completely dissolved, and fil-

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

tered before put into the cake. Raisins should have the seeds taken out, or *be stoned*. Zante currants should be rinsed in several waters to cleanse them, rubbed in a dry cloth to get the sticks out, and then spread on platters and thoroughly dried. Almonds should be blanched and dried, then pounded fine with a little rose-water to prevent their oiling. In cold weather the ingredients for cake should be warmed moderately before mixing them. All kinds of cake made without yeast are better for being stirred just before they are baked. Salæratus and cream should not be put in till just before the cake is baked; add the fruit last. Butter the cake pans well; and if the pans are lined with buttered white paper the cake will be less liable to burn. Moving cake while baking tends to make it heavy; avoid the moving of it if possible. The quicker most kinds of cake are baked, without burning, the better—the lighter.

It is impossible to give definite rules as to the time required for baking cake. It should be often looked at while baking; if it browns too fast, a cover of white paper should be put over it. To know when rich cake is done, run a clean broom splinter through the thickest part of the loaf, and if none of the cake adheres to the splinter, it is baked enough. Cake that easily moves on the flat tins on which it is baked, is done enough.

263. *Frosting for Cake.*

Allow for the white of one egg, nine large teaspoonfuls of double refined sugar, and one of nice Poland starch, both powdered and sifted through a very fine sieve. Beat the whites of eggs so stiff they will adhere to the bottom of the plate on turning it upside down; then stir the sugar in gradually, stirring constantly about fifteen minutes; add a teaspoonful of lemon juice, or essence of lemon, or a little rose-water. Stir in a few grains of cochineal powder, or rose pink, if you wish to color pink; or of the powder blue, if you wish to have it of a blueish tinge. Before icing a cake, dredge it all over with flour, and then wipe off the flour; the icing may thus be spread on more evenly. Lay the frosting on the cake with a knife, soon after it is drawn from the oven, (it may be either warm or

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

cold;) smooth it over, and set in a cool place till hard Allow the whites of three eggs for two common sized loaves. The appearance of the cake will be much improved by icing it twice. Put on the first icing soon after the cake is taken out of the oven, and the second the next day, after the first is perfectly dry.

Before cutting an iced cake, cut the icing first, by itself, by pressing the back of the knife nearest the blade end across the cake, to prevent the cracking and breaking of the icing. *Frosting is* BEST, *made by beating from* 3 *to* 4 *spoonfuls sugar with* 1 *egg-white, adding teaspoonful lemon juice.*

264. *Lemon Cake.*

Take one teacup of butter, and three of powdered loaf sugar; rub them to a cream; stir into them the yolks of five eggs well beaten; dissolve a teaspoonful of salæratus in a teacup of milk, and add the milk; add the juice and grated peel of one lemon, and the whites of the five eggs; and sift in, as light as possible, four teacups of flour. Bake in two long tins about half an hour. Much improved by icing.

265. *Rich Queen Cake.*

Take a mixed teaspoonful of powdered and sifted mace and cinnamon, and one nutmeg; put one pound of powdered white sugar into a deep earthern pan, and cut one pound of fresh butter washed to it, and stir them till very light. Beat ten eggs in a broad shallow platter till perfectly smooth and thick; and take fourteen ounces of sifted flour; stir into the butter and sugar a little of the beaten egg, and then a little of the flour, and so on alternately, till the whole is in; all the time beating the eggs and stirring the mixture very hard. Add, by degrees, the spice; and then, a little at a time, a mixed wineglass of brandy and wine, and half a glass of rose-water, or twelve drops of essence of lemon. Stir the whole very hard, adding a pound and a half of well prepared currants.

Take about two dozen little tins, and rub them well with fresh butter. Put some of the mixture, with a spoon in each tin, not filling it, as it will rise high in baking. Bake about fifteen minutes, in a quick oven. When done, the cakes will shrink a little from the sides of the tins. Make an

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

icing with the whites of three eggs, beaten till it stands alone, and twenty-four teaspoonfuls of the best of loaf sugar powdered, and beaten gradually into the egg. Flavor it with a teaspoonful of rose-water, or eight drops of the essence of lemon, stirred in at the last. Spread it evenly, with a broad knife, over the top of each queen cake, ornamenting while the icing is quite wet, with fine sugar sand, dropped on carefully with the thumb and finger. Set them in a warm place to dry; but not too near the fire, as that will cause the icing to crack.

266. *Family Queen Cake.*

Take a pound of sifted flour, one of sugar, and three-quarters of butter; rub the butter and sugar to a cream; add the well-beaten yolks of five eggs, one gill of wine, one of brandy, and one of cream, with part of the flour, and a pound of stoned raisins, or well prepared currants, and spices to the taste; and then add the whites of the five eggs beaten to a stiff froth, with the remainder of the flour.

267. *Sponge Cake.* No. 1.

Beat twelve eggs as light as possible, (for sponge and almond cake they require more beating than for any thing else;) beat a pound of loaf sugar, powdered and sifted, by degrees, into the eggs, continuing to beat sometime very hard after all the the sugar is in; (none but loaf sugar will make light sponge cake.) Stir in, gradually, a powdered teaspoonful of mixed cinnamon and mace, a grated nutmeg. and twelve drops of lemon essence; lastly, by degrees, put in ten ounces of sifted flour, dried near the fire, stirring round the mixture very slowly with a knife. If the flour is stirred too hard the cake will be tough. It must be done gently and lightly, so that the top of the mixture will be covered with bubbles. As soon as the flour is all in, begin to bake, as setting will hurt it.

Put it in small tins, well buttered, or in one large tin pan. The thinner the pans, the better for sponge cake. Fill the small tins about half full. Grate loaf sugar over the top of each before setting them in the oven. When baked, turn over the cakes and frost them

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

268. *Sponge Cake.* No. 2.

Beat well together the yolks of ten eggs with a pound of powdered white sugar; and then stir in the whites, beaten to a stiff froth. Beat the whole ten or fifteen minutes; then stir in, gradually, half a pound of sifted flour. Spice it with a nutmeg, or the grated rind of a lemon. Bake immediately.

269. *Savoy Cakes.*

Beat well and separately, the yolks and the whites of eight eggs; mix them, and stir in, gradually, a pound of powdered white sugar; after beating the whole well together eight or twelve minutes, add the grated rind of a fresh lemon and half the juice, a pound of sifted flour, and two spoonfuls of coriander seed. Drop this mixture by the spoonful on buttered baking plates, several inches apart; sift white sugar over them, and bake immediately in a quick oven.

270. *Wedding Cake.*

Take four pounds of flour, four of white sugar, four and a half of butter, twenty of best bunch raisins after seeded, ten of Sultana raisins, four of currants, and four of citron; four dozen eggs, three spoonfuls cloves, three of mace, and four of cinnamon; three gills wine, and three of brandy; and three large nutmegs. Prepare and bake, as for "*Black or Plum Cake*," No. 272.

271. *Quick Wedding Cake.*

Take ten teacups of sifted flour, six of rolled sugar, four of butter, three of milk, eight eggs, one teaspoonful of salæratus, one gill of St. Croix rum, three teaspoonfuls of mixed mace and nutmeg, two pounds of stoned raisins, and one of currants. Rub the butter and sugar to a cream; put in the yolks of the eggs well beaten; reserving a little milk, sufficient to dissolve the salæratus, warm the remainder of it, with the rum, to the temperaturo of new milk, and add them with the flour, the whites of the eight eggs, the spices, and last of all the salæratus dissolved in a little milk. Bake about an hour and a half.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

272. *Black or Plum Cake.*

Take one pound of sifted flour, one of fresh butter, one of powdered white sugar, two of best raisins, two of currants, twelve eggs, two spoonfuls of mixed mace and cinnamon, two powdered nutmegs; one glass of wine, one of brandy, and half a glass of rose-water, mixed, and a pound of citron.

Pick the currants clean; wash, and drain them through a colander; wipe them in a towel; spread them on a large dish, placed slanting near the fire or in the hot sun; when dry, sprinkle them well, and the raisins, stoned and halved, with sifted flour, to prevent their sinking to the bottom of the cake. Take twice as much cinnamon as mace, sift, and mix them with the nutmeg; mix the liquor and rose-water in a tumbler; cut the citron in slips; sift the flour into a broad dish; and sift the sugar into a broad deep earthen pan, cut in the butter, and stir them to a cream, first warming them near the fire if the weather is too cold to have them easily mix. Beat the eggs as light as possible; stir them alternately with the flour, into the butter and sugar, stirring very hard; add gradually the spice and liquor; stir alternately the raisins and currants into the mixture; and then, after all the ingredients are in, stir the whole as hard as possible ten or fifteen minutes. Line the bottom and sides of a large tin or earthern pan with sheets of white paper well buttered, and put into it some of the mixture; spread on it some of the citron, not cut too fine; put in more of the mixture; then another layer of the citron; and so on, till it is all in, having a layer of the mixture on the top. Bake from four to five hours, in a baker's oven—if in an iron oven, withdraw the fire, and let it remain in all night, or till quite cold. Ice it next day.

273. *Plum Cake.*

Take five pounds of flour; add two of butter, five of currants, a large nutmeg, three-quarters of an ounce of mace, and one-quarter of an ounce of cloves. Take a pound of sugar, twelve eggs, (leaving out the whites;) a pint of yeast; and then warm sufficient cream to wet it, pouring

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

some sack into the cream; make it a thick batter. Then pound twelve ounces of almonds with sack and rose-water; beat them gently; and add them with a pound of candied citron, orange, and lemon peel mixed all together. Lay a little paste on the bottom of the pan, and bake.

274. *Fruit Cake.*

Take three pounds of flour, three of sugar, three of butter, four of currants, five of raisins, two of citron, one ounce of mace, one of nutmeg, one of cloves, three wineglasses of brandy, three of wine, three dozen of eggs, and two spoonfuls of salæratus, dissolved and added just before going into the oven. Select and prepare the ingredients in the same manner as for the last, and bake about one hour and a quarter.

275. *Rich Loaf Cake.*

Take six pounds of flour, three and a half of sugar, and 3 lbs. 6 oz. of butter, one tumbler of wine, or of brandy, two quarts of milk, half an ounce of mace, half an ounce of nutmeg, four eggs, six or seven pounds of raisins, a spoonful of salt, and a tumbler and a half of yeast. Prepare the flour and fruit; the eggs and other ingredients generally, in the same manner as for "Fruit Cake." Rub the butter and sugar to a cream; then stir one half of it into the flour with salt; make a hole in the middle of the flour; put in the yeast, and wet it up with milk about blood warm. Let it stand till perfectly light, then add the reserved half of the sugar and butter, and all the other ingredients. Butter your pans well, and dip out into them, and let them stand for a second rising. When they begin to bubble, or show signs of rising, put the oven a heating. Bake about an hour and a quarter. Frost as other cake.

276. *Plain Loaf Cake.*

Mix a pint of lukewarm milk with two quarts of sifted flour, and two spoonfuls of yeast, and set it where it will rise quick. When perfectly light, work in, with the hand, four well-beaten eggs, a teaspoonful of salt, two of cinnamon, and a wineglass of wine or brandy; work in a pound

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

of sugar and three-quarters of butter rubbed to a froth, adding another quart of sifted flour, and beating the whole smartly, with the hand, ten or fifteen minutes. Set it where it will rise again. When perfectly light, put it into cake pans well buttered, and let them stand fifteen or twenty minutes. May add a pound and a half of raisins just before putting the cake into the pans, if liked.

277. *Loaf Cake.* No. 1.

Take two pounds of sifted flour, (reserving half a pound of it to sprinkle in at the last,) one of fresh butter, one of powdered sugar, one of raisins, one of currants, four eggs, a tumbler of milk, half a glass of wine, half a glass of brandy, a spoonful of mace, nutmeg, and cinnamon, mixed, and a tumbler of best brewer's yeast. Cut up the butter in the milk; warm it till quite soft; then stir together, and set it away to cool—do not make it too warm. Mix the eggs, well beaten, with the butter and milk, and stir the whole into the pan of flour. Add the spice and liquor, and stir in the sugar gradually. Pour off the thin part from the top; stir in the yeast; pour it back into the mixture; and sprinkle in the reserved flour. Have the fruit ready, well floured, and stir it gradually into the mixture. Put the cake into a large buttered tin pan; cover it, and set it in a warm place for five or six hours, to rise. When quite light, bake in a moderate oven. Best the day it is baked.

278. *Loaf Cake.* No. 2.

Take eight quarts of flour, five pounds of sugar, three and a half pounds of butter, half a pound of lard, one gill of yeast, four eggs, one ounce of mace, one ounce of nutmeg, a tumbler of wine, eight pounds of raisins after stoned, and a spoonful of salt. Made as "Rich Loaf Cake."

279. *Shelah, or Quick Loaf Cake.*

Work half a pound of melted butter, after it is cool, into a pound and a half of raised dough; mix with the dough, four eggs well beaten with twelve ounces of sugar, a wine-glass of wine or brandy, a teaspoonful of cinnamon, and a grated nutmeg. Dissolve a teaspoonful of salæratus in

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

twelve spoonfuls of milk; strain it on the dough; work all well together fifteen minutes; add a pound of stoned raisins, and put the dough into your bake pans. Let them stand twenty minutes before setting them into the oven.

280. *Almond Cake.*

Take two ounces of blanched bitter almonds, pounded very fine; seven ounces of flour, sifted and dried, ten eggs, one pound of loaf sugar, powdered and sifted, and two spoonfuls of rose-water. Scald the two ounces of bitter almonds, or peach kernels, throwing them, as you peel them, into a bowl of cold water, then wiping them dry, and pounding them singly, till fine and smooth, in a marble mortar, with a little rose-water to keep them from oiling. Beat well and separately the whites and the yolks of the eggs. Add the sugar gradually to the yolks, beating it in very hard; beat in the almonds by degrees, and then add the rose-water. Stir half of the whites into the yolks and sugar. Divide the flour into two equal parts, and stir in one half, slowly and lightly, till it bubbles on the top; then the other half of the whites, and the rest of the flour, very lightly. Butter a large square tin pan; put in the mixture; and set immediately in a quick oven, which must be rather hotter at the bottom than at the top. If allowed to get slack the cake will be spoiled. Make an icing with the whites of three eggs, twenty-four teaspoonfuls of loaf sugar, and eight drops of essence of lemon. When the cake is cool, mark it in small squares with a knife; cover it with icing; and ornament, while wet, with nonpareils to your fancy. Cut it while fresh

281. *French Almond Cake.*

Take six ounces of shelled sweet almonds, three of bitter almonds or peach kernels; three of sifted flour, dried by he fire, fourteen eggs, one pound of powdered loaf sugar, and fourteen drops of the essence of lemon. Mix the sweet and bitter almonds together; and, while pounding them, turn in a little rose-water—it makes them much lighter. Prepare the almonds, if possible, the day before the cake is made. Prepare and mix the whole according to the re-

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

ceipt for "Almond Cake;" but do not divide the whites of the eggs, nor the flour. After mixing the yolks, the sugar, the almonds, and the lemon essence; beat in, gradually, the whites of the eggs, continuing to beat for some time after they are all in. Lastly, stir in the flour as lightly and slowly as possible. Bake in a very quick oven about one hour. These cakes are generally baked in a turban-shaped mould, and ornamented with nonpareils put on in spots or sprigs. Eats best the day it is baked.

282. *Kisses.*

Take one pound of the best loaf sugar, powdered and sifted, the whites of four eggs, twelve drops of essence of lemon, and a teacup of currant jelly. Beat in, gradually, the sugar, a teaspoonful at a time, to the well-beaten whites of the four eggs; add the essence of lemon; and beat the whole very hard. Lay a wet sheet of paper on the bottom of a square tin pan; drop on it, at equal distances, a small teaspoonful of stiff currant jelly, (better to put a little of the beaten white of egg and sugar at first under the currant jelly;) with a spoon, pile on some of the beaten white of egg and sugar, on each lump of jelly, so as to completely cover it, dropping on the mixture as evenly as possible, so as to make the kisses of a smooth round shape; set them in a *cool* oven, and as soon as they are colored they are done; take them out and place them two bottoms together; lay them lightly on a sieve, and dry them in a cool oven till the two bottoms stick fast together, so as to form one ball or oval.

283. *Kisses, or Sugar Drops.*

Rub to a cream, six ounces of powdered white sugar, and three of butter; add three well-beaten eggs, half a pound of sifted flour, and half a nutmeg. Drop this mixture, by the spoonful, on buttered tins, several inches apart; sprinkle small sugar plums on the top, and bake them immediately.

284. *New York Cup Cake.*

Take four eggs, four tumblers of sifted flour, three tumblers of powdered white sugar, one tumbler of butter, one

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

tumbler of rich milk, one glass of white wine, a grated nutmeg, a teaspoonful of powdered cinnamon, and a small teaspoonful of salæratus. Warm the milk and cut in the butter, keeping it by the fire till the butter is melted; stir into the milk, the eggs beaten very light, in turn with the flour; add the spice and wine; and, lastly, the salæratus dissolved in a little vinegar. Stir all very hard. Butter small tin pans; half fill them; and bake in a moderate oven of equal heat throughout.

285. *Cup Cake.*

Rub to a cream, three cups of sugar, with one and a half of butter; stir in six well-beaten eggs, three cups of sifted flour, and rose-water, or essence of lemon, to the taste. Dissolve a teaspoonful of salæratus in a cup of milk; strain it into the cake; and add three more cups of sifted flour. Bake immediately, in cups or in pans.

286. *Measure Cake.*

Rub to a cream, two cups of sugar and one of butter; stir in four well-beaten eggs, a grated nutmeg, and three cups of flour. Stir it till just before baking. Bake in cups, or in pans.

287. *French Cake.*

Take one pound of sugar, three-quarters of a pound of butter, a pound and a half of flour, twelve eggs, one gill of brandy, one of wine, and one of milk. Rub to a cream, the butter and sugar; add the eggs well beaten, (the whites and the yolks separately;) stir in the flour, the milk, the wine, and a quarter of a grated nutmeg. Just before it is baked, add twelve ounces of stoned raisins, four of citron, and four of blanched and pounded almonds.

288. *Rich Cream Cake.*

Rub to a cream, half a pound of butter and three-quarters of a pound of sugar; stir in seven well-beaten eggs, (the whites and yolks beaten separately;) a wineglass of brandy, a grated nutmeg, and a pound and a half of sifted flour. Just before it is baked, add a tumbler of thick cream, and a

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

pound of stoned raisins. Stirring the cream much, decomposes it.

289. *Plain Cream Cake.*

Rub one teacup of cream and two of sugar together; add two well-beaten eggs, a wineglass of milk, a teaspoonful of salæratus, and stir in flour enough to make it of the consistency of pound cake, adding half a wineglass of wine or brandy. Flavor to your taste. Bake from half to three-quarters of an hour.

290. *Rutland Cake.*

Take two cups of butter, six of flour, four of sugar, eight eggs, a teaspoonful of salæratus, and brandy and spice to the taste. Prepare and mix the materials as for "Queen Cake," or other like cake, and bake it about the same length of time.

291. *Hartford Cake.*

Rub two pounds of butter into five of flour; add sixteen eggs, not much beaten, one pint of yeast, and one of wine. Knead it up stiff like biscuit; let it stand till perfectly light. When light, work in thoroughly, two and a half pounds of raisins soaked several hours in a gill of brandy, a gill of rose-water, two and a half pounds of powdered loaf sugar, half an ounce of mace, and a spoonful of cinnamon. Put it in your pans, let it rise, and bake as "Loaf Cake."

292. *Cake without Eggs.*

Take one cup of butter, three of sugar, one pint of sour milk or cream, a pint and a half or two pints of flour, one pound of raisins, a spoonful of salæratus, and spice to your taste. Mix the ingredients properly prepared, and bake about an hour.

293. *Boston Gingerbread.*

Take two pounds of sifted flour, one of sugar, three-quarters of butter, six eggs, one pint of molasses, two teaspoonfuls of salæratus, half a pint of cream, (or, in its place, half a pint of milk and four ounces more of butter,) and cloves

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

cinnamon, and raisins to your liking. Bake, till it readily separates from the tins.

294. *Composition Cake.*

Take five teacups of flour, three of sugar, two of butter, one of milk, five eggs, a teaspoonful of salæratus, a wine-glass of brandy or wine, one nutmeg, and a pound of raisins. Rub the butter and sugar to a cream; add the eggs, well beaten; the spice, and half the flour; dissolve the salæratus in the milk; strain and mix it with the brandy; and stir it into the cake with the rest of the flour; add the raisins just before the cake is put into the pans; and bake from three-quarters of an hour to an hour.

295. *Plain Composition Cake.*

Take a pound and three-quarters of flour, one and a quarter of sugar, three-quarters of butter, a pint of milk, four eggs, and a teaspoonful of salæratus. Prepare the composition and bake as the preceding.

296. *Diet Bread.*

Mix a pound of sifted flour with a pound of powdered sugar; stir into the mixture, very gradually, eight well-beaten eggs; season with essence of lemon, rose-water, or to the taste; and bake fifteen or twenty minutes.

297. *Confectioner's Pound Cake.*

Rub to a cream, 20 ounces of sugar and twelve of butter; stir in twelve well-beaten eggs, a pound and a half of sifted flour, and mace and nutmeg to the taste.

298. *Pound Cake.*

Rub one pound of sugar and three-quarters of butter to a cream; add the well-beaten yolks of ten eggs; then the whites; and stir in, gradually, a pound of sifted flour.

299. *Pound Cake.—Baked or Boiled.*

Wash the salt from three-quarters of a pound of butter, and rub it to a cream; add, alternately to it, one pound of

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

powdered sugar, twelve whites of well-beaten eggs, and a pound of sifted flour, beating all together till perfectly light. Then add the twelve yolks, well beaten, some grated lemon peel, a nutmeg, and a gill of brandy. Butter the pans and bake.

This cake makes an excellent pudding if baked in a large mould and eaten with sugar and wine. It is also excellent when boiled, and served up with drawn butter, sugar, wine, and half a gill of rum.

300. *Good Family Cake.*

Take two pounds of flour, half a pound of butter, half of white sugar, one pint of milk, three eggs, one gill of yeast, half a spoonful of mace, or other spice, to your taste. Mix well, half your flour with the yeast and milk, and let it stand till perfectly light. Add the butter, eggs, sugar, and spice together, and stir in the remainder of your flour; then gently pour this to the first mixture. Let all stand till perfectly light; then put it in your pans and bake

301. *Delicate Cake.*

Rub to a cream, seven ounces of butter and a pound of powdered white sugar; then add the well-beaten whites of sixteen eggs, half a nutmeg, and a teaspoonful of rose-water Stir in, gradually, a pound of sifted flour, and bake immediately. The yolks can be used for custards.

302. *Jelly Cake.* No. 1.

Take six ounces of butter and eight of sugar, and rub them to a cream; stir into it, eight well-beaten eggs, and a pound of sifted flour; add the grated rind and juice of a fresh lemon, and turn the mixture on scolloped tin plates that have been well buttered. The cakes should not be more than a quarter of an inch thick on the plates. Bake them immediately, in a quick oven, till of a light brown. Pile them on a plate, with a layer of jelly or marmalade on the top of each.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

303. *Jelly Cake.* No. 2.

Rub to a very light cream, half a pound of powdered white sugar, and half a pound fresh butter; stir in, alternately, twelve well-beaten eggs, and a pound of sifted flour; add a nutmeg and half a glass of rose-water. Place a circular tin plate, well buttered, on your griddle, or in your stove oven, and pour on it a dipper of the batter, and bake it as you would a buckwheat cake. Keep it in good shape. It need not be turned. Bake as many as you wish, laying each on a separate plate, and spreading jelly or marmalade all over the top of it; then pile one on the other, to the number of five or six, giving the appearance of one large thick cake; trim the edges nicely with a penknife, and cover the top with powdered sugar. When to be eaten, cut in three cornered slices, as you would a pie; or in pointed diamonds.

304. *Sponge Gingerbread.*

Take a piece of butter of the size of a hen's egg; melt and mix it with a pint of good molasses, a quart of flour, and a spoonful of ginger. Dissolve a heaping spoonful of salæratus in a tumbler of milk; strain and mix it with the other ingredients, adding sufficient flour to roll out easily. Bake on flat tins in a quick oven, after rolling it out about half an inch thick.

305. *Sugar Gingerbread.*

Mix with six ounces of butter, a pound of sugar; stir into this mixture, four well-beaten eggs, with three teaspoonfuls of ginger. Add, gradually, a pound and a half of flour; dissolve a teaspoonful of salæratus in a wineglass of milk; stir it in and bake immediately.

306. *Hard Molasses Gingerbreaa.*

Mix a teacup of melted butter with a pint of molasses, a quart of flour and a spoonful of ginger. Dissolve a spoonful of salæratus in a tumbler of water; stir it in, adding enough flour to roll it out. Bake in an oven moderately warm.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

307. *Soft Molasses Gingerbread.*

Mix with a pint of molasses, a teacup of melted butter, a pint of flour, two well-beaten eggs, and a spoonful of ginger. The peel of a fresh lemon cut into small strips, is an improvement. Dissolve in a tumbler of milk, and stir in, two teaspoonfuls of salæratus; add flour to make it of the consistency of unbaked pound cake. Bake about half an hour in deep pans.

308. *Ice Cream.* See No. 407.—*Ice Cream without Cream.* See No. 408.

In 2 quarts boiling milk stir 3 spoons arrow-root rubbed smoothly in cold milk; and 12 spoons sugar, flavoring to taste. When cool, add half pint or pint cream. Can be frozen in tin pail, very *quickly*, if shaken thoroughly and often.

Ice Cream without Cream.—Seven eggs; one quart of milk; half pound of sugar. Set all in a tin pail in a kettle of water. Let it come *to* a boil, or longer, as the quantity.

309. *Bannocks.—Love Cakes.—Elizabeth Cake.*

Bannocks.—Scald with *milk* or water 1 quart corn-meal. When cool, add 2 spoonfuls yeast, 1 teaspoonful salt, 1 egg, and 1 quart flour. Let rise. Add half teaspoonful salæratus, and fry in lard. *Love Cakes.*—Mix with 12 egg yelks a glass of rose-water, 4 ozs. bitter almonds finely pounded, sugar enough to make a batter so stiff as to bake in paper boxes. *Moderate* oven. *Elizabeth Cake.*—Cup of butter; three sugar; one new milk; four eggs; teaspoon salæratus; half teaspoonful cream of tartar, 4 cups of flour.

310. *Soda Cake.*

Four cups of flour; 3 of sugar; 1 of butter; 1 of milk; 5 eggs; 1 teaspoonful cream of tartar; half of soda; nutmeg and fruit to taste. Put in milk just before *setting in.*

311. *Ginger Snaps.* No. 1.

Take one pint of molasses, one teacup of butter, one spoonful of ginger, and one teaspoonful of salæratus; and boil all the ingredients thoroughly; when nearly cold, add as much flour as can be rolled into the mixture.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

312. *Ginger Snaps.* No. 2.

Mix four ounces of lard and four of butter, melted, with four ounces of brown sugar, a pint of molasses, two spoonfuls of ginger, and a quart of flour; strain in two teaspoonfuls of salæratus dissolved in a wineglass of milk, adding sufficient flour for rolling out thin. Cut into small cakes, and bake in a slow oven.

313. *Ginger Cookies.*

Take one teacup of sugar, one of molasses, one of butter, one egg, one spoonful of salæratus, one of ginger, and one of vinegar; and mix them with seven teacups of flour.

314. *Jumbles.*

Rub to a cream a pound of sugar and half a pound of butter; add eight well-beaten eggs, essence of lemon or rose-water to the taste, and flour to make the jumbles stiff enough for rolling out. Roll out, in powdered sugar, about half an inch wide and four inches long, and form them into rings, by joining the ends. Lay them on flat buttered tins, and bake in a quick oven.

315. *Rice Balls.* 316. *Cheap Rice Balls.*

Stir in 1 quart boiling milk 5 spoonfuls ground rice well washed, 6 eggs, and teaspoonful salt. Let boil till it thickens. Pour in cups wet in cold water. Turn them on dish garnished with crabapple or currant jelly. For sauce: white sugar mixed with sweet cream, flavored with glass of wine and nutmeg if liked.

Cheap Rice Balls.—Five generous spoonfuls rice flour; salt; 2 eggs; 1 spoonful sugar. Mix with little cold milk, and stir in a quart of boiling milk, seasoned by boiling lemon peel in it. Boil about fifteen minutes.

317. *Rich Jumbles.*

Rub to a cream, a pound of butter and a pound of sugar; mix with it, a pound and a half of flour, four eggs, and very little brandy. Roll the cakes in powdered sugar, and bake.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

318. *Plain Jumbles.*

Rub eight ounces of butter and twelve of sugar to a cream; mix with it a pound of flour, adding a little rose-water.

319. *Macaroons.*

Blanch and pound till fine and smooth, in a marble mortar, with a little rose-water, a pound of sweet almonds; beat to a froth the whites of seven eggs; beat with the eggs a pound of powdered sugar; and then add the almonds. Mix all thoroughly and drop them on sheets of buttered paper; sift sugar over them, and bake quickly. Do not let them get discolored.

320. *Vermont Sugar Cake.*

Rub to a cream, one pound of butter with one and three-quarters of sugar; add seven well-beaten eggs, seven spoonfuls of milk, a little rose-water, and two and a half pounds of flour. Bake in an oven of but moderate heat, first grating over the cake a little loaf sugar. This cake will keep a long time good.

321. *Little Plum Cakes.*

Make a preparation, as for pound cake; then add raisins and currants, and bake in small tins, and ice.

322. *Virginia Drop Biscuit.*

Add to eight eggs, beaten very light, three-quarters of a pound of flour, and one pound of sugar; when perfectly light, drop them on tin sheets, and bake them in a quick oven

323. *Drop Biscuit.*

Take cream and sour milk, or sour milk and butter, sal-æratus, salt, and a little sugar. Thicken with flour stiff enough to drop.

324. *Sugar Drops.*

Take eight ounces of flour, six of sugar, three of butter, two eggs, half a nutmeg, and a little rose-water. Bake, and ornament the top with sugar plums.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

325. *Rich Cookies.*

Rub to a cream, two teacups of sugar, with one of butter; stir in two well-beaten eggs, a little flour, and a grated nutmeg; strain in a teaspoonful of salæratus dissolved in a teacup of milk or water; and add flour sufficient to stiffen for easy rolling out, flouring the board and pin. Stamp and cut the cakes, and bake in a moderately warm oven.

326. *Jenny Lind Cake.*

Stir together 2 cups white sugar and 1 butter. Add 10 egg-whites, well beaten. Just before *setting in*, add half a teaspoonful soda dissolved in cup of cold milk, and 1 and half cream tartar mixed with 4 cups flour. Flavor with vanilla, or to taste. Line pans with buttered paper, and bake in moderate oven fifteen or twenty minutes. Frost it,—*Or:* the 10 yelks with the other ingredients as above, and the grated rind of 2 lemons for the flavoring, make a nice cake.

327. *Soft Cookies.*

Take one cup of butter and two of sugar, and rub them to a cream; mix with them three well-beaten eggs, a teacup of milk or cream, six of flour, a teaspoonful of salæratus, and a little nutmeg or brandy.

328. *Boston Cream Cake.*

Take a quart of cream, if sour, the better; four eggs, enough flour for a thick batter, a teaspoonful of salæratus, and a small teaspoonful of salt; stir the eggs, well beaten, by degrees into the cream; add, gradually, enough sifted flour to make a thick batter; add the salt; dissolve the salæratus in as much vinegar as will cover it, and stir it in at the last. Bake the mixture in muffin rings. Send the cakes to the table quite hot. Pull them open and butter them.

329. *Shrewsbury Cake.*

Rub to a cream, half a pound of butter, and three-quarters of sugar; add five well-beaten eggs, a nutmeg, or teaspoonful of rose-water, and about a quart of flour. When well mixed, drop it, with a spoon, on buttered tins and sift on sugar

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

330. *Tunbridge Cake.*

Rub to a cream, six ounces of sugar, with six of butter, add two well-beaten eggs, and work in twelve ounces of flour, adding a teaspoonful of rose-water. Roll out thin, and cut it into small cakes.

331. *Plain Tea Cakes.*

Stir to a cream half a teacup of butter with one and a half of sugar, and add a little flour and half a nutmeg; dissolve a teaspoonful of salæratus in a teacup of milk, and strain that in: add flour till sufficiently stiff to roll out; roll out half an inch thick, cut into cakes, and bake them on flat buttered tins, in a *quick oven*.

332. *Indian Cakes.*

Rub to a cream, a pound of butter, and a pound and a quarter of brown sugar; add six well-beaten eggs, and a pound and three-quarters of sifted white Indian meal, and a quarter of wheat flour. Bake in small cups, and let it remain in them till cold.

333. *Whigs.*

Rub to a cream, six ounces of butter, with eight of sugar; add two well-beaten eggs and a teaspoonful of cinnamon. Stir in two pounds of flour, a teacup of yeast, and milk enough to make a thick batter; and bake them in small cups when light.

334. *Sugar Dough Nuts.*

Strain on three teacups of raised dough, a teaspoonful of salæratus dissolved in a glass of wine or milk; work in a teacup of lukewarm melted butter, two of rolled sugar, three well-beaten eggs, and two teaspoonfuls of cinnamon; work all well together for fifteen minutes, then put it into cake pans; and let it stand fifteen or twenty minutes before baking.

335. *Molasses Dough Cakes.* *See page* 194.

Mix a teacup of molasses, the chopped rind and juice of a fresh lemon, and a teaspoonful of cinnamon, with half a

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

teacup of melted butter. Work the whole with the hand ten or fifteen minutes, into three teacups of raised dough, with two well-beaten eggs. Put it into buttered pans, and let it stand ten or fifteen minutes before baking.

336. *Yankee Nut Cakes.*

Make a pint of milk just lukewarm; stir in a teacup of melted lard, and flour enough to make a thick batter, adding about ten spoonfuls of yeast. Place it where warm. When light, work in two teacups and a half of rolled sugar, four well-beaten eggs, two teaspoonfuls of cinnamon, and one of salt. Knead in flour to make it stiff enough to roll out; place it where warm, till risen again. When of a sponge-like lightness, roll out about half an inch thick; cut into cakes with a wineglass, and let them remain fifteen or twenty minutes; and then boil them in a pot, with about two pounds of lard. The fat should be hot enough to boil up as the cakes are put in, and a brisk fire kept under the pot. The pot should be shaken constantly while the cakes are boiling; and only a few should be done at a time, for if crowded they will not fry well. If particular in their looks, dip them in powdered white sugar as they are fried The same lard, with small additions, will do to fry several batches of cakes in, if not burnt.

337. *Crollers.* No. 1.

Dissolve a teaspoonful of salæratus in four spoonfuls of milk, or in three of milk and one of wine; strain it on a tumbler of flour, adding four spoonfuls of melted lard or butter, and a teaspoonful of salt; beat four eggs with seven spoonfuls of rolled sugar; work them into the other ingredients, with a grated nutmeg, and add flour to make sufficiently stiff to roll out easily. Roll them out about half an inch thick, and cut them with a jagging iron or knife into strips about half an inch wide and twisted, so as to form small cakes united in a circle. Heat a pound of lard, in a deep pot or kettle, (a frying pan is not so good,) so the fat will boil up as the cakes are put in, and watch them constantly while frying. When brown on one side, turn them and brown the other.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

338. *Crollers.* No. 2.

Take two pounds of flour, three-quarters of sugar, and a half of butter, nine eggs, and a little mace or rose-water, and mix all together, and fry as No. 1.

339. *Cream Cake.*

Take one pound of flour, three-quarters of sugar, half of butter, half a pint of cream, four eggs, and spice to the taste. Put the cream in when just ready to bake.

340. *Savoy Cake; and Dough Nuts.*

Take half a pound of fine loaf-sugar, a quarter of sifted flour, four eggs, and half the grated rind and juice of a lemon. Cut the whites of the eggs on a platter to a froth; add the sugar gradually; when the oven is ready, stir in the lemon and the yolks well beaten; sift in the flour as light as possible; drop, by half-spoonfuls, on buttered tins; sift on a little white sugar; and bake immediately:—soon done.—For the *Dough Nuts*, take two teacups of milk, one of sugar, half one of butter, half one of yeast, half a nutmeg, a teaspoonful of salt, and flour to make it as stiff as biscuit.—Cooked like "Yankee Nutcakes."

341. *Family Cake.*

Take rice and flour, of each six ounces, nine well-beaten eggs, half a pound of pounded and sifted lump sugar, and half an ounce of caraway seeds. Beat all well together one hour, then bake one hour in a quick oven. This is a very light cake, and is very suitable for young persons and delicate stomachs.

342. *Cake without Butter.*

Take the weight of five eggs, three in sugar and two in flour. Gradually add to the eggs well beaten, the sugar, then the flour, and a little grated lemon peel, or a few caraway seeds. Bake it in a tin mould, in rather a quick oven.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

343. *Convenient Yeast.*

Receipt of an excellent Virginia housekeeper in Williamsburg. The bread will never sour; and it may be baked the same morning the yeast is made. Put into sufficient water, two quarts of wheat bran, one pint of Indian bran, a handful of hops, and a teacup of parched corn, and boil all together; strain it; when all but cold, stir in a teacup of molasses, and add sufficient old yeast to make it ferment; then turn off the white scum and bottle it. Mix some of the yeast with a little flour, in a teacup, adding a little sugar; and set it near the fire about one hour before wanted for use. Take off from the dough a piece for use, any time during the day. If some of the dough is reserved for light and tender biscuit for tea; work down the dough; add a little butter; mould your biscuit; warm and oil your baker, and warm the lid and bake.

344. *Milk Yeast.*

It is very nice for biscuit. Take half the milk wanted for your biscuit; place it where warm, adding a little flour and salt. When light, mix it with the rest of the milk, and use it directly for the biscuit. A pint of this yeast is sufficient for five or six loaves of bread. It makes sweeter bread than any other yeast, but it will not keep.

345. *Potato Yeast.*

Peel and boil soft, a large Irish potato; rub it through a sieve; add an equal quantity of flour; make it liquid with hop tea; when a little warmer than new milk, add a gill of good yeast. Stir it well, and keep it closely covered in a small pitcher.

346. *Patent Yeast.*

Put half a pound of fresh hops to a gallon of water, and boil it away to two quarts; strain it, and add enough flour to make it a thin batter; then add half a pint of good yeast. When well fermented, turn it into a bowl, and work in sufficient corn meal to make it of the consistency of biscuit dough. Let it rise. When quite light, make it into little

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

cakes, and dry them in the shade, turning them frequently, and keeping them free from damp and dust.

Where brewer's yeast can be had, it will be more convenient to take a quart of that, and a quart of water, about milk warm, and work in enough Indian meal to make it the consistency of biscuit dough, and then proceed as with the two quarts of hop water.

To prepare the cakes for use, take one or more of the cakes, according to your flour; turn on a little warm water; when it is dissolved, stir it well; thicken with a little flour, and set it near the fire to rise before it is used. The best thing to keep yeast in is a small mug or pitcher, with a close stopper, under which place a double fold of linen, to make it quite close. This is much preferable to a bottle, and is easier cleaned.

347. *Wheat Bread.*

Take for half a dozen sized loaves of bread, three pints of boiling water; and mix it with five or six quarts of flour. After thoroughly mixed, add three pints of cold water and stir the whole to the same temperature. When lukewarm, stir in half a pint of family yeast, or a gill of brewer's yeast, and a spoonful of salt; and knead in flour, free of lumps, till stiff enough to mould up. The bread is improved by much kneading. Cover it over with a thick cloth, and if the weather is cold, place it near the fire. To know when it is risen, cut it through the middle with a knife, and if full of small holes like a sponge it is light enough for baking; and it should be baked immediately. If it should get sour before you are ready to bake, dissolve two or more teaspoonfuls of salæratus, according to its acidity, in a teacup of milk or water; strain it on the dough; work it in well; then cut off enough for a loaf; mould it up neatly; gash it on both sides to prevent cracking when baked: and set it in a buttered tin pan. Let pans stand 10 or 12 minutes before baking, and in the oven hour and half, if you wish bread baked much. If the wheat is grown, the bread is better wet up entirely with boiling water. It should cool before adding the yeast. Some think the life of the flour is killed by scalding—mistake; the bread will be sweeter; and it

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

will keep the longer good. Thus wet up, the bread is nearly as good as if wet with milk. Do not put in the yeast while the dough is hot; by its scalding the yeast it will kill the life of it. Most ovens need heating about an hour and a half. The doors of the room should be kept shut, if the weather is cold; and a brisk fire kept up. To know if your oven is of a right temperature, when cleaned, throw in a little flour; if it brown in the course of a minute, it has a right heat; if it turns immediately black, wait a few minutes before *setting in*. If the oven does not bake well, set in a furnace of live coals. A mixture of pine and ash, birch, and maple, are all good oven wood.

348. *Excellent Family Bread.*

Take a peck of sifted flour, half a pint of family yeast, or a gill of brewer's yeast; and wet up, with new milk of natural warmth, or with skim milk, or water milkwarm, adding a little shortening and a teaspoonful of salt. Knead it faithfully. Be particular to leave the dough soft, if wheat; and stiff, if rye.

349. *Sponge Bread.*

Take, for four loaves of bread, three quarts of wheat flour, and three of boiling water; mix them thoroughly, and let the mixture remain till lukewarm; then add twelve spoonfuls of family yeast, or six of brewer's; place it where warm, to rise. When light, knead in flour to make it sufficiently stiff to mould up. Let it stand for a second rising, then mould it.

350. *Rye Bread.*

Wet the flour with lukewarm milk, (water will do, but it is not so good,) putting in the same proportions of yeast as for wheat bread. Put in two teaspoonfuls of salt for four or five loaves of bread; and two spoonfuls of melted butter make it more tender. It should be kneaded more stiff than wheat bread. When light, put it into pans without moulding it up; and let it remain in them, before baking, about twenty minutes.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

351. *Brown Bread.*

Take equal quantities of Indian meal and rye flour; scald the meal; when lukewarm, mix in the flour, adding yeast and salt, and kneading as for other bread. Bake from two to three hours. A good substitute for Graham or dispepsia bread.

352. *Indian Bread.*

Mix, as for a thick gruel, Indian meal and cold water, stir the mixture into boiling water; let it boil half an hour; stir in a little salt; take it from the fire; let it remain till lukewarm; and then stir in yeast and Indian meal till of the consistency of common dough. When light, take it out into buttered pans; let it remain a few minutes, then bake it about two hours and a half.

353. *Graham Bread.*

To be sure of having a good article, send good, clean wheat to mill; have it ground rather coarsely, without bolting; and keep the meal in a dry cool place. Sift it through a common hair sieve, before using it. This will sufficiently separate the grosser particles.

Take six quarts of this wheat meal, one teacup of good yeast, and six spoonfuls of molasses, and mix them with a pint of milkwarm water and a teaspoonful of salæratus. Make a hole in the flour, and stir this mixture in the middle of the meal till it is like batter. Then proceed as with fine flour. Make it, when light enough, into four loaves. Make your oven hotter than for common bread; and bake about an hour and a half. It is an excellent article of diet for the dispeptic and the costive, and for sedentary persons, and for children.

354. *Corn Meal Bread.*

Take a piece of butter of the size of a hen's egg; rub it into a pint of corn meal; make it a batter with two eggs and some new milk; add a spoonful of yeast, and set it by the fire an hour to rise; butter little pans, and bake it.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

355. *Batter Bread.*

Take six spoonfuls of flour and three of corn meal, with a little salt; sift them, and make a thin batter with four eggs and a sufficient quantity of rich milk. Bake it in a quick oven, in little tin moulds.

356. *Mixed Bread.*

Put a teaspoonful of salt, and a spoonful of yeast into a quart of flour; make it sufficiently soft with corn meal gruel. When well risen, bake it in a mould. It is an excellent bread for breakfast. Indifferent flour will rise better made with gruel than with fair water.

357. *Rice Bread.* No. 1.

Boil six ounces of rice in a quart of water till dry and soft; put it into two pounds of flour and mix it well; add two teaspoonfuls of salt, two spoonfuls of yeast, and enough milk or water to make it of a proper consistency. Bake it in moulds, when well risen.

358. *Rice Bread.* No. 2.

Boil a pint of rice till soft; mix it with two quarts of wheat or rice flour; when cool, add six spoonfuls of yeast, a little salt, and milk to reduce it nearly to the consistency of wheat dough. Bake it, when light, in small buttered pans.

359. *Potato Bread.*

Boil thoroughly, and mash fine, mealy potatoes; add salt and a very little butter; rub them with twice their quantity of flour; stir in your yeast, and wet up with lukewarm milk or water, till stiff enough to mould up. It will rise quicker than common wheat bread; and it should be baked as soon as risen, for it soon sours.

360. *French Rolls.* No. 1.

Pour a quart of lukewarm milk to a quart of flour; melt two ounces of butter, and add to it, with two eggs and a teaspoonful of salt; when cool, stir in six spoonfuls of

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

yeast, and flour till sufficiently stiff to mould up. Set it in a warm place. When light, mould it into small rolls; lay them on flat, buttered tins, and let them remain twenty minutes before baking.

361. *French Rolls.* No. 2.

To a quart of sifted flour, add two well-beaten eggs, half a pint of milk, a spoonful of yeast, and a little salt; knead it well, and set it to rise; next morning, work in an ounce of butter, mould the dough into small rolls, and bake. The top crust should be tender.

362. *Dry Butter Biscuit.*

Take half a pound of butter, two pounds of sifted flour, half a pint of milk, or cold water, and a teaspoonful of salt; cut the butter into the flour, and add the salt; wet the flour to a stiff dough with the milk, or water, and mix it well with a knife; strew flour over the paste board, and knead the dough well; roll it out into a large thick sheet, and beat it hard and a long time, on both sides, with the rolling pin; cut it out with a tin or cup, into small, round, thick cakes; beat each cake on both sides with the pin; prick the cakes with a fork, and put them in buttered pans, and bake them of a light brown in a slow oven.

363. *Butter Biscuit.*

Mix a teacup of melted butter with two-thirds of a pint of milk, (or water, which is not so good,) add a teaspoonful of salt, six spoonfuls of milk yeast, or other yeast, and stir in flour till sufficiently stiff to mould up. The addition of two eggs will improve the biscuit. Place the dough where warm; when risen, mould it with the hand into small cakes, and place them on flat, buttered tins. Bake them, after standing half an hour.

364. *Buttermilk Biscuit.*

Dissolve two teaspoonfuls of salæratus in a teacup of sour milk, mix it with a pint of buttermilk, and two teaspoonfuls of salt; stir in flour till sufficiently stiff for mould-

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

ing up. Make them into small cąkes, and bake them immediately.

365. *Milk Biscuit.*

Rub half a pound of butter into three and a half pounds of flour, and add half a pint of yeast; let it stand five minutes, then mix it pretty stiff with milk of natural warmth and knead it half an hour, and then bake.

366. *Wainwood Biscuit.*

Take a quart of new milk, half a pint of good yeast, and a teacup of molasses, and stir in flour enough to make a stiff sponge; let it rise till very light; then melt three quarters of a pound of butter, and work it into the sponge, adding flour till quite stiff. Work it thoroughly, mould it to your liking, and put the biscuits on tin sheets to rise, while the oven is heating.

367. *Hard Biscuit.*

Take four pounds of flour; rub three pounds and a half of it with a quarter of butter, four well-beaten eggs, and two teaspoonfuls of salt; moisten it with milk, pound it out thin with a rolling pin, and sprinkle a little of the reserved flour lightly over it. Roll it up and pound it out again, and sprinkle on more flour. Continue to repeat this operation till you work in all the reserved flour; then roll it out thin, cut it into cakes with a tumbler, lay them on flat, buttered, tins, and cover them with a damp cloth to prevent their drying. Bake them in a quick oven.

368. *Salæratus Biscuit.*

Put two teaspoonfuls of salæratus to a pint of sour milk. If you have no sour milk, put a spoonful of vinegar to a pint of sweet milk, and set it in a warm place. As soon as the milk curdles, mix it with the salæratus, put in two spoonfuls of melted butter, and flour to make stiff enough to roll out. Mould into small biscuit, and bake immediately

369. *Sponge Biscuit.*

Mix with a pint of lukewarm milk, half a teacup of melted butter, three spoonfuls of brewer's yeast, and a tea-

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

spoonful of salt, and flour till it becomes a very stiff batter. When light, drop the mixture by spoonfuls, on buttered, flat, tins, several inches apart. After remaining a few minutes, bake them, till of a light brown, in a quick oven.

370. *Potato Biscuit.*

To four good sized, mealy potatoes, boiled soft, peeled, and mashed, add a piece of butter as big as a hen's egg, and a teaspoonful of salt. When the butter is melted, put in half a pint of cold milk. If the milk sufficiently cools the potatoes, put in a gill of yeast, and flour enough to make them of a right consistency to mould up. Place them where warm; when risen, mould them up with the hand; let them remain ten or fifteen minutes, and bake.

371. *Crackers.*

Rub six ounces of butter into two pounds of flour; dissolve two teaspoonfuls of salæratus in a wineglass of milk, and strain it on the flour; add a teaspoonful of salt, and milk sufficient to roll it out. Beat it with a rolling pin for half an hour, pounding it out thin; cut it into cakes with a tumbler; bake them about fifteen minutes, and then take them out of the oven. When the rest of your things are baked enough, take them out, set in the crackers again, and let them remain till baked hard and crispy.

372. *Economy Cakes.*

Bread that has been rusked, or that is old and sour, can be made into good cakes. Cut the bread into small pieces, and soak it till very soft, in cold water; drain off the water, and mash the bread fine. To three pints of the pulp add two well-beaten eggs, three or four spoonfuls of flour, and a little salt. Dissolve a teaspoonful of salæratus to a tea cup of milk, strain, and stir it into the bread. Add milk till the batter is of a consistency little thicker than for buck wheat cakes, and fry it in the same manner.

Another way, which is very good. Mix a tumbler of wheat flour with two spoonfuls of yeast, and sufficient cold water, or milk, to make it a thick batter. When light, mix the batter with the bread, reduced to a pulp, adding a

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

little salt, and a teaspoonful of salæratus dissolved in a little milk. Fry them in just sufficient fat to prevent their sticking to the pan.

373. *Buckwheat Cakes.*

Mix a quart of buckwheat flour with a pint of lukewarm milk, or water, and twelve spoonfuls of yeast, and set it in a warm place to rise. When light, which will be in eight or ten hours, or sooner if brewer's yeast is used, add a teaspoonful of salt, and if sour, a teaspoonful of salæratus dissolved in a little milk and strained. If too thick, thin them with cold milk and water. Fry them in just sufficient fat to prevent their sticking to the frying pan.

374. *Green Corn Cakes.*

Take a pint of grated green corn, three spoonfuls of milk, and a teacup of flour; mix with them, half a teacup of melted butter, an egg, a teaspoonful of salt, and half a teaspoonful of pepper. Drop into hot butter, by the spoonful, and let the cakes fry eight or ten minutes. These cakes are nice served up with meat for dinner.

375. *Indian Corn Cakes.*

Mix a quart of Indian meal with a handful of wheat-flour, stir into a quart of warmed milk, a teaspoonful of salt, and two spoonfuls of yeast; stir, alternately into the milk, the meal and three well-beaten eggs; when light, bake as buckwheat cakes on a griddle, send them to the table hot. Should the batter sour, stir in a little salæratus dissolved in luke-warm water, letting it set half an hour before baking.

376. *Indian Slap Jacks.*

Take and scald a quart of Indian meal, in milk, if you have it—water will do, turn it out, and stir in half a pint of flour, half a pint of yeast, and a little salt. Fry them, when light, in just fat sufficient to keep them from sticking to the frying pan.

Another nice way. Turn a quart of boiling milk or water to a pint of Indian meal, stir in three spoonfuls of flour, hree eggs, and two teaspoonfuls of salt.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

377. *Journey or Johnny Cakes.*

Sift and scald a quart of Indian meal with water enough to make a very thick batter; add two or three teaspoonfuls of salt, and mould it into small cakes with the hands. In moulding up, the hands will need a good deal of flouring to prevent their sticking. Fry them in nearly sufficient fat to cover them. When brown on the under side, turn them. Cook them about twenty minutes. When done, split and butter them.

Another way, which is nice. Put to a quart of scalded Indian meal a teaspoonful of salt, the same of salæratus dissolved in milk, adding two or three spoonfuls of wheat flour. Drop the batter by spoonfuls into the frying pan. The batter should be very thick, and there should be just fat sufficient to prevent the cakes sticking to the frying pan.

378. *Hoe Cakes.*

Scald a quart of Indian meal with just sufficient water to make a thick batter; stir in two spoonfuls of butter, and two teaspoonfuls of salt. Turn it into a buttered cake pan and bake about half an hour.

379. *Muffins.*

Take a quart of wheat flour, mix it smoothly with a pint and a half of lukewarm milk, half a teacup of yeast, two eggs, a teaspoonful of salt, and two spoonfuls of lukewarm melted butter. Place the batter where warm to rise. When light, butter your muffin cups, pour in the mixture, and bake it till of a light brown.

380. *Quick Waffles.*

Take cold milk, and mix it with enough flour to make a thick batter. Add to a quart of the flour, six eggs, a spoonful of melted butter, and a teaspoonful of salt—some add half a nutmeg and four ounces of sugar. Bake immediately.

381. *Raised Flour Waffles.*

Stir into a quart of flour enough lukewarm milk to make a stiff batter—stir it in gradually, to prevent its being lumpy;

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

add two eggs, a spoonful of melted butter, half a teacup of yeast, and a teaspoonful of salt. Fill your waffle irons with the batter, when risen, and bake on a hot bed of coals. Turn the waffle irons over, when they have been on the fire between two and three minutes. They are done enough when brown on both sides. The waffle irons should be very hot, and well oiled with lard, before each cake is put in. The cakes should be buttered as quick as cooked. Serve them up with fine white sugar and cinnamon.

382. *Waffles.*

Take half a pint of cream and half a pint of milk, slightly warm, add six eggs, and stir in gradually a pound and a half of sifted flour.

383. *Rice Waffles.*

Warm a teacup and a half of boiled rice with a pint of milk, mix it smooth, and take it from the fire; then stir in a pint of cold milk and a teaspoonful of salt; add four well-beaten eggs, and, gradually, flour enough to make a thick batter.

384. *Breakfast Rice Cakes.*

Put half a pound of rice to soak over night; boil it very soft in the morning, drain off the water, mix it with four ounces of melted butter, and set it away to cool. When cold, stir it into a quart of milk, adding a little salt; then stir in, alternately six eggs and half a pint of sifted flour. Beat all well together, and bake on the griddle in cakes about the size of a small dessert plate. Butter and send them to the table, hot.

Instead of preparing the rice, cold boiled rice makes very nice cakes, mixed and cooked as the prepared.

385. *Wafers.*

To the whites of twelve eggs add a pint of flour, two ounces of melted butter, and enough milk to make a thin batter, adding fine loaf sugar to the taste. Pour into the wafer irons, bake quickly without browning, and roll them while hot.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

386. *Rice Wafers.*

Mix four ounces of melted butter with a pound of rice flour, a teaspoonful of salt, and a glass of wine; stir in four well-beaten eggs, and just sufficient milk for easy rolling out; roll out as thin as possible, cut into cakes with a wine-glass, and bake on buttered tins, in a moderate oven.

387. *Rice Ruffs.*

Turn sufficient boiling milk, or water, to a pint of rice flour to make a thick batter; when cold, add four well-beaten eggs, and a teaspoonful of salt. Drop it by spoonfuls into hot fat.

388. *Rice Cakes.*

Stir a pint of rice, boiled soft, into a pint of milk, with a teaspoonful of salt, and three well-beaten eggs; mix with wheat or rice flour till stiff enough to fry. If you prefer them baked, add two more eggs, and sufficient flour for rolling out, and cut them into cakes.

389. *Crumpets.*

With the hand, work into three teacups of raised dough, half a teacup of melted butter, three eggs, and only sufficient milk to leave it a thick batter; pour it into a buttered pan, let it remain a quarter of an hour, then put on the bake pan and heat it so as to scorch flour. Bake half an hour.

390. *Cream Cakes.*

Take a tumbler of milk, a tumbler of thick cream, and four eggs, and stir in just sufficient flour to make them stiff enough to drop on buttered tins. Drop by spoonfuls, several inches apart, and bake in a quick oven.

391. *Syllabub.*

Season some milk with sugar and white wine, but not enough to curdle it; fill your glasses nearly full, then crown them with seasoned whipt cream

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

392. *Floating Island.*

Take six whites of eggs, six spoonfuls of jelly, and a pint of cream sweetened with loaf sugar; beat the jelly and the whites of the eggs together till they form a stiff froth that stands alone. Have the cream ready in a broad, shallow dish. Just before sending to the table, pile up the froth in the centre of the cream. Some beat with the jelly and eggs, wine, the juice of lemon, rose-water, and essence of lemon.

393. *Flummery.*

Put sponge or savoy cakes in a deep dish and turn on white wine enough to make them quite moist. Make a rich boiled custard, using the yolks of the eggs only; when cool, turn it over the cakes. Beat the whites of the eggs to a froth, and turn them over the whole.

394. *Whip Syllabub.*

Take nice sweet cream, to each pint, put six ounces of double refined powdered white sugar, the juice and grated rind of a lemon, and half a tumbler of white wine; beat the whole well together, put jelly in glasses, and cover them as fast as it rises.

395. *Ornamental Froth for Blanc Mange, or Creams.*

Beat to a froth the whites of four eggs, and then stir in half a pound of preserved raspberries, cranberries, or strawberries; beat the whole well together, and turn it over the top of your blanc mange or creams.

396. *Virginia Floating Island.*

Fill your bowl nearly with syllabub, beat the whites of six new-laid eggs to a stiff froth, mix with it raspberry or strawberry marmalade enough to color and flavor it, lay the froth lightly on the syllabub, first putting in some slices of cake; raise it in little mounds and garnish with something light.

397. *Charlotte Rousse.*

Take an ounce of isinglass, quite fine, dissolve it in a coffeecup of water, and let it simmer slowly until it is re-

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

duced to less than a quarter. Next take a stick of vanilla and put it in a cup and a half of milk, sweeten it to your taste, and let it boil slowly fifteen minutes. Then take the yolks of four eggs, beat them a little, and when the milk is so cooled that it will not cook the eggs, stir them carefully in. Put the milk again over the fire, and the eggs; keep stirring till thick, (it must on no account boil,) then put it through a sieve. Put the isinglass through too, but keep them separate. Cover the bottom and sides of your mould with finger biscuits, neatly fitted into each other, and set the mould in a pail of ice. Beat a pint of cream, and mix all together, milk, isinglass, and cream, and pour it into the mould; cover the mould and lay ice over it, and leave it in the ice three hours. The cream should be beaten just before you are ready to put it into the ice.

398. *Apple Snow.*

Put twelve good tart apples in cold water, and set them over a slow fire; when soft, drain off the water, strip the skins off the apples, core them, and lay them in a deep dish. Beat the whites of twelve eggs to a stiff froth; put half a pound of powdered white sugar to the apples, beat them to a stiff froth, and add the beaten eggs. Beat the whole to a stiff snow, then turn it into a dessert dish, and ornament it with myrtle or box.

399. *Trifle.*

Put slices of sponge cake, or nice rolls, at the bottom of a deep dish, wet them with white wine, and fill the dish nearly to the top with rich boiled custard; season half a pint of cream with white wine and sugar, and beat it to a froth; as it rises, take it lightly off and lay it on the custard, piling it up high and tastily, and decorate it with preserves of any kind cut so thin as not to bear the froth down by their weight.

400. *Slip.*

Make a quart of rich milk a little warm, stir into it about a spoonful of prepared rennet, and when cold it will be of the consistence of jelly. Make it but a few hours before using. By standing it becomes tough and watery. In

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

summer, set the dish in ice after it has jellied. Eat it with powdered sugar, cream, and nutmeg.

401. *Curds and Whey.*

Turn a quart of milk to a jelly, as for slip, let it stand till just before it is to be served, then take it up with a skimmer and lay it on a sieve. When the whey has drained off, dish the curds, and surround them with cream. Use nutmeg, sugar, and wine. Very delicious, easily prepared, and cheap. The whey drained from the curds is an excellent drink for invalids.

402. *Isinglass Blanc Mange.*

Take an ounce of mild, white, isinglass, pull it into small pieces, rinse, and put them to a quart of milk, if the weather be hot; to three pints, if it be cold; set the milk on a few coals, stir it constantly till the isinglass is dissolved, sweeten it to the taste, with double refined loaf sugar, put in a piece of cinnamon, and a blade of mace, or a vanilla bean. Boil it five or six minutes, stirring constantly. Strain it, and fill the moulds with it, and let it remain in them till cold. One bean may be used several times. Almonds, grated lemon rind, wine, and rose-water, may be added with the other ingredients, if liked.

403. *Blanc Mange.*

Take four calf's feet, a pint and a half of thick cream, half a pound of crushed loaf sugar, a glass of wine, half a glass of rose-water, and a teaspoonful of sifted mace; boil the feet, after thoroughly cleansed, (such as have not been skinned,) till all the meat drops off the bone. Drain the liquor through a colander or sieve, and skim it well; let it stand till next morning to congeal; then clean it well from the sediment, and put it into a tin or bell-metal kettle. Stir into it, the mace, sugar, and the cream, having been first boiled with a handful of peach leaves, or an ounce of broken bitter almonds; boil hard five minutes, repeatedly stirring it. Strain it through a linen cloth into a large bowl, and add the wine and rose-water. Set it in a cool place for three or four hours, stirring often to prevent the cream from

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

separating from the jelly. Stir till cold--the more the better. Wash, wipe dry, and then wet your moulds in cold water, and put in the blanc mange when it becomes very thick. After it has set in the moulds to be quite firm, loosen it carefully all round with a knife, and turn it out on glass plates. If you wish to make it with almonds, take an ounce of blanched bitter almonds and two ounces of sweet, pound them with rose-water, add them gradually, when the mixture is ready to boil, or while cooling in the bowl, stirring them well in. If it inclines to stick to the moulds, set them for an instant in hot water.

404. *Calf's Feet Blanc Mange.*

Boil four feet in five quarts of water till reduced to one quart; strain and let it cool; put it into a quart of milk and boil it eight or ten minutes, sweetening it to the taste; strain it, and fill your moulds. Flavor with cinnamon and lemon peel before boiling, or with peach leaves or rose-water after boiling.

405. *Moss Blanc Mange.*

Take three sprigs of moss well washed, put it in one quart of cold water, over the fire; let it remain till scalding hot, (to extract the bitter taste,) then squeeze it dry, put it in a quart of cold milk, boil the milk half an hour, then strain it through a fine sieve; season it with white sugar, white wine, and essence of lemon, and turn it into the moulds to cool.

406. *Rice Flour Blanc Mange.*

Mix four spoonfuls of ground rice, very smooth, with a tumbler of cold milk, and stir it into a quart of boiling milk; add the grated rind of a lemon, half the juice, a blade of mace, and sweetening, to the taste. Boil all six or eight minutes, stirring it frequently. Set it from the fire. When cool, add the beaten whites of three eggs, put it again on the fire, stir it constantly till nearly boiling hot, turn it into deep cups or moulds, and let it remain till cold. It is nice for invalids.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

407. *Ice Cream.* See No. 308.

Take a quart of rich cream boiled and set away till cold, half a pound of loaf sugar powdered, the juice of two large lemons, or of a pint of raspberries or strawberries, or an ounce of bitter almonds blanched and pounded with rose-water. Put the cream into a broad pan, then stir into it the sugar by degrees, till well mixed, and strain it through a sieve. Put it into a tin that has a close cover, and set the tin in a tub; fill the tub with ice broken in very small pieces, and strew among the ice a large quantity of salt, being careful that none of the salt get into the cream. Scrape the cream down with a spoon as it freezes round the edges of the tin. While the cream is freezing, stir in gradually the lemon juice or the juice of a pint of mashed strawberries. When it is all frozen, dip the tin in luke-warm water; take out the cream and fill your glasses just as ready to use it. It will soon melt. Essence of lemon, and the juice of pine apples, are nice to flavor the cream.

408. *Ice Cream without Cream.* See No. 308.

Where cream cannot be procured, a custard made in the following manner may be substituted:—To a quart of milk, add the beaten yolks of four eggs and a vanilla bean or the rind of a lemon; set it on a few coals, making it very sweet with white sugar; stir it constantly till scalding hot, but do not let it boil. Remove it from the fire, and take out the lemon peel or bean. When perfectly cold, put it in an ice cream form—if you have none, a milk kettle with a tight cover may be substituted. Set the form into the centre of a tub that is large enough to leave a space of five inches from the form to the outside of the tub; fill the space round the form with alternate layers of finely cracked ice and rock salt, having a layer of ice last, and the whole just as high as the form. The tub should be covered with a woolen cloth while the cream is freezing, and the form should be constantly shaken. If you wish to shape the cream, pour it into moulds as soon as it freezes, set them in the tub, et them remain till just before they are to be eaten, then dip them in warm water, and take them immediately out, and turn them into dessert dishes.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

409. *Lemon Cream.*

Pare the yellow part only of four fresh lemons; soak it twelve hours in half a pint of cold water, then add the juice of the lemons, and half a pint more of cold water. Beat to a froth the yolks of three eggs and the whites of eight; strain the lemon juice and water, and mix it with the eggs; sweeten it with double refined sugar, stir it till it grows thick, then take it from the fire—stir it till cold. Serve it up in glasses. Orange cream is made in the same way.

410. *Vanilla Cream.*

Boil a Vanilla bean in a quart of rich milk until sufficiently flavored; take it out, mix with the milk eight well-beaten eggs, and boil it a little longer, making it very sweet, as much of the sugar is lost in freezing.

411. *Strawberry, Raspberry, or Blackberry Cream.*

Make a quart of rich boiled custard, when cold, pour it on a quart of ripe fruit; mash, pass through a sieve, sweeten, and freeze it.

412. *Coffee Cream*

Brown two gills of coffee, put it hot, unground, into a quart of sweet rich milk, boil it, adding the yolks of eight eggs; strain it through a sieve, sweeten, and freeze it. If rightly done it will not be discolored. The coffee may be dried and used for *tea*.

413. *Quince, Apple, or Pear, Cream.*

Wash nice fruit, and boil it whole till very tender; let it drain and cool; rub it through a hair sieve; add an equal quantity of cream, and sweeten it. If liked colored, a little saffron or cochineal may be added.

414. *Peach Cream.*

Peel and stone nice mellow peaches; put them in a bowl; sprinkle on sugar; chop them very fine with a silver spoon, or reduce them to a smooth pulp; add as much rich

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

milk, or cream as you have peach; add more sugar, and freeze it.

415. *Pine Apple, or Citron, Cream.*

Cut nice ripe pine apples, or citron melons, selecting the best parts, in small pieces, into a china bowl, cover them with powdered sugar, and let them stand several hours; drain off the sirup, add to it as much cream as it will flavor, and freeze it.

416. *Sago, or Barley, Cream.*

Wash the sago, or barley, clean; put it on the fire, with a stick of cinnamon, and only sufficient water to boil it thick and soft; take out the stick; add rich boiled custard till it is of a proper consistency; sweeten it, and serve it with nutmeg on the top. A little white wine may be added if liked.

417. *The Froth.*

Sweeten half a pound of the pulp of damsons, or any kind of scalded fruit, mix with it the well-beaten whites of four eggs, and beat them together till a very stiff froth.

418. *Fruit Tart Cream.*

Boil a stick of cinnamon, two or three peach leaves, or a few bruised almonds, in a quart of cream or milk; strain, sweeten, and mix it, when cool, with three or four well-beaten eggs, and stir it constantly over the fire till it thickens. It may be eaten with stewed apples, damsons, prunes, or any other fruit.

419. *Pink or Red Currant Cream.*

Squeeze three gills of juice from red currants, quite ripe, add to it nine ounces of powdered loaf sugar, and the juice of one lemon; stir it into a pint and a half of cream, and whisk it till quite thick. Serve it in a glass dish or in jelly glasses. It may be made of currant jelly mixed with lemon juice and sugar. Raspberry and strawberry cream may be made in the same way.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

420. *To Ornament Creams or Custards.*

Take the whites of two eggs, and two spoonfuls of raspberry, or red currant sirup, or jelly, and whisk them together one hour. Lay the froth in any form upon a cream or custard, piled up to imitate rock. It may be served in a dish by itself, with cream around it.

421. *White Lemon Cream.*

Boil the thin peel of two lemons in a pint of cream, strain and thicken it with the well-beaten yolks of three, and the whites of four, eggs; sweeten with powdered loaf sugar, stir till nearly cold, and put it in glasses.

422. *Lemonade Ice.*

With a quart of rich lemonade, mix the well-beaten whites of six fresh eggs, and freeze it.

The juice of Morello cherries, or of currants, mixed with sugar and water, and prepared in the same way, makes very delicate ices.

423. *Vegetables.*

As a general rule, add a little salt to the water in which you cook your vegetables, with the exception of dried beans and peas.

424. *Potatoes.*

The easiest way to cook Irish potatoes, is to put them in just enough boiling water to cover them, with the skins on, and to boil them constantly till done. It is the best way; and then to send them hot to the table with the skins on, or at that moment taken off. A plain boiled or roasted potato, when well cooked, is best and most healthful. You thus get the grateful flavor of the potato. Potatoes should not lie soaking in the water without boiling, if you wish them mealy.

Some cooks say, pare and put them in a pot, with just boiling water enough to prevent their burning, and a little salt; cover them tight, and boil them till you can easily stick a fork through them; and if any water remains, turn

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

it off, and put the pot where it will keep moderately warm and let the potatoes steam, with the lid off, a few minutes; then dish them, covering them with a cloth. Old and poor potatoes are best boiled till soft, and then peeled and mashed fine, with a little butter, salt, and cream or milk added, and then put into a dish, smoothed over with a knife, a little flour sprinkled over, and set where they will brown. Cold prepared, or whole boiled potatoes, are nice sliced, and fried with just sufficient butter or lard to prevent their burning. When brown on both sides, take them up, and salt and butter them. Most potatoes will boil in half an hour; new ones in less time. Some cooks say, put your potatoes into cold water to boil them, and neither cover them while boiling, nor after they are dished. As common a vegetable as is the potato, no two cooks are agreed in the best manner of cooking it. The best and only satisfactory receipt is: suit your own taste.

425. *Potato Snow Balls.*

After boiled tender, drain off the water, and let the potatoes steam till they break to pieces; take them up, put two or three at a time compactly together in a strong cloth, and press them tight into a ball, and lay them on a gridiron to broil till of a light brown. Or, mix prepared potatoes with the yolk of an egg, roll them into balls, flour them or cover them with egg and bread crums; fry them in good drippings, or brown them in an oven.

426. *Fried Potatoes, Apples, and Onions.*

Fry brown a few pieces of salt pork, and take them up. Put into the fat, or part of it, raw peeled potatoes sliced very thin, first lying half an hour in ice-water, and fry them till brown, occasionally stirring them. Fry sliced pleasant tart apples, and onions, in the same manner. Thus prepared, they make a cheap, plain, and good dish. The potatoes may be cut in shavings, like apple-parings, if preferred.

427. *Roast Potatoes.*

Take potatoes of the same size, wash and dry them, put them in a tin Dutch oven or some convenient toaster; do not burn the outside before they are warmed through.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

Roast large ones about two hours. They will roast quicker if first parboiled.

428. *To Roast Potatoes under Meat.*

Pare raw potatoes and salt them; put them in your dripping pan around your meat, and now and then turn them.

429. *Potato Croquettes.*

Take four large mealy potatoes boiled and peeled, half their weight of butter and of pounded loaf sugar, two eggs beaten, half the grated peel of a lemon, and a little salt; pound the potatoes in a mortar with the other ingredients, beat the yolk of four eggs, roll up the croquettes, dip them in the beaten eggs, and roll them in sifted bread crums; in an hour roll them again, and fry them in butter.

430. *Sweet Potatoes.*

Take such as are of the same size, wash but do not peel them; boil tender, drain off the water, and put them on tin sheets in a stove till of a light brown. Or, cut them crosswise without peeling, in slices half an inch thick; broil them on a griddle, and serve them with drawn butter.

431. *Turnips.*

Take such turnips as are white and smooth, and scrape them lightly, but thoroughly, rinsing them in cold water; put them into boiling water with a little salt, and continue the boiling about ten minutes, or until you can easily force a fork into them. Carry them instantly from the pot to the table very hot, with drawn butter. For mashing, turnips may want a very little more boiling, and perhaps paring. Cook them perfectly tender, squeeze them quite dry, mash them very smooth, butter, salt, and pepper them.

Yellow turnips require longer cooking than white ones If very large, split them in two.

432. *Ragout of Turnips.*

Prepare, as for boiling, turnips sufficient to fill a dish; put them into a stew pan, with a little butter, salt and sugar; set them over a hot stove; shake and turn them till

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

of a good brown; add half a pint of rich gravy, stew them till tender, and serve them with the added gravy.

433. *Beets.*

To rightly prepare beets for boiling—do not spoil them by over-preparing them—neither cut nor scrape them. By bleeding they become insipid; only wash them. Boil them till tender; in summer one hour, in winter three. The tops, when tender, are good to boil for greens. Boiled beets are nice, sliced into cold spiced vinegar, after remaining in it a few days.

434. *Parsnips and Carrots.*

If large, after washing split them in two; lay them in a stew pan with the flat side down, and turn on boiling water enough to cover them. Boil till tender, or till you can easily thrust a fork through them; take up, skin and butter them.

435. *Onions.*

Peel and put them into boiling milk and water—(water alone will do, but it is not so good.) When tender, take up and salt them, and turn a little melted butter over them.

436. *Boiled Sweet Corn.*

Boil corn on the cob, if you wish it sweet. Boil it, cut off the cob, with Lima beans, for succotash; boil it from fifteen to thirty minutes, according to its age.

437. *Fried Sweet Corn.*

Cut tender corn off the cob. Put it in a pan, and add sufficient water to moisten it, a little salt and butter, and fry to the liking.

438. *Beans of Various Kinds.*

Take the strings off French or striped beans, and if old, cut off the edges, and cut through the middle of the beans lengthwise. Boil them with a little salt from twenty-five to forty-five minutes. A little salæratus boiled with them makes them more healthful, and preserves their green color.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

Lima beans can be kept twelve months. When fresh gathered, dry them thoroughly in the pod; or without drying, pack them in a barrel with alternate layers of salt, having a layer of salt at the bottom. Cover them quite tight, first laying a weight on them to press them compact. Keep them in a cool dry place. Snaps can be kept in the same way. When used, wash the pods, lay them all night in fresh water, shell them in the morning, and keep them in water till ready to boil them. Put them up as late in the season as possible.

439. *Boston Baked Beans.*

Take two quarts of middling sized white beans, three pounds of salt pork, and one spoonful of molasses. Pick the beans over carefully, wash and turn about a gallon of soft water to them in a pot; let them soak in it lukewarm over night; set them in the morning where they will boil till the skin is very tender and about to break, adding a teaspoonful of salæratus. Take them up dry, put them in your dish, stir in the molasses, gash the pork, and put it down in the dish so as to have the beans cover all but the upper surface; turn in cold water till the top is just covered; bake and let the beans remain in the oven all night.

Beans are good prepared as for baking, made a little thinner, and then boiled several hours with the pork.

440. *Artichokes.*

Scrape and put them in boiling water, with a spoonful of salt to two dozen. In about two hours, or when boiled tender, take them up, salt and butter each one.

441. *Baked Squash.*

Cut "Butter Squash" in long strips an inch and a half thick, and bake it half an hour in buttered tins.

442. *Boiled Squash.*

Boil summer squashes whole, if very tender; If not, pare, quarter, and seed them. When boiled very tender, take them up, put them in a strong cloth, press out all the water, mash them quite smooth, salt and butter them to your taste

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

Of a winter squash the neck part is best. Cut it in pieces, take off the rind, tie it in a cloth, boil in salt and water till tender, press out the water, chop it in a bowl till smooth with a trencher, (the same for summer squash,) salt and butter it.

443. *Squashes or Cymlings.*

Prepare and boil as for "Squash"; then put them in a colander, drain off the water till quite dry, rub them with a wooden spoon through the colander, put them in a stew pan with a cup of cream, a piece of butter, pepper and salt, and stew them till very dry.

444. *Greens.*

Turnip tops, white mustard, dock, spinach, water-cresses, dandelions, cabbage-plants, the roots and tops of young beets, all make nice greens. Boil them, adding a little salæratus and salt to the water. If not fresh and plump, soak them half an hour in salt and water before cooking. When boiled enough they will sink to the bottom of the pot.

445. *Asparagus.*

Cut off and reject the white part of the stalks; cut the lower part of the stalks in thin slices, if tough, and boil them eight or ten minutes before putting in the tops. Lay the tops compactly together, tie them in small bundles, and boil from twelve to twenty-five minutes, putting in the water a little salt, and a quarter of a spoonful of salæratus to retain their fresh green color, to two or three quarts of water. Just before done, toast a slice of bread, moisten it with some of the asparagus liquor, lay it in your dish, butter it, take up the asparagus carefully with a skimmer, lay it on the toast, remove the string, salt and turn a little drawn butter over the whole. Sea-kale is prepared and cooked in the same way.

446. *Salsify—Southern mode.*

Scrape and wash the roots, put them into boiling water with a little salt. When sufficiently boiled, drain and place them in the dish without cutting them up. They are an

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

excellent vegetable, but require nicety in cooking. Exposure to the air, either in scraping or after boiling, makes them black.

447. *Salsify or Vegetable Oyster.*

After scraping off the outside, parboil it, slice it, dip the slices into a beaten egg and fine bread crums, and fry in lard. It is very good boiled, and then stewed a few minutes in milk, with a little salt and butter. Or, make a batter of wheat flour, milk, and eggs; cut the salsify in thin slices, first boiling it tender; put them into the batter with a little salt; drop the mixture into hot fat by spoonfuls. Cook them till of a light brown.

448. *Peas.*

Peas are best picked and shelled immediately before cooking. Put them in boiling water with a little salt and salæratus, in the proportion of a quarter of a teaspoonful to half a peck of peas. Boil them from twenty to forty-five minutes. When perfectly tender, take them up with a skimmer; salt and butter them to the taste.

449. *Field Peas.*

Gather, prepare, and boil them the same as "Peas"; then pour them into a colander; put some butter or lard in a frying pan; when it boils mash the peas, fry them till of a light brown in a cake, and put it in a dish with the crust uppermost, and garnish with thin bits of fried bacon. They are very nice fried whole, so that each pea is distinct from the others. But they must be boiled less, and fried with great care. Plain boiling is a very common way of cooking them. When dried, cook peas like dried beans.

450. *Cabbage and Cauliflowers.*

Remove the loose leaves, quarter the stump end to the heart of the cabbage, wash and have it perfectly clean, and boil it from half an hour to an hour. If not boiled with salt meat, add a little salt; a little salæratus improves its color. White cauliflowers are the best. Take off the outside leaves, let them lie in cold water and salt half an hour.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

then boil them from fifteen to twenty-five minutes in milk and water, with a little salt, or in clear water. Keep the cabbage covered with water. It will ameliorate the flavor of old strong ones, to boil them in two waters. When half done, take them out, and put them into a sauce pan of boiling water.

451. *Brocoli.*

The kind that bears flowers around the joints of the stalks, cut into convenient lengths for your dish; scrape the skin from the stalk, and pick out such leaves and flowers as need rejection; tie up in bunches, and boil and season it like asparagus. The brocoli that heads at the top like cauliflowers, must be *treated* like cauliflowers.

452. *Celeriac.*

This, though an excellent vegetable, seems to be but little known. The stalks of it can hardly be distinguished from celery: it is much easier cultivated. The roots are nice boiled tender, cut in thin slices, and used in soup or in meat pies. Or, scrape and cut them in slices, boil till very tender, drain off the water, sprinkle on a little salt, turn in milk sufficient to cover them; stew four or five minutes, turn into a dish, and give them a little butter.

453. *Pickled Eggs.* See No. 463.

Boil hard, remove the shells, let stand in weak brine 2 or 3 days; put in jar, and pour over them boiling vinegar seasoned with whole peppers, allspice and ground ginger When cold, close tight. Fit for use in a month.

454. *Southern Manner of Boiling Rice.*

Pick over the rice, rinse it repeatedly in cold water till perfectly clean; then put it in a pot of boiling water with a little salt, allowing a quart of water to a teacup of rice. Boil it seventeen minutes, drain off the water very close, set the pot over a few coals, and let it steam fifteen minutes with the lid off. The beauty of rice boiled in this way is, each kernel stands out by itself, while it is perfectly tender.

Be very careful in the boiling and steaming, as a few moments variation in the time, may quite change its looks.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

The water should boil hard when the rice is put in, and not stop till turned off to have the rice steamed. The water the rice is boiled in makes good starch for muslin, if boiled a few minutes by itself.

455. *Egg Plant.*

Purple ones are best. Take young fresh ones, pull out the stem, parboil them to take out the bitter taste, cut them in slices an inch thick without peeling them, dip them in the yolk of an egg, and cover them with grated bread, and a little salt and pepper; when one side has dried, cover the other in the same way, then fry them a nice brown. They are very delicious, tasting much like soft crabs. The egg-plant may be dressed thus: parboil it after scraping off the rind; cut a slit the whole length, and take out the seeds; fill the space with a rich force-meat; stew it in well-seasoned gravy, or bake and serve it up with gravy in the dish.

456. *Potato Pumpkin.*

Take one of a good color, seven or eight inches in diameter, cut a piece off the top, take out the seeds, wash and wipe the cavity, pare it, and fill the hollow with good force-meat. Put the top on, set it in a deep pan to protect the sides, bake it in a moderate oven, put it carefully in the dish without breaking, and it will look like a handsome mould.

457. *Cucumbers.*

To be salutary, they should be eaten within twenty-four hours after picked. Keep them in cold water, and fifteen or twenty minutes before eating them, pare and slice them into fresh cold water to take off the slimy matter. Just before carrying to the table, drain off all the water, put them in a deep dish, and sprinkle on a good deal of pepper and salt, and cover them with vinegar. Cucumbers are thought by many people to be very unhealthy; but if properly prepared, they will not be found any more so than most other summer vegetables.

To stew cucumbers, pare ten large cucumbers, cut them in thick slices, flour them well, and fry in butter; then put them in a sauce pan with a teacup of gravy, and season

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

with cayenne, salt, and catsup. Stew them an hour and serve them hot.

458. *Salads.*

To have this delicate dish in perfection, pick your lettuce, pepper-grass, chervil, cress, &c. early in the morning; wash and lay it in cold water, if iced the better: just before dinner, drain the water from your salad, cut it into a bowl, giving the proper proportions of each plant, and prepare the following mixture. Boil two fresh eggs ten minutes, put them in water to cool, then put the yolks in a soup-plate, turn on them a spoonful of cold water, rub them with a wooden spoon till they are quite dissolved, and add two spoonfuls of oil. Mix it well, adding one teaspoonful of salt, one of powdered sugar, and one of made mustard. These all being mixed quite smooth, stir in two spoonfuls of tarragon vinegar, and two of common. Put it over the salad, and garnish the top with the whites of the eggs cut in rings, and lay around the edge of the bowl young scallions, they being the most delicate of the onion family. Some cooks say, if you have not salad oil, melt a little butter and put it in a separate dish; if turned over the salad it will not be crispy.

459. *Stewed Mushrooms.*

Gather such as are grown, but are young enough to have red gills; cut off that part of the stem which grew in the earth, wash them carefully, and take the skin from the top; put them in a stew pan with some salt, stew them till tender, thickening them with a spoonful of butter, mixed with one of brown flour. A little red wine may be added; but the flavor of the mushroom is too delicious to require aid from any thing.

460. *Broiled Mushrooms.*

Prepare them as before directed: broil them on a griddle, and when done, sprinkle salt and pepper on the gills, and put a little butter on them.

461. *Tomatoes.*

If very ripe, tomatoes will readily skin; if not, pour scalding water on them, and let them remain in it four or five

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

minutes. Peel and put them in a stew pan with a spoonful of water, if not very juicy; if so, no water will be required. Put in a little salt, stew them half an hour, and then turn them into a deep dish with buttered toast, or omit the toast, and add butter and pepper. Another way of cooking them, which is considered very nice by epicures, is to put them in a deep dish, with fine bread crums, or crackers pounded fine, a layer of each alternately; put a little pepper and salt, and small bits of butter on each layer. Some cooks add a little nutmeg and sugar. Place a layer of bread crums on the top. Bake it forty-five minutes.

462. *Mustard.*

Young mustard is a very good vegetable, prepared and cooked like other "Greens." Ground mustard is best, fresh made. Mix it by degrees with fine salt; rub them together till perfectly smooth, wetting up with a little milk, if it be eaten immediately; or with hot water.

463. *Directions for Pickling.* See No. 453.

Take sharp cider vinegar for pickling, but not the very sharpest. Use brass utensils, first thoroughly cleaning them, and suffer no vinegar to cool in them, as the rust formed by so doing is very poisonous. A good way is, to boil alum and salt in the vinegar, in the proportion of half a teacup of salt and a spoonful of alum, to three gallons of vinegar. But for the *best* way of pickling cucumbers, see "Cucumbers." Keep pickles in a cool dry place, and either in glass, stone, or wooden vessels. If particular, use wide mouthed glass bottles, or stone jars, having corks which must be fitted in with linen, and covered with bladder or leather; and for taking the pickles out and for returning them, using a small wooden spoon. It is essential to the beauty and excellence of the pickles, that they be always completely covered with vinegar. All kinds of pickles should be stirred up occasionally; the soft ones, if any, should be taken out, the vinegar scalded, and turned back scalding hot. If very weak, throw it away, and take new vinegar. Whenever any scum rises, scald the vinegar. If you do not wish to have all your pickles spiced. keep a

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

stone pot of spiced vinegar by itself, and put in a few from time to time, as you want spiced pickles.

464. *Cucumbers.*

Gather those that are small and green, and of a quick growth. Pour on them boiling hot strong brine, and let them remain in it twenty-four hours; take them out, let them dry, and put them into sharp vinegar. Repeat the same process daily, or as often as you wish to make additions. The same brine may be used several times, pouring it on each mess of cucumbers boiling hot, and letting them remain twenty-four hours before taking out, drying, and putting into the vinegar. When you have done pickling, scald the vinegar three days in succession, pouring it on the cucumbers boiling hot. If necessary add new vinegar.

465. *To pickle Cucumbers.*

Prepare the cucumbers by scalding them in brine; put them into a mixture of one part whiskey and three parts water; secure them closely. By Christmas they will be hard, of a fine flavor, and will retain their original color. The liquor will be excellent vinegar for the table.

466. *Tomatoes.*

Prick the skins of fair ripe tomatoes; spread them in layers, and on each layer put pounded mace, cloves, and cinnamon, and pour cold vinegar over the whole. The vinegar from tomatoes thus prepared, is preferable to *catsup*.

467. *Mangoes.*

Take green muskmelons as late in the season as possible, cut a small piece from the side that lay next the ground, and take out the seeds. If the citron or nutmeg melons are used for mangoes, scrape off the rough part. The long common muskmelons are best. Soak the melons in salt and water three or four days; take them out, sprinkle the inside with powdered cloves, pepper and nutmeg; fill them with fine strips of horseradish, cinnamon, and small string beans. Nasturtions and radish tops are also nice. Fill the

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

crevices with American mustard seed. Put back the piece of melon that was cut off, and bind the melon up tight with white cotton cloth, sewing it on. Place the melons the covered side up, in a stone jar. Boil alum and salt in vinegar in the proportion of six spoonfuls of salt and one of alum, to three gallons of vinegar, adding peppercorns to the liking, and pour the vinegar, scalding hot, on the melons. Barberries, or radish tops, pickled in bunches, are a nice garnish for mangoes. The barberries preserve their natural color best by being first dried. Whenever wanted for use, turn boiling vinegar over them, and let them lay several hours to swell. Pickle mangoes like "Cucumbers."

468. *Butternuts.*

Pick your butternuts about the fourth of July, or not so late but what a pin can readily be put through them; lay them in salt and water ten days, changing the water every day; then rub off their coat with a coarse rough cloth. For one hundred nuts make a pickle of two quarts of vinegar, one ounce of pulverized pepper, one of ginger, half an ounce of mace, half of cloves, half of nutmegs, and a spoonfull of mustard seed. Put the spices in a thin muslin bag, lay it in the vinegar with the nuts, and boil all a few minutes, then set them away.

469. *Walnuts.*

Gather your nuts in July, put them in a strong brine nine days, changing them every other day; take them out, wipe them dry with a woolen cloth, put them in cold vinegar and salt six weeks, then make your pickle of mace, cloves, nutmegs, whole pepper, race ginger, garlic, shallots, bruised mustard seed, and horseradish—let it be very strong. Boil it, and when cold, turning off the old vinegar from the nuts, pour on the new—stop tight.

470. *Cabbage.*

Take purple cabbages for pickling. Strip off the loose leaves, quarter them, put them in a keg, sprinkle a great deal of salt on each, and let them remain all but a week.

To a gallon of vinegar, add an ounce of mace, and one of peppercorns and cinnamon. Cloves and allspice improve

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

the taste, but darken the color of the cabbages. Add a little alum to the vinegar, and pour it boiling hot on the cabbages, letting the salt remain. Repeat the boiling of the vinegar, and turning it on the cabbages six or seven times every two or three days, to make them tender.

471. *Cabbages and Cauliflowers.*

Slice red cabbage into a colander, and sprinkle each layer with salt; let it drain two days, then put it into a jar, and cover it with boiling vinegar, adding a few slices of red beet. Spices may be boiled in the vinegar to the taste. Cauliflowers, cut into bunches and thrown in after being salted, will have a beautiful red.

472. *Peppers.*

Take such as are fresh and green; cut a small slit in them; take the seeds out carefully and neatly with a small knife; and wash them. Pour weak boiling brine over them, and let them stand four days, renewing the brine daily boiling hot. Chop cabbage fine; season it highly with cinnamon, mace and cloves; and stuff the peppers, adding nasturtions if liked. Sew them up nicely; and turn the same *sharp* vinegar boiling hot over them, three successive weeks, adding a little alum the last.

Tomatoes, if green and small, are good pickled with the peppers.

473. *East India Pickle.*

Chop cabbage fine, leaving out the stalks, with three onions, a horseradish root, and two green peppers to each cabbage. Soak all in salt and water three or four days. Season vinegar very highly with mace, cloves, cinnamon, and allspice. Add alum and salt to the vinegar, and pour it on boiling hot, the brine being previously turned off. It will be fit to eat in about three weeks.

474. *French Beans and Radish Pods.*

Take such as are quite small and tender; throw them into salt and water as they are gathered, changing the water every four days. Scald them in salt and water; let them remain till cool; turn off the brine, and pour on scalding

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

vinegar spiced with mace, allspice, and peppercorns. The radish top, if pickled in small bunches, is a pretty garnish for other pickles.

475. *Peaches and Apricots.*

Take peaches, fully grown, just before becoming mellow. Let them lie covered in a brine made of soft water, strong enough to bear up an egg, one week; take them out, wipe them carefully with a soft cloth, place them in a pickle jar. Put to a gallon of vinegar half an ounce of cloves, and half an ounce of peppercorns, sliced ginger root, mustard seed, and a little salt, and pour it on the peaches, boiling hot. Turn off the vinegar, and turn it on again, boiling hot, several times.

476. *Nasturtions.*

Put them when green and small in salt and water, and change the water every three days. When done collecting the nasturtions, pour off the brine, and turn on boiling vinegar, adding a little alum.

477. *Onions.*

Peel and boil small onions in milk and water ten minutes. Put to a gallon of vinegar half an ounce of cinnamon, half an ounce of mace, a quarter of an ounce of cloves, five spoonfuls of salt, and half an ounce of alum, and turn the whole boiling hot on the onions, the milk and water being first drained from them.

478. *Gherkins.*

Put them in strong brine, and keep them where warm. When they turn yellow, pour off the brine, and turn on hot vinegar. Keep them in it till they turn green; then pour away the vinegar, and add fresh scalding vinegar, seasoned with peppercorns, mace, allspice, alum, and salt.

479. *Mushrooms.* No. 1.

Stew them after peeled, with just water enough to prevent their sticking to the bottom of the pan. Shake them now and then, to prevent their burning. When tender, take

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

them up, and put them in scalding vinegar, spiced with mace, peppercorns, and cloves, adding a little salt. Bottle and cork tight, for long keeping.

480. *Mushrooms.* No. 2.

Take *buttons*, such only are fit for this use, and rub them with a soft flannel and salt; sprinkle on a little salt; put them into a stew pan with a little mace and pepper. As the liquor comes out, shake them well, and keep them over a gentle fire, till all of it is dried in again. Then put as much vinegar into the pan as will cover them; give it one warming, and turn the whole into a glass or stone jar. They will keep two years, and they are delicious.

481. *Beets.*

Boil them sufficiently tender to easily put a fork through them; put them into cold vinegar, with a little salt, set them in a cool place, and stir them often to prevent any scum from rising. Beets should never be cut or scraped, till after boiling.

482. *Oysters and Clams.*

Take the oysters from the liquor; rinsing off the pieces of shell, if any; strain, boil, and skim it; then put the oysters into the boiling liquor, with whole peppercorns, spice, and mace, with a little salt, and boil all one minute. Take the oysters immediately out of the liquor, and let them cool; add as much vinegar as oyster liquor, and boil fifteen minutes, and then turn it hot on the oysters. Keep them cool and air tight, and they will retain their natural color.

Pickle clams in the same way, only boil them longer.

483. *Smelts.*

Take and clean two quarts of smelts; pound, very fine, half an ounce of pepper, half of nutmeg, half of saltpetre, a quarter of an ounce of mace, and four ounces of common salt. Lay the smelts in rows in a jar, and between the layers strew the seasoning, with four or five bay leaves. Boil red wine, and pour over enough to cover them. When cold, tie a cover over them.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

484. *Mackerel.*

Divide each into four or six round pieces. To six large mackerel, put one ounce of beaten pepper, three nutmegs, a little mace, and a handful of salt. Mix your salt and beaten spices together, make two or three holes in each piece of mackerel, and put your seasoning into them, rubbing them over with it, and fry them brown in oil. When cold, put them in vinegar, and cover them with oil. If well covered, they will keep a great while, and they are excellent.

485. *Lemon Sirup.*

Pare off the yellow part of the rind of fresh lemons; squeeze out the juice, strain it, and to a pint of it put a pound and three-quarters of sugar. Dissolve the sugar by a gentle heat, skim it till clear, then, adding the rinds, simmer gently eight or ten minutes, and strain it through a flannel bag. When cool, bottle it, and seal the corks.

486. *Orange Sirup.*

Squeeze out and strain the juice of fresh oranges. To a pint of the juice add a pound and a half of sugar; place it on a moderate fire; put in the peel of the oranges after the sugar has dissolved, and set the sirup where it will boil slowly six or eight minutes; then strain it through a flannel bag. Do not squeeze the bag while the sirup is passing through, if you wish it clear. It is nice to flavor pies and puddings.

487. *Blackberry Sirup.*

Procure the high blackberries that are ripe and nice; simmer them over a moderate fire, till they break to pieces, and then strain them through a flannel cloth. To each pint of the liquor add a pound of white sugar, half an ounce of powdered cinnamon, a quarter of an ounce of powdered mace, and two teaspoonfuls of powdered cloves. Boil all fifteen minutes; strain it, and when cool add to each pint of sirup, a wineglass of French brandy. Bottle, cork, and seal it, and keep it where cool. This, mixed in the proportion of a wineglass of sirup to two-thirds of a

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

tumbler of cold water, is an excellent remedy for the dysentery, and similar complaints. It is also a very grateful summer beverage.

488. *Elderberry Sirup.*

Take berries perfectly ripe; wash and strain them; put a pint of molasses to a pint of the juice; boil it twenty minutes, stirring it constantly; when cold, add to each quart, a pint of French brandy. Bottle, and cork it tight. It is an excellent remedy for a tight cough.

489. *Molasses Sirup for Preserving.*

Mix eight pounds of light sugar-house or New Orleans molasses with eight pounds of water, and one of powdered charcoal; boil all twenty minutes and strain it through a flannel bag. When lukewarm, put in the beaten whites of two eggs and set it on the fire; as soon as it boils, take it from the fire and skim it till clear; set it on the fire again and let it boil till it becomes a thick sirup, then strain it for use. This sirup does very well to preserve fruit in for common use.

490. *Sweetmeats, Drinks, &c.*

The sugar used for the nicest sweetmeats should be the best double refined; but if the pure, amber colored, sugar-house sirup, from the West Indies, can be gotten, it is far preferable. *It never ferments.* The trouble is very much lessened by having ready made sirup, in which it is only necessary to boil the fruit till clear. All delicate fruit should be done gently, and not allowed to remain over half an hour after it begins to simmer, before it is laid on dishes to cool. It must be put in the sirup again another half hour. Continue so to do till it is sufficiently transparent. The preserves are less liable to boil to pieces than if done by one continued boiling.

In preparing sugar for sweetmeats, let it be quite dissolved before you put it on the fire. If dissolved in water, allow a tumbler of water to a pound of sugar. If you boil the sugar before adding the fruit, it will be improved in clearnes by passing it through a flannel bag. Skim off the brown scum, all the time it is boiling. If sweetmeats are

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

boiled too long, they lose their flavor and become dark. If not boiled long enough, they will not keep. You may know when jelly is done, by dropping a teaspoonful cold into a glass of water. If it spreads and mixes with the water, it needs more boiling; if it sinks to the bottom in a lump, it is done enough. Raspberry jelly needs most boiling of any kind. Black currant the least.

Keep your sweetmeats cool and dry, in glass, China, or stone jars. Delicate preserves should be kept in small glasses or pots that will not hold more than one or two pounds; the admission of air injures them. Glass is best.

Cover the top, after sprinkling it over with sugar, with white paper dipped in hot clarified sugar. It is far better than rum or brandy. Over the whole confine a cover so close as to entirely exclude the air

491. *To Clarify Sugar for Sweetmeats.*

Put your sugar into the preserving kettle, pour in as much cold water as you think may be wanted to cover the fruit to be preserved; a gill to a pound of sugar; beat the whites of eggs to a froth, allowing one egg to three pounds of sugar; mix the whites with the sugared water; set it on a slow fire, stirring the whole well together; then set it where it will boil. As soon as it boils up well, take it from the fire, let it remain for a minute, then take off the scum; set it back on the fire, and let it boil a minute, then take it off and skim it again. Repeat this operation till the sirup is clear; and put the fruit in when it is cold. The fruit should not be crowded while doing; and if there is not sufficient sirup to cover the fruit, take it out of the sirup, and put in more water, and boil it with the sirup before putting back the fruit.

492. *Directions for Making Sweetmeats.*

For preserving most kinds of fruit, a pound of sugar to a pound of fruit is sufficient. Some kinds of fruit require more, and some will do with less, than their weight of sugar. Good brown sugar, if clarified before putting in the fruit, does very well, for most kinds of fruit; and for family use, three-quarters of a pound of sugar to a pound of frui does very well. The nicest white sugar needs not be clari

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

fied. All kinds of fire-proof ware, except iron ware, will do to preserve in. Enameled kettles of iron lined with china, called preserve kettles, are best. The fruit should be turned out of the preserving kettle as soon as done, and set away. It should be looked to often, to see that it does not ferment. Whenever it does, the sirup should be turned off and scalded, and turned back while hot.

493. *Quince Marmalade.*

The fruit should not be over ripe—not mellow. Gather it on a *dry* day, and *after* a dry day. Some make this preserve, by covering the fruit and sugar close in a wide mouthed jar, and then setting the jar in a kettle of cold water, and thus boiling the fruit till tender. This preserves its flavor.

Wash and quarter the quinces, without paring; set them on the fire with just sufficient water to stew them; rub them through a sieve, when soft, and put to each pound of the pulp a pound of brown sugar; set it on a few coals, stew slowly and stir it constantly. When it has simmered an hour, take out a little and cool it, if it then cuts smooth, it is sufficiently done.

494. *Preserved Quinces.*

Pare and core your quinces, taking out the parts that are knotty and defective; cut them in quarters, or round slices; put them in your preserving kettle; cover them with the parings and a very little water; lay a large plate over them to keep in the steam, and boil them till they are tender. Take out the quinces, and strain the liquor through a bag. To every pint of liquor, allow a pound of loaf sugar. Boil the juice and sugar together about ten minutes, skimming it well; put in the quinces and boil them gently twenty minutes. When the sugar has completely penetrated them, take them out, put them in a glass jar, and turn the juice over them warm. Tie them up, when cold, with paper dipped in clarified sugar.

495. *Preserved Pine Apples.*

Having pared your pine apples, slice them, and take out

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

the core from the middle of each slice. To each pound of pine apple allow a pound of loaf sugar. Mix half the sugar with the pine apple, and let them lie all night, to extract the juice; then mix them with the remaining half of the sugar, and put the whole in a preserving kettle. Boil it till clear and tender, but not till the slices break. Skim it well; set away to cool;—or, without boiling, chop fine, and add equal weight of sugar; put in glass jars, and seal tight.

496. *Preserved Currants.*

Take ripe currants, in their prime; strip them off their stems, rejecting the bad ones; make a sirup of sugar and very little water, allowing a pound of sugar to each pound of currants, and let them boil a few minutes. In a few days turn the sirup from them, scald it, and turn it back, while hot, on the currants. Preserved currants, mixed with water, are an excellent drink in fevers. Dried currants are also good, made into a tea, for the same use.

497. *Preserved Strawberries.*

To each pound of picked strawberries, allow a pound of powdered loaf sugar. Strew half of the sugar over the strawberries, and let them stand in a cool place two or three hours; put them in a preserving kettle, over a slow fire, and by degrees, strew on the rest of the sugar; boil them fifteen or twenty minutes, and skim them well. Put them in wide mouthed bottles, and when cold, seal the corks. If you wish to do them whole, take them carefully out of the sirup, (one by one,) while boiling, spread them to cool on large dishes, not letting the strawberries touch each other; when cool, return them to the sirup, and boil them a little longer. Repeat this several times. Keep the bottles in dry sand.

Gooseberries, currants, cherries, grapes, and raspberries may be done in the same way.

498. *Preserved Pippins.*

Pare and core some of the finest; put them in your preserving kettle, with some lemon peel and all the parings add a very little water, cover closely, boil till tender, taking care that they do not burn; take out the apples, spreading them on a large dish to cool; pour the liquor into a bag

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

and strain it; put it in your kettle with a pound of loaf sugar to a pint of juice, adding lemon juice to the taste; boil them slowly half an hour, or till they are quite soft and clear; put them with the liquor into your jar, and when quite cold, tie them up with clariied, or with brandy paper. They are not intended for long keeping.

Hard pears may be done in the same way, either whole or halved, flavoring them to the taste.

499. *Preserved Crab Apples.*

Wash the apples; cover the bottom of your preserving kettle with grape leaves; put them in; place them over the fire, with a very little water, covering them closely; simmer them gently till yellow; take them out and spread them on a large dish to cool; pare and core them; put them again into your kettle, with fresh vine leaves under and over them, and a very little water, and hang them over the fire till they are green, but do not let them boil. When green, take them out; allow a pound of loaf sugar to a pound of apple; dissolve the sugar in just sufficient water; put it over the fire, when dissolved; boil and skim it; put in your apples, and boil them till quite clear and tender. Put them in jars, turn the juice over them, and when cold, tie them up.

500. *Preserved Apples.*

Take equal weights of good brown sugar and of apples; peel or wash, core, and chop the apples fine; allow to every three pounds of sugar a pint of water; dissolve, then boil the sugar pretty thick, skimming it well; add the apples, the grated peel of one or two lemons, and two or three pieces of white ginger; and boil till the apples look clear and yellow. This will keep years. Crab apples done in this way, without paring, are next to cranberries.

501. *Transparent Apples.*

Dissolve and boil a pound of loaf sugar in a quart of water; skim it; put in select apples, pared, quartered, and cored, with the juice of a lemon, and let them boil, uncovered, till tender.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

502. *Good Family Apple-sauce.*

Take two quarts of water, a pint of molasses, and a root of race ginger, and boil all hard twenty minutes. Put in, while boiling, a peck of pared, quartered, and cored apples, and boil the whole moderately an hour and a half or two hours.

503. *Cider Apple Sauce.* See Nos. 515 and 651.

Boil down new sweet cider, till about as thick as molasses when cold, strain it through a sieve, then, as soon as it boils, put in your apples, pared, quartered, and cored, and stew over a slow coal fire, till the fruit is perfectly tender.

504. *Black Butter.*

Allow to any kind of berries, stoned cherries, currants, &c., half their weight of sugar, and boil till reduced one-quarter. This is a healthful and nice substitute for butter for children.

505. *Preserved Peaches.*

Select the largest and nicest free-stone peaches, fully grown but not mellow, pare, halve, or quarter them; crack the stones, take out and break the kernels; put parings and all into your preserving kettle, with a very little water; boil till tender; then take out and spread the peaches on a large dish to cool. Strain the liquor through a sieve or bag; next day, put to each pint of the liquor a pound of loaf sugar. Put the liquor and sugar, dissolved, into the kettle with the peaches, and boil them slowly till they are quite soft, skimming all the time; take the peaches out, put them into your jars, and turn the liquor over them warm. When cold, tie them up with clarified paper. If boiled too long, they will be of a dark color. To preserve peaches whole, thrust out the stones with a skewer, and put in their place, after done, the kernels blanched. Broad, shallow, stone pots keep large fruit the best.

8 lbs. fruit, and 8 sugar. Scald peaches, few at a time, in a little water with 2 lbs. sugar. Let lie in this thin sirup 2 days. Drain and put them in remaining 6 lbs. of *melted* sugar, and scald 8 or 10 minutes. Other fruits same way.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

506. *Peaches, Apricots, and Plums, preserved in Brandy.*

Take nice yellow peaches, not too mellow; put them in a pot, and *cover* them with weak cold lye; take them out in one hour, and wipe them carefully with a soft cloth to get off the down and skin, and lay them in cold water; take their weight in loaf sugar, adding enough water to cover the fruit; boil and skim it; put in the peaches, and stew them from eight to fifteen minutes; take them out and lay them on dishes to cool; boil the sirup till reduced one half; then tie up the peaches cold, covering them with equal quantities of sirup and French brandy. Do apricots in the same way, only let them stew but five or six minutes. Plums and cherries are excellent preserved in the same manner.

507. *Preserved Cranberries.*

Allow to each pound of washed cranberries, a pound of loaf sugar, dissolved in about a gill of water, first boiling the sugar and skimming it well about ten minutes, then adding the cranberries. Boil slowly, till they are quite soft and of a fine color. Put them up warm. When cold, tie them up. Common glass tumblers are very convenient for preserved small fruits and jellies.

508. *Preserved Gages.*

Take equal weights of gages and sugar; dissolve the sugar in just sufficient water to cover the plums; boil them slowly in the sirup ten minutes; turn them into a dish, and let them remain four or five days; boil them again, till the sirup appears to have entered the plums; put them up; in a week, turn the sirup from them, scald it, turn it over them hot; and, when cold, tie them up.

509. *Preserved Damsons.*

Allow for every pound of damsons three-quarters of a pound of powdered sugar; put alternate layers of fruit and sugar into jars, or well-glazed earthen pots; tie over strong paper, or cloth, and set them in the oven after the bread is drawn, and let them stand till the oven is cold. The next

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

day, strain off the sirup, boil it till thick, turn it warm over the fruit in jars, and, when cold, tie up.

510. *Preserved Pumpkin.*

Cut slices from a nice, high-colored pumpkin, and cut the slices into chips about the thickness of a dollar; have the chips of an equal size, six inches in length, and an inch broad. Put to each pound of fruit a pound of loaf sugar. Pare off and lay aside the yellow rind of some lemons; squeeze out the juice, allowing a gill to a pound of pumpkin. Put the pumpkin into a broad pan, laying the sugar among it; turn the lemon juice over it; cover the pan, and let the whole set all night. In the morning, put the whole in a preserving pan, and boil, skimming it well, till the pumpkin becomes clear and crisp, but not till it breaks. It should have the appearance of lemon candy; and, if liked, some lemon peel, cut in very fine pieces, may be added. About half an hour's boiling is sufficient. When done, take out the pumpkin, spread it on a large dish, and strain the sirup through a bag; put it into jars, turn the sirup over it, and tie up. It is very nice; may be eaten without cream, or laid on puff paste shells after they are baked.

511. *Preserved Grapes.*

Allow a pound of sugar to a pound of grapes; squeeze out the pulp, and boil it till quite soft; strain it through cloth; to this add your sugar and clarify it; then throw in your skins, and boil till thick enough to please.

512. *Preserved Pears.*

Allow three-quarters of a pound of sugar to a pound of pears. Clarify the sugar, if brown is used, then put in the fruit, and boil it till tender. A few pieces of ginger, or fine ginger tied up in bags, may be boiled with the pears, to flavor them. Vergouleuse and choke pears are the best for preserving.

513. *Winter Bell Pears.*

Take some of the nicest, put them in an iron pot, filling it about half full, cover them with water, and boil them. After giving them a thorough boiling, and making them ten-

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

der, let them steam over a slow fire, covering the pot close, to confine the steam, five or six hours, till but just sufficient juice to prevent their burning. If done right, they will be as red as cranberry preserves, retaining all the rich natural flavor of the pear, and will require care in taking up to prevent their breaking. They are nice, thus plainly cooked, but if preferred, a little molasses may be added toward the last.

514. *Preserved Cherries.*

Take cherries before dead ripe; allow a pound of white sugar to a pound of fruit; dissolve and boil the sugar, having it thick, put in the cherries with the stems on, and let them boil till transparent. Tie them up in glass jars. The carnation and common light red, if done carefully, will be so transparent the stones may be seen through them.

To preserve them without the stones, take such as are very ripe, push out the stone carefully with a darning needle, make sirup of the juice, and then boil the cherries to a thick consistency.

515. *Quince and Apple Sauce.* See Nos. 503, 651.

3 lbs. quince; 6 lbs. apple; 6 sugar; and 2 or 3 lemons. Quarter quinces and apples. When both boiled soft, add sugar. Boil an hour. Boil lemons, sliced, in a little water, till soft, and stir them in just before taking from fire.

516. *Preserved Tomatoes.*

Take tomatoes quite small and green, and if fully ripe they are nice; put them in cold clarified sirup, with one orange, cut in slices, to every two pounds of tomatoes; simmer them gently two or three hours, allowing equal weights of sugar and tomatoes, and more than barely enough water to cover the tomatoes, for the sirup.

Another very nice method of preserving them is, allow two fresh lemons to three pounds of the tomatoes; pare off only the yellow part of the rind; squeeze out the juice, and mix the rind and juice with enough cold water to cover the tomatoes, and add a few peach leaves and powdered ginger tied up in bags. Boil all gently together, forty-five minutes, take out the tomatoes, strain the liquor, and put to it a pound and a half of white sugar, for each pound of tomatoes; put

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

in the tomatoes, and boil them gently till the sirup appears to have penetrated them. In about a week, turn off the sirup, scald it, and turn it back. Thus preserved, tomatoes appear like West India sweetmeats.

517. *Tomato Marmalade.*

Take full grown tomatoes while quite green, cut out the stems, stew them till soft, rub them through a sieve, set the pulp on the fire, seasoned highly with salt, pepper, pounded cloves, and garlic, if liked, and stew all together till thick. It is excellent for seasoning gravies &c., and keeps well.

518. *Cymlings, or Mock Citron.*

Cut the cymlings, (Virginia squashes,) in rings, or slips, and scrape them; put them in strong salt and water three days, then in fair water one day, changing the water several times; soak them in alum water one hour; tie up oyster shells in a cloth and boil them with the cymlings till the fruit is tender, then take it up and put it back into the alum water. Allow for the sirup, a pound and a half of loaf sugar to a pound of cymlings; boil in it some fresh lemon cut in slices, and spices to the taste. When cold, rinse the cymlings, and boil them about three-quarters of an hour. These are good eaten as other sweetmeats, or for cake, instead of citron.

Preserve watermelon rinds in the same manner. Tie up with clarified or brandy paper.

519. *Raspberry, Blackberry, and Strawberry Jam.*

For each pound of fruit allow a pound of sugar; make alternate layers of sugar and berries in your preserving dish; let them remain half an hour, then boil them slowly about half an hour, stirring them frequently. Put a little in a cup, and set it in a dish of cold water for trial. Boil till it becomes the consistency of thick jelly.

520. *Calf's Feet Jelly.*

Take four scalded feet, perfectly clean; boil them in four quarts of water till reduced to one, or till they are *very* tender; take them from the fire and let them remain till

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

perfectly cold; then take off all the fat, and scrape off the dregs that stick to the jelly. Put it in a preserving kettle, and place it on a slow fire. On melting, take it from the fire; mix with it, half a pint of white wine, the juice and grated rind of two fresh lemons, and a stick of cinnamon, or blade of mace. Wash and wipe dry six eggs; stir the whites, beaten to a froth, into the jelly when cold; bruise the shells and add them; then set it on a few coals; when hot, sweeten to the taste. Let all boil slowly fifteen minutes, without stirring it; then suspend a flannel bag, and let the jelly drain through it into a pitcher or deep dish. If it is not clear, wash the bag and pass it through till it is perfectly so. Do not squeeze the bag. When transparent, turn it into glasses, and set them, if the weather is hot, into cold water, and keep them in a cool place. It will keep but a few days in warm weather.

Some take eight calf's feet, a pint of white wine, three lemons, the whites of six eggs, half an ounce of cinnamon, half a pound of loaf sugar, with only three quarts of water, and proceed in a similar way, adding two spoonfuls of French brandy, and reduce the whole to one quart.

A knuckle of veal, and sheep's feet make a nice jelly When jelly is perfectly congealed, dip the mould an instant into boiling water, to loosen it.

521. *Lemon Jelly.*

Set on a slow fire a pint of water, with one ounce of rinsed isinglass, in small pieces, and the rind of six lemons; stir constantly till the isinglass is dissolved; add a pint of lemon juice, and sweeten it to the taste, with loaf sugar. Boil all, four or five minutes; color with the tincture of saffron, and pass it through a flannel bag, without squeezing it. Fill your jelly glasses with it when partly cool.

522. *Strawberry, Raspberry, and Blackberry Jelly.*

The jellies of all these berries are made in a similar manner. Take the berries when ripe, and such as are prime, mash them, and let them drain through a flannel bag without squeezing it. Put to a pint of the juice, a pound of loaf sugar and one third of the white of an egg; set it

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

on the fire; on boiling up well, remove it from the fire and skim it clear; set it back; if more scum rises, remove it from the fire again, and skim it off. Boil till it becomes a jelly. If, when cold, on dropping it into a tumbler of cold water it falls to the bottom in solid form, it is jellied. Tie up with clarified or brandy paper.

523. *Cranberry, Grape, and Currant, Jelly.*

Wash, and drain the fruit till nearly dry; put it in an earthen jar; put the jar in a kettle of water; set the kettle where the water will boil, taking care that none of it gets into the jar. When the fruit breaks, pour it into a flannel bag to drain, without squeezing it. When strained, add to each pint of juice, a pound and a half of white sugar, and half the beaten white of an egg. Boil the sirup gently, taking it back from the fire as fast as any scum rises, and skim it clear. After boiling fifteen or twenty minutes, drop a teaspoonful of it, cold, into a tumbler of water, to ascertain if it is jelly. Jellies are improved by being set in the sun a few days. Currant jelly is best made of equal quantities of white and red currants. The juice of black currants requires but about half the sugar, and half the time to boil it that the red does.

524. *Apple and Quince Jelly.* *See page* 194.

Crab apples make the nicest apple jelly. Wash them, cut out the defects, the stem, the blossom end, and the seeds, quartering the apples, but neither pare them, nor take out the hulls; lay them in your preserving kettle; and put to them just sufficient water to cover them. Boil till soft, but not till they break. Drain off the water through a colander; mash the apples with the back of a spoon; put them in a jelly bag, place a deep dish under it, and squeeze out the juice. To every pint of juice, allow a pound of loaf sugar; boil slowly, skimming it well, about ten or twenty minutes, or until it is a jelly. Dip it out while boiling, with a silver spoon, into your tumblers and moulds; cover with a prepared paper, and tie another paper close over the glass Quince jelly is made in the same way. Pippins and bell flowers make good jelly. Add lemon peel if you like.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

525. *Molasses Candy.*

Take two quarts of West India molasses, one pound of brown sugar, and the juice of two large lemons, or a teaspoonful of strong essence of lemon; mix, and boil the molasses and sugar three hours, over a moderate fire, (when done it will cease boiling, and be crisp when cold.) While boiling, stir it frequently, inserted in a tin pail. After boiling two hours and a half, stir in the lemon juice. It will be improved by grating in the yellow part of the rind so fine as not to be visible when boiled. If the lemon is put in too soon, all the taste will be boiled out. When it is quite done, butter a square tin pan, and turn the mixture in to cool. If you prefer the candy with ground nuts, roast a quart of them, shell and blanch them, and stir them in gradually, a few minutes before you take it from the fire Almonds may be blanched, cut in pieces, and stirred in raw, when the sugar and molasses have just done boiling. If you wish to make it yellow, take some out of the tin pan while it is yet warm, and pull it out into a thick string, between the thumb and fore-finger of both hands. Extend your arms widely as you pull the candy backwards and forwards. By repeating this a long time, it will gradually become of a light yellow color, and of a spongy consistency. When it is quite yellow, roll it into sticks, twist two sticks together, and cut them off smoothly at both ends. Or you may variegate it by twisting together a stick that is quite yellow and one that remains brown.

526. *Coffee.*

Old Java and Mocha are the best kinds. Coffee should be dried in an iron pot, over a moderate fire, for some hours before it is roasted. Hang the pot so high as not to burn it. After drying three or four hours, place it on a hot bed of coals, and stir it constantly until roasted enough, which is determined by biting one of the lightest colored kernels. If brittle, pronounce the whole done. Put into two or three pounds a bit of butter as big as a walnut, before taking it off. Box it tight, immediately, to keep in the steam. A coffee roaster is the best thing to roast coffee in. It confines the fine aromatic flavor of the coffee, which otherwise

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

escapes with the steam. For good common coffee, allow from one to two spoonfuls, ground, to a pint of water. Pour the water on boiling hot, and boil it in a coffee pot, from twenty to twenty-five minutes. It will not taste fresh and lively, if boiled longer. Let it stand, after removed from the fire, four or five minutes to settle, then turn it off carefully from the grounds, into an urn or coffee pot. When the coffee is put on the fire to boil, put a piece of isinglass, or fish skin, the size of a dime, into it, or the white and shell of an egg, for two quarts of coffee. Many dislike to fine coffee with fish skin, thinking it imparts an unpleasant taste; but it will not, if prepared properly. Take the skin from mild codfish that has not been soaked, as soaking destroys its effects; rinse it in cold water, and dry it perfectly, it may be done in the oven after drawing the bread; when dry, cut it into pieces of the size of a dime, and keep them in a paper bag for use. Put one of these dime-pieces into from a quart to two quarts of coffee, when you set it on the fire to boil. If you cannot get cream for your coffee, boil the coffee with less water, and weaken it with boiling milk, when served out in cups.

Some cooks say, allow two spoonfuls of fresh roasted coffee for each person; grind it just before making; put it in a basin, and break into it the white, yolk, and shell of one egg; mix it up with a spoon to the consistency of a thick pulp; put warm, not *boiling*, water in the coffee pot; place, and let it stand on the fire, till it boils up and *breaks* three times. Then take it off and let it stand a few minutes, and it will be as clear as amber, and the egg will give it a rich taste.

527. *French Method of Preparing Coffee.*

Divide the quantity to be roasted into two parts; roast one part in a coffee roaster, turn it constantly, till the coffee is the color of dried almonds, and has lost one eighth of its weight. Roast the other part, till the color of chestnuts, and it has lost one-fifth of its weight. Roast and grind your coffee the day it is to be used; mix the two parts, and grind them in a coffee mill. To two ounces of ground coffee put four cups of cold water; draw this off, and set it one

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

side. Put to the same coffee, three cups of boiling water: draw this off and add it to the cold infusion. When wanted, heat it quickly, in a silver coffee pot. Do not let it boil, the perfume will be lost by evaporation. Do not make the coffee in a tin vessel. Make it in China, delft-ware, or in silver.

528. *Coffee Cream.*

Mix three cups of nice clear coffee, and sugar to the taste, and boil with a pint of cream till reduced about one third.

529. *Cocoa Shells.*

Put your shells soaking over night; then boil them in the same water in the morning. They are healthful and cheap.

530. *Chocolate.*

Allow to each square, or spoonful, of fine scraped chocolate, about a pint of water; boil from fifteen to twenty minutes, then add cream, or milk, and sugar to the taste, and boil it, uncovered, about ten minutes longer.

531. *Tea.*

Scald the tea-pot, and put in a teaspoonful to a person, if the tea is strong; if it is a weak kind, put in more; turn on just sufficient boiling water to cover your tea, and let it steep—green tea, five or six minutes, (if longer it will not be lively,) and black tea, ten or twelve minutes. Fill up your tea-pot with boiling water, on carrying it to the table; and keep your tea-kettle boiling, to fill up your tea-pot as it may want—careful not to have smoky tea. Black tea is more healthful than green. Hyson and souchong, half and half, is a pleasanter and more healthful beverage, for such as drink strong tea, than green alone.

532. *Eau Sucre.*

Sweeten boiling water with sugar to your taste. This beverage is considered soporific; is good for weak nerves; and is much used by French ladies.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

533. *Currant Wine.*

Mix one quart of strained currant juice, with two quarts of water, and three pounds of sugar. After stirring the whole together, let it rest twenty-four hours; then skim, and set it in a cool place, where it will ferment slowly. At the end of three or four days, or when fermentation has about ceased, close up the barrel tight, which should be full. When it becomes clear, bottle it.

534. *Grape Wine.*

To each gallon of bruised perfectly ripe grapes, add a gallon of water, and let the whole stand a week; then draw off the liquor, and put to every gallon three pounds of lump sugar. When fermentation, in a temperate situation, is about over, stop it close. In about six months bottle it.

535. *To Mull Wine.*

Put a teaspoonful of powdered cloves and cinnamon to a pint of water; place it where it will boil; then separate the yolks and whites of three eggs, and beat the yolks with a spoonful of powdered sugar. When the water boils, turn it on the yolks and sugar; add a pint of wine, and pour the beaten whites of the eggs over the whole.

536. *Ginger Wine.*

To three gallons of water, put three pounds of sugar, and four ounces of race ginger, washed perfectly clean; boil them one hour, and then strain through a sieve. When lukewarm, put it in a cask with three lemons cut in slices, and half a pint of beer yeast. Mix it well together, and make the cask tight. After fermenting about a week, or till clear, bottle it. It may then be used in about ten days

537. *Orgeat.—An Excellent Refreshment for Parties.*

Boil two quarts of milk with a stick of cinnamon, and let it stand to be quite cold, taking out the cinnamon. Blanch four ounces of the best sweet almonds; pound them in a marble mortar, with a little rose-water; mix them well

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

with the milk; sweeten it to your taste; let it boil only a few minutes; strain it through a very fine sieve till quite smooth, and free from the almonds; and serve it up either cold or lukewarm, in handled glasses.

538. *Sherbet.*

Boil in three pints of water, six or eight stalks of green rhubarb, and four ounces of raisins or figs; when the water has boiled about half an hour, strain it, and mix it with a teaspoonful of rose-water, and orange or lemon sirup to the taste. Drink it cold.

539. *Cherry Shrub.*

Pick ripe Morello cherries from the stem; put them in an earthen pot; place that in an iron pot of water; boil till the juice is extracted; strain it through a cloth thick enough to retain the pulp, and sweeten it to your taste. When perfectly clear, bottle it, sealing the cork. By first putting a gill of brandy into each bottle, it will keep through the summer. It is delicious mixed with water.

540. *Currant Shrub.*

To a pound of sugar, add a pint of strained currant juice; boil it gently eight or ten minutes, skimming it well; take it off; and when lukewarm, add half a gill of brandy to every pint of shrub. Bottle tight.

541. *Raspberry Shrub.*

Put one quart of vinegar to three quarts of ripe raspberries; after standing a day, strain it, adding to each pint a pound of sugar, and skim it clear, while boiling about half an hour. Put a wineglass of brandy to each pint of the shrub, when cool. Two spoonfuls of this mixed with a tumbler of water, is an excellent drink in fevers.

542. *Lemon Shrub.*

Pare a thin rind off from fresh lemons; squeeze out and strain the juice; put to a pint of it, a pound of sugar

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

broken in small pieces; take for each pint of the sirup three spoonfuls of brandy, and soak the rind of the lemon in it. Let all stand one day, frequently stirring up the lemon juice and sugar. Next day pour off the sirup, and mix it with the brandy and lemon rinds. Keep it under sealed corks, in dry sand, in a cool place.

543. *Lemonade.*

Mix the juice of two lemons with a pint of water, sweetening to the taste. Some like nutmeg grated on it, or some of the squeezed lemon cut in it.

544. *Common Beer.*

Allow at the rate of two gallons of water to a handful of hops, a little fresh spruce, or sweet fern, and a quart of bran; boil it two or three hours; strain it through a sieve; stir in, while hot, a teacup of molasses to each gallon of liquor; let it stand till lukewarm; turn it into a clean barrel; add a pint of good yeast to the barrel; shake it well together, and it may be used next day.

545. *Spring Beer.*

Take a small bunch of sweet fern, sarsaparilla, winter-green, sassafras, prince's pine, cumfrey root, burdock root, nettle root, Solomon's seal, spice bush, and black birch; boil part, or all of them, in three or four gallons of water, with two or three ounces of hops, and two or three raw potatoes, pared and cut in slices. Their strength is better extracted by boiling in two waters, for when the liquor is saturated with the hops, it will rather bind up the roots than extract their juices. Boil the roots five or six hours; strain the liquor; and add a quart of molasses to three gallons of beer. To have the beer very rich, brown half a pound of bread and put it into the liquor. If the liquor is too thick, dilute it with cold water. When lukewarm, put in a pint of fresh lively yeast. Place it in a temperate situation, covered, but not so closely as to retard fermentation. After fermentation, bottle it close, or keep it in a tight keg.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

546. *Lemon Beer.*

To a gallon of water, add a sliced lemon, a spoonful of ginger, half a pint of yeast, and sugar enough to make it quite sweet.

547. *Hop Beer.*

Turn five quarts of water on six ounces of hops; boil three hours; strain off the liquor; turn on four quarts more of water, and twelve spoonfuls of ginger, and boil the hops three hours longer; strain, and mix it with the other liquor, and stir in two quarts of molasses. Brown very dry half a pound of bread, and put in—rusked bread is best. Pound it fine, and brown it in a pot, like coffee. After cooling to be about lukewarm, add a pint of new yeast that is free from salt. Keep the beer covered, in a temperate situation, till fermentation has ceased, which is known by the settling of the froth; then turn it into a keg or bottles, and keep it in a cool place.

548. *Ginger Beer.*

Turn two gallons of boiling water on two pounds of brown sugar, or to a quart of molasses, one and a half ounces of cream of tartar, and the same of ginger; stir them well, and put it into a cask. When milkwarm, put in half a pint of good yeast, stopping the cask close, and shaking it well. Bottle it in about twenty four hours. In ten days it will sparkle like Champaigne. One or two lemons sliced in, will much improve it. It is excellent in warm weather.

549. *Quick Ginger Beer.*

To a pail of water, add two ounces of ginger, one pin of molasses, and a gill of good yeast. In two hours it is fit for use.

550. *Spruce Beer.*

Boil one handful of hops, and two of the chips of sassafras root, in ten gallons of water; strain it, and turn on, while hot, a gallon of molasses, two spoonfuls of the essence of spruce, two spoonfuls of ginger, and one of pounded all spice. Put it into a cask; and when cold enough, add

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

half a pint of good yeast; stir it well; stop it close; when clear, bottle and cork it.

551. *Beer of Essential Oils.*

Mix two quarts of boiling water with a pint and a half of molasses; stir in five quarts of cold water, ten drops of the oil of sassafras, ten of spruce, fifteen of wintergreen, and a teaspoonful of the essence of ginger; when lukewarm, turn in half a pint of fresh lively yeast. After fermented, bottle and cork it, and keep it where cool. It may be used in two or three days.

552. *Essence of Lemon.*

Turn gradually two ounces of strong rectified spirit on a drachm of the best oil of lemons. But the best way of obtaining the essence of lemon peel, is to rub all the yellow part of the peel off, with lumps of white sugar, and scrape off the surface of the sugar into a preserving pot, as fast as it becomes saturated with the oil of the lemon. Press the sugar close, and cover it tight. A little of this sugar imparts a fine flavor to puddings, pies, and cakes. This is the preferable mode of obtaining and preserving the essence of lemon. You have the fine aromatic flavor of the peel, without the alloy of the spirit.

553. *Essence of Ginger.*

Grate, and put into a quart of French brandy, three ounces of fresh ginger, with the yellow part of the rind of a fresh lemon; shake it up well, and daily, ten days, when it may be used. It is nice for flavoring many kinds of sweetmeats; and a little of it mixed with water, or put on a piece of sugar, subserves all the purposes of ginger tea, and is far more palatable.

554. *Rose-water.*

On a dry day, gather fragrant, full-blown roses; pick off the leaves; to each peck put a quart of water; put the whole in a cold still, and set the still on a moderate fire—the slower they are distilled, the better will be the rose-water. Bottle the water immediately after it is distilled

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

555. *Aromatic Vinegar.*

Mix with a spoonful of vinegar powdered chalk sufficient to destroy its acidity; let it settle; turn off the vinegar from the chalk with care, and *dry* it. To purify an infected room, put in a few drops of sulphuric acid. The fumes arising from it will purify a room where there has been any infectious disorder. In using it, be very careful not to inhale the fumes, or to soil your garments with the acid. It will corrode whatever it touches.

556. *To Extract the Essential Oil of Flowers.*

Take a quantity of fresh, fragrant leaves, both the stalk and flower leaves; cord very thin layers of cotton, and dip them in fine Florence oil; put alternate layers of the cotton and leaves in a glass jar, or large tumbler; sprinkle a very little fine salt on each layer of the flowers; cover the jar close, and place it in a window exposed to the sun. In two weeks a fragrant oil may be squeezed out of the cotton. Rose leaves, mignonette, and sweet scented clover, make nice perfumes.

557. *Cologne Water.*

Pour a quart of alcohol gently on the following oils:—on two drachms of the oil of rosemary, two of the oil of lemon, or orange-flower water, one drachm of lavender, ten drops of cinnamon, and a tea-spoonful of rose-water. Stop all tight in a bottle; shake it up well.

Another way. Put into a quart of highly rectified spirits of wine, the following oils:—two drachms of oil of lemon, two of rosemary, one of lavender, two of bergamot, ten drops of cinnamon, ten of cloves, two of roses, and eight of the tincture of cinnamon. If wished very strong, put double the quantity of oils to a pint only of the spirits.

558. *Perfume Bags.*

Take rose and sweet scented clover leaves, dried in the shade, then mixed with powdered mace, cloves, and cinnamon, and pressed in small bags, and lay the bags in chests

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

of linen, or in drawers of clothes. They make a nice perfume.

559. *Lavender Water.*

Pour a pint of alcohol moderately to an ounce and a half of the oil of lavender, and two drachms of ambergris. Keep it in a bottle tightly corked; shake it up well on putting it in.

560. *To Extract a Clove, Bean, or any Artificial Substance, from the Nose of a Child.*

Press with the finger the well nostril, so as to completely close it, at the same time fitting your lips to the child's closely; blow with a sudden puff into the child's mouth. The writer thus extracted a clove from the nose of a young child.

561. *To Prevent the Quinsy, or Swollen Glands, and to Cure Sore Throat.*

Apply freely, daily, or every time of washing the face, cold water under the chin and about the neck. The effect has been witnessed. It is a sure preventive. The tooth-ache too will be a rare visitor, and probably a total stranger. Wash your children daily and thoroughly in cold water, as the best preventive of colds.

For sore throat, drink a tumbler of molasses and water, half and half, on going to bed, bathing the feet and applying mustard drafts; rub your throat with a mixture of sweet or goose oil and spirits of turpentine, or salt and lard; then wear flannel. Turn your woollen stocking, and apply foot part next the throat, when going to bed, is recommended.

562. *For the Erysipelas.*

Take three ounces of sarsaparilla root, two of burdock root, three of the bark of sweet ozier, two of cumfrey root, two of the bark of the root of bittersweet, three of prince's pine, two of black alder bark, and two handfuls of low mallows leaves, and put all in four quarts of pure, soft, water; steep half away; strain it; add half a pint of molasses, and four ounces of good figs, and boil the mixture ten or fifteen minutes. Strain it again. When cold, add one pint of Holland gin. Take a wineglass three times a day.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

563. *Pitch-Pine Mixture for the Consumption.*

Take two or three good sized pitch pine knots; chip them fine; put them into two quarts of pure, soft water, boil them in an iron vessel till reduced to one quart, skimming off the turpentine as it rises; strain it through a thick cloth; add a pint of molasses, or a pound of loaf sugar; boil it in; strain it again, into an earthen vessel; add one gill of the best of Cogniac brandy, or such other spirit as may be preferred, and bottle it. Give from half a wine-glass to a full one, as the patient can bear it, three times a day. It is excellent for any cough.

564. *Cough Drops.*

Put in a vial, equal quantities of the tincture of bloodroot, balsam tolou, and of paregoric; use, frequently, from ten to twenty drops—need not be particular to measure.

565. *Cough Tea.*

Make a strong tea of everlasting; strain it; put to a pint of it, an ounce of figs, or raisins, and an ounce of licorice cut in slips; boil them in the tea about twenty minutes; take it from the fire and add the juice of a lemon. This is an excellent remedy for a tight cough. It may be used freely. Most efficacious when hot.

566. *Cough Mixture.*

With twenty teaspoonfuls of honey, mix ten of brandy, sixty drops of laudanum, and forty drops of elixir vitriol. Take two or three teaspoonfuls of the mixture on going to bed; and a teaspoonful any time after coughing.

567. *For a Cankered Mouth.*

Chew the root of crane's bill. A decoction of it is also good. A decoction of blackberry leaves, sweetened with honey, and a little burnt alum added, may be used.

568. *Family Salve.*

Scrape yellow bar soap fine; mix with it, brown sugar,

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

working them very smooth with a knife. It is a good salve for old sores; for such as have bad flesh; and for general use

569. *For Rheumatism, Sprains and Bruises.*

Take a quart of spirits of wine, two ounces of laudanum, one ounce of oil of pennyroyal, and one ounce of oil of amber; mix them and apply the mixture to the part affected. The following is also good for the rheumatism. Put a gil. of gymson seed into a pint bottle; fill the bottle with the fine chips of a pitch pine knot; then fill it with strong alcohol. In three days the virtue of the chips and of the seed will be extracted, the alcohol turning of a greenish color. Bathe the parts affected a few times, and it will destroy the pain. A decoction of wormwood, or the bruised leaves, moistened and applied, is a good application for a bruise or sprain.

570. *For Lax Bowels.*

Take ten grains of salt of tartar, ten drops of laudanum, and twenty drops of the essence of peppermint, in warm water. Or, put to a gill of water a small tablespoonful of gum arabic, and two rolls of prepared chalk of the size of a walnut, pulverized together. Shake it up well, and take a tablespoonful twice a day.

571. *For Stoppage of Urine.*

To a pint of water, add half an ounce of pulverized nitre, half an ounce of rhubarb, and half an ounce of aloes. Mix them well, and take half a wineglass twice a day.

572. *For the Croup.*

Apply warmed spirits of turpentine. Put the spirits of turpentine in a teacup: set the teacup in hot water; wet flannels in it, and apply to the throat quite hot. Rub the feet and hands with it, instead of a flesh brush. Or, simmer garlics in pig's foot oil, or lard; rub it on the throat and stomach freely, and bind the garlics on the feet:—Or, most excellent: Bathe the feet in warm water immediately, rubbing them well; give a teaspoonful of skunk's oil if you have it, or pig's foot oil; apply a thick paste of Scotch snuff, moistened with sweet oil, pig's foot oil, or lard, to the

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

parts affected, and bind hot garlic drafts on the fect. Snuff paste is excellent for removing acute pains from the side, breast, &c.

573. *For a Burn.*

Wash in lime water, and put on cotton batting moistened with linseed oil.

574. *For Inflamed Eyes—excellent.*

To a gill of best Madeira wine, add three ounces of laudanum, two of tincture of myrrh, one of spirits of nitre, and five cloves. Put one drop every morning into the eye; and if much inflamed, one drop on going to bed.

575. *For a Felon.*

Roast a lump of salt of the size of a walnut wrapped in a cabbage leaf, and pulverize it. Take the same quantity of shaving soap, and the same of bar soap, and make all into a very smooth salve; soak the felon in lye; apply the salve; in twenty-four hours, pare down where it looks like breaking, till you open it; put on basilicon salve.

576. *For Cholera Morbus.*

Take two spoonfuls of pulverized rhubarb, two of cinnamon, and two of loaf sugar; wet them up with gin; take a teaspoonful three times an hour, till the complaint is checked; then less frequently.

577. *Elixir Propriatatis.*

Take one ounce of myrrh, one of aloes, half an ounce of saffron, a quarter of an ounce of rhubarb, and a quart of good spirits; shake the mixture well and often, and keep it in a warm place, and you may use it in three days.

578. *Rice Gruel.*

Put into six gills of boiling water a spoonful of rice, and a little mace or cinnamon; strain it when soft, adding half a pint of new milk; and then boil it a few minutes longer with a teaspoonful of salt.

To make the gruel of rice flour, mix a spoonful of it smoothly with three of cold water, and stir it into a quart

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

of boiling water. Boil five or six minutes, stirring it constantly. Season with a little salt and pepper, adding nutmeg and loaf sugar if liked.

579. *Water Gruel.*

Mix with one spoonful of wheat flour, two of Indian meal, and cold water enough to make a thick batter. Stir it into a pint of boiling water, if the gruel is liked thick; if thin, into more water; boil about forty minutes, putting in a little salt and stirring it frequently. Take it off the fire, and add a little salt and butter, and pour it on small pieces of toasted bread.

580. *Barley Water.*

Boil till soft two ounces of barley in two quarts of water. Pearl barley is preferred. Strain and mix it with enough currant jelly to give it a pleasant taste.

If the jelly is not preferred, turn the boiled barley to two ounces of figs or raisins, and boil all till reduced to one quart; strain and use it.

581. *Caudle.*

To rice or water gruel made as above and strained, add half a wineglass of wine, brandy, or ale; and season it with loaf sugar and nutmeg.

582. *Wine, Vinegar, and other Wheys.*

Stir into a pint of boiling milk, two glasses of wine; boil it one minute; take it from the fire; let it stand till the curd has settled; then pour off the whey, and sweeten it with loaf sugar. Vinegar, cream of tartar, lemon, mustard seed, and alum whey, are all made in like manner.

583. *Arrow Root Custard.*

Stir well into a pint of boiling milk, a spoonful of arrow-root mixed smooth with a little cold milk; boil it three or four minutes; when cool, stir in two well-beaten eggs, sweeten it to the taste, and add a little nutmeg; let all boil up once, stirring constantly; then take it quickly from the fire, and pour into custard cups. Omitting the sweetening, nutmeg, and eggs; the arrow root, prepared as for custards

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

is excellent food for invalids, and can be eaten when the custards are too rich for the stomach.

584. *Thoroughwort Bitters.*

Make a strong tea of thoroughwort; strain it; when cool, put to two quarts of it half a pint of French brandy, the peel of two or three fresh oranges, cut in small bits, and six bunches of fennel or smellage seed. Turn the tea and brandy on the peel and seed in a bottle, and cork it tight. The bitters will keep good a long time; they are excellent for bilious complaints, and can often be taken when thoroughwort tea will not suit the stomach. Put a wineglass of the bitters to a tumbler of water, adding a little sugar at the time of drinking them.

585. *Stomachic Tincture.*

Bruise one ounce of dried bitter orange peel, with two of Peruvian bark; steep them two weeks in a pint of proof spirit, shaking up the bottle once or twice daily. Let it remain quiet two days, then turn it off carefully into another bottle. A teaspoonful, in a wineglass of water, is a good tonic.

586. *Tapioca Jelly.*

Rinse four spoonfuls of tapioca thoroughly, covering it with cold water; soak it five hours. Put a pint of cold water on the fire; when it boils, mash and stir up the tapioca that is in water, and mix it with the boiling water; simmer all gently with a stick of cinnamon or mace; when thick and clear, mix two spoonfuls of white sugar with half a spoonful of lemon juice, and half a glass of white wine; stir it into the jelly; add more sugar, if not sweet enough, and turn the jelly into cups.

587. *Moss Jelly.*

Steep Carragua or Irish moss in cold water a few minutes, to extract its bitter taste; turn off the water; to half an ounce of moss add a quart of fresh water and a stick of cinnamon. Boil it till a thick jelly; strain it, and season it to the taste with loaf sugar and white wine. This is highly recommended for consumptive complaints, and is very nourishing

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

588. *Sago Jelly.*

Soak four ounces of sago in cold water half an hour, after thoroughly rinsed; pour it off; turn on a pint and a half of fresh cold water; soak it half an hour; then boil it slowly with a stick of cinnamon, stirring it constantly. When of a thick consistency, add a glass of wine, and loaf sugar to the taste. Boil it five minutes, and turn it into cups.

589. *Beef Tea.*

Boil a pound of fresh lean beef ten minutes; cut it in small bits; pour on a pint of boiling water; let it steep, where warm, half an hour; then strain and season the tea with salt and pepper. This, though a quick way, is not so good as the following, when the stomach can bear but a little liquid :—Cut the beef, quite free of fat, into small bits; fill a junk bottle with them, cork it tight, immerse it in a kettle of lukewarm water, and boil it four or five hours. In this way, you obtain the juices of the meat unalloyed with water. A spoonful of this, is as nourishing as a tea-cup of the other.

590. *For the Dysentery.*

Bruise one ounce of rhubarb, two drachms of English saffron, two of cardamom seed, and a large nutmeg; add to them a pint of best French brandy; set the bottle, loosely corked, in a pot of cold water; heat the water over a moderate fire quite hot, and keep it hot twelve hours, without boiling. It is then fit for use. Take, on going to bed, one spoonful—a teaspoonful for a child.

591. *For Weakness.*

Put to a pint of best port wine, one ounce of steel filings, and one ounce of cinnamon. Place the bottle twenty-four hours in the corner, often shaking it :—take in the day, three teaspoonfuls, one at a time.

592. *To prevent the Lockjaw.*

As this is often caused by treading on a nail or pin, and subsequent neglect—forthwith bind on a rind of salt pork. If the foot swell, bathe it in strong wormwood tea, and bind on another pork rind :—rest till healed. Or, soak the limb

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

yell in warm lye, and apply a hot Indiar. meal poultice, vet with lye. Renew it when cold.

593. *For the Ear Ache.*

As this is generally caused by a cold—steam the ear over ıot herbs, bathe the feet, and put cotton wool wet with ;weet oil and paregoric into the ear. Or, best and safest; put the heart of a roasted onion, warm, into the ear, bathing the feet, and applying drafts.

594. *Infallible Cure for the Tooth Ache.*

Pulverize and mix in equal quantities, alum and common salt; wet a small piece of cotton, and causing the mixture to adhere, place it in the hollow tooth. A sensation of coldness will be produced at first, which will gradually subside, and with it, the *torment* of the tooth ache. As an approximation to a cure, apply a ginger poultice, on flannel, when going to bed. Some recommend the wetting of the flannel in hot vinegar. *Hot vinegar* applications are efficacious for removing pains in variety; but they are hazardous. Very serious results have been caused by the application of vinegar. If used at all, use it with the greatest caution.

595. *For the Sick Head Ache.*

Every other night, for a while, soak the feet on going to bed, in hot water half an hour, adding hot water occasionally during the time, so as to have the water hotter at the time of taking them out than when putting them in, to prevent the blood rushing back to the head. Retiring immediately, drink a tumbler of hot strong ginger tea, and apply a stone jug of hot water to the feet. Some recommend the application of a hop poultice to the head, and the use of this prescription at any hour of the day.

596. *For the Heart-ache or Heart-burn.*

For the one, keep a conscience void of offense:* for the other chew magnesia or chalk, or drink a tumbler of cold milk.

597. *Iceland Liverwort.*

Take one ounce and free it of all dust and alloy, by rub-

* Says a lady. "The remedy cannot apply where the wife has a drunken husband."

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

bing it in cold water ; cover it with cold water, and steep it two hours ; then bruise or cut it, and turn on boiling water, and steep it three or four days, and turn off the water by pressure. Put the liverwort into a quart of fresh water, and reduce it by boiling to about a pint. After strained and cooled, it is free from any bitter taste, and makes a thick mucilage. It is palatable, by adding sugar and lemon acid, or white wine, where wine may be used ; and it is an excellent demulcent nutriment in dysentery, consumption, and in convalescence from acute diseases, especially after the hooping cough, in which case its bitter need be but partially extracted.

598. *Bread Water.*

Brown thoroughly thin pieces of bread on both sides, without burning it, and turn boiling water over it and let it cool.

599. *Cooling Drinks.*

Turn boiling water on preserves, roasted sour apples, or lemons sliced ; or boil lemon juice in sugar and water.

600. *Licorice, Flax-seed, Boneset, Pennyroyal, Mint, Balm, and other Teas.*

Put the seeds or herbs into a pitcher ; turn on boiling water ; cover and set it near the fire till sufficiently strong. Mint tea is good for allaying nausea and vomiting. *See p.* 194.

601. *For a Cut.*

For a slight cut, only put on dry linen lint, *bandaging* it moderately tight. Uniting the lips with an adhesive plaster, or by stiching, will make a cut heal more readily. In slight cuts, the lint need not be removed. In others, after two or three days, a plaster of basilicon, or some other salve may be needed. Apply the salve, spread on lint, or a fine rag, directly ; or over a thin dressing of dry lint.

602. *Madder Red, and Crimson Dyes*

For one pound of goods, allow three ounces of alum, one of cream of tartar, and eight of *madder*. Bring to a scalding heat, three gallons of water in a brass kettle : add the

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

alum and tartar; let it boil; then put in the goods, and boil them two hours. Take out and rinse them in clear water. Empty the kettle; put in again three gallons of water; add the madder; (it may be tied up in a bag) rub it fine in the water; put in the goods, and let them remain one hour in the dye, which must not boil, but be kept at a scalding heat. Keep the goods in motion, and when they have been in one hour, let them boil five minutes; then take them out, stir and rinse them out well, without wringing, and dry them in the shade. For a *crimson* dye, take for each pound of goods, two and a half ounces of alum, and an ounce and an half of white tartar; put them in a brass kettle with water enough to cover the goods; boil them briskly a few minutes; then put in the goods, washed clean and rinsed in fair water. When the goods have boiled half an hour, take them out without wringing, and hang them where they will cool all over alike, without drying; empty out the alum and tartar water; put fresh water in the kettle, and for each pound of goods, put in an ounce of cochineal, powdered fine. After the water has boiled fifteen or twenty minutes, reduce it to a lukewarm temperature, by adding cold water; then put in the goods and boil them an hour and a quarter. Take them out without wringing, and dry them in the shade. Balm of Gilead blossoms, steeped in fair water, then strained, make a pretty red dye for silks. The silk must be free of color, washed clean, rinsed, and boiled in the strained dye, with a small lump of alum. For faded fancy shawls and ribbons, use a carmine saucer, to color a fine delicate pink; the directions come with the saucers.

603. *Blue Black Dye.*

Wet in strong suds a pound of goods, and wring them dry; put into a thin cloth bag a pound of ground logwood, and put this into sufficient vinegar or sour cider, to cover the goods, and hang it where it will keep warm several hours, boiling it a few minutes at the last. Put in your goods, and let them remain in the dye two or three days, *without boiling*, airing them daily. Take your goods out of the warm dye, spread them evenly in the shade to dry, and then wash them out in strong suds.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

604. *Black Dye.*

Take for a pound of goods a pound of logwood. Soak the logwood in soft water over night; boil it an hour, and strain the water. Allow for each pound of logwood an ounce of blue vitriol; dissolve the vitriol in enough luke-warm water to wet the goods; dip the goods in; when saturated, turn the whole into the logwood dye. If the goods are cotton, place the vessel on the fire, and let the goods boil ten or fifteen minutes, stirring them constantly to prevent their spotting. For silk and woolen goods, do not boil the dye stuff. Only keep it at a scalding heat for twenty minutes. Drain the goods without wringing, and hang them in a shady, but dry airy place. When dry, put the goods into scalding water, with one teacup of salt to three gallons of the water. Let the goods be in it till cold, then hang them to dry, without wringing, Boiling hot suds is the best thing to set the color of black silk; let it be in till cold Sour milk is good to soak goods in, to set a black dye.

605. *Slate Colored Dye.*

Boil sugar-loaf paper with vinegar, in an iron vessel, adding alum to set the color. This makes a good dark slate color. Tea grounds, set with copperas, also. For a light slate color, boil in a brass vessel, white maple bark in clear water, adding a little alum. The dye for slate color should be strained before putting in the goods. They should be boiled in it; then hung out to drain and dry.

606. *Yellow Dyes.*

For a buff color, boil equal parts of common potash and anatto in pure soft water. When dissolved, take it from the fire; put in the goods when cool, first washed free from spots and color; place them on a moderate fire, where the goods will keep hot till of the shade desired. To dye orange or salmon color, tie anatto in a bag, and soak it in warm soft soap suds, till so soft you can squeeze enough of it through the bag to make the suds a deep yellow. Put in the articles clean and free of color, and boil them till of the shade you wish. Have sufficient dye to cover the goods, and stir them while boiling to keep them from spot-

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

ting. This dye will make a salmon or orange color, according to the strength of it, and the time the goods remain in. Drain them out of the dye, and dry them quickly in the shade; then wash them in soft soap suds. Goods dyed in this manner should never be rinsed in clear water. Peach leaves, fustic, and saffron, all make good straw or lemon color, according to the strength of the dye. They should be steeped in soft fair water, in tin or earthen, and then strained, the dye set with alum, and a little gum-arabic dissolved in the dye, if you want to stiffen the article. When the dye stuff is strained, steep the articles in it.

607. *Green and Blue Dye for Silks and Woolens.*

To dye green, take a pound of oil of vitriol, and pour it on half an ounce of Spanish indigo, that has been reduced to a fine powder. Stir them well together; add a pea-sized lump of salæratus, bottle it as soon as fermentation ceases, and you may use it next day. Make chemic blue in the same manner, using only half the quantity of vitriol. For woolen goods the East indigo answers as well as the Spanish, and is cheaper. This dye will not do for cotton goods, as the vitriol rots the threads. Wash the articles to be colored perfectly clean and free from color. If the color cannot be extracted by rubbing in hot suds, boil out and rinse in soft water, till entirely free from soap, as the soap will spoil the dye. To dye a pale color, put to each quart of soft warm water that is to be used for the dye, ten drops of the above composition. To dye a deeper color, add more. Put in the articles without crowding, and let them remain in till sufficiently dyed. Keep the dye warm; take the articles out without wringing, drain as dry as possible, then hang them to dry in a shady airy place. They should be dyed in dry weather. Unless dried quick, they will not look nice. When perfectly dry, wash them in lukewarm suds, to prevent injury of the texture by the vitriol. If you wish a lively bright green, mix a little of the above composition with yellow dye.

608. *Beautiful Pink Dye.*

Take three parts cream of tartar, and one of cochineal, nicely rubbed together. Tie a teaspoonful in a muslin bag;

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

put this with a quart of boiling water; dip in the articles to be colored, previously cleaned and dipped in alum water. If wished stiff put in a little gum-arabic.

609. *Cold Soap.*

Mix twenty-six pounds of melted and strained grease, with four pailfuls of lye, made of twenty pounds of white potash. Let the whole stand in the sun, stirring it frequently. In the course of the week, fill the barrel with weak lye. It is much easier than to make a lye of your ashes; while quite as cheap, if you dispose of your ashes to the soap boiler.

610. *Hard Soap.*

Dissolve twenty pounds of white potash in three pailfuls of water. With twenty pounds of strained hot grease, mix the dissolved potash, and boil them till a thick jelly, which is ascertained by examining a little of it taken out and cooled. Take it off the fire, stir in cold water till it grows thin, then add to each pailful a pint of blown salt, stirring it well. Next day remove the lye, and heat it over a slow fire; boil fifteen minutes, and take it off. Put in a little palm oil if you wish the soap of a yellow color, and pour it into wooden vessels. When cold separate it from the lye again, and cut it into bars. Place them in the sun a few days to dry.

611. *Windsor Soap.*

To make the celebrated Windsor soap,—slice the best white bar soap as thin as possible, and melt it over a slow fire; then take it off, and when lukewarm, add sufficient oil of caraway to scent it, or any other fragrant oil. Pour it into moulds, and let it remain five or six days in a dry place.

612. *Bayberry, or Myrtle Soap.*

Dissolve two pounds four ounces of white potash in five quarts of water; mix with it ten pounds of bayberry tallow; boil all over a slow fire till it turns to soap; add a teacup of cold water; boil it ten minutes longer; turn it into tin moulds for a week or ten days to dry, first scenting it with any essential oil that may be preferred. It may be used in

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

three or four weeks, but is better a year old; is excellent for shaving, for chapped hands, and for eruptions on the face

613. *Potash Soap. First rate.*

Put into your soap barrel, sixteen pounds of clean grease, sixteen of good potash; and a pail of boiling water. Stir it thoroughly; and add, daily stirring it several times, a pailful of cold or warm water every day, till full.

614. *Cosmetic Soap, for washing the hands.*

Take a pound of castile soap, or any other nice old soap; scrape it fine; put it on the fire with a little water; stir it to a smooth paste; turn it into a bowl; when cold, add some lavender water, or any kind of essence: beat it with a silver spoon till well mixed; thicken it with Indian meal, and keep it in small pots, closely covered; exposure to the air will harden it.

615. *Superior Soft Soap.*

Cut in small pieces, a pound and a half of bar soap, into four quarts of rain water; add four ounces of pure carbonate of soda; dissolve them over the fire, and when dissolved, stir in one spoonful of salt:—very nice for woolens and calicoes.

615, *a. Potato-Yeast Bread.*

Put into the usual quantity of yeast for four loaves, eight boiled mealy potatoes, mashed fine, adding enough water to make the whole of yeast-consistency; let it stand all night, where a little warm; and then rub it through a colander into your flour—much improves the bread.

615, *b. Chicken Tea.*

Take off the skin and fat; cut the fowl in small pieces, and boil it till very tender, adding a little salt. Some boil, with it, a little wheat flour tied in a muslin bag. Skim off the fat, if any, when done.

615, *c.*

Molasses, for all kinds of cooking, is much improved by boiling and skimming.

615, *d.*

Use none but a silver spoon for *Sweetmeats*—dip, with it, your jellies, while *boiling*, into glasses and moulds.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

MISCELLANEOUS RECEIPTS.

---

616. *To extract Tar, Paint, Grease, and Stains from Carpets, and the finest fabrics, without injury to the texture, or to the most delicate colors,—*

Wet soft linen in camphine, and rub the soiled spot till restored; or, for some articles, rub on beaten egg-yelk, dry in the sun, and wash.

617. *To Preserve different kinds of Fruit through the Winter.*

Take hard sound apples; wipe them dry, pack them in tight barrels, putting a layer of bran to each of apples, so as not to let the apples touch each other, and you may keep them till June. Keep the barrel in a cool place, enveloped in a linen cloth, to prevent the apples freezing. Some lay mortar over the top of a barrel of apples to preserve them. It draws the air from them, and thus prevents their decay. Do not let the mortar touch the apples. Lemons and oranges may be kept some months, by wrapping such as are perfectly fresh in separate soft papers, and securing them in glass jars, or perfectly tight boxes, packed in white sand dried several hours in the oven after baking. Cover *each thickly*, then cover the whole so. Close the vessel tight, and keep it in a cool dry place. To keep grapes, pick them on a dry day before quite dead ripe, reject the bad ones, lay the bunches in a glass jar, sprinkle round each a thick layer of dry bran so they shall not touch each other, put a thick layer on the top, and cork and seal the jar. By cutting off the extreme end of the stems, on eating them, and placing the stems in sweet wine a few minutes, they will so imbibe the wine as to restore the grapes to their former freshness. To keep green grapes, gooseberries, currants, and plums, through the winter, fill junk bottles with the fruit, set them in an oven six or seven hours after baking; when the fruit has shrunk, take from one bottle to fill the others quite full. Cork and seal tight. To make pies of them, put them in a tin pan, cover them with boiling water, stew soft, and sweeten them. To keep ripe whortleberries and blackberries, dry them perfectly in the sun, and tie them in bags thick enough to exclude the air. Treat them like the green fruit when used. Ripe currants dried on the stem, picked off, and put in bags, will keep good for pies all winter. They make a nice tea for fevers, especially the hectic. They are excellent to counteract the effects of opium.

618. *To make Tomato Ketchup, and to keep Tomatoes and Lima Beans through the Winter.*

To one gallon of skinned tomatoes, put four spoonfuls of salt, four of black pepper, three of mustard, half a spoonful of allspice, and eight pods of red pepper. All the ingredients should be made fine, and simmered slowly in a

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

pewter basin, in sufficient sharp vinegar to have two quarts of ketchup after simmering it three or four hours and straining it through a wire sieve. Those who like it may add two spoonfuls of the juice of garlic, after the simmering is over, and the ingredients are somewhat cooled.

This is superior to West India Ketchup, is an excellent remedy for dispepsia, may be used in a week, but improves much by age.

Smooth ripe tomatoes may be kept fresh through the winter, by packing in dry sand and keeping them in a cool dry place.

Pack Lima beans in a cask, with alternate layers of fine salt; put a weight on them, cover and keep them where cool and dry. The later the pods are gathered the better.

619. *Lemon Citron.*

Turn water on nice fresh lemon peels, soak them till you can scrape al. the white pulp off, then boil them till soft. Preserve them with half their weight of sugar. They are a good substitute for citron.

620. *Tarragon Vinegar.*

Pick the tarragon nicely from the stems; let it lay in a dry place two days, to a quart of the leaves put in a pitcher, turn three pints of vinegar; after standing a week, closely covered, strain it; and when clear, bottle, and cork it close.

621. *A Cheap Water Filter.*

Lay a thick bed of pounded charcoal on the bottom of a large common earthen flower-pot, and over this lay a bed of fine sand about four inches thick.

622. *To Prepare Rennet.*

Take the stomach of a calf as soon as slaughtered; do not wash it; hang it four or five days in a cool dry place, then turn it inside out, slipping off all the curd with the hand; put in sufficient salt with a little saltpetre, lay it in a small stone pot, turn on it a teaspoonful of vinegar, sprinkle over it a handful of salt, and cover it tight. In six or eight weeks, cut off a piece four inches square, put it in a vessel that will hold a pint and a half, add five gills of cold water, and one of rose brandy, stop it close, and shake it when about to use it. A spoonful is enough for a quart of milk. Well prepared, in cool weather, it will keep more than twelve months. Add, if necessary, more water and salt, as you diminish it. For cooking, it is nicer if wine is substituted for the vinegar and water. The more common way is, to empty the stomach of its curd immediately after the calf is slaughtered, to thoroughly salt it inside and out, and to let it lay in salt one day, and then to stretch it on a stick to dry. When dry lay it away, and use a little bit as wanted.

623. *To clean Calf's Head and Feet.* See page 15

624. *To Corn Beef, and to "Salt in Snow."*

Put to each gallon of cold water one quart of rock salt, one ounce of saltpetre, and four ounces of brown sugar—(you need not boil it)—and put in your beef. As long as any salt remains undissolved, the meat will be sweet. If any scum rise, scald and skim the brine, and add more salt, saltpetre, and sugar. Rub a piece of meat over with a little salt, on putting it into the brine. If the weather is hot, gash the piece to the bone, and put in salt. Put a flat stone or some weight on the meat, to keep it under brine, and cover the cask. Or thus, allowing to every four gallons of water two pounds of brown sugar and six pounds of salt, boil it about twenty minutes, taking off the scum as it rises. The next day turn it on your meat packed in the pickling tub. Pour off this brine, boil and skim it every two months, adding three ounces

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

of brown sugar and half a pound of common salt. It will keep good a year. Sprinkle the meat with salt, and the next day wipe it dry, before turning the pickle over it. Let it entirely cover the meat; add four ounces of saltpetre. Place canvas lids over your salting tubs, to admit the air and exclude flies. For *immediate use and for soup*, you need only thoroughly rub your pieces of beef or mutton with dry salt, placing them in a closely covered tub and turning them daily. You may thus keep mutton and beef sweet six or eight weeks.

"*Salting in snow*:—cover the bottom of a large clean tub four inches, with nice snow; lay in your spare-ribs, fowls, &c., cover each layer two or three inches, taking special care to fill snow into every crack and cranny between the pieces and next the tub, and stuffing the fowls with snow, and topping off with a layer of snow tight pressed down. Cover your tub, and the colder its location the better. The meat will remain as fresh and juicy as when first killed. It will not freeze. The snow will not melt, unless there come a *January* thaw.

625. *To Salt Pork.*

Pork is said not to be so good for salting for having been kept fat all summer. Cover the bottom of your barrel with coarse salt. Rock salt is the best. Put in your meat skin side down, putting a good layer of salt over each piece. If salted in the evening after it is slaughtered, it will pack closer than after stiffening by long laying. Make sufficient strong brine to quite cover the meat—(if not covered it will be rusty)—by dissolving salt in cold water till completely saturated. Boil and skim the brine; then turn it on cold, first putting on a weight to keep the meat compact under brine. Always let there be undissolved salt in your pork barrel. What is left will be as good as new for the next year. If washed, nothing can be better for butter.

626. *Westphalia Hams—mode of curing them.*

Hang up your hams ten or twelve days—(the longer the tenderer and better if kept perfectly sweet)—then mix, for a common sized ham, a teacup of blown salt, a teacup of molasses, and one ounce of saltpetre; lay the hams in a clean dry tub, rub them all over with the mixture, and rub the bone effectually. Turn and rub the hams daily, for three weeks, occasionally rubbing on a little blown salt. Nothing can be better if rightly smoked. Use corn cobs for smoking. Hickory and apple-tree wood are good. Do not heat your hams.

627. *Virginia Mode of Curing Hams.*

Add salt to water so long as it will dissolve; for every sixteen pounds of ham, add to your pickle two teaspoonfuls of salæratus, and two ounces of saltpetre, adding also a gallon of molasses to every hogshead of brine. Let the hams lie in this pickle three or four weeks. Smoke them from one to three months. To retain the juices, smoke with the hock downwards.

628. *Western Mode of Curing Hams.*

Let the hams remain as for "Westphalia Hams," so long as they will keep sweet, after the pork is cut out; then rub around the bone of each ham a teaspoonful of saltpetre, and pack them in fine salt, half a bushel to five hundred weight. Let them lay one month. (If they settle, they are doing well. If they rise, take them up, and add more salt.) Then taking them out, rub with the hand all over the fleshy part of the ham, a paste made of good ashes wet up with water—thus prepared, the flies will not trouble them. Smoke them, hock downwards.

629. *A Cheap Smoke House.*

Take a barrel or hogshead, and knock out both heads, and smoke your meat

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

or fish in it. Be careful of your fire. Put a few embers in a suitable vessel, .ay on them a few cobs; the cobs may occasionally be sprinkled with water; suspend your meat from sticks laid across the cask, covering it so as to confine the smoke, but not to extinguish the fire. A red hot bar, covered with sawdust or green wood may be used.

630. *To Pickle Salmon.*

Put a large half pint of vinegar to a quart of liquor the fish has been boiled in, and half an ounce of whole black pepper—boil it, and pour it cold over the fish, laid in a deep dish—a good way to dress the salmon after a dinner. To boil a salmon on purpose to pickle, it keeps better for not being scaled. Pour a little sweet oil over the top of the pickle, and the salmon will keep good for months.

631. *To Pickle Shad.*

With a peck of rock salt and two quarts of blown, mix a pound of sugar and four ounces of saltpetre; allow this preparation for every twenty-five shad. Put a layer of this at the bottom of your barrel, then a layer of well-cleaned shad, with the skin down; then another layer of salt, sugar, and saltpetre, and thus till you get in all the shad. Place a smooth flat stone or some heavy weight on the shad, to keep them under brine. If in the course of a week the juice of the shad do not make sufficient brine to cover them, add a little brine.

632. *To Cure Herring.*

Where the location will admit of it; for family use, take your beef brine which is left of your winter's stock, to the fishing place; select the largest, and throw them in alive—(the brine they drink before they die, has a wonderful effect in preserving their juices.) Let them remain twenty-four hours; take them out, and lay them in a sloping position to drain, then pack them in a barrel till full, with coarse alum salt and saltpetre, in alternate layers of salt and fish, beginning with a layer of coarse alum salt, and taking care not to bruise the fish. Be liberal with your salt. In a few weeks, if they are not covered with brine, make some and add. Put a cover over them, and a weight to keep them under brine. When a year or two old, they are not inferior to anchovies

633. *An Excellent Common Pickle for Hams and Tongues.*

Allow for each gallon of water a pound and a half of salt, a pound of brown sugar or molasses. an ounce of saltpetre, and an ounce of allspice; scald, skim, and cool it. Turn it on the meat, the meat first having been rubbed over with fine salt and lain two days. Let the meat remain in the pickle from two to four weeks, turning it daily. Canvas or coarse calico bags are good for keeping meat after it is smoked. Dip the bags several times in strong brine, and dry them before putting it in, or put it in and then whitewash the bags.

634. *To Try Lard and Tallow.*

Lard tries easier the day the pork is butchered. It need not then be washed, except where stained. Cut it into pieces; put it in an iron pot with a very little water to prevent burning; boil it slowly over a moderate fire, stirring it occasionally to prevent burning, till the scraps are quite brown; strain it through a coarse cloth, spread over a colander, into your lard tub—what you want for your nicest without squeezing the strainer—then squeeze the scraps as dry as possible. Use the last strained first, as it will not keep so long as the first. Keep your lard covered in a cool dry place. Some salt the lard while trying, others do not. The latter keeps equally well with the salted. The scraps are nice for eating. Tallow is tried in the same way. It should lie where perfectly cool and dry several days, and be stirred before

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

trying. Some prefer having the lard lay a day or two before trying it. It should then be washed thoroughly in cold water. The *leaves* make the nicest lard.

635. *To Manage Bees.*

The best mode known to the writer, is to make the bees a convenient snug little bed-room near your own. In the end of your dwelling-house, or in any of your out-buildings, make them a room with a number of shelves, having a door for entry at pleasure; place a hive on one of the shelves; on the top of this hive, or at its side, place another, or a box, into which the bees can pass from the main hive, and which may be removed when full. They will suspend the comb to the shelves when all else is full. Make an opening through the outside of the building for the convenience of the bees going in and out. Among others, the writer would take the liberty of referring to a Mr. Braman, of Worcester, Mass. as having a good apiary of the kind described. See others also in Chester. In this way there is but little danger of a colony's being robbed on account of their weakness. As these little fellows are occasionally pugnacious, and seem impelled by a kind of simultaneous family impulse to make an assault upon their peaceable neighbors, the assailants may be identified at their own homes, by the sprinkling a little flour over them while in the act of robbery and murder abroad. But it is beyond the art of man to mediate a truce. You must either take up the hive attacked, or submit to its being plundered, and its inhabitants made prisoners of war. The chance for the assailants to fall, on the battle field, is small.

636. *To Make Cream.*

Mix two teaspoonfuls of flour, the well beaten yolks of two eggs, and a teaspoonful of sugar, and turn on gradually a pint of boiling milk, stirring constantly to prevent lumps. A very small bit of nice butter is sometimes added. Or, for coffee, beat the white of an egg to a froth, adding a small bit of butter, and turn the coffee to it gradually, that it may not curdle. Its taste is very similar to that of fresh cream.

637. *Yeast of Cream of Tartar and Salæratus.*

Heat your oven; mix two teaspoonfuls of cream of tartar with one quart of flour, then dissolve one teaspoonful of salæratus in warm water, and mix it with the flour, adding water enough to make it soft dough.—As soon as thoroughly kneaded, place it in your oven until sufficiently baked, and the bread will be tender and of the nicest kind. Biscuit may be made in the same way by adding a little shortening.

638. *Tartaric Acid Yeast.*

Tartaric acid may be used in all cases for cooking, where an acid is wanted. It imparts no *other* taste than that of pure acidity. In connection with salæratus or soda, it makes a very quick and convenient yeast, for raising bread and biscuit of all kinds; for crust; and for griddle cakes. Use equal quantities of each. For *dough*, put in a teaspoonful of salæratus to a quart of flour. Then mould it up, putting in a teaspoonful of the acid. Let it stand fifteen or twenty minutes, and bake. For *griddle cakes*, stir in equal proportions of salæratus and acid, putting in the acid last, and immediately before cooking.

639. *Gardener Flour Pudding.*

Put a pint and a half of flour in a pan; add four well beaten eggs, a quart of milk, and two teaspoonfuls of salt. Beat all together till thoroughly

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

mixed; bag it and boil an hour and a half. For sauce, take a teacup of sugar half a gill of wine, and a butternut-size piece of butter, adding a little nutmeg.

640. *Whortleberry Pudding.*

Allow a quart of berries to sixteen spoonfuls of flour; wash and spread the berries in a dish, gradually stir in half the flour, taking care not to mash the berries, break in two eggs, add a teaspoonful of salt, and the remainder of the flour, and milk enough to make a batter as thick as for pancakes. Put it in a bag well floured into boiling water, and boil it an hour and a quarter.

641. *Custard Pudding.*

Take a quart of milk, eight eggs, and eighteen spoonfuls of flour. Take enough of the milk to wet up smooth the flour; turn on the remainder gradually, stirring it constantly, and if boiling hot the better; add the eggs well beaten when a little cool, and a little salt, and stir all well together. Bake from twenty to thirty minutes.

642. *To Fricassee Eggs.*

Boil six eggs five minutes; lay them in cold water, peel them carefully, dredge them lightly with flour, beat one egg perfectly light, dip in the hard eggs, roll them in bread crums, seasoned with salt, pepper, and nutmeg, covering them well, then letting them stand awhile to dry; fry them in boiling lard, and serve them up with any kind of rich well-seasoned gravy, and garnish with crisped parsley.

643. *Cold Sweet Sauce for Puddings.*

Rub equal quantities of butter and sugar to a cream, add a little wine, form it into a lump, set it in a cool place for fifteen minutes, then grate nut meg over it. Currant jelly may be substituted for the wine

644. *Buckwheat Cakes.*

Turn on to three cups of flour and a teaspoonful of salt, enough hot water to make a thin batter. When lukewarm, add a spoonful of yeast, and set it in a warm place to rise. In the morning add a teaspoonful of salæratus in a teacup of hot water. If mixed in the evening, and it rise too fast, set the batter in a cool place through the night. Some of the same batter may be reserved for the next time.

645. *Cheap Mountain Pound Cake.*

To one egg and four ounces of butter, well beaten together; add a teaspoonful of allspice; half a teaspoonful of pepper; pint of molasses; teaspoonful of salæratus, dissolved in a teacup of *cream*, or milk; and flour enough to make the consistency of fritters; set it where quite warm to rise, and when perfectly light, bake moderately.

646. *Noodles for Soup.*

Thicken two eggs with flour, adding a little salt, till stiff enough to roll out like pie crust; sift flour over it; do up the sheet in folds, sifting flour over each; then shave it into very fine strings, and boil them in your soup fifteen minutes.

647. *To Clarify Sugar.*

Put to three pounds of sugar a pint of water; add the white of one egg well beaten and mixed with half a pint of water. Boil all till the scum rises, set it off the fire till it falls, then skim it.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

648. *To make Wheat Starch.*

Wash a peck of good *pure* wheat; cover it with water in a tub placed in the sun: change the water daily to prevent its unpleasant smell; when the wheat becomes very soft, rub it out in water, throw the husks into another tub, let the white substance settle, turn off the water, put on fresh, stir it well, and let it settle; do this daily, till the water turns off perfectly clear. Put the starch in a bag, and set it in the sun a few days; then take it out, and dry it on platters.

649. *To make Potato Starch.*

Wash perfectly clean half a bushel of nice potatoes, grate them, wash the pulp thoroughly, rinsing and straining it through a sieve; stir it well, and turn off the water after the starch has settled. Add new water; next day stir well, let settle, and turn off the water again, and thus till the water turns off clear, adding a little bluing to the last. Collect and dry the starch.

650. *To prepare Starch for Use.*

Wet your starch gradually with cold water till it will readily pour, rubbing it perfectly smooth with a spoon; stir it into boiling water, and let it boil five or six minutes, frequently stirring it; stir in a little spermaceti, or stir it with a candle; strain and use it.

Poland starch is made in the same manner. Muslins, to look clear and nice, should be clapped dry while the starching is hot, then folded in a very damp cloth till quite damp before ironing. Isinglass is a very delicate starch for fine muslins; also rice. Some add a very little fine salt to starch.

651. *White Apple Sauce.* See Nos. 503 and 515.

Pare and quarter tart apples; put to them enough water to prevent their burning, and boil till perfectly tender. Sweeten with sugar, and season with grated lemon, mace, or nutmeg.

652. *Opodeldoc.*

Put into a pint of the spirits of wine, two ounces of camphor and a cake of Windsor soap sliced fine; put all in a quart cup, cover close and set it in boiling water, and let it remain till they are dissolved. Add two ounces of the oil of origanum, and, when milk warm, a little salt.

653. *Ox Marrow Pomade.* See Nos. 722, 853.

Simmer 10 ozs. ox-marrow. Strain it on 10 ozs. castor oil. Beat together till white as cream; if for hours the better. Add ounce and half essential oils for perfume. Brandy and castor oil also good for the hair.

654. *To Preserve Herbs.*

Gather them on a dry day, just before blossoming; suspend them, tied in bunches, in a dry airy place, with the blossom end downwards; wrap the medicinal ones, when perfectly dry, in paper, and keep them from the air. Pound fine and sift the leaves of such as are to be used in cooking, and keep the powder in corked bottles.

655. *To preserve Vegetables through the Winter.*

Keep succulent vegetables in a damp, shady, cool place. Protect potatoes, turnips, and similar vegetables from the air and frost, by burying them in sand. Potatoes will not sprout, it is said, if covered with charcoal dust. It is also said that sweet potatoes will keep months thus,—packed in boxes of dry sand, exposed to the influences of smoke.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

656. *Superior Writing Ink.*

Mix with a gallon of pure soft water, and stir in well, twelve ounces of coursely-powdered Aleppo galls, six of chipped logwood, five of protosulphate of iron, five of gum-arabic, and two of dry Muscovado sugar.

657. *Indelible Ink for Marking.*

Dissolve two drachms of lunar-caustic and half an ounce of gum-arabic in a gill of rain water; dip the part to be marked in strong salæratus water; iron it quite smooth when dry; mark and place it in the sun or near the fire to dry. Make marking red ink by reducing to a fine powder half an ounce of vermilion and a drachm of the salt of steel, and mixing them with enough linseed oil to make the red ink of the same consistency as the black.

658. *Black Ball.*

Melt together, slowly, ten ounces of bayberry tallow, five of beeswax, and one of mutton tallow. After melted, add enough ivory or lamp-black to give it when polished, a good black gloss. Stir all well together, and on taking it from the fire, add a glass of spirit.

659. *Liquid Blacking.*

Mix and stir well together four ounces of ivory-black, six gills of vinegar, two spoonfuls of molasses, and one of sweet oil.

660. *Piles.—Worms. (For Children.)*

For the *Piles*, roast, pulverize, and mix the *sole of an old shoe* with lard or ox marrow, and apply it. For *Worms*, brown, pulverize, and mix egg-shells with molasses. Give teaspoonful night and morning.

661. *Cement for Corked Bottles.*

Melt with four ounces of sealing-wax, four of rosin and two of bees' wax. Stir it with a tallow candle when it froths, and as soon as it melts, dip into it the mouths of the corked bottles—it will make them air tight. Some use two ounces of shellac, four of Spanish brown, and four of rosin.

662. *Cement for Broken Glass, China, or Earthenware.*

Rub the edges of the broken vessel with the beaten white of an egg; tie finely powdered quicklime in a muslin bag, and sift it thick over the egg; match and bind the pieces together, and let them remain bound several weeks. This is a cement for all kinds of crockery but thick heavy glass-ware, or coarse earthen. The former cannot be cemented—for the latter use white paint. Paint the broken edges, match and bind them tight together, letting them remain till the paint is dry and hard. Milk is a good cement. Match the pieces, bind them tight together, put the ware in cold milk, boil the milk half an hour, take it from the fire and let the crockery remain till the milk is cold. Keep the crockery bound several weeks. The Chinese mode of mending broken china is to grind flint glass on a painter's stone, till it becomes an impalpable powder, and then to beat it with the white of an egg to a froth, and lay it on the broken edges, and match and bind them, and let them remain some weeks. It is said to be impossible to break the ware where thus cemented.

663. *Japanese Cement, or Rice Glue.*

Boil gently rice flour mixed to a smooth paste, with cold water. It is far more transparent and smooth than wheat flour paste, and answers the same

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

purpose. This glue, made of the consistency of plastic clay, may be used for busts, models, basso-relievos, and like articles. They are susceptible of a high polish made of it. Poland starch is a fine cement for pasting layers of paper or fancy articles.

664. *Alabaster Cement.*

Melt a pound of white bees' wax and a pound of rosin, and strew over it gently three quarters of finely pulverized alabaster. Stir all well together, and knead it in water, to thoroughly incorporate the mass. The alabaster, when mended, should be heated; heat the cement also on applying it. Join, bind together, and let it remain a week. It is a very strong cement.

665. *Iron-ware Cement; and To mend cracks in Stoves and Pipes.*

Stir into the white of eggs beaten to a froth, enough powdered quick lime to make a consistent paste, and then stir in iron file dust to make a thick paste. Fill the cracks of iron-ware with this cement, and do not use it for some weeks. Mend cracks in stoves and pipes, by applying a paste of wood-ashes, salt, and water.

666. *To renew Stale Bread and Cake.*

Fill a bread steamer about half full of water, and lay the old bread on it, and put it on the fire, where it will steam the bread thirty or forty minutes; then wrap the bread in a towel, and let it remain till dry. Old dry bread may thus be made moist and good. As a substitute for a steamer, soak the bread in cold water till it has absorbed enough water to be moist throughout; then put it in a bake-pan without any cover, and make it very hot. If broken pieces of bread are put in the oven for several hours after baking, and rusked, they will keep good a long time. Heavy sour bread, in this way, may be made into tolerably good cakes and puddings, if enough salæratus be used to correct the acidity. Rich cake, that has wine or brandy, will keep good several months in cold weather, if kept cool and dry. When it is to be eaten, put it in a cake pan and set it in a bake pan that has half a pint of water in it; put on the bake pan cover, and let the cake bake till heated very hot. Let it get cold before cutting.

667. *To Pot Cheese.*

Cheese that has begun to mould, may be kept from becoming more so, if treated thus:—cut off the mouldy part, then grate it, if the cheese be dry. If not, pound it fine in a mortar, crust and all. To each pound, when fine, put a spoonful of brandy, mix it well with the cheese, press it tight in a clean stone pot, and lay a paper wet in brandy on the top. Cover the pot tight, and keep it in a cool dry place. Dry pieces of cheese may be potted in the same manner. Potted cheese is best a year old. It will keep several years without breeding insects.

668. *To preserve Cheese from Insects.*

Cover the cheese, while whole, with a flour paste; wrap a cloth round it, and cover that with paste; keep the cheese in a cool dry place. Cheese with insects, if kept till cold weather, will be free of them.

669. *To freshen Salt Butter.*

If butter is too salt, allow to each pound of it a quart of new milk; churn it an hour, and then work it like new butter; working in a little white sugar improves it. It is said to be as good as new butter. A bit of new salt butter may be quite freshened, by working it in cold water, and repeatedly changing the water.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

670. *To Extract the Rancidity of Butter.*

Take a little for immediate use, allowing two teaspoonfuls of salæratus dissolved in a quart of boiling water for a pound of butter; put in the butter, mix it well with the salæratus water, let it be till cold, then take it off carefully, and work a teaspoonful of salt into it. Thus managed it does very well for cooking.

671. *To pot Butter for Winter.*

Into six pounds of new-made butter, work the mixture of a spoonful of powdered white sugar, one of salt, and one of saltpetre. When you have finished putting down your butter, in a stone pot, cover it with fine salt, put in alternate layers of salt with the butter; cover so close as to exclude the air. Some prefer potting butter in brine:—make the brine of the saltness wished for the butter, add half a spoonful of saltpetre to two gallons of brine, made by turning boiling water on the salt. Put it to the butter when cold, and let it cover the butter. Another method—free the butter entirely of the buttermilk; work it up quickly with about half an ounce of salt to the pound; let it lay one day or longer; beat well together four ounces of salt, two of loaf sugar, and a quarter of an ounce of saltpetre, and work the mixture thoroughly into the butter, allowing half an ounce for every pound. Pack it in jars or tubs, and place a layer of the mixture in folds of thin muslin, stitching it loosely and placing it neatly over the top.

672. *To preserve Cream for Steamboats or Sea Voyages*

Mix fresh rich cream with half its weight of loaf sugar; cork it tight in bottles. When used, no sweetening need be added.

673. *To keep Eggs till 17th of June, or for Christmas.*

Buy eggs for family use when cheapest; put them into two gallons of water, mixed with half a pint of salt and half a pint of unslacked lime. Make the pickle with boiling water. Put it cold to the eggs. Let the eggs be new laid, and *perfect;* quite covered with the lime water, and kept in a stone pot in a cool place. Thus preserved, eggs will keep good six months. If occasionally turned over, the better.

674. *To prepare Fat for Shortening.*

Except ham and mutton, all kinds of meat make good shortening. Scrape from the cold congealed drippings of roast meat, or the fat of boiled meat, the adhesive sediment; slice the fat, adding any scraps of fat from broiled meat you may have; melt it slowly, and strain it. When congealed into a hard cake, scrape off the sediment if any adhere, melt it again, and when partly cool, add a teaspoonful of salt to a pound of shortening. Use the dregs for soap-grease. Except in the hottest weather, shortening thus prepared is a good substitute for lard. The fat of cooked meats should not be kept more than three days in summer, and seven in winter, without being tried. Ham fat, if boiled in fresh water and clarified, does very well to fry in. And mutton-fat, melted into a tallow cake, will please the tallow-chandler.

675. *Directions for Washing White Cotton Goods.*

Turn boiling water on table cloths, and all white clothes stained by coffee or fruit, before putting them in soap suds, and let them lay till the water is cold, then rubbing out the stains. The stains will be irremovably set, if put into soap suds. Table cloths will be less liable to stain if always rinsed in thin starch water, as that prevents the penetrating of stains. Put very dirty

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

white clothes in strong cool suds on the fire over night, and they will easily clean. If they get to boiling, do not care. It will not hurt them if the suds be cool on putting them in—if hot then, it will set the dirt. The following saves labor:—Soak clothes in lukewarm soap suds, if very dirty, over night; put a spoonful of salts of soda, and a pint of soft soap, to every three pails of water; make it moderately warm; put in the clothes without rubbing, and boil them an hour.

676. *To Wash Calicoes.*

Before putting the clothes in water, rub out the grease spots; they cannot be seen after all is wet. Wash them in mildly warm soap suds, which will clean them as well as hot suds, with less injury to the colors. Use soft soap for yellow shades, but for no other; and do not rinse in fair water. Rinse other colors in fair water, and dry them in the shade. If calicoes incline to fade, set the colors by washing them in lukewarm water, with beef's gall, allowing a teacup for every four or five gallons of water. No soap is required, unless the clothes are very dirty. Then wash them in tepid suds, after being rubbed out in beef's gall water. Rinse them in fair water. Beef's gall can be kept several months, by bottling it tight, and putting in a little salt. Wash black calicoes in water that potatoes have been boiled in. Such water may be saved through the whole week, or potatoes may be sliced and boiled, for the sake of the water. For mourning calico, the best way is to boil the clothes in strong hard soap suds about ten minutes, turning and pressing them in the suds, and then to rinse them in strong bluing water.—The following mode is said to set colors, so they will not fade by after washing:—add three gills of salt to four quarts of boiling water; put in the calicoes perfectly clean, and let them remain till the water is cold. A little alum in the rinsing water is good for green and yellow; or a little vinegar for green, pink, and red. All calicoes but black, look better for starching. *They* will not look clear. Potato water, boiled to a thick consistence, stiffens them without showing.

677. *To Wash Woolens.*

If you wish to thicken your flannels by shrinking them, wash them in soft soap suds, and rinse them in cold water. To prevent white flannels shrinking, wash them in hard soap suds, without rubbing any soap on them; rub them out in another suds, wring them out, put them in a clean tub, pour on boiling water to cover them, and let them remain till the water is cold. A little indigo in the boiling water improves the looks of the flannels. Colored woolens that incline to fade, wash with beef's gall and warm water, before putting them in soap suds. Colored pantaloons look well washed with beef's gall and fair warm water, and pressed on the wrong side while damp.

678. *To remove Ink, Fruit Stains, and Iron Mould.*

Moisten the soiled part with cold water, then place it over the smoke of burning brimstone. Or wet the spots in milk, and cover them with salt, before washing the garments. Or dip ink stains in hot tallow.

679. *To remove Stains from Broadcloth.*

Take an ounce of fine ground pipe clay, mix it with twelve drops of alcohol, and twelve of the spirits of turpentine; moisten a little of this mixture with alcohol, whenever you wish to remove any stains, and rub it on them. Let it remain till dry, then rub it off with a woolen cloth.

680. *To extract Paint from Cotton, Silk, and Woolen Goods.*

Saturate the soiled spot with spirits of turpentine, and let it remain some

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

hours, then rub it between the hands. It will crumble away, without injury to texture or color.

681. *To extract Black Stains from Scarlet Woolen Goods.*

Mix tartaric with water, to give it a pleasant acid, saturate the stains—(do not touch the unsoiled part)—rinse the stains in fair water immediately. Weak salæratus water will remove stains caused by acids.

682. *To extract Stains from Colored Silks and White Cotton Goods.*

Salts of ammonia, mixed with lime, will remove wine stains from silk; clear ammonia, alcohol, and spirits of turpentine, will all remove stains from colored silks. Durable or common ink spots may be removed, by saturating them with lemon juice, rubbing in salt, and then placing them where the sun will shine on them hot for some hours. Put on more lemon juice and salt, as fast as it dries. Nitric acid is a good substitute, when lemon acid cannot be had. Remove iron mould in the same way. Mildew and most other stains can be removed by rubbing on soft soap and salt, and placing the stain where the sun will shine on it, hot. Use the remedies in warm, clear weather, when the sun is hot. Sulphuric acid, diluted with water, is effectual in removing fruit stains. Do not have it so strong as to eat holes; rinse in salæratus, then in fair water. Soak colored cotton ink stained goods in tepid sour milk.

683. *To extract Grease from Floors, Silks, Woolen Goods and Paper.*

Rub floor grease spots with strong salæratus water mixed with sand. And on those of goods and paper, grate French chalk very thick; (common chalk is not so good)—cover the chalk with soft brown paper, and place on it a moderately hot iron, not scorching hot, and let it remain till cool. If the grease is not entirely removed, repeat the application of the brown paper and a heated iron, until it is.

684. *To cleanse Silk Goods.*

Rub on silk cushions, or silk coverings to furniture, dry bran, with a woolen cloth, till clean. Remove grease spots and stains as by preceding receipts. Extract the spots of silk garments before washing. Use hard soap for all colors but yellow; for yellow, soft soap is best. Beat the soap in hot water till perfectly dissolved, then add just enough cold water to make it tepid; rub the silks in it till clean; take them out without wringing, and rinse them in fair tepid water. Rinse them in another water—and for crimsons, bright yellows, and maroons, add enough sulphuric acid to the water to give it an acid taste. To restore the colors of the different shades of pink, put a little vinegar or lemon juice in the second rinsing water. For scarlet, use a solution of tin; for purples, blues, and other shades, use salæratus; and for olive-greens, dissolve verdigris in the rinsing water. Rinse fawn and browns in pure water; dip the silks up and down in the rinsing water; take them out without wringing, and dry them in the shade; fold them while damp; let them remain for the dampness to strike through all parts of them alike, and then put them in a mangler. If you have none, iron them on the wrong side with an iron only hot enough to smooth them. A little isinglass, or gum-arabic, dissolved in the rinsing water of gauze, shawls, and ribbons, is good to stiffen them. The water in which pared potatoes have been boiled, is an excellent thing to wash black silks in. It stiffens and makes them of a glossy black Beef's gall and tepid water are nice for restoring rusty silks; and

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

soap suds answers very well. The silks look better not to be rinsed in clear water, but they should be washed in two different waters

685. *To clean Silk and Woolen Shawls.*

Pare and grate mealy potatoes, and put to a pint of the pulp two quarts of cold water. On standing five hours, strain it through a sieve, rubbing as much of the potato through as possible. Let the strained water stand to settle; when perfectly clear, turn the water off carefully from the dregs; spread a clean white cotton sheet on a clean table, lay on the shawl to be cleaned, and pin it tight. Dip a sponge that has never been used, in the potato water, and rub the shawl with it till clean; rinse the shawl in clean water, with a teacup of salt to a pailful of water; spread it on a clean level place, where it will dry very quick. If suspended to dry, the colors are apt to run and make the shawl streaked. Fold it up while damp, let it lay half an hour, and put it in a mangler; or wrap it in a clean white cloth, and put it under a weight, and let it remain till dry. Grease spots, if any, should be extracted before washing the shawl.

686. *Carpets.*

Take up and shake carpets that are in constant use, three or four times a year. The dirt underneath wears them out very fast. Straw spread underneath prevents their wear. To prevent moths, take up your carpets once a year, if but little used. Sprinkle black pepper, or tobacco under your carpets to protect them from moths. When freed of dust, remove the grease spots; if soiled so as to need cleaning all over, spread them on a clean floor, and rub pared and grated raw potatoes on them with a new broom. Let them lay till perfectly dry, before walking on them. Some use beef's gall for cleaning carpets. Wash *straw carpets* in salt and water, and wipe them with a clean dry cloth. Some say, scour them with sand and water and a little hard soap.

687. *To renovate Rusty Italian Crape.*

Dissolve in half a pint of skim milk and water an inch square of glue; take it from the fire, rinse the crape in vinegar to clean it, then to stiffen it, put it in the glue mixture, wring it, clap it dry, and smooth it with a hot iron, first laying a paper over it. Saturate rusty crape by dipping it in gin; clap it dry, and smooth it with a moderately hot iron. Italian crape can be dyed so as to look as nice as new.

688. *To clean Light Kid Gloves.*

Rub them smartly with India rubber, magnesia, or moist bread. If soiled beyond thus restoring, sew up the tops and rub them with a decoction of saffron and water, using a sponge. They will be yellow or brown, according to the strength of the decoction.

Put on *kid Gloves*. Rub them with spirits of hartshorn; or with flannel, dipped in milk, then rubbed on castile soap.

689. *To clean Mahogany and Marble, and to restore Mahogany Varnish.*

Use no soap on them; wash them in fair water, and rub them till dry with a clean soft cloth. A little sweet oil, rubbed on occasionally, gives them a polish. Rub furniture with a cloth dipped in oil; then, with a clean cloth, till dry and polished. Rubbing with sweet oil will restore the spots from which the varnish has been removed. White spots on varnished furniture may be removed, by rubbing them with a warm flannel dipped in spirits of turpentine. Remove ink spots by rubbing them with a woolen cloth, dipped in the oil of vitriol and water. Be careful to touch only the spots with the

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

vitriol Rinse them with salæratus water, and then with fair water It is said, blotting paper will extract the ink, if rolled up, and rubbed hard on the spots. Mahogany furniture may be beautifully polished thus:—rub it with *cold drawn linseed oil*; wipe off the oil, and polish by rubbing smartly with a clean dry cloth. And marble may be cleaned thus:—pound, very fine, a little stone blue with four ounces of whiting; mix them with an ounce of soda dissolved in a little water, and four ounces of soft soap: boil all fifteen minutes over a slow fire, carefully stirring it. When quite hot, lay it on the marble with a brush, and let it remain half an hour; wash it off with warm water, flannel, and a scrubbing brush, and wipe it dry. Some clean alabaster and all kinds of marble, by mixing pulverized pumice stone with verjuice, letting it remain several hours; then dipping in a perfectly clean sponge, and rubbing the marble till clean. Rinse it off with fair water, and rub it dry with a clean linen cloth.

690. *To clean Knives and Forks.*

Use finely powdered Bath brick to remove rust, and to polish steel utensils. Rub knives on a board with a thick leather cover over it fastened down tight, applying a cork dipped in the powder, and moistened if they are spotted. Do not wet them, only wipe them with a dry cloth. Wipe the handles with a cloth rather damp, to make them smooth; do not touch the blades, as it will tarnish them. It will yellow ivory handles to dip them in hot water. If yellow rub them with sand paper. If Bath brick does not remove rust from steel, rub the spots with sand paper or emery, or rub on sweet oil and let it remain a day, and then rub it off with quicklime. Clean thoroughly steel utensils that are not in constant use; rub them over with sweet oil, and exclude the air by a wrapper of brown paper—wrapping each knife and fork separately.

691. *To polish Brass, Silver, and Britannia Utensils.*

Dip a cloth moistened with spirits, (oil will do,) into pulverized rotten stone, and rub your brasses; and then polish them with dry rotten stone and a dry cloth. When brass utensils are not in use, thoroughly clean them with rotten stone and oil, wrap them up tight to exclude the air, and keep them in a dry place. Polish *silver* with whiting or chalk pulverized. If spotted, rub the chalk wet on the silver, and let it remain till dry; then rub it off and polish with a clean dry cloth. Hot ashes will remove spots which chalk will not. Rub *Britannia*, if spotted, with a flannel cloth dipped in sweet or linseed oil, and then wash it in soap suds and wipe dry. Polish by rubbing over, with a clean dry cloth, whiting, or chalk.

692. *Cautions relative to Brass, Copper, and Glazed Earthen Utensils.*

Many lives have been lost in consequence of carelessness in the use of these utensils. Thoroughly cleanse with salt and hot vinegar, brass and copper, before cooking in them; and never suffer any oily or acid substance, after cooked, to cool or remain in *any* of them.

693. *To clean Stoves and Stone Hearths.*

Put on varnished stoves several coats of varnish in the summer, to have it get hard before used. Wash them in warm water without soap, and rub a little oil on them occasionally. It will make them look nice, and prevent the varnish wearing off. Black stoves that have never been varnished, with black lead and British lustre. It will not answer if they have been varnished. Mix them with cold water to a paste, rub it on the stoves, and let the paste remain till quite dry; then rub the stoves with a dry, stiff, flat brush, till

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

clean and polished. To preserve the color of freestone hearths, wash them in water without any soap, rub on them while damp, pulverized freestone, let it remain till dry, and then rub it off. If stained, rub them hard with a piece of freestone. To have your hearths look dark, rub them with pure soft soap, or dilute it with water. Use redding for brick hearths, mixed with thin hot starch and milk.

694. *To remove Putty and Paint from Window Glass.*

Put salæratus into hot water till very strong; saturate the putty or paint daub with it; let it remain till nearly dry; then rub it off hard with a woolen cloth. Whiting is good to remove it. Salæratus water is good to remove putty while green, on the glass.

695. *To extract Ink from Floors.*

Remove ink stains from floors, by scouring them with sand wet with water and the oil of vitriol, mixed. Then rinse them with strong salæratus water.

696. *To temper Earthen-ware.*

Boil earthen-ware that is used for baking, (before using it, as it will be less liable to crack,) covering it with cold water, and then heating it gradually. Let it remain in till the water has cooled.

697. *To temper New Ovens and Iron-ware.*

Before a new oven is baked in, keep up a fire in it half a day. Put up the lid as soon as the wood is removed. Do not use it for baking till it has been heated the second time. It will never retain its heat well, unless *tempered* in this way. Heat new flat-irons half a day also, before using them, to have them retain their heat well. New iron cooking utensils will be less liable to crack, if heated gradually five or six hours, and then cooled slowly before being used. Do not turn cold water into hot iron utensils, as it will crack them by cooling the surface too suddenly.

698. *To loosen tightly wedged Stopples of Decanters and Smelling Bottles.*

Rub a feather dipped in oil round the stopple, close to the mouth of the bottle; place the mouth of the bottle towards the fire, about two feet from it. When warm, strike the bottle lightly on both sides, with any convenient wooden instrument, and take out the stopple. You may have to repeat the process. By perseverance, you will ultimately triumph, however closely wedged in.

699. *Lip Salve.*

Dissolve a small lump of white sugar in a spoonful of *rose-water*, (or common water,) and simmer with it eight or ten minutes, two spoonfuls of sweet oil, and a piece of spermaceti of the size of half a butternut, and turn all into a small box.

700. *Cold Cream.*

Put into a close vessel two ounces of the oil of almonds, half an ounce of spermaceti, and half an ounce of white wax; set the vessel in a skillet of boiling water, and when melted, beat the ingredients with rose-water till cold Keep it in a tight box, or wide-mouthed bottle.

701. *To prevent the formation of a Crust in Tea Kettles.*

Keep an oyster-shell in your tea kettle. By attracting the stony particles to itself, it will prevent the formation of a crust.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

702. *Preservatives against the devastation of Moths.*

Take woolen and fur garments not worn, late in the spring, and put them in a chest with some camphor gum. *Spermaceti is best.* Tobacco and cedar chips are a good preventive. When moths get into garments, hang them in a closet, place a pan of coals in it, and make a strong smoke of tobacco.

703. *To cleanse Vials and Pie Plates.*

Cleanse bottles that have had medicine in them, by putting ashes in each immersing them in cold water and then heating the water gradually till it boils. After boiling an hour, let them remain in the water till it is cold. Wash them in soap suds, and rinse them till clear in fair water. Pie plates that have been long used for baking, are apt to impart an unpleasant taste on account of the rancidity of the butter and lard, imbibed. Put them in a brass kettle, with ashes and cold water, and boil them an hour.

704. *To make Sugar, or Honey Vinegar.*

Dissolve one part of sugar with seven of water moderately warm; put it in a cask; stir in a pint of yeast to every eight gallons; stop it close, and keep it in a warm place till sufficiently sour: or to one quart of clear *honey*, add eight of warm water, mixing it well. After the acetous fermentation, a white vinegar will be formed, in many respects better than common vinegar.

705. *Lemon Pickle.*

Grate the yellow rind from twenty-five fresh lemons; quarter them, leaving them united at the blossom end; sprinkle salt over them, and place them in the sun daily till dry; then brush off the salt; put them in a pot with pounded mace and nutmeg, an ounce of each, a handful of scraped dried horse radish, twenty cloves of garlic, and a pint of mustard seed. Turn on a gallon of strong vinegar; cover the pot close; let it stand three months; strain it; and when clear, bottle it.

706. *Stock, Prepared for Soups or Gravies.*

Cut a knuckle of veal in slices, a pound of lean beef, and a pound of lean ham. Put all in a pan, with three carrots, two onions, two turnips, two heads of celery, and two quarts of water. Let them stew till tender, without browning. Thus prepared, the stock may be used for soups, or for white or brown gravy; if for brown, it must first be colored in the usual manner.

707. *Sandwiches.*

Cut, and spread neatly with butter, slices of biscuit, placing between every two pieces, a very thin slice of tongue. Lean ham, or the white meat of fowl may be substituted for the tongue.

708. *Rats, Cockroaches, Ants, Flies, Musquitoes, Worms.*

In *Rat* paths, spread chloride of lime or fine potash. Also rub it about their holes. For rats, too, and *Cockroaches*, mix two parts *fine* Indian meal with three calcined plaster of Paris *very* fine. Pass them, mixed, through a fine sieve. Place water near. Give too, *wafers*, or black hellebore root with molasses. *Red Ants can not* crawl over a chalk mark. Give sulphur, green sage or mint, or a bowl with pint of tar and two quarts hot water Expatriate *Musquitoes* by a little spirits of lavender on a handkerchief or sponge laid on your pillow. For *Flies*, a plate of cobalt and spirit; or black pepper mixed strong with cream and sugar. For *Worms* in gravel walks, sprinkle occasionally with weak brine.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

709. *For a Sore Leg, or Inflammation of long standing.*

Take one ounce of white vitriol, one of alum, one of good gunpowder, and half an ounce of sugar of lead; put them all into a bottle, with a quart of spring water. Shake it a few times, and bathe the limb.

If at any time you break the skin of a *game leg*, apply a little laudanum or camphor, and put on dry cotton. Salve and oily substances are bad.

710. *Erysipelas*, 562.—*Gelatine Wine Jelly*, 771.—*Lemonade Sirup*, 543.

Erysipelas.—Apply to part affected gunpowder, wet to a paste with *strong* copperas water. When dry, renew it; and take calomel. *Gelatine Wine Jelly.*—Quart of wine, 3 pints of water, 1 lb. sugar, 2 spoonfuls lemon juice, wineglass of brandy, stick of cinnamon, 8 pieces of gelatine well soaked in water, 8 egg whites slightly beaten. Stir *till* very hot. Let boil 5 minutes. Take off. After 2 minutes strain through flannel till clear. *Lemonade Sirup.*—Let stand a night 3 lbs. fine loaf sugar in quart lemon juice. Skim. Bottle.

711. *To renovate Feather Beds and Mattresses.*

Make soiled and heavy feather beds clean and light thus:—dip a stiff brush in hot soap suds, and rub them; when clean, lay them on a shed or in some clean place, and let it rain on them; when thoroughly soaked, let them dry a week in the hot sun, shaking them well and turning them over daily, and covering them nightly with a thick cloth. It is quite as well as to empty the feathers, and to wash them and the tick separately, and much easier. Dry the bed thoroughly before sleeping on it. Hard and dirty hair mattresses can be made almost as good as new, by ripping them, washing the ticking, picking the hair free from bunches, and keeping it some days in a dry airy place. Fill the ticking lightly, when dry, and tack it together.

712. *To Clean Bed Ticks, however badly Soiled.*

Apply Poland starch, by rubbing it on thick, with a wet cloth. Place it n the sun. When dry, rub it in with the hands. Repeat it, if necessary The soiled part will be as clean as new.

713. *To Clean Bedsteads, and keep them free of Chintses.*

Apply lard.

714. *To protect Peach Trees from Grubs.*

Place around the body of the tree, the saw dust or chips of cedar. Kentish Cap Paper, tied two inches below and four above the surface of the ground, will prove a sure *stumper*. Any paper may do, while it *lasts*.

715. *For Dressing Asparagus Beds.*

Put your refuse pork or beef brine on them. While it adds to the growth of the asparagus, it destroys the weeds.

716. *To clean Glass and Pictures.*

Dip a soft cloth, moistened with spirits, into finely pulverized indigo, and cover the glass with it. Polish it with a soft dry cloth. Very finely sifted ashes or whiting may be substituted for the indigo. Wash *tumblers* clean; rinse them in cold water, wipe off the water with one cloth, and polish them dry with another. Rub *mirrors* lightly with a clean sponge or soft linen moistened with spirits of wine or soft water; dust the glass with bluing, or whiting powder; rub it off, rub with another clean cloth, and polish it with a silk handkerchief. Dust the frames, and *pictures*, with cotton or a feather brush.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

717. *Creaking Hinges, Ironing Board, Sheets and Holders, Mending.*

Put soft soap on the hinges. Keep expressly for ironing, an ironing apparatus; cover with old flannel, and then with fine cotton, a board twenty-four by fourteen inches, as a convenient appendage for the ironing of small articles. Mend clothes *before* washing, except stockings.

718. *Nice Orange Pudding.*

Take one pound of grated sugar, half a pound of butter, a pint of cream, six eggs, and a light colored orange that is not bitter; rub the butter and sugar to a cream; add the eggs, well-beaten, the grated orange, pulp and peel, and then the cream. Stir the whole well, from five to ten minutes, and bake.

719. *To clean the inside of a Stove.*

Introduce the poker, or some convenient instrument, by removing the top of the stove, or otherwise, and scrape the slag off, while red hot.

720. *To make Metheglin.*

Honey that is not fit for the table, makes good metheglin. The older the honey, the greater its strength. Break and rub with the hands all the comb that has *any* honey in it, into a tub of water, moderately warm; strain it through a hair sieve into another tub; put into the liquor a perfect, new laid egg, to try its strength; repeat the rinsing, squeezing, and draining of the comb, till all the sweets have passed through the sieve, leaving part of the egg floating above the surface of the liquor, as big as a twelve and a half cent piece; and then boil it one hour in a brass kettle, skimming it well just before it begins to boil, and occasionally, during the time of its boiling. Do not let it boil over. Should it be about to go over, lay the tongs, with the legs extended, across the kettle. Dip it, boiling hot, into a *new white oak cask; fill* it; bung it tight; place it in your cellar immediately, and do not stir it. In a few months, or after it begins to ferment, it *may* be used: but no liquor improves more by age. It is often recommended as a medicine; especially as good for the lungs. Honey is also healing and good for them.

721. *To make Bees' Wax.*

Take such of your comb as would not pass through the sieve, the skimmings of your metheglin, and all your dry comb, and melt the whole in an iron kettle, with sufficient water to enable you to strain it. Have ready a tub with some water, and a smooth board placed aslant in it. Dip from your kettle standing on the fire, the melted comb into a bag, shaped to a point at the bottom, and laying near the top part of the board; with a rolling-pin, press the bag very hard, and thus force the wax through it. Lay the comb by, and fill your bag again, and so on, till the whole has been pressed. The comb may be melted over again, if not freed of all its wax, and again put into the bag. Now skim all the wax from the water in the tub; melt it, (putting at the bottom a little tallow, if you wish to have it look smooth and of handsome shape) and pour into moulds. When cold, scrape off the sediment which adheres to the bottom. This may again be melted and shaped.

722. *Certain cure for a Scald Head.* See Nos. 653 and 853.

Clarify nice *fresh* lard by melting and turning it into rain water, nine times, changing the water every time. Put it into a jar, and rub a little on the head, two or three times a day. Simmer lard in brandy, as best *hair oil*.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

723. *To keep Green Corn and Grapes, and to keep* Things.

Strip off part of the husks; tie the others tight over the tip end of the cob; confine the corn in a tight barrel, with alternate layers of coarse salt; keep it in a dry cool place, and it will be nice for new-year's. Pack grapes in cotton. Keep crusts and pieces of *bread* in an earthen pot or pan, in a cool dry place, well covered; fresh *lard and suet*, in tin vessels; *salt pork fat*, in unglazed earthen-ware; *yeast*, in wood or earthen; *preserves and jellies*, in glass, china, or stone-ware; *cabbages*, buried in the ground, roots upwards; *salt*, in a dry place; *meal*, in a cool dry place; *ice*, in the cellar, wrapped in flannel; *vinegar*, in wood or glass; *bed linen*, well aired; *hair or straw mattresses*, for your children to sleep on; *milk*, for them to eat; *bed curtains*, at a good remove from the bed slept on—and keep boys where they *should be*; girls too, studying *Housewifery*.

724. *To Bone a Turkey, or any other Fowl.*

Begin at the wing: with a sharp knife, carefully remove the flesh from the bone, scraping it, without cutting it to pieces, downward as you proceed. Do not tear or break the skin. If any breakages, sew them up before cooking. Loosen the flesh from the breast, back and thighs. Draw the skeleton, by the neck, from the flesh, as the hand from a glove; and then restore the shapeless mass to its original form by hard stuffing with force meat, or stuffing prepared to the taste. Bake or roast it about three hours. If a turkey it *may* be served up cold,—overlaid with droppings of currant jelly, some slices of the same ornamenting the borders of the dish. A gravy may be made of the giblets, wine and egg.

725. *Pandoughdies.*

Line your Pudding-dish, with a paste—fill it with quartered apples—make it quite sweet, with half sugar and half molasses—add, for a large dish, a spoonful, half and half, allspice and cinnamon—fill it nearly full with water, cover it with a thick paste; and bake from three to four hours.

726. *Turnovers.*

Prepare your paste as for apple-pies, the apples too. Cut the paste in wished-for size, lay on your apples, *turnover* the paste, uniting and pinching together the edges. Bake or fry them. A good dessert, fried, with loaf sugar sifted over while warm, or eaten with a pudding sauce.

727. *To keep Cheese.*

Rub over your cheeses with ham-fat, and wrap them in cotton cloth saturated with the same. Pack them in a barrel with about three inches of pine shavings under each cheese. with a layer over the top-most. Put in the head, and place them where dry.

728. *"Soufles"—New-Orleans Custards, or Pies.*

Take eggs to the liking, mix the *beaten yolks* with milk as for custards, sweetened and flavored to taste; fill your dish half full, and bake; turn on the beaten whites, and brown the top lightly, by holding a hot shovel over it—or otherwise.

729. *To Clean India-Rubbers.*

Wash them in Soap Suds, or rub on a little Sweet Oil

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

730 *To fold a Single Sheet, so as to make two Letters.*

Write your first page, for the *first* letter; and your third page, for the *second*. Separate the fold, in each end of the sheet, letting the middle remain united, the length you wish your letters. Fold inward the separated ends of the first letter, toward each other; and then fold it at right-angles, in the usual way, turning the edge under, and sealing it. Superscribe this. The other half sheet will be an envelope. The person to whom this last is directed, will, of course, hand over the enclosed.

731. *Portsmouth Indian Bread.*

A tin kettle, with a lid, will do to bake it in. But a mould with a tube about two thirds the height of the mould, and open at the bottom, is best.—Mix one quart of sifted rye flour with three of meal; wet this with *milk* or water, adding a spoonful of molasses till a batter of moderate consistence; pour it into your mould; set that in about two thirds its depth of water, and *steam* it *through the day;* and let it remain till morning.

732. *For Burn or Scald, and Chilblains.*

Apply *strong* alum water. Keep it ready prepared, in a bottle. Apply it by wetting a cloth-compress; and renew it till the inflammation is removed.

733. *For Palpitation of the Heart.*

Take ten drops of Traumatic Balsam, two or three times a day, on sugar

734. *To cure a Cancer, by Extracting it.*

Take oxyde of arsenic, and flower of sulphur, of each one drachm; spermaceti -ointment, one ounce; add all together, and make an ointment, and apply some of it, spread upon lint, to the ulcer, and let it remain twenty-four hours. Then dress the ulcer with a little poultice, or simple salve. If necessary, repeat it.

735. *To cure the Bite of a Rattle-snake, or Mad Dog.*

It is said, a strong decoction of the boiled bark of the root of the black ash, if drunken, will cure the bite of a rattle-snake: also, if taken three times a-day, a wine-glass at a time, for eight successive days, the bite of a mad dog.

736. "*Ravages of Mice.*"

Would those who thus complain, just before the first snow-fall, remove, with a hoe, the grass and leaves, but eighteen inches from the root of each tree, they will not have cause, in the spring, to complain that the mice have girdled their orchards; nor, if they will close feed the tops of their grass, that the mice have devoured the roots.

737. *Lemon Mince Pie.*

Boil two large lemons till the skin begins to crack; squeeze out the pulp and juice into a pint bowl of fine-chopped greening or other tart apples; pound the rinds in a mortar, with brown sugar, till fine; add them, with a pint of chopped raisins, or mixed raisins and currants, and from half to an equal quantity of fine-chopped beef-suet as of apples; mix well, and make quite sweet with sugar. If not moist enough, add a very little of the liquor. Give it a rich paste. Improved by citron.

738. *To Clean any kind of Silks, or Colored Goods.*

Put an equal quantity of molasses, alcohol, and soft soap into a bottle; shake it well, and apply it to the article, spread smoothly and firmly, with a sponge. Rinse it off with cold water, if necessary, and iron it, damp, on the wrong side.

738½. *Buckwheat Cake.*

To a scant teacup and a half flour, two cups molasses, two of cream, and one of sour milk, add a little ginger and spoonful saleratus. Bake in a loaf

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

738, *a. Excellent Tooth-preservative Powder.*

Mix one ounce of myrrh; one of Peruvian bark; half one of chalk; half one of orris-root, and half one of Armenian bole.

738, *b. To make India rubber Varnish.*

Cut in fine slips an ounce of India rubber; pour on it a solution of two ounces of carbonate of soda, and a pint of water; and let it stand a week. Put the India rubber into a gill of new spirits of turpentine, and it will make a solution of considerable strength for use. Add a little ivory black if a dark color is wished.

739. *New Orleans Gumbo.*

Best made of fowl.—Veal and other meats are good with *ham*.

Take a common sized fowl and a pound of nice ham; joint the fowl, and cut the ham, which should be rather fat, into small slips. Put them into an iron pot without water, set it over the fire and stir it often to prevent burning, till of a nice brown, and then add two quarts of boiling water. If to be thickened with ocra, cut it fine and add enough to thicken it, with pepper and salt to taste, and ripe tomatoes cut fine if liked; add more boiling water, so as to have at least two quarts when done; and, if wished, oysters just before taking up. Some prefer Gumbo thickened with ground sassafras. For a change, sweet herbs are good. Have a dish of nice boiled rice to serve with it.

740. *Sweet Pickles.*

Prepare them as "464. Cucumbers, Cabbage, Peaches, &c.," and the last time of boiling the vinegar, add three pounds of brown sugar to the pickles for each gallon of vinegar to be turned on. Tie them up when done.

741. *Sally Lunn.*

Take one quart of flour, three eggs, one teacup of butter, one of yeast, and one pint of new milk. Beat the yolks light, stir in the yeast, then the flour, butter, and milk. Beat all light with a knife, then add the frothed whites, and salt to taste. Put it in a bowl with a cover and set it to rise. When risen, butter the mould and put it in, and set it to rise the second time. When risen, bake it as you would a cake. Butter it while hot

742. *Massachusetts Premium Bread.—Wheat. Rye.*

Yeast for the wheat—Boil till soft 2 potatoes in 3 quarts water with handful of hops. *Strain* on pint of flour, stirring it smooth. Add spoonful of sugar; when milk-warm, enough yeast to make ferment. *To make*—Five quarts flour; 2 teaspoonfuls salt; half-pint yeast, for 4 loaves of bread. Mix stiff, with milk-warm water. After risen, knead till it will not stick to the hands. When risen in the pans, bake.

Rye Bread.—For 1 loaf: 1 quart flour, 1 pint milk, and 2 small tablespoonfuls brewer's yeast. Sponge over night, taking about half the milk with the yeast. In cold weather warm all the milk. Always *that* for the mixing.

743. *Sweet Potato Pie.*

To two pound of potatoes boiled and sifted add half a pound of butter, a pound and a half of sugar, one quart of milk, twelve eggs, season with nutmeg and lemon, line your dish with a paste and rim, and bake moderately till done

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

744. *Macon Sweet Potato Pie.*

Boil sweet potatoes tender, line your dish with a rich paste, slice in the potatoes very thin, season highly with butter, sugar, and cloves, pour a little brandy over the top, cover with a rich paste, and bake about as long as for an apple pie.

745. *Excellent Boiled Custards.*

To nine eggs well beaten add sugar to taste, and beat very light; add one quart of milk, and strain the whole; add essence of lemon or rosewater, and boil fifteen minutes; then remove it from the fire, stirring it from the time it is milk warm till quite cold. If right, they will be perfectly light and porous.

746. *Arrow Root or Potato-Starch Custards.*

Take one quart of milk, two eggs, two spoonfuls of arrowroot or starch, four of sugar, one grated lemon peel, beat the eggs and sugar together, add the arrowroot, stir all into the milk and put it over the fire, stirring occasionally till it thickens.

747. *Columbia Sweetmeat Pudding.*

Cream twelve ounces of butter, rub in till all is light eight ounces of ground loaf sugar, the yolks of twelve eggs and half the whites beaten separately; line your dish with a rich puff paste with a rim, add a laying of peach, pour on part of the mixture, add a laying of quince, then turn on the remaining mixture, and bake till the crust is well done. Other sweetmeats, or *seeded raisins* make a good substitute for peach and quince.

748. *Vermont Rich Lemon Pudding.*

Take one pound of butter; one of loaf sugar; half a pound of almonds, blanched and pounded with rosewater; three grated lemon rinds; twelve egg-yolks, and six whites; mix all with the juice of two large lemons, and bake from an hour to an hour and a half. It requires no sauce. Equally nice cold.

749. *English Plum Pudding, No.* 1.

Take half a pound of grated baker's bread; half beef-suet, fine; half of flour; half of citron, very fine; three quarters of sugar, or to taste; one pound of seeded raisins, cut in two; one of currants; two teaspoonfuls of allspice; two of cloves; one nutmeg; a small teaspoonful of salæratus dissolved in a teacup of cream, mixed with two well beaten eggs; and mix all well together with a spoon. Put it in three or four bags, and boil five or more hours. *Sauce*: a pint of cream, heated *all but to boiling*; very rich with sugar, butter, and nutmeg rubbed together and stirred in. Stir it constantly while heating.

750. *Eve's Pudding, and Brown Betty.*

Chop fine six ounces of bread and *six* sour apples; add six eggs and six ounces of sugar well beaten together; six ounces of currants or raisins, one nutmeg, and a little salt. Bag it, tie tight, and boil about three hours. Sauce to taste.

Brown Betty. Put a layer of tart apples, in slices, at the bottom of your pudding-dish, with sugar and other seasoning to taste, and then a layer of bread-crums. Repeat alternate layers til. full Bake about two hours.

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

751. *Toleration Cake.*

Take one pound of flour, one of sugar, eight ounces of butter, one teacup of milk, six eggs, one quarter of an ounce of mace, one teaspoonful of salæratus, and the grated rind of a lemon, with some of the juice. Raisins *may* be added.

752. *Queen's Cake.*

Rub together, till very white, a pound of sugar and twelve ounces of butter. Mix with a wine-glass of wine, one of brandy, one of milk; and if you wish the cake to look dark, a teaspoonful of salæratus. Stir them into the butter and sugar, with a pound of flour, a teaspoonful of rosewater or essence of lemon, and a quarter of an ounce of mace. Beat the yolks and whites separately of six eggs. If no salæratus is used, add two more. When perfectly light, mix all. Stir well together, and add, just before baking, eight ounces of seeded raisins, eight of Zante currants, four of citron, or blanched almonds pounded fine in rosewater. Stir in the fruit alternately and gradually by handfuls. Line two three-pint tin-pans with buttered white paper; put in the cake and bake directly, from an hour and a quarter to an hour and a half. If it brown too fast, cover it with paper.

The grated rind of a lemon with some of the juice may be used instead of the currants, almonds, and rosewater, if liked.

753. *Nice Cheap Cake.*

Take five cups of flour, three of sugar, one of cream, one of butter, six eggs, one nutmeg, and two teaspoonfuls of salæratus. Mix all well and bake.

754. *Hamburg Cream.*

Beat half a pound of double refined sugar made as fine as flour with ten egg-yolks, till perfectly light; add the grated rinds and juice of two lemons; put all into a preserving kettle; scald it *till all but to a boiling heat;* take it off, stir in the frothed whites; stir all *quick* with a silver spoon *one way*, and then dish it.

755. *Bavarian Cheese.*

Dissolve half a pound of isingglass in two quarts of cold water, and boil it to one quart. Then boil two quarts of milk. Stir into the milk two pounds of sugar, and twenty-four egg-yolks. Stir it well; put it over the fire till it thickens very little; add the isingglass; strain it through a sieve; and cool it. Add three quarts of cream, whipped very light; mix it well, and put it in forms. Flavor to taste, and eat it with cream and sweetmeats.

756. *Richmond Sweetmeats.*

Take from a pound to a pound and a quarter of Brazil sugar for a pound of fruit; pare your peaches and some other fruits, but *not your melons;* sprinkle on the sugar, and let it lie through the night. Early in the morning take out the fruit, add a little water to the sugar, and set it a simmering. When it does so, put in the fruit, and let it continue to simmer slowly through the day, skimming it occasionally. Dip it into your jars—when cold, seal them.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

757. *Washington Citron Melon Sweetmeats.*

Pare the melons, cut them in shape to taste, put them in a preserving kettle, and cover them with cold water; throw in a little pounded alum, let them boil till perfectly tender, and of a beautiful green. Take them out to drain. Prepare the sirup by clarifying a pound of sugar to a pound of melons. When quite cold, put them in jars, and pour the boiling sirup over them, and seal them up for three days. Then pour on the boiling sirup a second time. At the end of three days, pour on the boiling sirup a third time. Seal them up, and set them in a cool place.

758. *Clams and Crabs.* 163.

Cut the hinge of the clam-shell with a thin sharp-pointed knife. Roast, take out, chop fine, season, then replace them in the one half their shell with a paste cover, and bake. Very nice. So are crabs. Serve them hot.

759. *Charleston Mode. To cook Plantains.*

Peel them; put them into a tin pan, with sufficient water to prevent burning; add a little butter and brown sugar; sift on a little cinnamon; cook them in a stove or Dutch oven till tender, and then brown them.

760. *For Rheumatism.*

Take half a pound of sarsaparilla; three ounces of mezereon; three of lignum vitæ chips; three of light-wood, (or pitch-pine knots,) and four of sassafras root. Chip all these woods fine; put them in three gallons of water, and boil to one gallon. When cool, bottle it, adding to each, one gill of good spirits, to prevent spoiling. Take one gill of the decoction night and morning, with a teaspoonful of the volatile tincture of Guaiac.

761. *Bowel Complaint.*

Take half an ounce of rhubarb; half an ounce of calcined magnesia, and two tablespoonfuls of loaf sugar. Rub these in a mortar, and put them in a bottle. Add one teaspoonful of laudanum; two of essence of mint; two of hartshorn; one tablespoonful of red lavender; two gills of old brandy, and four gills of water. Shake it well before using. Give a dessert spoonful, night and morning. If the complaint be very bad, give it at noon also.

762. *For Inflamed, or Weak Eyes.*

Half fill a bottle with common table salt. Add the best of French brandy till all but full. Shake it; let it settle, and bathe the outside of the eye with a soft linen cloth on going to bed, and occasionally through the day. A good application for pains and bruises generally.

763. *A Styptic, which will stop the bleeding of the Largest Vessels.*

Scrape fine two drachms of Castile soap, and dissolve it in two ounces of brandy, or common spirits. Mix well with it one drachm of potash, and keep it in a close phial. When applied, warm it, and dip pledgets of lint.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

The blood will suddenly coagulate some distance within the vessel. For deep wounds and amputated limbs, repeated applications may be necessary.

764. *To prevent the Discoloring of the Skin by a Bruise.*

Immediately rub on lamp oil with the hand.

765. *For Sore Throat and Difficulty of Breathing.*

Mix a little pounded camphor with a wine-glass of brandy; drop a little on a lump of sugar; and let a lump melt in the mouth, hourly. The third or fourth generally enables the patient to swallow with ease.

766. *For Costiveness.* See No. 836.

Take nice rye in the berry; soak and boil it moderately, till perfectly tender, and season it with molasses, sugar, or honey. Make it a standing dish for breakfast. It may be eaten occasionally at other times.

767. *To take Scorch-marks out of Linen.*

To a pint of vinegar add the juice of three onions; half an ounce of bar soap, rasped fine; two ounces of fuller's earth; half an ounce of lime, and half an ounce of pearlash. Boil all till pretty thick; lay some of it on the scorched part, and let it dry. On repeating this one or two washings, the mark will be removed, and the linen remain without damage.

768. *Caterpillars.*

Destroy them in the egg, just *before* the putting out of the leaves.

769. *Cockroaches and Rats.*

Mix well two parts of *fine* Indian meal with three parts of calcined plaster of Paris, made *very* fine. Pass them, mixed, through a fine sieve, and give it; placing water near. *Infallible.* Strew *wafers* or black hellebore root in the haunts of roaches and beetles.

770. *Trunk Straps.*

Traveling trunks will do more than double service if tightly girt with two or more stout straps—*rough and tumble of porters and baggage-masters included.*

771. *Wine Jelly.*

Take one ounce of isingglass in cold weather, and one and a half in warm, dissolved in a pint of cold water; a pound of sugar dissolved in another pint; the grated rind and juice of two lemons; and half a pint of Madeira wine: boil all till it jellies; strain it; and fill your glasses.—Beautiful, colored with cochineal.—Nice without wine.

772. *Best Raspberry Shrub.*—541.

Add ten pounds sugar to the strained juice of eight quarts berries. Boil hard ten minutes, skimming it. When cold, add two ounces *Tartaric acid*

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

772, A. *Mrs. Miller's Receipt for Premium Bread.*

For two large loaves, or three smaller ones, allow five quarts flour, half spoonful salt, and half pint yeast. Add warm milk until the dough is pretty stiff. Knead and set in a warm place to rise. After well risen, mould thoroughly and let it stand twenty or thirty minutes for second rising, in the pans.

For Yeast;—Pare and slice, into three pints cold water, one large potato, add a spoonful hops, and boil till the potato is quite soft. Strain the liquid and thicken with half a pint of flour, adding spoonful sugar. When nearly cold, put in half a gill of yeast.

772, *B. Wafer Cakes.*

Beat three eggs. very light: add a little salt, and stir in flour till stiff. Then turn upon the paste-board, and work in flour until a *very* stiff paste. Roll as thin as possible. Cut, the size of a tea-saucer, and fry in boiling lard. A little sugar then may be sifted over them if liked.

772, *C. Currant Jelly.*

Allow pound of sugar to pint of juice. Boil *fast* the juice *five* minutes. Add the sugar, without burning or dissolving, as hot as possible.—Heated easily by placing it in a vessel on top of the stove.—Stir well; boil *one* minute, and set off.

772, *D. Soft Gingerbread, No.* 1.

Stir well together, three cups molasses; one butter; two eggs, well beaten; one spoonful ginger; two teaspoons salæratus, dissolved in two-thirds cup of milk; little salt and then add six cups of flour. Bake in moderate oven

772, *E. Macaroni.*

Wash it well. Put it, with sufficient salt, into cold water enough to allow its much swelling. Hang over the fire till tender. Pour off half the water, and add as much milk; and grate on cheese to taste. Let boil till done: the whole time occupying about forty-five minutes. Turn into a colander. Then put in a saucepan with a little butter. Send it to the table hot.

772, *F. French Black Pudding.*

Take 8 eggs, 1 teacup butter, 1 sugar, 1 pint molasses, 1 nutmeg, 1 gill brandy, two handfuls flour, 1 spoonful salæratus, and beat all well together. Bake in a hot oven.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

SUPPLEMENT.

FOR THE TABLE.

773. *Tomato Beef.*

WITH eight or ten tomatoes, stew *slowly* three pounds of beef, cut in slips. Add salt, a little clove, and, just at taking up, a very little butter. A gill of tomato catsup may be added. If liked, a chopped onion. Nice warmed over.

774. *Cream Tartar Biscuit.*

Stir into a quart of flour two teaspoonfuls of cream of tartar and a little salt; two spoonfuls of cream, or one of butter or lard; and then stir in sufficient warm milk to make a rather soft dough, adding a teaspoon of saleratus or soda. Nice baked as tea-biscuit.

775. *Cream Tartar Biscuit, without Milk.*

Rub perfectly smooth an egg-size piece of butter with a quart of flour and a teaspoon of salt. Mix in two large teaspoons of cream of tartar. Then, with the hand, stir in briskly, several minutes, a large teaspoon of soda or saleratus, and a full pint of cold water. Add flour enough to mold smoothly; and roll out the thickness of tea biscuit. If right, *foaming* light.

776. *Boston Brown Bread.*

Wet up as stiff as can well be stirred, with warm water, that in which squash or green corn has been boiled, if at hand, three pints of Indian meal with three of rye, a few spoonfuls of squash or pumpkin, half a teacup of yeast, half one of molasses, and two teaspoons of salt, adding one of saleratus. Put in two iron or earthen pans, *thickly* buttered, and wetting the hand in cold water, smooth it over. It will soon rise, and require long baking in a hot oven.

777. *Cheap Baltimore Pone.*

Mix with Indian meal, wet so stiff with tepid milk or water as to be barely able to stir it with a spoon, a little salt and yeast. Raise it light, and bake

778. *Judson's Corn Bread.*

Add the well-beaten *yelks* of four eggs to a pint of sour milk or buttermilk, and briskly stir in a small handful of Indian meal. Add a spoonful of drawn butter, and stir in, alternately, the reserved whites well beaten, and meal enough to make a smooth batter of moderate consistence. Add a little saleratus, quickly turning it into buttered tins, and bake in a brisk oven.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

779. *Pumpkin Bread. Nice.*

Stiffen with Indian meal, stewed strained pumpkin, adding salt and yeast.

780. *Mrs. Cushing's Sweet Potato Rolls. Extra nice.*

Rub into three pints of flour very little salt, two spoonfuls of butter, two of lard, and one gill of yeast. When light, rub in a large boiled sweet potato while warm, and work out the rolls lighter, and bake about half an hour.

781. *Indian Loaf.*

Stir together a quart of sweet skimmed milk, a *full* pint of Indian meal, a handful of flour, a teacup of molasses, a little salt, and a small teaspoon of saleratus. Bake long in a hot oven.

782. *Quince Blamange. Extra.* 493, 524.

Dissolve an ounce of clarified isingglass in a pint of quince juice; add ten ounces of coarsely powdered sugar, and stir gently, over a clear fire, about twenty-five minutes, or till it jellies on falling from the spoon. Skim well; then gradually pour the boiling jelly to a pint of thick cream, briskly stirring till almost cold; and then turn it into a mold dipped in cold water.

783. *Sponge Cake, No. 3.* 267.

Put into a teacup of flour a teaspoon of cream tartar, and add the beaten yelks of three eggs and a teacup of sugar. Mix well. Then add the well *frothed* whites; and, lastly, half a teaspoon of saleratus dissolved in two spoonfuls of milk. Spice to taste. Bake in a slow oven.

784. *Mrs. H.'s Sauce for Sponge Cake.*

To two eggs, well beaten, half a cup of butter, and a cup of sugar, well mixed, pour a tumbler of boiling wine.

785. *Burlington Love Knots.*

Take three eggs, five spoonfuls of white sugar, half teaspoonful of saleratus dissolved in two spoonfuls of cold water, half egg-size of butter, and flour enough to roll. Cut the sheet in slips, tie them in love knots, and fry in pure white lard.

786. *Cocoanut Cake.*

Take one pound of pulverized loaf sugar, half a pound of butter, and three quarters of flour, six eggs, and one large or two small cocoanuts, grated *thin*. Cream the butter and sugar; add the yelks well beaten, next the whites well frothed, and then the flour, mixing all well. When ready for the oven, stir in the cocoanut. Bake in two long pans, as pound cake.

787. *Clove Cake.*

Cut up and rub a pound of fresh butter into three pounds of sifted flour, adding gradually a pound of brown sugar, half an ounce of pulverized cloves, and enough West India molasses to form the whole into a stiff dough, mixing in at the last a small teaspoonful of saleratus dissolved in vinegar. Roll out the dough into a sheet; cut the cakes with a tumbler; set them in buttered pans; and bake about fifteen minutes. Will keep long.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

788. *Mrs. Miller's Cream Cakes.*

Take half a pound of butter, a pound of flour, teaspoonful of sugar, and half one of salt. Rub them smoothly together, and stir into a quart of boiling milk, stirring constantly over the fire like hasty pudding, till it cleaves from the kettle. Set it aside to cool. When cool, break in ten or twelve eggs, two at a time, stirring with the hand barely sufficient to mix it, and add a small teaspoon of saleratus dissolved in half a teacup of thick cream. Drop on buttered pans, shape the tops with the hand in turban form, and rub a beaten egg over them with a feather. Bake rather moderately about twenty minutes. When done, open neatly one side with a knife, and fill it with a rich boiled cream custard.

789. *Cream Tartar Doughnuts and Biscuit. First rate.*

Stir into a quart of flour two teaspoons cream of tartar and a little salt. Rub in a spoonful of butter, or lard, or add two spoonfuls of thick cream. Add also one egg, three spoonfuls of sugar, and half a nutmeg, with a teaspoon of soda or saleratus dissolved in a little hot water. Mix with milk rather soft, and boil them like "Yankee nutcakes."

Cream tartar biscuit made in the same way, omitting the egg, sugar and nutmeg.

790. *Bethany Doughnuts. Excellent.*

Take flour enough to make them as for biscuit, one pint of lard, one of yeast, one quart of milk, pound and a half of sugar, five eggs, and one spoonful of saleratus. With the yeast, and half the milk warmed, sponge the flour over night. In the morning, or when perfectly light, add the eggs well beaten, the sugar dissolved in the remainder of the milk, and the melted lard. When sufficiently light, knead in the saleratus dissolved in a little milk. Cut all before beginning to boil them.

791. *Children's Cheap Cake.*

Take a pint of molasses and half a pint of milk warmed together, a spoonful of ginger, a teaspoonful of cloves, a little butter, and a teaspoonful of saleratus dissolved in a little of the milk. Mix all with flour enough to make a dough, and let stand an hour. Roll out, cut in shapes, and bake.

792. *Sweet Potato Pone.*

Mix well three pounds of pared grated sweet potato, two of sugar, twelve eggs, three *full* pints of milk, the grated rind and juice of a lemon, four ounces of drawn butter, a spoonful of rosewater, little cinnamon and mace, a nutmeg, and a teaspoonful of salt. Bake two hours in deep pans. Eat cold, cake like.

793. *Virginia Pone.*

Stir into a quart of milk, three eggs, a little salt, a spoonful of drawn butter, and enough sifted corn meal to make a thin batter. Bake quick in buttered pans.

794. *Washington Cake.*

Mix with a pound of flour, one of sugar, one of raisins, one of currants twelve ounces of butter, eight eggs, and two nutmegs.

795. *Mrs. W.'s Fancy Cake.*

Rub six ounces of butter into a pound and a half of flour; add the well-beaten white of one egg; twelve ounces of white sugar dissolved in a gli

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

of water; and half a teaspoonful of soda dissolved in a little warm water flavoring to *fancy*.

796. *Mrs. S.'s Woodstock Cake.*

Prepare and bake as "Family Queen Cake," one egg, one cup of sugar, one of sour milk or cream, three of flour, a hen's egg size of butter, and teaspoonful of saleratus. Nutmeg and raisins improve it.

797. *To Prepare and to Clarify Calf's Feet Stock.*

Prepare four feet with the skin on, and boil them in about a gallon of water till reduced one half, and the flesh has all fallen from the bones. Strain and set away till cold. Remove all the fat and sediment.

Thus prepared, *Clarify the Stock* by putting a quart of it into a pan with the whites of five or six eggs, two ounces of sugar, and the strained juice of a small lemon. Boil it five or six minutes, or till clear, over a gentle fire, not stirring it after the scum begins to form, and then pass it through a jelly-bag till perfectly transparent. For *consumptive* persons, and where stimulants or wine jelly would be injurious, it may be acceptable, and taken safely. Omit the lemon juice for blamange, and mix with the clarified stock the same measure of cream: or, for an *invalid*, new milk, with the usual flavoring and weight of sugar. A pint of it, while boiling, gradually poured on eight ounces of pounded almonds, and then expressed, is nice.

798. *To Roast Canvas-back Ducks.* 87.

Truss and put in each a thick crum of bread soaked in Port wine, and then roast them before a quick fire about fifty or sixty minutes. Squeeze over each an orange or lemon, serving them up hot in their own gravy, and eating with currant jelly. Serve up, too, in a boat, a gravy of the giblets stewed in butter, rolled in flour, with a little water. Or, *Dressed Plain.*—Wipe them thoroughly, after trussed, without washing, and then roast them about thirty-five minutes.

799. *Miss H.'s Boston Poached Cheese.*

Crumble a little good cheese into new milk; dissolve it by letting it come to a boil gradually; and then, adding two or more eggs, stir till cooked.

800. *To Prepare Chocolate.*

Put in a jar one pound of pulverized chocolate, one of rice flour, and an ounce of arrow-root. *For use.*—Put a quart of milk on the fire; and, when it boils, stir in a *full* spoon of the mixture dissolved in a teacup of water, continuing to stir till it boils again. Season to taste.

801. *Curry Powder.*

Pound fine, mix, and cork tight for use, three ounces of coriander seed, and three of tumeric; one each of ginger, black pepper, and mustard; a quarter of cinnamon, cayenne, and cummin seed, and half an ounce of lesser cardamoms.

802. *Maryland Apple Custards.*

Line your plates with a paste; half fill them with thin apple slices make and add a custard of four eggs and a quart of milk, seasoned to taste and bake moderately.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

803. *Effervescing Drinks.*

Purchase in the proportion of one ounce of tartaric acid to two of soda. Keep each closely corked As used, put a *small* teaspoon of the soda into two-thirds of a tumbler of water. Dissolve or mix it smoothly, and then stir in briskly *about* half a teaspoon of the acid, and drink it foaming. Sirup to taste, or sugar.

To make *Seidlitz Powders*, add Rochelle salts to the soda; and, to prevent flatulency, also a little ginger.

Or, to make *Quick Beer*, add a little ginger and molasses before stirring in the acid. *Fruit Vinegar* may be used instead of tartaric acid, for making very nice effervescing drinks.

804. *Cheap Apple Float.*

Beat together, for fifteen minutes, one quart of apples, slightly stewed and well mashed, three egg whites, and four large spoonfuls of sugar. Eat with rich milk and custard.

805. *Vermont Float.*

Beat together nine egg whites, nine spoonfuls of powdered loaf sugar, and nine of currant or any other jelly, gradually adding small portions of each while continuing the beating. With two quarts of milk, and the reserved nine yelks and seven other eggs, make a boiled custard, and serve it in saucers with the float.

806. *Ground Rice Flummery.*

Boil five peach leaves, adding a teaspoonful of salt, in a quart of milk, reserving enough to wet a full teacup of rice. When it boils, take out the leaves and stir in the rice. After thickened, stir in a spoonful or two of dry ground rice. Let it boil again till the dry rice is scalded. Pour it into your mold, wet with a little milk or water. It will then turn out, if of right consistence, in fifteen or twenty minutes. Serve with sugar and milk or cream.

807. *Frosting.* 263.

Use none but new-laid eggs for frosting. Improved, in summer, by lying awhile in cold or ice water before using. Pile the icing, after prepared, on the top of the cake, and, with a broad knife, spread it *downward*.

808. *To Bake Ham.*

To prepare a ham for cooking, soak it in water according to its saltness, neatly trimming it. Place the rind downward, in a paste of an inch thick. Unite and pinch the paste over the top of the ham, so as to prevent all escape of gravy, and bake from three to six hours. Remove the crust and rind. *Or*, nice.—*Boil* the ham till half cooked; remove the rind, cover it with bread or cracker crums, and bake in a *moderate* oven.

809. *Trojan Hen's Nest.*

Break evenly each end of about twelve eggs Blow the shells hollow. Then fill them with warm blamange, and let be till cold. Line a dish with jelly. Break off the shells. Lay in the *fresh* eggs. Give a border of fine slips of lemon rind.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

810. *To Clarify Isingglass.*

The purified isingglass needs no clarifying but for the nicest jellies. For all other uses, only dissolve, skim, and strain it. Allowing one-fifth for waste, if two ounces are wanted for a dish, put two and a half in a pan; stir with it a pint of spring water, with which has been gradually mixed a teaspoon of the beaten white of egg. Heat slowly beside the fire, not allowing the isingglass to stick to the pan. After a few minutes simmering, or when the scum is well risen, take it off. Continue to skim till none appears. If more than wanted, reduce it by quick boiling. Strain it through a thin cloth, and set it away for use.

Transparent, it may be mixed warm with the juice of fruits, sirups, and jellies.

811. *Philadelphia Kisses.*

Stir quick and well together eight ounces of pulverized loaf sugar, three well-beaten egg-whites, flavored with from one to three drops of lemon-essence, and half a teaspoon of lemon juice, or to taste. Drop the mixture on a white paper laid on a clean board, in equal quantities. Bake in a *very* moderate oven till of a *light* brown. Lift them off with a broad knife, and stick the broad edges of every two neatly together, *egg-shape* and size.

812. *Boil Milk.*

Milk is improved by boiling for puddings, pies, custards, &c.

813. *Milk Porridge.*

Make a thin batter with two spoonfuls of *wheat flour* or Indian meal, of one of each; turn it into a quart of boiling milk and water, pint each; and, salting to taste, boil about ten minutes.

814. *Common Omelet.*

Beat very light from four to eight eggs, adding a little salt and some finely-chopped parsley, if liked; fry it in butter and such sized pan as to give the desired thickness till well risen, or from five to seven minutes; slide it on a hot dish; fold it *turnover*-fashion, and serve hot.

815. *To Fry Oysters.*

Beat well two eggs, three gills of milk, two spoonfuls of flour, and some bread or cracker crums, and fry in lard, after they are separately dipped, till of a light brown.

816. *Parsley.*

For winter's use, select fresh sprigs; wash and shake them, and lay them in a jar with alternate layers of salt. As wanted, throw them into cold water to freshen.

To Crisp Parsley.—Place it dry from six to eight minutes on a sheet of white paper in a Dutch oven before a lively fire, frequently turning it.

To Fry Parsley.—Throw it *dry* into plenty of butter or lard that is *about* boiling. Skim it out the moment it is crisp. Drain it on a cloth spread on a reversed sieve before the fire. *For Drawn Butter*, cut the parsley very fine, after boiling about ten minutes in salt and water, stirring it in as the butter begins to draw.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

PIES.

817. *Montreal Macaroni Pie.*

Steep in *milk* or water enough whole macaroni for a common sized baking dish, till quite soft; lay it crosswise your dish on a good paste; grate over it four ounces of good old cheese; add a pint of new milk, and bake about half an hour.

PUDDINGS.

818. *Augusta Cream Pudding. Delicious.*

With a little salt, mix a quart of cream, four well-beaten eggs, and four ounces of flour; adding a teaspoonful of saleratus. If milk is used instead of cream, add four ounces of butter.

819. *Cocoanut Pudding.*

Cream four ounces of butter with a pound of sugar; add nine eggs, twelve ounces of grated cocoanuts, tumbler of cream, and a gill of rose-water. Bake about forty-five minutes with or without crust Some grate in sponge cake or stale rusk.

ANOTHER.—To a grated cocoanut *and its milk*, add a quart of boiled milk, five eggs beaten with a tumbler of sugar, an ounce of butter, two spoonfuls of rosewater, and a little salt. Improved by substituting cream for the milk, and three additional eggs. Sixteen egg-whites, one and a half pounds sugar, one butter, three *whole* cocoanuts.

820. *Boiled Cracker Pudding.*

Put to four or five pounded crackers and a pint of milk; salt, half a nutmeg, and four eggs. Boil about an hour in a floured cloth, largely tied; and eat with cold sauce.

821. *Loaf Pudding.*

Put into boiling water, well salted, a baker's loaf tied in a cloth, and continue boiling an hour and a half, for a pound loaf. Serve with a cold pudding sauce.

822. *Quebec Macaroni Pudding.*

Boil eight ounces of macaroni in a quart of milk till quite tender; line your dish with a thick paste; put it in, and add half a pint of milk with a little fresh butter; cover with a paste, and bake about forty-five minutes.

823. *Nice way of Cooking Rice.* 454.

Pick over and wash well a bowl of rice; let it lie an hour or more in two and a half bowls of cold water; and then boil it in the same water till dry. Take the lid off, and let steam a few minutes before serving.

824. *Rice and Fruit Pudding. Plain and Good.*

Boil, till very soft and dry, half a pound of rice in about a pint and a half of water; stir in two ounces of fresh butter and three of sugar; simmer it few minutes, and then turn it out to cool. Take enough red currants, cherries, cranberries, or other tart fruit, to fill a moderate sized tart plate. Allow from two to four ounces of sugar to a pint of fruit. With a part of the rice line the bottom and sides of a deep dish; next add a thick layer of the fruit and sugar; then one of rice, and another of fruit and sugar alter-

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

nately, till full; a rather thick layer of rice, smoothed with a knife, crowning the dish. Bake about half an hour. It may be improved by glazing it over with egg-yelk when nearly done, and sifting sugar over it.

825. *Green Mountain Rusk.*

Stir into three teacups of warm milk, a small one of yeast, one of sugar, and flour enough to make a thick batter. When light, add a teacup of drawn butter, one of sugar, a small nutmeg, very little saleratus, and just enough flour to mold smooth. When light again, roll out like biscuit, and place on tins. Let them rise a third time, and bake in a quick oven twenty minutes.

826. *To Keep and to Prepare Saleratus and Soda.*

Keep, pulverized, in a *close* box or bottle, ready for use. As a general rule, in cooking, add them as the last article, dissolved in a little warm milk or water.

827. *Bologna Sausages.* 69.

Mix ten pounds of beef and two and a half of fresh fat pork, chopped fine, with one ounce of mace and one of cloves; stuff in large skins; after standing one day, lay them in brine ten days, and then smoke them a few days.

828. *To Stew Terrapins.*

Wash clean, in warm water, four terrapins, and throw them into a pot of boiling water, instantly killing them; continue boiling till the shells crack; then remove the bottom shell; cut each quarter separately; remove the gall; take out the eggs; put the pieces in a stew pan, and pour in all their liquor, and cover them with water. Add cayenne, black pepper, salt, mace, and an egg-size of butter. Stew about thirty minutes, stirring in, just before taking up, a thickening of flour and water, with two glasses of wine. Serve in a deep covered dish, adding the eggs just as dished.

829. *Fruit Vinegar.*

Dissolve in a quart of spring water two ounces of nitric acid; turn it on three pounds of strawberries and let it stand one day in a cool place. Drain the same liquor on three pounds more of strawberries, and let stand another day. Then boil it with its weight of sugar a few minutes, skimming or clarifying it. Cork loosely three or four days; then closely.

Raspberries, *blackberries*, and other small fruits, as well as strawberries may be put into *any good vinegar* in a similar way, and then passed through a jelly bag.

830. *Preserved Tomatoes, retaining their natural taste.*

Scald and skin, as for table use. Put them in glass jars, filling to the neck. Set in kettle of cold water. Put over the fire, and keep *almost* boiling three hours and half. Then boil few minutes. Take out; seal while hot. *Smooth* tomatoes will keep (it is said) packed in dry sand. Set away in cool dry place.

830½. *Lady Madison's Yeast.*

Rub through a colander or sieve, a boiled Irish potato; mix with it a spoonful of brown sugar; and then pour on a quart of boiling water. When milk-warm, add a spoonful of yeast. Cork it loosely, *at first*, or do not fill your bottle. Use a spoonful to a quart of flour. Will keep good in warm weather from three to six days in a cool place; may be used soon after made

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

MEDICINAL AND MISCELLANEOUS.

831. *For Sprained Ankle.*

Bathe the ankle frequently with strong *cold* salt and water. Sit with the foot elevated, keeping it cool. Diet, and take daily cooling drinks or medicine. Or, bind on loosely, and as often as dry, first 24 hours, cotton batting spread with beaten egg-whites; after that, morning and night.

832. *Roast Apple Tea, and Acid Jelly.*

Roast tart apples quite tender; slice them into a pitcher of water, and let stand till sufficiently acid.—Acid jellies, tamarinds, and stewed fruits are also good.

833. *Toast and Cider.*

Take about one-third good cider with two-thirds water, sweetened to taste, and crumb in toasted bread or crackers with a little nutmeg. Acidulated water may be used instead of cider.

834. *To Bathe the Feet.*

Put the feet into water moderately warm; increase its heat by occasionally adding boiling water, so as to have the water, about the time of taking them out, as hot as can well be borne.

835. *R——f and R——y's Cure for Corns.*

Soak them often in chamber-lie. Also, to allay inflammation by walking, or tight boots, bathe the feet in it. Salt and water is good. And for slight *bruise* nothing better than to apply a chamber lie compress. Repeat the wetting of it if necessary.

836. *Mild Cathartic for Dispepsia.* See No. 766.

Stone a pound of prunes, and chop with it a pound of figs; add four ounces of pulverized senna, and boil them in a pint of molasses. Take a teaspoonful once a day.

837. *Mustard Drafts.*

Make, with one-third pulverized mustard and two-thirds flour, a paste of moderate consistence, wetting with water. If the part be tender, apply the draft placed between the folds of muslin, or a thin cloth.

838. *Dropped Eggs.*

Drop from the shell into boiling water a little salted; skim out when the white is set, and lay them on toast that has been dipped in hot water, salted and buttered.

839. *Flour Gruel. For Teething Complaints of Children.*

Put into *boiling* water half a pint of wheat flour, tied in a thick cloth, and continue the boiling three hours. Then remove the cloth, placing the lump where it will become quite dry. *When used*, with a dessert spoonful of it grated, and wet with cold water, thicken two gills of milk, adding a little salt. Excellent food for invalid children.

840. *For Over Dose of Laudanum.*

Give a cup of *very strong* coffee.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

841. *Chicken or Cracker Panada.*

Boil a *chicken* thirty minutes in a quart of water; pound to a paste the white meat skinned, when cool, in a mortar with a little of the water. Add salt; a little nutmeg, and more water; leaving it a thick drink after boiling three or four minutes.

Or, pour boiling water on two *crackers*, and let it simmer five minutes. Sweeten and flavor to taste a beaten egg and put in the crackers.

Or, boil one part wine with three parts water, and flavor to taste. Stir in grated bread or cracker, and give it *one* boil.

842. *For Prickly Heat.*

Mix a good proportion of wheat bran with tepid or cold water, and bathe with it three or four times a day; or apply it to *the part* affected.

843. *Red Mixture, for Summer Complaint.*

Mix with two ounces of water two drops of the oil of spearmint, sixteen grains of pulverized rhubarb; thirty of soda; fifty of prepared chalk, and cork tight. Shake it well on using. Give a child, ten months old, a teaspoonful once in three or four hours. If much pain, add two drops of laudanum to every other dose. A spoonful for a grown person.

844. *Ringworms.*

Let a little mercurial ointment, rubbed on over night, remain till next morning. It *may* need repeating.

845. *Runround.*

When the first symptoms of swelling and inflammation appear, place the finger firm, and with a sharp pointed knife scratch the nail crosswise and then lengthwise, leaving the whole surface rough and white. If neglected till it begins to matter, open it with a needle, and *then* scratch the nail.

846. *Tobacco Salve. Royal.*

Melt slowly eight ounces of lard and five of rosin with three of beeswax Boil four ounces of tobacco in a pint of cider to half a pint; strain the cider from the tobacco into the salve; simmer it slowly till the cider is incorporated, and you will have a first rate panacea for all cuts, bruises, and flesh wounds. It requires many hours for the making.

847. *For the Tetter.*

Pour a quart of cold soft water on an ounce of sulphuret of potash in a glass jar, corking it tight. When dissolved a wine glass of rose-water may be added, putting it, if more convenient, into small bottles. Bathe the eruption daily, six or seven times. Continue it a few days, or till cured.

848. *To Stop Vomiting.*

Drink *very hot* water; or, toast bread, turn on brandy, grate on nutmeg, and apply it warm to the chest.

849. *To Cure Seed Warts.*

Apply a little aquafortis to their tops two or three times a day, for a short time.

850 *Toast Water.*

Toast bread to a nice brown, and put it into a pitcher; turn on *boiling* or *cold* water, and let stand till sufficiently drawn.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

851. *Cure for Wens.*

Frequently apply strong salt and water.

852. *Cheap Cement for Bottles and Jars.*

Stir into one-third beeswax and two-thirds pulverized rosin, *melted* together, enough brick dust, on moving it from the fire, to make the mixture of the consistence of melted sealing-wax. Plaster it warm around jar covers. Dip in *corked* bottles

853. *To make French Pomatum. Nice.* 653, 722.

Melt, without burning, beef's marrow over a slow fire; strain it till pure. While cooling, beat in gradually half its measure of castor oil, or purified lard.—*To make the Hair readily Curl*, rub into it beaten egg-yelk. Wash it out with cold water. Put on a little pomatum.

854. *Southern Yellow Pickles.*

Take six pounds sugar, one ginger, one horseradish, eight ounces mustard, five tamarisk, two pepper, and one of mace, with three gallons of vinegar. Quarter your cabbage, scald in strong brine, let lie one day, then place it in the sun till *crisp* dry. Put it in vinegar to soak out the salt. Then pack it in a stone pot, putting between the alternate layers the pulverized and mixed spices, shred horseradish, tamarisk, and sugar. *Cover* with best cider vinegar. See daily, for a week, that it *stays* covered. (May possibly be improved by a few turning-offs and scalding:) Cover *close*: Keep pot *in the sun* awhile; always in a dry place. Peaches, cucumbers, onions, popcorn ears just as the kernel begins to form, *et ceteras*, may be added, if prepared in brine and then in vinegar. Should not be used under a year;—will improve for many years.

855. *Virginia Temperance Preserves.*

Pickled Damsons. To every pound of damsons allow one of sugar, and half pint of vinegar. Let five half pints of vinegar, two ounces of mace, one of cinnamon, and one of cloves, *just come to a boil;* then turn them on five pounds of fruit in same weight of sugar. Cover the jar. Six successive days *pour off* and scald the sirup—skimming if necessary. The seventh day, let fruit, spices, and all *come to a boil. Cover close:* They will keep *years.*

Peaches do in similar way. Prepare them as for brandy. Three pounds fruit, so tender as to be pierced with a straw, to one of sugar: One pint of vinegar to one of sirup. Spices to taste.

Quinces, ditto. The sirups excellent with ice-water, or effervescing drinks.

856. *Charleston Pudding.*

Three cups sugar, four flour, one milk, one butter, six eggs—parts beaten separately, two teaspoons salæratus—sifted with the flour, one soda—dissolved with the milk last, and one wineglass of brandy. Season to taste, and bake like pound cake. Sugar and butter for sauce.

857. *Norfolk Spoonful Pudding.*

One egg—parts beaten separately, to spoonful flour; make thin batter with milk, and bake in quick oven. Eat with sauce.

858. *General Rule.*

If a thing be worth doing at all, it is worth *well* doing:—*best* done, by self.

859. *Punctuality.*

Fifteen minutes before the time.

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

RECOMMENDATIONS.

THE IMPROVED HOUSEWIFE is just such a work as a good, intelligent American wife and mother, after thirty years' experience in the great and comprehensive art of housekeeping and nursing, would give her daughters, as the concentrated and available experience of her life, in the duties upon which they are about to engage. It will be a pleasing and intelligent and profitable companion, and relieve the anxieties of husbands and wives.—*Bangor Whig & Courier.* A very useful book.—*Morn. News, St. Johns, N. B.*

The great fault with most cook-books is, that they contemplate *too high living*, so that a *frugal* housewife cannot use them. This defect is obviated in the present werk. It is a guide to economy, as well as to comfort, showing how to provide excellent dishes from very plain materials; and is not made up of extracts, but is the result of more than thirty-four years' experience on the part of the author.—*Boston Recorder.*

We have examined the work, and we consider it far superior to any yet published, besides being cheaper. Our New-England and Southern exchanges all speak of it as being the best ever published. No housekeeper should be without it Sold by the agent only, now in the city.—*Detroit Free Press.* Should be made a text book for every female seminary.—*Brooklyn Ad*

It is the most thorough—the most clear book of its kind extant.—*Salem Advertiser and Argus.*

As a *Book of Recipes*, we believe "*The Improved Housewife*" to be the *best* that can be obtained. It contains also some *excellent hints.* There is no reason and no excuse for not having our food properly prepared. There is no merit in caring nothing for what we eat. Our food should be prepared with reference to our health; and this requires that our meats should be rightly cooked, and our bread rightly made. It is neither economical nor healthful to turn off a family with food which is left to cook itself. But there are a class of young housekeepers who seem to take some pride in their ignorance of this one great duty of a housekeeper. They are so trained by their mothers, and finally inflicted on some unfortunate man, whose only resource is to bear it the best way he can. *To all such*, we recommend this book as a partial relief. *Others*, who understand something about the duties of a housekeeper, will find it an important aid.—*Mother's Mag., N. York.* Most valuable text book; receipts the best ever presented.—*N. Orl. Courier.*

Without being well cooked, the best victuals are supplied in vain. It is, therefore, essential that every mistress of a family should be qualified to direct her servants in this important particular. An excellent work—contains ample instructions; no housekeeper should be without it.—*Baltimore Clipper.*

Appended to the last edition is a "PERPETUAL CALENDAR," which is worth the cost of the work itself —*Cleveland Plaindealer.*

Digitized by Google

Original from NEW YORK PUBLIC LIBRARY

The Improved Housewife contains a great variety of valuable receipts for cooking, and for general and domestic economy. We do not know of a work so well adapted to its objects, and so fit to be placed in the hands of a young housekeeper. It is also on a scale to suit those whose necessities demand plain-living and frugal housewifery. We can recommend it with great heartiness.—*Richmond Christian Advocate.*

It is a very valuable and useful book.—*Richmond Republican.*

It professes to give what is much needed in the domestic circle, an *economical plan of preparing food* for the table. And, from a hasty glance at its pages, as well as from a number of judicious notices we have seen in reference to it, we have no doubt it will accomplish all its purposes. The volume also contains engravings for marketing and carving, two most indispensable accompaniments to good cooking; also a variety of new receipts on various other subjects.—*Christian Repository, Philadelphia.*

Next to having any thing good to eat, the most important consideration is to have it well cooked and served up. In our mode of cooking we are lamentably at fault. This deficiency can well be supplied by the study of *The Improved Housewife.* It is a compend of all kinds of receipts, directions for carving, extracting grease-spots, stains, &c. It contains a summary of all the duties of an accomplished housekeeper; and, if practiced, it will make perfect.—*Macon Messenger, Geo.*

The Improved Housewife presents a variety of useful novelties, rendering it superior, in several respects, to the ordinary cook-books. In those cases where it treats of the matters usually found in such works, it appears to be *judicious* and *economical*, giving the actual results of the experience of the author. It has a series of drawings, showing how to purchase meats; a convenient table of *weights* reduced to their equivalent *measures*, obviating he necessity of scales; drawings illustrative of carving; directions for serving a dinner with propriety; and, what is of great importance, recipes in *cookery for the sick.—Portland Advertiser.*

This work should be found in every household. It is just such a one as the *thrifty housewife* would require.—*Charleston Southern Patriot.*

Its pages possess a fund of information which cannot fail to be useful to those who study comfort and economy.—*Democratic Union, Harrisburg.*

If this book had been studied when many of us went to school, our bread would have been better made. Hints how to procure the best pieces at market, and, after they are well cooked, how to carve them, will be found useful. No family library should be without it.—*The Georgian, Savannah.*

We cannot be far out of the way in saying, with every body who speaks of it, that "*The Improved Housewife*" is a capital book of its kind We

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

would recommend it to all housekeepers who would *calculate* the loss and gain of living.—*New Orleans Commercial Bulletin.*

There is a recipe for every description of cooking, preserving fruits, marketing, making pastry, and destroying vermin, with a large amount of useful and necessary information.—*Daily Post, Troy.*

It is altogether the best work of the kind that has fallen under our eye.—*Buffalo* ———

"*The Improved Housewife.*"—This is the title of an excellent *Book of Receipts*, with engravings for marketing and carving, by a married lady, MRS. A. L. WEBSTER. It is published in Hartford, Conn., and sold by the agent only. The receipts are *simple*, yet *rich* enough. It is cheap in price, and a *complete* guide to comfort and economy. The work is universally commended.—*Boston Times.*

We find it to be invaluable in information of the highest importance to housekeeping The receipts have been *tried*, and found to be excellent as well as economical.—*Pennsylvania Telegraph.*

We commend it as a Class-book in all Female Seminaries, as well as a standard work in all Family Libraries.—*N. Y. Tribune.*

The Improved Housewife is noticed by the ladies, the *best judges* of its contents, as a *real improvement* on all other works of the kind.—*Christian Observer, Phila.*

It is a neat, convenient volume, in which we find, in addition to the mere details of the kitchen, a deal of sensible and very useful counsel and information. Its design is rather to teach *judicious economy*, than to aid useless and unhealthful extravagance.—*Phila. Sat. Courier.*

A very useful volume of receipts, and directions for the culinary department of good housekeeping; and especially for those who would have their food cooked *well*, at a *small* expense.—*United States Gazette, Phila.*

It is pronounced by a female friend to be the very best work upon the subjects of which it treats that has ever been published.—*North American, Phil.* The *Perpetual Calendar* is worth the cost of the book.—*N. Y. J. of Com.*

Most excellent.—*South Carolinian, Columbia.*

This is the most modern publication we have seen on matters in which every one has an equal interest. And, after an examination, we are satisfied that it surpasses all its predecessors as a practical guide to the head of the culinary department. It is the result of more than thirty-four years'

Digitized by Google Original from NEW YORK PUBLIC LIBRARY

experience of a lady, who is both theoretically and practically acquainted with the subject which she elucidates for the benefit of others. Every possible manner in which flesh, fish, vegetables, fruits and breadstuffs can be served up, to nourish the body or please the taste, are here brought to view in a compendious form, and the instructions plainly given, in terms adapted to the comprehension of all persons. When generally known, this book will be prized as an indispensable manual to every housekeeper.—*Republican Herald, Providence.*

The Improved Housewife we believe to be the best work of the kind in print; and one that should be in the hands of every family. We know Miss Leslie's to be an admirable work on housekeeping; but we have always deemed her recipes to be too costly for general use. The work before us has met that *great fault;* and Mrs. W., after an experience of more than thirty-four years as a *practical housekeeper in married life*, has most judiciously adapted her work to an *every day family use.* Besides, "*The Improved Housewife*" contains, in one convenient book, what Miss Leslie has spread over four books, and Makenzie over "five thousand receipts;" and sufficient under each respective head, in the one book, for the accomplished housekeeper. So far as merit is made the standard of comparison, it is the cheapest book of its kind.—*Wilmington Chronicle.*

The Improved Housewife, published at Hartford, Conn., is well printed and neatly bound. And it contains an immense amount of useful information to housekeepers, in the way of directions for marketing, recipes for cooking, for making preserves, pickles, pastry, &c., with a variety of miscellaneous information. The volume also contains a variety of plates, with directions for carving, choice of joints of meat, fish, &c. *We have carefully looked through it*, and we find that it has one *great advantage over most works of this description*, inasmuch as its recipes are *not expensive*, but are calculated for the kitchens of families in moderate circumstances. This work is not in the hands of the booksellers, but is to be had of the agent only, who is now in Montreal.—*Montreal Courier.*

Of "*The Improved Housewife*" we feel warranted in stating that it richly merits the rapid sale it has met with. And, no matter how many cook-books there may be in the house, this one book will more than supply the place of all; and without it you are "poor indeed." It is compiled by a married lady, mostly from the result of her own personal experience as a housekeeper for the last *thirty-four years.* No housekeeper ought to be without it. And many a young married man would find his purse heavier at the end of the year, would he but make his better half a present of this truly valuable work, and thus enable her to stop the leaks in the kitchen, that sieve to a man's fortune.—*Morning Telegraph.*

This book was written by one experienced in housewifery, has been practically tested, and the universal testimony is, that it is the best book of the kind. It contains full directions for every thing in the culinary line. *Its superiority consists in its combining economy with good cooking.—Herald.*

It is of essential use to the information and economy of all classes.—*Crescent City, N. Orleans.* A most excellent work.—*Picayune.* We add our concurrence to the variety and multiplicity of editorial notices of *The Improved Housewife* throughout the States, as the *best* work of its kind.—*Quebec Gaz.*

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

"There is no branch of learning to which so strongly applies what Cicero says in praise of letters, as this of cookery. Evidently, therefore, it must claim precedence over them all:

'Hæc studia adolescentiam alunt, senectutem oblectant; secundas res ornant, adversis perfugium ac solatium præbent; delectant domi, non impediunt foras: pernoctant nobiscum, perigrinantur, rusticantur.'" *Nothing can be better:—National Intelligencer:*

We desired some practical housekeepers to examine this work and give us their opinion of its merits. In their opinion it is decidedly the best work of the kind. The receipts are simple, yet rich; and when *tried*, will be found economical and excellent.

We recommend it to all who wish to live well, in health, peace and plenty.
New Orleans Presbyterian.

A *new edition* of Mrs. Webster's Improved Housewife. Its pages possess a fund of information which cannot fail to be of great service to every mistress of a family.—*Washington Union.*

The best work of its kind. It is preferred to Miss Leslie's for being less extravagant and better adapted to an *every-day use*:—also, to Makenzie's five thousand receipts; and it contains some hundred more receipts than the *Carolina Housewife*, and a much greater variety of matter, with a *complete set of engravings* for marketing and carving. So far as *real* merit is the test of worth, it is the *cheapest* book of its kind.—*American Beacon.*

We can utter no praise of this work which will not be a repetition of commendation already expressed.—*Danbury Times.*

We have examined it. Think it the best compilation we have seen. Have no doubt its purchase would, in any family, effect a considerable saving, besides adding to the comfort of a family.—*Christian Visitor St. John New Brunswick.*

It appears to be an exceedingly useful publication.—*British North American, Halifax, N. S.*

Besides its general contents, we have abundance of Miscellaneous Receipts for the sick and the healthy, and a Perpetual Calendar, very curious and useful for reference.—*Toronto Patriot, C. W.*

We have no hesitation in recommending it as the most comprehensive of the kind that we have seen.—*British Colonist, Halifax, N. S.*

The receipts generally are plain, and adapted to the means of persons of moderate circumstances, who would like to live well, but not extravagantly.—*Halifax Sun, Halifax, N. S.*

There is hardly any thing pertaining to cookery or other "household good," for which instruction may not be found here.—*Christian Mirror, Portland Maine.*

By the by, next to having any thing to cook, and the knowing *how* to cook, is—a *time* to cook—and, a *time* to eat; for the finding of which, and the *only time* to get married, see *Perpetual Calendar*—and the *Bridal Hour*

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY

Digitized by Google
Original from
NEW YORK PUBLIC LIBRARY

Digitized by Google
Original from
NEW YORK PUBLIC LIBRARY

SEP 19 1932

Digitized by Google
Original from NEW YORK PUBLIC LIBRARY

Digitized by Google
Original from
NEW YORK PUBLIC LIBRARY

THE

IMPROVED HOUSEWIFE.

OR

BOOK OF RECEIPTS;

WITH

ENGRAVINGS

FOR

MARKETING AND CARVING.

BY MRS. A. L. WEBSTER.

ALIKE EXPERIENCED IN THE VICISSITUDES OF LIFE AND IN HOUSEWIFERY
WHOM ADMONITORY YEARS NOW INVITE TO A MORE RETIRED AND
LESS ACTIVE LIFE, CHEERED BY AFFECTIONATE
REMEMBRANCES OF PATRON-FRIENDS.

"She riseth while it is yet dark—looketh well to the ways of her household, and eateth not the bread of idleness." *Solomon.*

TWENTIETH EDITION, REVISED:

WITH

SUPPLEMENT AND PERPETUAL CALENDAR.

HARTFORD:

IRA WEBSTER.

1854.

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY

THE

IMPROVED HOUSEWIFE.

OR

BOOK OF RECEIPTS;

WITH

ENGRAVINGS

FOR

MARKETING AND CARVING.

BY MRS. A. L. WEBSTER.

ALIKE EXPERIENCED IN THE VICISSITUDES OF LIFE AND IN HOUSEWIFERY
WHOM ADMONITORY YEARS NOW INVITE TO A MORE RETIRED AND
LESS ACTIVE LIFE, CHEERED BY AFFECTIONATE
REMEMBRANCES OF PATRON-FRIENDS.

"She riseth while it is yet dark—looketh well to the ways of her household, and eateth not the bread of idleness." *Solomon.*

TWENTIETH EDITION, REVISED:

WITH

SUPPLEMENT AND PERPETUAL CALENDAR.

HARTFORD:

IRA WEBSTER.

1854.

Digitized by Google

Original from
NEW YORK PUBLIC LIBRARY